

Summary

- Dr. Anthony Ocana is a family physician whose practice is restricted to assessing and managing patients with complex mental health and addiction disorders. He has participated in research, teaching, patient advocacy and is frequently called upon for his independent medical opinion. He is a consultant to employers, unions, insurers, pharmaceutical companies and the criminal justice system. He has presented his research at local CME events, hospital rounds, national and international conferences since 1985.
- He is an Addiction Medicine Consultant to HeartQuest, a third party addiction monitoring service, whose clients include: the City of Vancouver, City of Burnaby, City of Surrey and City of North Vancouver.

Education

- In 1985 he received his honours BSc. in Nutrition and Pharmacology from the University of Toronto; in 1989 he received his MSc. in Clinical Nutrition.
- He graduated from University of Toronto medical school in 1991 and completed his residency in Family Medicine at the University of Calgary in 1993. In 1993 he also won the Canadian Resident's Research Award for his survey on the Nutrition Knowledge of Family Physicians in Alberta.
- In 2005, he became certified as an addiction specialist, by the American Board of Addiction Medicine.

Achievements

- May 2015 he was commissioned to write another paper for Psychiatric Times online, which has over 750,000 page views per month, on Cannabis Addiction in Adolescents with ADHD.
- February 2014 he was co-author on the paper "Expert Opinion and Recommendations for the Management of Attention-Deficit/Hyperactivity Disorder in Correctional Facilities" which was submitted to the Journal of Correctional Health Care. May 1997, He founded HealthSmith Wellness Group, an alliance of consultants who help organizations improve their bottom line by optimizing wellness in the workplace.
- January 2014, he was invited to review a paper on Pharmacological interventions for comorbid ADHD and substance misuse, for the Cochrane Library, a prestigious international body that assembles authoritative studies used by experts in the field.
- April 2010 his paper, ADHD and Co-morbid Substance abuse was published in Psychiatric Times, an on-line medical journal with a circulation of over 40,000 psychiatrists. www.psychiatrictimes.com
- May 2009 he was one of 6 international researchers at the 2nd International Congress on ADHD in Vienna, who was awarded a E500 prize for his poster, Management of ADHD in patients with co-morbid ADHD. www.adhd-congress.org/congress-history/2nd-international-congress-on-adhd.html.
- November 2007, he co-founded the NorthShore ADHD and Addiction Clinic in West Vancouver.
- March 2005 he was a co-founder of *Stepping Stones*, Vancouver Coastal Health's West Vancouver Adult and Seniors Addiction Day Program.
- May 2004 – He presented his research on the iM3 a neuro-biologically informed mental health assessment at the American Psychiatric Association meeting, Atlanta GA.

Recent Media

- Marijuana legalization urged for open debate: Globe and Mail, October 12, 2015.
- You can read Dr. Ocana's blog, Quest for Fire, life through the lens of neurobiology at <https://aocana62.wordpress.com/tag/dr-anthony-ocana/>
- You can follow @northshoreadhd at <https://twitter.com/NorthShoreADHD>
- Dr. Ocana's letter to the editor of the Vancouver Sun on the disease model of addiction drew fire from the general public.
- Dr. Ocana weighs in on the lack of funding for mental health care in British Columbia.

Consulting Experience

- He has been named to the editorial board of CME on ADHD, a website for educating physicians on ADHD.
- He has been a consultant to, or has received research funds or sits on the Medical Advisory Board of a number of pharmaceutical firms including: Astra-Zeneca, Pfizer, Fournier, GSK, Lilly, Lundbeck, Ortho Janssen, Shire and Wyeth.
- He has provided occupational health, mental health, and addictions consulting to RCMP E division, Vancouver Coastal Health, Mending Spirits Addiction Facility, Ceridian Human Solutions.
- He has supervised the training of physicians, counselors, medical students, nurses, nurse practitioners and dietitians since 1993.

Presentations

A partial list of recent presentations includes:

- Assessment and Diagnosis of ADHD in Family Medicine, Vancouver, April 2015
- Mood Stabilization in High Risk ADHD: 3rd International Congress on ADHD, Berlin, May 2011.
- Practical Management of ADHD at the Canadian Family Physician's Forum in Vancouver, September 2010.
- Management of ADHD in patients with Cocaine Addiction at the 2nd International ADHD Meeting in Vienna in May 2009.
- Treatment of ADHD in patients with substance use disorder at the 40th Annual Conference of the American Society of Addiction Medicine in New Orleans in May 2009.
- Impulsivity in ADHD, impulse control disorders and Bipolar disorder: Lions Gate Hospital Family Practice Rounds; June 2006.
- Why smart people under-perform: ADHD in the workplace: BC Human Resources Management Association Healthy Organizations Day: Burnaby; January 2006.
- Treatment of Patients with Addiction and Attention Deficit Hyperactivity Disorder: American Society of Addiction Medicine; Washington DC, April 2004.
- The Economy of Mental Performance: Conference Board of Canada; Toronto, March 2004.
- The inventory of Mood, Motivation and Mental Performance: A new Diagnostic Tool in Organizational Health. Conference Board of Canada Conference, Toronto, March 2003.

Dr. Anthony Ocana
Co-director, North Shore ADHD Clinic;
www.northshoreadhd.com