

# Glaucoma Research Society of Canada News & Information



*We Support New Ideas*

Vol. 29 No. 1

Spring 2018

## Calling All Members!

We need you, your families & friends to walk or run in the



**Sunday, October 21, 2018**  
and help raise money  
for glaucoma research

### Thank You Participants & Donors

Last year the Glaucoma Research Society of Canada's participation in the Marathon raised nearly \$68,000 for research! This year with your help, we can do even better.

**You're invited to the Glaucoma Research Society of Canada's**

**Annual Supporters' Meeting**  
**Tuesday, October 16, 2018**

**CNIB Conference Centre**  
**1929 Bayview Avenue, Toronto**

## Could a Cup of Hot Tea Save Your Sight?

Researchers have found that people who drank at least a cup of hot tea a day were 74% less likely to have glaucoma.

They found no association with coffee, soft drinks, iced tea or decaffeinated tea.



This observational study suggests that there is a correlation between hot tea and glaucoma risk, but does not prove that the tea is causing the health benefit according to Dr. Anne L. Coleman, senior researcher and a professor of ophthalmology at the University of California, Los Angeles.

While noting that tea contains phytochemicals and flavonoids with anti-inflammatory properties that may protect the optic nerve, Coleman emphasizes, "This is a preliminary finding and we need to do more studies. There may be other lifestyle factors with these daily tea drinkers that we're not accounting for here."

- *British Journal of Ophthalmology*, online December 14, 2017



## Dr. Rajiv Bindlish answers your questions about glaucoma

**I have glaucoma in one eye that required surgery. Post-surgery, I've had difficulty seeing close-up and far away. This was confirmed on the visual field test. This problem was not present before the surgery. Is this normal?**

It appears that the glaucoma is advanced in the operative eye and likely the eye pressure was deemed too high hence the need for surgery. It would be important to rule out other ocular conditions such as macular degeneration but vision loss can occur with glaucoma surgery or continue despite surgery.

**I have been diagnosed with narrow angles. My eye doctor recommended an iridotomy. I understand that the location of the iridotomy is linked to a side effect of ghosting or streak of light. What is the best location for an iridotomy?**

Glare or a horizontal grey line is an uncommon side effect of YAG laser iridotomy. A recent study showed no difference in glare symptoms before and after laser iridotomy but we have had patients complain of this symptom. Lasering specific locations on the iris is believed to reduce the prevalence of this side effect but recent studies suggest this may not be the case.

**At my last six month examination, the pressure in both my eyes had increased - left eye 20, right eye 24. I was given the option of an additional drop for my right eye and laser for the left, or laser for both. I have opted to have laser treatment for both. Have I made the right decision? What could cause the sudden increase in pressure in both eyes?**

It is difficult to comment on glaucoma management for specific cases. Generally, laser is a good option. It may improve your eye pressure and remove the burden of using extra eye drops.

The pressure elevation could be related to poor compliance with glaucoma meds or else just worsening glaucoma. It may also be the underlying mechanism of the glaucoma including Pseudoexfoliation.

**I have advanced glaucoma and have been searching for innovative therapies. One in Germany uses electric therapy to restore eye nerve damage. Does this work? What about stem cell therapy? I am willing to participate in research trials if you know of any.**

The German study using electric therapy was small, showed some promise, but has not been replicated in a larger

...

...

clinical trial. I do not recommend this therapy at present.

Right now there are no clinical trials for stem cells and glaucoma. This research is in its infancy. Some patients had stem cells injected in their eyes in the U.S. and lost their eyesight completely due to complications.

I recommend that you maintain compliance with your medications and keep regularly scheduled appointments.

**I have had glaucoma for over 30 years. I have always stayed on my medications, had many laser and traditional surgeries, and kept my appointments. But after getting corneal transplants in my eyes over a year ago, I lost sight in my left eye. Doctors tell me that nothing that can be done. Please let me know what you think about this situation.**

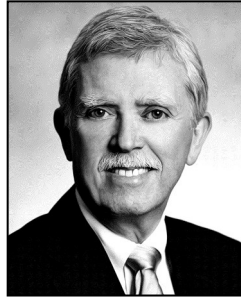
It is difficult to know from this question if the vision loss described is a consequence of the transplant surgery or the glaucoma or both. Unfortunately, loss of vision from glaucoma alone does occur even with the best treatments. Glaucoma is a progressive condition, treatment only slows the progression. There is no cure at this time.

**Email your questions  
about glaucoma to  
info@glaucomaresearch.ca**

**or call**

**416-483-0200 1-877-483-0204**

## President's Message



The GRSC is enjoying another successful year financially. We raised nearly \$68,000 from the Scotiabank Toronto Waterfront Marathon last October and received generous support from donors,

including bequests under several wills, grants from charitable organizations and donations from corporations.

To continue to raise funds for research, the Society is participating once again in the Hudson's Bay Company's Giving Day (April 6) and the 2018 Scotiabank Marathon (Oct. 21). Reviewers are currently assessing a record number of research grant applications for 2018. We expect to announce the successful projects by the end of April.

The GRSC's website committee is continuing to work on upgrading the website which we hope will be completed in the near future.

As noted in the insert, at the 2017 Supporters' Meeting, the Society presented recognition awards, held its popular question and answer session and Dr. Cindy Hutnik delivered a well-received Albert Waxer Lecture. We had a problem with the sound system that we are taking steps to rectify for the next Supporters' Meeting scheduled for October 16, 2018.

To achieve its objectives, the GRSC needs a continuing flow of money for research into the costs of, control of, and cures for glaucoma and is extremely grateful for the ongoing generosity of its supporters.

**- James M. Parks, President**

## Powerful ways for you to help fund research

You can give an existing life insurance policy or purchase a new one naming the GRSC as owner/beneficiary. Gifts of an existing policy entitle the donor to a fair market value tax receipt, which may be greater than the cash surrender value.

You can also designate the GRSC as the beneficiary under a life insurance policy, a registered retirement savings plan, a registered retirement income fund or a tax-free savings account. In that way, the funds will be paid directly to the GRSC without passing under a will or through an estate.

Giving marketable securities eliminates tax on a capital gain and entitles the donor to a fair market value receipt. This is more tax efficient than giving cash after selling the securities. Donors should seek tax advice in connection with gifts of insurance policies or securities or by making designations.

## Eye donations needed

Information gathered from eyes with glaucoma can help researchers find the cure for this blinding disease. But eye donations are rare, and donations of eyes with glaucoma, rarer still. This precious material will be used by GRSC-funded scientists and the Human Eye Biobank initiative [www.humaneyebank.ca](http://www.humaneyebank.ca) for translational research.

If you are interested in donating your eyes after death, visit [www.beadonor.ca](http://www.beadonor.ca) to register your consent to donate. You can register your consent in person or by mail when renewing your health card with ServiceOntario.

For more information and frequently asked questions about eye donations, visit the Eye Bank of Canada, Ontario Division website at [www.eyebankofcanada.kensingtonhealth.org](http://www.eyebankofcanada.kensingtonhealth.org)

**The Glaucoma Research Society of Canada is a national registered charity funding research into finding a cure for glaucoma. Since 1989, the GRSC has raised over three million dollars for research.**

Charitable Registration No 889178695 RR0001

### Board of Directors

James M. Parks, *President*

Martin Chasson, CPA, CA, *Past President*

Renée Wolfe, *Vice-President*

Thomas Gottlieb, P Eng, *Treasurer*

Mark Shaffer, MD, CCFP, FCFP, *Executive Secretary*

Graham Trope, MD, PhD, FRCSC, *Chair, Scientific Advisory Committee*

Rajiv Bindlish, MD, FRCSC, DABO

Catherine Birt, MA, MD, FRCSC

S. Blair Fearon, MB, BCh, BAO, FRCSC

Mel Mitzel, CPA, CMA

Stuart Murray, CGMA, CPA, CGA, BSc

### Scientific Advisory Committee

Graham Trope, MD, PhD, FRCSC, *Chair, Toronto*

Andrew C. Crichton, MD, FRCSC, *Calgary*

Lisa Gould, MD, FRCSC, *Winnipeg*

Raymond P. LeBlanc, MD, FRCSC, *Halifax*

Ordan J. Lehmann, MD, PhD, *Edmonton*

Frederick S. Mikelberg, MD, FRCSC, *Vancouver*

Paul H. Murphy, MD, FRCSC, *Saskatchewan*

D.P. Tingey, BA, MD, FRCSC, *London*

Yeni Yücel, MD, PhD, FRCPC, *Toronto*

**Newsletter Editor: Linda Joyce Ott**

## For information about the Glaucoma Research Society of Canada

**phone: 416-483-0200**

**1-877-483-0204 (toll-free)**

**e-mail: [info@glaucomaresearch.ca](mailto:info@glaucomaresearch.ca)**

**write:**

**Glaucoma Research Society of Canada  
1929 Bayview Avenue, Suite 215E  
Toronto Ontario M4G 3E8**

**website: [www.glaucomaresearch.ca](http://www.glaucomaresearch.ca)**