

# Glaucoma Research Society of Canada News & Information



*We Support New Ideas*

Vol. 28 No. 1

Spring 2017

## Calling All Members!

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



**Sunday, October 22, 2017**  
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 \$79,000 for research! This year with your help, we can do even better.

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

**Annual Meeting of Supporters**  
**Tuesday, October 17, 2017**

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

## Contact lenses may one day be used to deliver glaucoma medication

A study at the Massachusetts Eye and Ear Infirmary showed that drug-dispensing contact lenses were able to lower eye pressure in monkeys with glaucoma at least as much as standard eye drops.

A contact lens that delivers medication gradually to the eye may help people who find it difficult to self-administer eye drops. The study's researchers are designing clinical trials to test the safety and effectiveness of the drug-dispensing lenses on people.

- *Ophthalmology journal August 29, 2016*

## Zika-linked pediatric glaucoma diagnosed in infant exposed to virus in womb

Researchers in Brazil and at the Yale School of Public Health identified the first case where Zika virus appears to have affected the development of the anterior chamber or front portion of the eye during gestation and caused pediatric glaucoma after birth.

Public health workers treating infants exposed to Zika virus prenatally should be aware that pediatric glaucoma is another potential, serious complication of the infection that should be monitored.

- *Ophthalmology journal November 30, 2016*



## Dr. Rajiv Bindlish answers your questions about glaucoma

**I read about a study using alternating current stimulation to the brain to partially restore vision in patients with glaucoma and optic nerve damage. When will this treatment be available in Canada?**

Although the study is promising, more research is needed to further explore the mechanisms of action including determining how long the stimulation lasts, the need for re-treatments for maintenance therapy, and reproducibility on a large scale.

**Are any ophthalmologists in Toronto using stem cells to treat patients for open-angle glaucoma?**

No. Many experimental studies are underway, but they are still in animal trials.

**My doctor recommends Selective Laser Trabeculoplasty (SLT) for my narrow-angle glaucoma. I read that this treatment is usually used for patients with open-angle glaucoma. Has it proved effective in treating narrow-angle glaucoma?**

If the angle is narrowed, you might need a YAG laser iridotomy prior to SLT to open the angle. Once open, SLT can be used to “clean” the internal trabecular meshwork (TM) of the eye to lower eye pressure. It can be done in any type of glaucoma as long as the angle is open wide enough for angle laser surgery to be performed.

**My mother and many of her sisters had glaucoma. So far no one in our generation (eight of us over age 64) has glaucoma. I had HRT testing four years ago. It was negative. How often should I be tested?**

Glaucoma is hereditary and can run in families. Because your mother had glaucoma, her children are at higher risk. It is important for you to be screened yearly even if everything is okay.

HRT is a topographic map of the optic nerve. After a baseline test, repeated tests look for loss of optic nerve tissue. It takes at least three tests to detect a change. The more the test is done, and the shorter the space between tests, the quicker damage to the optic nerve is detected. The test should be repeated yearly but twice yearly would pick up damage quicker.

**I have glaucoma in both my eyes and use Ganfort for the right eye and Monoprost for the left eye. Last week I mistakenly put Monoprost in the right eye. What should I do if this happens again?**

If it happens again, don't add extra eye drops for that day, just resume the regular schedule the next day.

Having different drops for each eye can be confusing, but try to keep mistakes to a minimum. Using a visual chart may help. The most important thing is to continue using the eye drops.

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**I have been diagnosed with glaucoma and understand that I should not lift weights, or do any exercise where my head is below my waist. What exercises can I do to maintain my strength in my arms and upper body?**

Overall exercise can lower eye pressure, but avoid any activity that can raise the pressure around the face.

This includes heavy weight lifting, certain yoga positions such as downward dog and headstands, and playing wind instruments.

I recommend talking to a personal trainer who can advise you on a program that mixes light weights with cardio to maintain both strength and fitness.

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

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

## **Glaucoma, A Patient's Guide to the Disease**

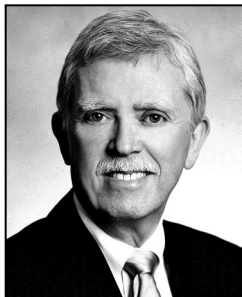
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Order Your Copy Today!***

Dr. Graham Trope answers more than 180 questions on glaucoma, tests and treatments in the fourth edition of his popular book. You can get a copy from the Society for just \$15. All proceeds from book sales support research grants.

Send your name, address and daytime phone number with a cheque or MASTER-CARD or VISA number and expiry date, to:

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

## **President's Message**



The GRSC has had another successful year financially, raising nearly \$79,000 from participating in the Scotiabank Marathon and receiving generous support from donors.

We will participate in the Marathon again this year on October 22.

For the fiscal year ending May 31, 2017, the Society will make research grants totalling \$310,000 to successful applicants. Financial information, including the results of the audited financial statements, is available on the website.

As noted in the insert, at the Supporter's Meeting last October, we presented recognition awards to a number of volunteers and supporters, held our popular question and answer session and Dr. Delan Jinapriya gave a very well-received presentation of the Albert Waxer lecture.

Work continues on updating the website, which we hope will be completed before the next Supporter's Meeting on Tuesday, October 17, 2017.

As this newsletter goes to print, the GRSC is participating in a fundraising event whereby the Hudson's Bay Company has generously donated merchandise discount coupons for the Society to sell at \$5 each. We hope this will lead to a new source of revenue.

The Society needs a continuing flow of money to support research into the causes of, control of, and cures for glaucoma. Contributions from our generous supporters are essential and much appreciated. - **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

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