

# Glaucoma Research Society of Canada News & Information



Vol. 27 No. 2 Fall 2016

*We Support New Ideas*



**We need you, your families and friends to walk or run in the**  
**Scotiabank Toronto Waterfront Marathon on Sunday, October 16, 2016**  
**and help raise money for glaucoma research**

Last year your Society's participation in the Marathon raised \$65,000 for research! This year with your help, we can do even better.

*See enclosed flyer for details.*

**You're invited to the Glaucoma Research Society of Canada's Annual Meeting of Supporters Thursday, October 6, 2016**

Refreshments: 5:45 pm Business Meeting: 6:30 pm  
**CNIB Conference Centre**  
**1929 Bayview Avenue, Toronto**

**Parking Fees in effect.**  
*See enclosed flyer for details.*

## Powerful Ways for You to Help Fund Glaucoma Research

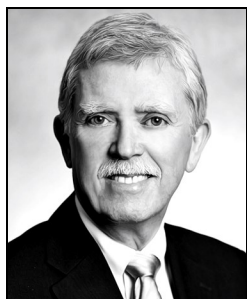
You can give an existing life insurance policy or purchase a new one naming the Glaucoma Research Society of Canada as owner/beneficiary. Gifts of an existing policy entitle the donor to a fair market value tax receipt, which may be greater than the cash surrender value.

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 through an estate.

Donating marketable securities eliminates any tax on a capital gain and entitles the donor to a fair market value donation. This is more tax efficient than giving cash after selling the securities.

Donors should seek professional tax advice in connection with gifts of insurance policies or securities or designations of RRSPs, RRIFs, TFSAs, etc. Make a donation through your will. New rules provide more flexible tax credits if the gift is made within 36 months after death.

## President's Message



The GRSC had another successful year financially. In the fiscal year ended May 31, 2016, it received bequests of about \$74,000 and about \$65,000 from participating in the 2015 ScotiaBank Waterfront Marathon.

As a result, the Society was able to approve research grants in excess of \$300,000 in support of 16 excellent projects, while maintaining a reserve for next year. Information about those projects is included with this newsletter. On behalf of the board of directors, I thank our generous supporters for making these grants possible.

The GRSC will participate in the **ScotiaBank Waterfront Marathon on Sunday, October 16, 2016**. Dr. Mark Schaffer, our executive secretary, is again leading the efforts, with a committee of volunteers headed by Susan Schouela.

The enclosed flyer provides more information about how you can support this important fundraising event and help the Society continue making grants to carry out its leading-edge research.

As a result of changes in GRSC's governance, the Society's membership is now limited to the individuals who serve as its directors. Supporters continue to be a significant source of assistance and the Society will provide financial information as in the past.

The **Meeting for Supporters on Thursday, October 6, 2016** at the

CNIB will be similar to past AGMs. Notice of that meeting is included with this newsletter.

The Society is upgrading its website to make it more user friendly and informative. I hope to have a detailed report available for you at the October 6th meeting.

Fundraising is the lifeblood of the GRSC. Without funds, it cannot continue to make grants to researchers. You can support the Society in many ways including through insurance policies, designations of RRSPs, RRIFs or TSFAs, donations of publicly listed securities (to avoid recognition of capital gains), bequests by will and inter vivos gifts.

More information is available on the front page of this newsletter and on our website about how you can continue to assist the GRSC financially. With your ongoing financial contributions, the Society plans to continue to make a significant difference in carrying on research to eradicate glaucoma. - *James M. Parks, President*

### Mice with Destroyed Optic Nerves Regain Partial Vision

Broken connections between retinal ganglion cells and the brain mean permanent vision loss. In experiments in mice, scientists, for the first time, regenerated severed optic-nerve connections, restoring key aspects of vision.

The mice's condition prior to the experiments resembled glaucoma and Stanford University researchers say the findings could perhaps one day help develop new tools for treating glaucoma. - *Nature Neuroscience - online July 11, 2016; in print Volume 19, Number 8, August 2016*



## Dr. Rajiv Bindlish Answers Your Questions about Glaucoma

**I have been diagnosed with early stage glaucoma and need to start treatment. What do you recommend?**

We usually start with a prostaglandin medication or a beta blocker. Side effects are generally minimal in healthy adults but can affect the eyes - red eyes, stinging, allergic reaction - or the body - headache, slow heart rate or gastrointestinal upset. The other option is laser treatment, but it may not work or its effect may not last, requiring eye drops in the future.

**Since undergoing a laser iridotomy, I'm seeing double when looking at lights. My doctor recommended a corneal tattoo. Is this a normal procedure?**

A ghosting or streak of light occurs when light strikes your tear meniscus at the eye lid margin, then goes through the small laser opening. The location of the iridotomy is linked to this side effect. Corneal tattoo is the best option to resolve this. It involves tattooing the cornea over the spot of the iridotomy, so less light can penetrate the small opening.

**Are there ways to increase ocular pressure?**

No. Low eye pressure happens because the faucet of the eye turns off (ciliary body shut down). This can be from injury or post-operative inflammation. Usually it restarts over time. Eye inflammation can be controlled with a topical steroid eye drop. Topical atropine drops may also help.

**A routine lab test indicated that my potassium level is high. Could this be caused by Cosopt® eye drops which I have been using for five years?**

Many different things can cause high potassium blood levels including food such as bananas. You could try a different eye drop medication and see if that changes your potassium level. High levels of potassium can cause heart problems. I suggest you consult your family doctor.

**My doctor has prescribed three eye pressure medications. I am worried about side effects and would like to use only one to keep my glaucoma in check.**

Your doctor is trying to keep your eye pressure low. If you are experiencing side effects from the eye drops, you may want to consider laser treatment. But laser treatment is not a cure for glaucoma and follow-up appointments are essential.

**Why is the first-line treatment for glaucoma eye drops, rather than surgery?**

Both eye drops and surgery are ways to control eye pressure. Surgery may have complications such as bleeding, infection and loss of vision. The recent *CIGTS - Collaborative Initial Glaucoma Treatment Study* - comparing early surgery to eye drops showed very little difference between the two groups in final outcomes for glaucoma control. But more side effects were noticed in the surgical group. For early cases, we are looking at surgical techniques such as iStent, Xen, Infocus, and Hydrus as ways of controlling eye pressure with minimal eye trauma and better success for the patient without the use of eye medications.

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

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

**Looking for a Special and  
Memorable Gift to Mark  
a Milestone in Life?**

Whether it's for a birthday, wedding, graduation, anniversary, bar/bat mitzvah or the passing of a loved one, a donation to the Glaucoma Research Society of Canada is a meaningful and lasting way to express your sentiments.

Your gift funds researchers working to find more effective treatments and a cure for glaucoma.

It's easy to donate over the phone, through our secure website, or by mail. We will send you a letter acknowledging your gift and a tax deductible receipt.

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

**Limited Quantities  
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 MASTERCARD or VISA number and expiry date, to:

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

**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 four million dollars for research.**

Charitable Registration No 889178695 RR0001

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