

## FALL 2004 - News & Information Vol.15

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# GLAUCOMA RESEARCH SOCIETY *of* CANADA



Dr. John Flanagan and Dr. Mitra Sehi's research into the interaction of daily variations in eye and blood pressures that could help identify eyes at risk of glaucoma was the feature presentation at the Glaucoma Research Society of Canada's (GSRC)AGM in September at Toronto's St. Lawrence Hall.

Over \$60,000 in grants this year from the GRSC helped support this important research and five other investigations into glaucoma currently undertaken by researchers across Canada:

**Development of a Hypoxic Cell Culture Model of Glaucoma** - *Dr. John Flanagan, Dr. Ross Ethier*  
**Glaucoma and Nerve Growth Factors in the Brain** - *Dr. Yeni Yucel, Dr. Neera Gupta*

 Board members

Board members Ruth Josephson and Renee Wolfe received awards of appreciation for their fundraising efforts from Dr. Graham Trope at the September AGM.

**The Useful Field of View in Glaucoma** - *Dr. Sharon Haymes, Dr. Paul Artes, Dr. Balwantray Chauhan*  
**A Study of Neuroprotective Effects of the Tetracycline Antibiotic, Minocycline, and the selective Cyclooxygenase-2 Inhibitor Rofecoxib** - *Dr. Melanie Kelly, Dr. Kelly Powell*  
**Determining the Effect of Genetic Mutations on Ocular Structural Properties and Glaucoma** - *Dr. J. Lehmann, Dr. I. MacDonald*

Following the presentation, Dr. Flanagan and Dr. Sehi joined a panel of distinguished ophthalmologist - Dr. Graham Trope, Dr. Blair Fearon and Dr. Frederick Feldman - to answer questions from members.

News

### **GRSC Receives \$53,000 from Canadian Pharmaceutical Companies**

The Society recently received funding in support of glaucoma research from Alcon Canada Inc. (\$18,000), Allergan Inc. (\$20,000), Merck Frosst Canada Ltd. (\$10,000) and Pfizer Canada Inc. (\$5,000).

### **Anti-Cholesterol Drugs May Lower Risk**

A new study published in the *Archives of Ophthalmology* in June, found a "significant reduction" in risk for primary open-angle glaucoma for patients with heart disease and high cholesterol who had used statin drugs to control their cholesterol for at least two years.

### **Eye Drops Can Delay Glaucoma in Blacks**

Also in the June issue was a report indicating that eye drops that reduce elevated pressure inside the eye can delay or prevent onset of primary open-angle glaucoma in blacks.

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## FALL 2004

## President's Message

I bring you greetings and warmest thanks from our Board of Directors, and a big welcome to the new members who have joined the Society during 2004, and to Brian Monrad, Linda Joyce Ott and Charles Wakefield who recently joined our Board of Directors.

To all members and donors, we are most grateful for your continued support. Because of your generosity, this spring we awarded more than \$60,000 in grants to researchers working to find a cure for glaucoma. With your help, we plan to increase our research funding to \$80,000 in 2005.



we hope you have enjoyed your recent *Tealess Tea*. If you haven't had a chance yet to enjoy a cup of tea compliments of the Society, you might want to during this hectic holiday season.

We are building partnerships with organizations such as VoicePrint and Shoppers Drug Mart. Shoppers' Optimum Donate Your Points Program helps health care charities. You can go online to [www.shoppersdrugmart.ca/OptimumTransfer](http://www.shoppersdrugmart.ca/OptimumTransfer) and donate your points to the GRSC.

In november, we displayed Society materials at the University of Toronto's Mini Med-School. This was an evening for learning about eye health and glaucoma from leading physicians. We will be there again on February 24, 2005. Join us if you can.

We send our very special thanks to Keith Gordon, vice-president and long serving member of the Board. Keith resigned from the Society in November but not from his involvement with glaucoma. We wish him well as co-chair of Alcon Canada's glaucoma research program and will miss his enthusiasm, advice and encouragement. And finally, we would like to hear from you. Send us your suggestions on how we can serve you better.

Margaret Rodrigues  
President

## Do You Have Trouble Reading Newspapers?

You're not alone. Many people have trouble reading information and entertainment in newspapers and magazines.

VoicePrint Canada provides this printed material in an audio format 24 hours a day via cable, satellite and the Internet. Programs vary from science and technology to arts and entertainment and include news from coast to coast.

You can hear this programming on the secondary audio programming(SAP) of CBC Newsworld. The SAP is an audio setting on your TV set. Some remote controls have a SAP or MTS button to toggle through the audio options; other remotes have a MENU button for changing audio settings to SAP.

VoicePrint's website provides lots of programming including an audio archive where you can listen to past programs at your leisure.

For more information about this service or membership in VoicePrint, call **1-800-567-6755** or visit [www.voiceprintcanada.com](http://www.voiceprintcanada.com).

## Chinese and French Translators Needed

We want to make our website trilingual and need volunteers to translate it into Chinese and French. If you can help, please call the office.

## Remember the GRSC in Your Will

Planned giving through wills or bequests is a unique approach to charitable giving that can minimize taxes and maximize estate benefits. In your estate planning, you can designate an amount, percentage or specific portion of your estate to the Glaucoma Research Society of Canada. You can also give life insurance or securities.

**Let us know if you would like to receive this newsletter by e-mail. You can also read it online at our new website [www.glaucomaresearch.ca](http://www.glaucomaresearch.ca)**

## FALL 2004

### Dr. Graham Trope Answers Questions about Eye Drop Treatments

#### What is the commonest drug used to treat glaucoma?

Topical prostaglandin analogues help lower the pressure in the eye by increasing the outflow of fluid from inside the eye. Eye drops are available under the brand names: Xalatan, Lumigan and Travatan.

**What are the differences in potency between the three newer eye drops for glaucoma?** These three drugs are equally potent but sometimes a patient may respond better to one than another. It has been claimed that blacks may respond better to Travatan but this still needs to be confirmed.

**What are the differences in the side effects between the three new drops?** They all can cause red eyes, eye lash growth and can darken the eye in people with green or blue eyes, but Xalatan produces less redness than the other drops.

**What is Xalacom?** It's a combination eye drop made from a prostaglandin agent and a beta-blocker (Xalantan and Timolol). Used once a day, it works better than Xalatan or Timolol alone, but may not work as well as the two drops separately.

**What is COMBIGAN?** This is a combination eye drop made from Timolol and Alphagan and used every 12 hours. Before using this drop, ask your doctor about possible side effects.

### Thank You to Our Donors

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Louis Enchin

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## Looking for a Unique & Memorable Gift to Mark a Milestone in Life?

Whether it's for an anniversary, birthday, graduation, bar 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 a cure and more effective treatments for glaucoma.

It's easy to donate over the phone, through our secure website, or by mail. We will send you a tax deductible receipt and acknowledge you as a donor in our newsletter.

## GLAUCOMA: A Patient's Guide to the Disease - Revised 3rd Edition Now Available

This authoritative book answers more than 150 questions about glaucoma, tests and treatments. The author is Dr. Graham Trope, Professor of Ophthalmology, University of Toronto, founder of GRSC and head of its Scientific Advisory Committee. Ccost:\$15. Book sales help support our research grants.

You can buy a copy online using VISA or send your name, address and daytime phone number with a cheque, or VISA number and expiry date, to GRSC.

## Eye Donations from Patients 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.

To donate your eyes after death, mail your name, address and phone number, along with that of your next of kin to: Linda Sharpen, Eye Bank Manager, Eye Bank of Canada (Ontario Division), Dept. of Ophthalmology and Vision Eyecare, One Spadina Cres, Room 115, Toronto ON M5T 2S8.

The Eye Bank will contact you with information you can pass on to your family. Your final wishes will be acted upon and the Eye Bank will provide your eyes to researchers. For more information, visit the Eye Bank

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The Glaucoma Research Society of Canada is a national registered charity funding research into the causes, diagnosis, prevention and treatment of glaucoma. Since 1988, it has raised over one million dollars for research.

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of Canada's website at [www.eyebank.med.utoronto.ca](http://www.eyebank.med.utoronto.ca)

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