

Glaucoma Research Society of Canada News & Information

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Fall 2020



We Support New Ideas



The Glaucoma Research Society of Canada is now on Facebook!

Please follow [our GRSC Facebook page](#) to keep up-to-date on the latest glaucoma research and Society news.

You're Invited to Our
Annual Meeting of Supporters

Santen Canada Inc. and
the Society are hosting the
Meeting online as a Live Webinar
on Wednesday, October 7

See the enclosed flyer for details



**SEND US YOUR EMAIL ADDRESS &
WE'LL KEEP YOU INFORMED**

We want to speed up our communications to you, cut down on administrative costs, and reduce our environmental impact.

Email us at info@glaucomaresearch.ca and we'll add your name to our email list for updates and news about glaucoma.



**Scotiabank TORONTO
WATERFRONT MARATHON**

The 2020 Marathon
is going virtual!

GRSC Supporters to
Participate in Virtual Race
throughout October

Our goal is to raise \$60,000
in the Marathon this year

All money raised will go to
funding glaucoma research

Please Join or Sponsor
the GRSC Team

Information on how to join or sponsor
the Glaucoma Research Society's
Team is available on our website:
www.glaucomaresearch.ca

See the enclosed flyer for details



Dr. Rajiv Bindlish Answers Your Questions about Glaucoma

Are specific medications linked to closed angle glaucoma?

Anti-depressant medications, antihistamines, Topomax and some other medications can produce pupillary dilation that can cause closed angle glaucoma in patients with narrow angles. Most patients have open angles. Ask your eye care provider if you have narrow angles.

All medications will have a caution associated with their use and glaucoma on their product information sheets, but very few medications are proven to cause glaucoma.

What are the side effects of Monopost preservative-free Latanoprost eye drops?

Side effects may include eye redness, skin discolouration, iris pigment discolouration - hazel and blue eyes may turn more brown, eye lash growth, reactivation of herpes simplex keratitis, uveitis and cystoid macular edema. The last 2 side effects are very uncommon.

The medication is generally well tolerated with very few systemic side effects, such as headache and gastrointestinal upset.

I've had glaucoma surgery and am on the maximum dosage of eye drops. Yet the quality of my vision changes throughout the day. Is my glaucoma getting worse?

Your daily vision fluctuation is not glaucoma progression. Ocular surface disease or dry eyes usually causes this phenomenon. Talk to your doctor about it.

What is the usual course of treatment for glaucoma?

The primary treatment to lower intraocular pressure so worsening of glaucoma is as slow as possible is eye drop medication such as Xalatan (Latanoprost), Travoprost or Bimatoprost.

If the initial eye drops aren't effective, ophthalmologists will switch to different eye drops or add a second or even a third medication.

Other early treatment options include laser – selective laser trabeculoplasty or argon laser trabeculoplasty. If eye drops or laser or a combination of both don't work, the next option may be surgery.

I was diagnosed with glaucoma in both eyes and have been referred to an ophthalmologist. I live in Ontario. Is glaucoma surgery covered under OHIP?

The Ontario Health Insurance Plan (OHIP) covers laser and surgical treatments for glaucoma, as well as all visual field testing, Pachymetry and Optical Coherence Tomography (OCT) examinations. OHIP also covers eye drops for those over age 65. Optional tests such as Heidelberg Retinal Tomography, photos and anterior segment OCT are not covered.

Does glaucoma's rate of progression lessen as one grows older?

Age and length of time from diagnosis have no bearing on glaucoma progression. Lowering eye pressure generally slows its progression.

**Email Your Questions
about Glaucoma to
info@glaucomaresearch.ca**

or Call

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

Smokers Have Higher Intraocular Pressure

A recent US study shows that current and past smokers have a significantly higher level and rate of intraocular pressure (IOP) than patients who never smoked. This difference is more pronounced in patients diagnosed with glaucoma.

To get these results, researchers used the Intelligent Research in Sight Registry that tracks the medical data of over 12.5 million patients.

These results could have important public health implications and provide key talking points for doctors counselling patients on their lifestyle choices.

– *Ophthalmology Glaucoma, July-Aug 2020*

AI-based Technology Helps Detect Rapid Progression of Glaucoma

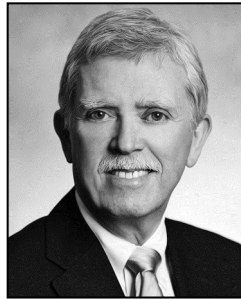
Incorporating an artificial intelligence (AI) algorithm into tests to detect dying retinal cells allowed UK researchers to accurately predict progressive glaucoma-related damage 18 months earlier than using current retinal imaging technology.

Being able to predict glaucoma's course of progression earlier could help people maintain their sight, as treatment is most successful when provided at an early stage of the disease.

This AI-based technology could help speed up clinical trials for glaucoma detection and diagnosis.

– *Expert Review of Molecular Diagnostics, May 2020*

President's Message



The Covid-19 pandemic has affected our Annual Supporters' Meeting and the Scotiabank Toronto Waterfront Marathon. Both will be *virtual* events taking place online in October.

On the evening of October 7th, 2020, Santen Canada Inc. will be hosting our Annual Supporters' Meeting as a live webinar. We hope you will be able to see it live, but if not, we will also be recording it, so you can see it later. Check out the details on the enclosed flyer.

The Society is grateful to Santen Canada Inc. for its generous financial and technical support in holding this year's meeting.

We are once again participating in the Scotiabank Toronto Waterfront Marathon which has become a *virtual race* this year. See the enclosed flyer for more information about how you can join or sponsor the Society's team.

In its fiscal year ended on May 31, 2020, the Society raised \$56,000 from participating in last year's Marathon and received bequests totaling \$205,000. This included a bequest of \$180,000 from a generous supporter.

Total revenue for the year was \$414,000, enabling the Society to make research grants of \$180,000. See the enclosed flyer for details about these research projects.

Audited financial statements will be available at the annual meeting and on our website in October.

The Society and its directors are grateful and thank all of the generous supporters for making the grants possible.

With your ongoing financial support, the Society will continue to fund research into the causes, diagnosis, prevention and treatment of glaucoma.

– *James M. Parks, President*

Powerful Ways for You to Help Fund Research

You can support the Society financially, not only with cash donations, but with donations of publicly listed securities (to avoid recognition of capital gains), transfers or designations of insurance policies or registered plans such as RRSPs, RRIFs or TFSAs, bequests under wills and through other methods of giving.

You can give an existing life insurance policy or purchase a new one naming the Glaucoma Research Society of Canada (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. They may also require the donor to report income for tax purposes.

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.

Corporations can also make donations to charities. A donation of securities by a private company could save tax and provide tax benefits to the company which could be worth as much as 90% of the value of the donation. A donor who owns securities personally can transfer them to a private company [at no tax cost by taking appropriate steps to avoid recognition of any accrued gains] and the company can then donate them to the charity.

Please ask our office for details or consult with your tax advisor.

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 more than five million dollars for research.

Charitable Registration No 889178695 RR0001

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