

Glaucoma Research Society of Canada News & Information



We Support New Ideas

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Dr. Graham Trope Retires from Practice, Remains on Board and as Chair of GRSC's Scientific Advisory Committee

After 38 years with the University Health Network, Dr. Graham E. Trope, MD, PhD, FRCSC, retired from his clinical practice on March 4, 2022.

Dr. Trope has received many awards throughout his career including the Queen Elizabeth II Diamond Jubilee medal for his contribution to Ophthalmology, a Lifetime Achievement Award from the Canadian Ophthalmological Society, and the President's Award from the Canadian Glaucoma Society for 'a career of excellence in patient care and research'.

Dr. Trope founded the Glaucoma Research Society of Canada in 1988 and it has since funded over 300 research projects. He plays an essential role in the grant process each year and we are delighted he has chosen to remain a Director and Chair of the Scientific Advisory Committee!

GRSC has set up a fund in tribute to Dr. Trope. We will contact you soon with information to consider a gift in honour of Dr. Trope and his magnificent career.



Jordan Tidd: Eyes Open Photography Exhibit

Jordan Tidd is an emerging photographer who uses her unique perspective to show us what the world looks like through her eyes as a person with glaucoma.

On January 15, Jordan held an exhibit at the Distillery District in Toronto and online. She used the event as a way to raise glaucoma awareness and was featured on both CityTV and Global news. Jordan also donated proceeds from the sale of some of her pieces and a silent auction to GRSC!

There's great news for anyone that missed the exhibit in January: a second exhibit is planned for July 23 - both in-person and online.

For details visit: www.eyesopenexhibition.com

Demystifying Glaucoma Webinar for WGW 2022



On March 8, Dr. Matt Schlenker hosted the latest webinar in GRSC's **Demystifying Glaucoma** series to mark **World Glaucoma Week (WGW) 2022** (March 6-12).

As a glaucoma surgeon and assistant professor at the University of Toronto, Dr. Schlenker is well-versed to present **Glaucoma Surgeries: An Overview, Different Types, and When It's Time**. The presentation was supported by an unrestricted educational grant from Allergan, an AbbVie company.

Following the presentation, Dr. Bindlish joined Dr. Schlenker for a lively Q&A session. You can catch up on **Demystifying Glaucoma** by visiting our website: www.glaucomaresearch.ca

President's Message



Covid-19 continues to disrupt the Society's operations. The Annual Supporters' Meeting (ASM) was held virtually on October 6, 2021 and was well attended. It featured the 11th annual Albert Waxer lecture presented by Dr. Enitan

Sogbesan titled "Creating a Virtual Reality App for Patient Education, Treatment Adherence and Quality of life", followed by a Question and Answer session with a panel of experts. Both were very well received.

I am pleased to report that Mr. Scott Leslie joined the board in Fall 2021. There are now 12 directors in office with no vacancies. The directors continue to meet regularly in virtual format to carry out the Society's objectives.

The Society's participation in the Toronto Waterfront Marathon was very successful, largely due to increased participation. Over \$85,000 was raised and the Society plans to participate again this coming October. More details can be found elsewhere in this newsletter.

The Society changed its financial year end from May 31 to December 31. The next ASM is scheduled for October 12, 2022 with more information to follow. Audited financial statements for the period ending on December 31, 2021 are now available on the Society's website or by request.

The Society continued its webinar series "Demystifying Glaucoma" on March 8 with an online presentation on glaucoma surgeries by Dr. Matt Schlenker. It was very informative and well received by a large number of registrants. Plans are underway for another installment later this Spring with details to be provided in due course.

As noted elsewhere in this newsletter, Dr. Graham Trope, the Society's founder, recently retired from practice. I am pleased to report that he will continue as a Director and Chair of the Society's Scientific Advisory Committee.

– James M. Parks, President

Improving the Reading Performance of Glaucoma Patients

Glaucoma can negatively affect a person's performance in reading, shopping and navigating while walking or driving. A recent study aimed to better understand how glaucoma affects reading and to identify potential interventions that might improve the reading performance of glaucoma patients.

In comparison to similarly aged participants without glaucoma, patients with glaucoma were found to read at a significantly slower rate. Reading speed was improved by increasing contrast, while increasing line spacing and font size was found to have no effect.

[Ophthalmology Glaucoma](#), November 2021

Recent Study with Significant Findings for Oral Treatment Funded by GRSC

Glaucoma is most commonly treated with medicated eye drops in an attempt to reduce a patient's intraocular eye pressure (IOP). Carbonic anhydrase inhibitors (CAIs) taken orally or topically can also reduce IOP, but many ophthalmologists are reluctant to prescribe them in tablet form which are believed to have serious, sometimes life threatening, negative side effects.

A recent study partially funded by the Glaucoma Research Society of Canada and conducted in Ontario, found that the risk of very severe reactions to oral CAIs is low. This new information suggests oral/tablet CAIs could be reconsidered by ophthalmologists to treat uncontrolled severe glaucoma for very select patients, provided they are well informed of the many potential side effects.

While these findings are promising, it is important to note that each patient's situation is unique and must be addressed by their treating physician.

[JAMA Ophthalmology](#), January 2022



Dr. Rajiv Bindlish Answers Your Questions about Glaucoma

How long before bedtime should I insert my eyedrops?

I recommend an hour before bedtime. For example, if you go to bed at 11, instill the drops at 10. Don't forget to wipe off any excess eye drops to minimize side effects.

What is the best time to put eye drops in – morning, afternoon or night?

That depends on what type of eye drop you use. Beta blockers (e.g. Timolol) typically work better in the morning. Some of these are dosed at twice a day, so that's why you'd use it morning and night.

Certain drops don't lower the pressure for longer than about 6-8 hours, so they are prescribed for three times a day - morning, afternoon and night.

Prostaglandin medications (e.g. Xalatan or Latanoprost) typically work better at night.

Whichever eye drop you use, you should follow the time that is recommended by your eye doctor.

What's the optimal pressure level for eyes?

There is no 'normal' eye pressure. 'Normal' depends on the individual and everyone is different. Some people with glaucoma have pressures between 16-18, while some people have pressures between 22-24 and never develop glaucoma.

The goal of treatment is to reduce a person's eye pressure so that they don't experience any further eye damage.

Email Your Questions about Glaucoma to:

info@glaucomaresearch.ca

Higher Rate of Falls in Older Adults with Glaucoma

A recent study found that older adults with glaucoma have a higher rate of falling than their peers without glaucoma. This often contributes to a heightened fear of falling which can lead to avoidance of at-risk activities, reducing quality of life.

Researchers suggest using patient education, interventions, and appropriate referrals to minimize falls and the fear of falling. This will lower the rate of injuries in older glaucoma patients and improve their emotional and social well-being.

[American Journal of Ophthalmology](#), July 2021

Glaucoma's Effect on Cognitive Function

A recent study investigated the effect glaucoma has on patients' cognitive function. As the majority of glaucoma patients are senior citizens, a decrease in cognitive function may be attributed to the natural aging process. However, this study of 172 glaucoma patients has shown an association between glaucoma damage and lower cognitive function, independent of such risk factors as age and visual acuity.

[Journal of Glaucoma](#), October 2021

SAVE THE DATE!

Annual Supporters' Meeting Wednesday, October 12, 2022

GRSC's Annual Supporter's Meeting will be held online again this year. Please check our Fall Newsletter and our website closer to the date for details on how to register.

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 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 Society 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 Society 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.



Coming Soon... Demystifying Glaucoma IV



Our next webinar will take place in late Spring! Check our website for topic and details or sign up to receive notifications from GRSC by emailing info@glaucomaresearch.ca

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