

Glaucoma Research Society of Canada News & Information

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We Support New Ideas

Charitable Registration No 889178695 RR0001

Dr. Monnier & Team Receive 2022 Mel Mitzel Research Excellence Award



Dr. Phillippe Monnier's research project, *SKI-1 Inhibition Promotes Optic Nerve Regeneration in an Animal Model for Glaucoma*, received the highest ratings from peer reviews during GRSC's 2022 grant application evaluation process.

Dr. Monnier and his team will receive an extra \$5,000 for their research which they will conduct the research for this project at the Krembil Research / Donald K. Johnson Institute in Toronto.

You can read summaries of all projects receiving 2022 research project grants in this newsletter and on our website: www.glaucomaresearch.ca.

Dr. Cindy Hutnik Adds New Roles to Already Impressive CV



Dr. Cindy Hutnik, BSc, MD, PhD, FRCSC, was recently appointed Chief of the Department of Ophthalmology at the Schulich School of Medicine & Dentistry at Western University. She also became President of the Canadian Glaucoma Society in 2021 and is currently Chair of the Governing Committee of the Academic Medical Organization of Southwestern Ontario.

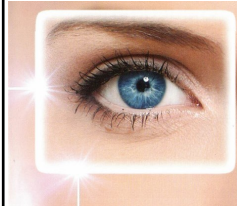
Prior to joining GRSC's Board of Directors in July 2021, Dr. Hutnik received several GRSC research grants and delivered the Albert Waxer Lecture in 2017 and 2020. To learn more about Dr. Hutnik's work, see About Us on our website: www.glaucomaresearch.ca.

GRSC Increases Funding Allowance for 2023 Research Project Grants



The GRSC's Board of Directors voted to increase the maximum amount of funding per research project from \$20,000 to \$25,000 at their April meeting. The change will take effect in October, just in time for the opening of GRSC's online Research Portal for 2023 grant applications.

See our website: www.glaucomaresearch.ca for more information on our research project grant application process including Terms and Conditions for applicants. To request a printed copy of the Terms and Conditions, contact us at: info@glaucomaresearch.ca.



Free Eyedrop Brochure Assists Newly Diagnosed Glaucoma Patients

Using eyedrops is so necessary for most glaucoma patients that daily use eventually becomes routine. However, it can be a daunting undertaking for those who are newly diagnosed.

The Glaucoma Research Society of Canada hopes to help with a new brochure giving tips on how to use eye drops correctly.

You can download the brochure from our website: www.glaucomaresearch.ca under the Resources tab. Or contact us at: info@glaucomaresearch.ca and we will mail the brochure to you.

President's Message



COVID-19 continues to cause disruption. The GRSC's Board of Directors continues to hold virtual meetings. And the annual meeting of supporters will be held virtually on Wednesday, October 12, 2022 at 7 pm ET.

If there is a dramatic improvement in the COVID-19 situation before then, we may hold the meeting in person, providing virtual access to those who can't attend in person. If this happens, we will post information on our website and let you know by email.

The Society plans to participate again this year in the Toronto Waterfront Marathon (now sponsored by TCS rather than Scotiabank), which will take place virtually during the month of October. GRSC representatives together with some of our supporters in the Greater Toronto Area will gather for the 5K walk in Toronto on Sunday, October 16.

The larger the team that participates on behalf of the Society, the more funds that can be raised for research. We hope many of our supporters and their friends, family, colleagues and others will participate this year.

More information about the Marathon, including registration, is set out elsewhere in this newsletter.

In recognition of Dr. Graham Trope's retirement earlier in the year, the Society is collaborating with the University Health Network Foundation in a fundraising campaign. The GRSC notified supporters about this campaign by letter and email over the summer months. We continue to welcome donations in honour of Dr. Trope.

The Society is planning a webinar during World Glaucoma Week in March next year. The webinar will continue our "Demystifying Glaucoma" series. We will let you know more about the webinar when we firm up details.

This year the Society awarded a total of \$315,040 in research grants to 16 projects,

including \$5,000 for the Mel Mitzel Annual Research Excellence Award. You can read summaries of these research projects on the following pages in this newsletter.

I am also pleased to report that the Society has increased the maximum amount of a grant from \$20K to \$25K starting with the 2023 season.

The Society and its directors are grateful and thank all of the generous supporters for making the research grants possible. With your ongoing financial support, the GRSC will continue to advance research into improving treatments and finding a cure for glaucoma. **– James M. Parks, President**

Link Found Between Glaucoma & Tinnitus

A recent study published in *The Journal of Glaucoma* from Taiwan suggests a possible link between primary open-angle glaucoma (POAG) and tinnitus – a condition that causes a sensation similar to ringing, buzzing, hissing, chirping or whistling in the ears.

Researchers reportedly found tinnitus to also be linked to hearing loss, rheumatoid arthritis, hyper-lipidemia, and idiopathic intracranial hypertension. More research is needed to understand these relationships.

[Primary Care Optometry News](#), May 2022

Stem Cell Research Reveals Genetic Roadmap of Glaucoma

Recent stem cell research has revealed a *genetic roadmap* of sorts that may help develop new treatments. The *genetic roadmap* will help identify potential areas to target in an attempt to stall, or even reverse, vision loss caused by glaucoma.

[Medical Press](#), June 2022



Dr. Rajiv Bindlish Answers Your Questions about Glaucoma

I was recently diagnosed with glaucoma. Will I have to use eyedrops, or can I just get laser treatment instead?

Based on one of the newer trials, laser is a reasonable first line treatment for glaucoma. But it's important to remember that it's not a cure. Once the laser is done, follow-up visits are necessary to ensure eye pressure doesn't increase.

There's a lot of attention on glaucoma treatment. What about prevention?

More research into the causes of glaucoma is necessary to understand how to prevent it. But early detection is the best method of lessening the damage caused by glaucoma and regular testing is key to detecting the disease early.

Research into genetics might help determine if one is a carrier for a particular glaucoma gene. This could lead to an earlier diagnosis.

What is Normal Tension Glaucoma? My eye pressure is not high, but I've experienced glaucoma damage earlier than my doctor expected.

Most people with normal tension glaucoma don't have a really high intraocular pressure (IOP). But the IOP that they *do* experience is still too high.

Other health issues such as migraines or cardiovascular disease can also contribute to the progression of glaucoma. The best treatment is to try to keep the IOP down.

What is the success rate of just using drops to bring down eye pressure?

Most eye drops lower intraocular pressure (IOP) in the range of 20-30%. Sometimes the higher the IOP, the better the lowering effect.

But no great statistics on the success rate are available and not every medication will work to the 30% rate. As well, some people don't respond to certain medications.

Also, the success rate of subsequent drops doesn't, unfortunately, get added to the total. For example, if the first medication you take reduces your IOP by 30%, adding a second medication will not lower your eye pressure by 60%.

Second and third medications can lower your eye pressure from 10-20%.

Email Your Questions about Glaucoma to:

info@glaucomaresearch.ca

Research Suggests Link Between POAG & Rheumatoid Arthritis

A South Korean study of 10,245 participants found that senior patients with rheumatoid arthritis (RA) had an increased risk of having or developing primary open-angle glaucoma (POAG) compared to a control group.

Within the first two years of being diagnosed with RA, people aged 75 years or older were at an increased risk of developing POAG. Because RA is known to have an auto-immune component, researchers hypothesize that POAG may as well.

More research is necessary to explore what this finding could mean for glaucoma diagnosis and treatment.

[JAMA Network Open](#), March 2022

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.



Don't forget ...



Our Annual Supporters' Meeting will take place on Wednesday, October 12th!

[CLICK HERE TO REGISTER](#)

or sign up to receive notifications from GRSC by emailing us at:

info@glaucomaresearch.ca

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