

Glaucoma Research Society of Canada News & Information

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Spring 2023



We Support New Ideas

Charitable Registration No 889178695 RR0001

World Glaucoma Week 2023 with Dr. David Tingey



Dr. David P. Tingey (BA, MD, FRCSC), a glaucoma specialist based in London, Ontario and member of the Glaucoma Research Society of Canada's Scientific Advisory Committee, delivered the fourth *Demystifying Glaucoma* lecture on Wednesday, March 15th to mark World Glaucoma Week 2023. Survey results from those in attendance confirm the event was a hit!

Dr. Tingey's *The Journey That Is Glaucoma* provided information about each stage of glaucoma from first noticing the symptoms to dealing with the diagnosis and daily medications and recovering from surgeries.

A lively question and answer session followed the lecture when Society Board members and glaucoma experts, Dr. Rajiv Bindlish, Dr. Catherine Birt, and Dr. Cindy Hutnik, joined Dr. Tingey.

If you missed it or would like to see it again, *The Journey That Is Glaucoma*, including the Q & A session, is on our website www.glaucomaresearch.ca along with *Demystifying Glaucoma* lectures.

THANK YOU, ZOOMER MEDIA!

The Glaucoma Research Society of Canada gives a big shout out to **Zoomer Media** for providing ad space to help raise glaucoma awareness during World Glaucoma Week 2023 (March 12-18).

Zoomer Media's support allowed us to reach a wider audience and continue to make a positive impact on the community.

Thank you so much!



ZOOMER MEDIA
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Most Patients with Open-Angle Glaucoma Fail to Receive Adequate Follow-Up

This retrospective study of US claims data investigated more than 380,000 older adults to determine the frequency of follow-up visual field testing after open-angle glaucoma (OAG) diagnosis.

Despite recommendations for once-annual testing, only 11% of patients met this guideline, and 68% had less than one visual field test per year.

Older age, female sex, and diabetic retinopathy were associated with less frequent testing. Individuals who saw an ophthalmologist were 24% more likely to test regularly than those who only saw an optometrist. The authors conclude that there is widespread bias among clinicians toward insufficient testing which may significantly contribute to OAG progression.

Ophthalmology Glaucoma, December 2022

Virtual Participants Raise Over \$47K in 2022 through 5km Walk to Support Glaucoma Research

The TCS Toronto Waterfront Marathon in October 2022 brought together virtual participants from across Canada to take part in a 5km walk (or another marathon event of their choice) and raise funds for glaucoma research.

Members of the Glaucoma Research Society of Canada's Board of Directors and staff participated, as did several independent supporters of the Society, by joining the team as fundraisers.

Participants were able to raise an impressive \$47,206. The funds raised will go a long way in supporting the Society's efforts to advance research into glaucoma.

**Thank you to all who participated in 2022.
We look forward to teaming up again in 2023!**

Get Active for the Cure in 2023!

The Glaucoma Research Society of Canada's largest annual fundraiser is open for registrations and you can help by signing up to participate as a fundraiser from anywhere in Canada! It's as easy as 1, 2, 3!

1. Choose your event (from a 5km walk to a full 42km marathon)
2. Under 'Teams' on the registration form, click the 2nd 'Yes' and choose Glaucoma Research Society of Canada from the drop-down menu
3. Ask friends and family to sponsor your participation



The TCS Toronto Waterfront Marathon will have the option for you to participate at a live event in Toronto on October 15, or virtually from anywhere in Canada, anytime in October.

For more details, see our website:
www.glaucomaresearch.ca
or contact us at info@glaucomaresearch.ca

President's Message



I am pleased to report that our Annual Supporters' Meeting held virtually on October 12, 2022, was well attended.

At the meeting Dr. Monali Malvankar and her colleagues presented the 12th annual

Albert Waxer Lecture: *The Impact of Breathing Exercises and the Art of Meditation on Quality of Life in Patients with Glaucoma*.

We recorded the lecture and the question and answer session that followed, so you can see it anytime on our website. The 2023 Annual Supporters' Meeting is scheduled to be held virtually on October 11.

The Society continues to present virtual webinars under the overarching theme of *Demystifying Glaucoma*. On March 15, 2023, Dr. David Tingey gave a presentation called *The Journey That Is Glaucoma* which was very informative and well received.

We recorded the presentation with the Q&A session and you can view it on our website. We'll let you know about upcoming webinars.

The GRSC directors continue to meet regularly in virtual format to carry out the Society's objectives, all with a focus on raising funds for research grants.

The Society raised over \$47,000 in the 2022 TCS Toronto Waterfront Marathon. This year the Marathon will be held in person in Toronto on Sunday, October 15 and also virtually throughout the month of October. The Society plans to participate again this year.

I am also pleased to report that more than \$195,000 has been raised as a result of the fundraising campaign to honour Dr. Graham Trope, the founder of the GRSC, on the occasion of his retirement. The funds will be used to make research grants.

As in previous years, the Society also received donations from various bequests, foundations, individuals and corporations. Thanks to the

generous contributions from our supporters, we anticipate another successful year for research grants. The GRSC and its directors are grateful to our generous supporters for making these grants possible.

– **James M. Parks, President**

Sleep Patterns Found to Affect Glaucoma

A long-term study that followed more than 400,000 participants in the UK from 2006 until 2021 looked at how one's sleep patterns might affect glaucoma.

The study concluded that snoring, daytime sleepiness, insomnia, and short/long sleep duration (less than 7 hours or more than 9 hours a night) were all associated with increased risk of glaucoma.

These findings suggest that individuals with a higher probability of developing glaucoma should pursue a healthy sleep pattern.

Likewise, individuals with chronic sleep problems should consider ophthalmologic screening for glaucoma detection.

BMJ Open, November 2022

Review of Online Glaucoma Information Highlights Shortcomings

Reviewers examined 150 websites, found by searching *glaucoma*, *high intraocular pressure*, and *high eye pressure* through Google, for quality, reliability, and readability.

They found that the information on most websites is too complicated for the average reader to understand, and that information found on private websites was of lower quality and was less reliable than that found on institutional websites.

The overall score for all websites combined was lower than preferred by the group, showing the need for better glaucoma information online.

Ophthalmology Glaucoma, August 2022

Highlights from the 2022 Annual Supporters' Meeting

The Glaucoma Research Society of Canada's Annual Supporters' Meeting was held on Wednesday, October 12th, 2022 as a live webinar. President James Parks opened the meeting by thanking all attendees and supporters for another successful year for the Society.

Mr. Parks introduced the members of the Board of Directors with a slide show that highlighted the professional background of each director. Each director is closely involved with the overall running of the Society which helps keep administrative costs to a minimum.

Mr. Parks presented Recognition Awards to supporters who went above and beyond in 2022: Cecilia Quarrington, Mary Terpselas, Jordan Tidd, and the Jeremy and Sheridan Smith Family.

Treasurer Thomas Gottlieb presented the Society's 2022 Financial Highlights. He noted that the fiscal year end had changed from May 31 to December 31 in 2021 and that the latest financial statement posted online covered only the months of June 2021 to December 2021. Mr. Gottlieb reported that \$315,040 was awarded to 16 successful grant applications across Canada in 2022, up from \$256,419 to 13 recipients in 2021, and \$180,000 to 9 recipients in 2020. He thanked donors for making that possible, adding that major sources of revenue came from regular donations, sponsored donations for the 2021 Marathon, and bequests.

Mr. Gottlieb reported on some of 2022's operational highlights including: Jordan Tidd's photography exhibit in January; the *Demystifying Glaucoma* webinar about surgeries presented by Dr. Matt Schlenker in March; the production of the *Prevent Glaucoma Damage* brochure; and the fund in honour of Dr. Trope to raise funds for glaucoma research. He announced the opening of the Society's online research portal for applications to the 2023 grant campaign and also reminded attendees of the currently ongoing Marathon fundraiser.

A tribute to Dr. Trope and his prestigious career followed the Treasurer's Report. Society administrator Ms. Suzanne Marshall introduced the proceedings. She then introduced Dr. Catherine Birt to represent the community of Dr. Trope's colleagues, and Mr. Stuart Murray provided a tribute as one of Dr. Trope's patients. A selection of tribute messages from supporters were shared and read aloud. Dr. Trope thanked everyone for the tribute and for the donations made to the Society in his honour.

Dr. Trope then introduced the presenter of the 12th Annual Albert Waxer Lecture, Dr. Monali Malvankar.

Following the presentation, Dr. Rajiv Bindlish hosted a question and answer session with Dr. Malvankar and her colleague, Belen Montefalcone, along with Society Board members and glaucoma specialists Dr. Cindy Hutnik and Dr. Catherine Birt.

Mr. Parks then presented a recognition award to Dr. Malvankar and thanked everyone who attended before closing the meeting.

You can find a link to the recording of the 2022 Annual Supporters' Meeting by visiting www.glaucomaresearch.ca or by emailing us at info@glaucomaresearch.ca.

Legacy Gifts: The Benefits of Including the Glaucoma Research Society of Canada in Your Will*

Making a difference: Naming the Glaucoma Research Society of Canada as a beneficiary in your will can help pay for research into finding a cure for glaucoma, the leading cause of irreversible blindness. It's a powerful way for you to leave a lasting legacy.

Tax benefits: Leaving a donation of stocks, bonds or cash in your will to a charity such as the Glaucoma Research Society of Canada will bring significant tax savings to your estate. On your death the income tax rules state that you sold all of your capital property at fair market value on the date on which you died and this can create large capital gains subject to tax.

Gifts of public-traded marketable securities made as a consequence of your death will qualify for "nil capital gains inclusion". The transfer of the securities to the Glaucoma Research Society of Canada must occur within 60 months of death. This will result in no tax in your estate on the capital gains accrued on those donated securities. In addition, your estate will receive a charitable tax receipt for the full amount donated. This receipt can offset taxes owed by your estate from other capital gains or from the winding up of retirement funds (e.g., RRIFs or RRSPs) and other investments or from other sources of income.



Photos courtesy of pexels.com, artists: Anastasia Shuraeva (left), Karolina Grabowska (above)

Gifts to the Society in your will are considered to be made by your estate and the tax credit can be deducted by your estate in the tax year in which the donation was made or in the two previous tax years or by amending your tax return for the year of death or the return for the prior year. This allows for flexibility in using the full tax credit. In your will you can leave a *residual gift* or a *contingent gift*.

A *residual gift* is a gift under which the Society receives all or a percentage of what remains in your estate after all taxes and other liabilities have been paid and other special provisions have been fulfilled, such as paying legacies to other beneficiaries. A *contingent gift* is a gift under which the Society receives assets after other named beneficiaries have died.

Simplicity: Naming the Glaucoma Research Society of Canada or other charity as a beneficiary in your will can be easily accomplished with the help of a lawyer. This is a convenient way to make a charitable donation to the Society, even if you don't have a lot of assets or resources to give during your lifetime.

**In addition to naming the GRSC as a beneficiary in your will, you can also name it as a beneficiary under a life insurance policy or an RRIF, RRSP or TFSA.*

Legacy Gifts: The Benefits of Including the Glaucoma Research Society of Canada in Your Will

Flexibility: Naming the Glaucoma Research Society of Canada or other charity as a beneficiary in your will gives you the flexibility to choose how to make your gift, including whether to donate cash, marketable securities, set up a residual gift, a contingent gift, etc.



Honouring a loved one: Some people name the Glaucoma Research Society of Canada as a beneficiary in their will as a way to honour a loved one who suffered from the disease.

Supporting an organization that doesn't rely on government funding: The Glaucoma Research Society of Canada relies on donations from individuals and other financial supporters. Naming us in your will can have a bigger impact on our organization than you may be aware of.

Encouraging others to do the same: By naming the Glaucoma Research Society of Canada in your will, you can also inspire others to do the same, helping to build a culture of philanthropy and giving.

Providing for the future: Making a charitable bequest can also help to ensure that the Glaucoma Research Society of Canada will continue to be able to carry out its research in the future.

Please discuss the best plans with your loved ones. If you've already left a gift to the Glaucoma Research Society of Canada in your will, but have not disclosed it to us, we encourage you to reach out and let us know.

If you are thinking of naming the Glaucoma Research Society of Canada in your will, and would like to discuss it further, please contact us by email at info@glaucomaresearch.ca or by phone at 1-877-483-0204 and we will put you in touch with our **Legacy Gifts Consultant, Mr. Martin Chasson, CA, CPA.**



And remember, following the advice from a lawyer or tax accountant is the best way to ensure your legacy will be carried out as you desired.

Photos courtesy of pexels.com, artists: Tristan Le (far above) and Yan Krukau (above right)



Join us in the fight against glaucoma and help us save sight for a brighter future!

Annual Supporters' Meeting Highlights Continued

2022 Recognition Awards



Jordan Tidd for raising glaucoma awareness with her photography exhibit and for generous donations of her art and proceeds from its sales



The Jeremy & Sheridan Smith Family in recognition of their generous financial contributions to the Society



Dr. Monali Malvankar in honour of her delivery of the **12th Albert Waxer Lecture** at the Society's 2022 Annual Meeting of Supporters

Cecilia Quarrington (photo unavailable) in recognition of her generous financial contributions to the Society

Mary Terpselas (photo unavailable) in recognition of her participation in the 2022 Marathon fundraiser

SAVE THE DATE!

Glaucoma Research Society of Canada's 2023 Annual Supporters' Meeting and 13th Annual Albert Waxer Lecture will be held on

Wednesday, October 11, 2023

Please check our website www.glaucomaresearch.ca closer to the date for more details. Or, if you're on our email list sit back, relax, and await your emailed invitation!

To join our email list, please contact us at info@glaucomaresearch.ca

Dr. Malvankar Delivers 12th Albert Waxer Lecture

The Impact of Breathing Exercises and the Art of Meditation on Quality of Life in Patients with Glaucoma

In her lecture, Dr. Monali Malvankar presented findings from her latest projects for which she received funding from the Glaucoma Research Society of Canada.

She began her presentation by thanking Glaucoma Research Society of Canada for the work it does. She noted that the Society and its supporters have gained respect from the community of researchers for their unique and important work.

Later in the presentation, two medical students on Dr. Malvankar's team, Hyunsoo (Jason) Jang, and Brian Yu, joined her to explain how the funding makes the research possible for them and to also thank the Society and its supporters.

Dr. Malvankar described the team's research by explaining how stress can cause higher levels of cortisol which the body generates naturally, and how that in turn can affect one's quality of life. Since breathing and meditation exercises have been found to lower cortisol levels, Dr. Malvankar's research looks at whether certain breathing and meditation exercises can help increase the quality of life experienced by glaucoma patients.

Dr. Malvankar's teammate, a professional meditation instructor, Belen Montefalcone, then joined the presentation and guided attendees in a brief breathing & meditation session as an introduction to the practice.

A link to the recording that includes the guided meditation session can be found by visiting www.glaucomaresearch.ca or by email request: info@glaucomaresearch.ca



Dr. Rajiv Bindlish Answers Your Questions About Eyedrops

Are all eyedrops the same?

Generic eyedrops significantly lower the cost of eyedrop use and work just as well at lowering eye pressure as name brands. But let your physician know if you are using a generic brand. Some generic medications can cause more side effects than name brands. Overall, the goal is to stick to the same type of medication whether it's a generic or name brand.

I use Simbrinza and DuoTrav eyedrops and experience some redness in my eyes. How can I reduce the redness?

Preservatives in the medication can result in eye redness. But these particular drops do not come in preservative-free formulations. If you're experiencing significant redness, you may need a change in your medication. Your doctor may wish to try some preservative-free eyedrops or discuss alternative treatments such as laser or surgery.

If a drop misses my eye and goes on my lid, only partially making its way to my eye through my lashes, should I still add another drop?

No, even if a little bit makes it to your eye, that is plenty to effectively lower your eye pressure. However if absolutely none of the drop makes it to your eye, then yes, you should apply another drop.

Should I wait and hold for a moment after putting an eyedrop in one eye before putting it in the second eye?

No, put the drops in both eyes, then hold them both closed and pinch the corners of the eyes.

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

Fundraising Campaign in Honour of Dr. Graham Trobe's Retirement Raises Over \$195,000 for Glaucoma Research



On behalf of the Glaucoma Research Society of Canada's Board of Directors, Renée Wolfe (Vice-President & Fundraising Chair) wishes to thank everyone for the overwhelming response to the fundraising campaign to honour Dr. Trobe's retirement from practice in March 2022.

To date over \$195,000 has been raised for glaucoma research through this campaign.

Dr. Trobe, Founder of the Society & Chair of its Scientific Advisory Committee wishes to express his personal gratitude to everyone who participated in the campaign. He feels very honoured by the outpouring of donations and tribute messages.

If you haven't contributed to the campaign, it's not too late to honour Dr. Trobe with a donation towards research and a tribute message. You can complete our donation form (online or enclosed if you received this newsletter by mail), or reach out to us at:

**info@glaucomaresearch.ca
416-483-0200 / 1-877-483-0204.**

THANK YOU ALL For Donating to Glaucoma Research in Honour of Dr. Graham E. Trope's Retirement

ANGEL (\$10,000 - \$30,000)

Mabel Barnard
The Haynes-Connell Foundation
Judith & W.L. Matthews
Jeremy & Sheridan Smith Family

PLATINUM (\$5,000 - \$9,999)

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Leila & Gary Lax
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DIAMOND (\$2,500 - \$4,999)

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Our Family Office Inc
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EMERALD (\$1,000 - \$2,499)

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Association Found Between Niacin Intake and Glaucoma

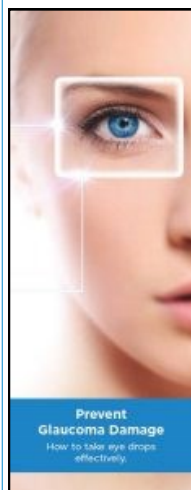
A recent study investigated whether consuming niacin (vitamin B3) through diet is associated with a lower risk of glaucoma. The study included 5,371 individuals, 1% of whom had glaucoma, similar to the general population. The study took place between 2005–2008 as part of the USA National Health and Nutrition Examination Survey (NHANES).

The results showed that increased niacin intake was associated with a decreased risk of glaucoma overall, especially among women.

The authors do not recommend increased B3 at this time, but state further studies are needed to confirm the potential protective effect of niacin on glaucoma risk.

Journal of Glaucoma, Lee, Samuel Y.; Tseng, Victoria L.; Kitayama, Ken; et al. Published Online March 20 2023.

FREE EYEDROP BROCHURES!



The Glaucoma Research Society of Canada's *Prevent Glaucoma Damage* brochure was produced by some of Canada's leading glaucoma professionals. It includes tips on how best to use eyedrops - the most common first line of defense against permanent damage caused by glaucoma.

To order a copy for yourself, a friend, or to request a set for patients at your eyecare office, complete the back of the enclosed donation form and return it to us, or email info@glaucomaresearch.ca.



e-Cards: Sending the Gift of Hope



Need something for that someone who already has everything?
Want to pay tribute to someone special?

Fill out the *Dedication* section towards the end of our **online** donation form to send an e-card and the gift of hope for a cure for glaucoma.

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