

# Glaucoma Research Society of Canada News & Information

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*We Support New Ideas*

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## 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](http://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!



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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](http://www.glaucomaresearch.ca)**  
**or contact us at [info@glaucomaresearch.ca](mailto: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**



**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](mailto: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](mailto: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

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## Association Found Between Niacin Intake and Glaucoma

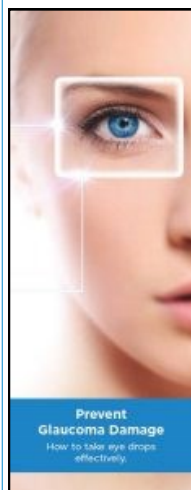
A recent study investigated whether consuming niacin (vitamin B3) through diet is associated with a lower risk of glaucoma. The study included 5,371 individuals, 1% of whom had glaucoma, similar to the general population. The study took place between 2005–2008 as part of the USA National Health and Nutrition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