



We Support New Ideas

Glaucoma Research Society of Canada **News & Information**

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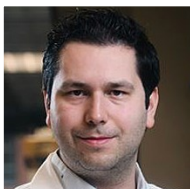
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2026 Mel Mitzel Research Excellence Award Winners

Dr Irfan N. Kherani



Brian Ballios



Rachel Kuah



Tom Wright



Dr. Irfan Nizarali Kherani and his team including Dr. Brian Ballios, Rachel Kuah and Dr. Tom Wright, were the recipients of the 2026 Mel Mitzel Research Excellence Award.

This recognition is given to the grant recipient whose research project has received the highest scores from peer reviewers.

Here's a summary of their research project that won the Award:

Using Multiple Eye Tests to Improve Early Detection of Glaucoma

Normal-tension glaucoma (NTG) is challenging to diagnose because eye pressure remains normal even as the optic nerve slowly deteriorates. Standard tests – optical coherence tomography (OCT) scans and visual field exams – often detect damage only after many retinal ganglion cells have already been lost.

This study explores whether a newer test, steady-state pattern electroretinography (ss-PERG), can reveal early dysfunction in these cells before structural or visual field changes appear. Researchers will examine how ss-PERG results relate to OCT measurements and visual field loss across mild, moderate, and severe NTG. They will also test whether combining these tools provides a clearer picture of disease stage and helps distinguish NTG from other optic nerve conditions.

By identifying which biomarkers best track early damage, this work aims to improve NTG detection and create a more sensitive, multimodal index for monitoring progression.

***Dr. Irfan Nizarali Kherani, Rachel Kuah, Dr. Brian Ballios, Dr. Tom Wright,
University of Toronto***

President's Message



I'm pleased to let you know that the Society is having another successful year raising funds, making research grants & increasing

awareness about issues relating to glaucoma through its newsletters, website & webinars.

On behalf of the Board of Directors, I would like to invite you to attend our virtual *Annual Supporters Meeting* on Wednesday, October 21 at 7 p.m. at which Dr. Irfan Kherani will present the 16th annual Albert Laxer Lecture: *Rethinking How We Diagnose Normal Tension Glaucoma*.

After his lecture, Dr. Kherani will join some of Canada's leading glaucoma specialists to answer your questions.

Be sure to email your questions prior to the meeting.

We hope you will be able to join us but if you can't, you'll be able to watch the entire meeting on our website later.

This year, the Society awarded over \$402,000 for 19 research projects, which was only possible thanks to your generous support.

Last year, the Society raised over \$58,000 during our *Walk for Research*. We hope to raise even more during this year's Walk on Sunday, October 25.

For your information, the audited financial statements for the year ended December 31, 2025, are on the Society's website.

With generous support from Thea Pharma Canada, on June 4 GRSC

held a webinar in its *My Glaucoma Journey* series for newly diagnosed patients and others. The video presentation by Dr. Michael Balas was followed by a question & answer session. If you didn't see it, it's available on our website.

You can support the Society in several ways, including donating marketable securities or designating the Society as beneficiary under a life insurance policy or a tax-free savings account, registered retirement savings plan or registered retirement income fund.

I hope you've had a chance to check out our updated website. It makes it easier for you to donate & to access information about diagnosing, treating & dealing with glaucoma.

James Parks, President

Diabetes Drug Linked to Lower Glaucoma Risk

A study of more than 51,000 adults with type 2 diabetes found that people taking tirzepatide had a lower chance of being diagnosed with open-angle glaucoma over two years compared with those using GLP 1 medications. More research is needed before changing treatments.

Ophthalmology Science, May 2026

High Pitch Wind Playing Can Raise Eye Pressure

A small study of university musicians found that wind instrument players experience a temporary rise in eye pressure when playing high pitch notes. Low pitch playing and baseline measurements showed no difference between wind and non-wind players.

Ophthalmology, Articles in Press, April 2026

Walk for Research

Save the Date

Sunday October 25, 2026



Join us on Sunday October 25, 2026, for our Walk for Research and help make a lasting impact in the fight against glaucoma.

We invite our supporters, families, friends, and community partners to walk alongside us and invest in the future of glaucoma research. Your participation and generosity will help drive innovative discoveries that bring us closer to better treatments and improved outcomes for those living with glaucoma.

Every dollar raised goes directly to funding our 2026/2027 glaucoma research project grants, supporting researchers whose work has the potential to transform lives.

Together, we can advance research, inspire hope, and move closer to a future without vision loss from glaucoma.

Mark your calendar, gather your team, and partner with us on October 25. Every step you take—and every dollar you give—helps bring us closer to breakthroughs that matter.

For more details during September & October, visit our website at www.glaucomaresearch.ca/walk.

Not up for walking this year? You can still support the 2026 Walk for Research by donating on our site. If you have any questions, please contact Norlan Roberts, our administrator, at 416-483- 0200 or 1-877-483-0204 for assistance.

Sleep Apnea Linked to Higher Glaucoma Risk

A study of more than 12 million adults found that people evaluated for obstructive sleep apnea (OSA) had a higher chance of developing glaucoma over five years. Glaucoma rates were highest in patients who used positive airway pressure therapy. The findings suggest that people with OSA may benefit from closer eye monitoring.

Ophthalmology Glaucoma, June 2026

VR Visual Field Testing Shows Promise

A small study compared a new virtual-reality (VR) headset with standard Humphrey visual field testing. The VR device produced similar results with more consistent test times for people with moderate or advanced glaucoma. Patients strongly preferred a gamified version of the test. They found it more engaging and easier to focus on.

Ophthalmology Glaucoma, April 2026

NEW BOARD MEMBERS WANTED

Join Us in Advancing the Search for a Cure for Glaucoma

The Glaucoma Research Society of Canada is seeking two dedicated volunteer board members who want to make a meaningful difference in the lives of people with glaucoma. By joining our board, you will help drive the funding of innovative research that brings us closer to better treatments, and ultimately, a cure.

We are looking for people familiar with glaucoma who can contribute their expertise in **one or more** key areas:

- understanding financial statements and bookkeeping fundamentals;
- managing and presenting the Society's finances at regular board meetings;
- hosting and managing Zoom meetings and patient education events;
- administering online charitable platforms such as CanadaHelps, MailChimp, SurveyMonkey, and WordPress;
- navigating charitable taxation and legal requirements;
- supporting bequest administration; and
- providing thoughtful oversight of general operations.

A strong interest in fundraising is especially valued.

If you have skills to share, time to contribute, and a passion for advancing glaucoma research, we would be delighted to hear from you.

Your leadership can help accelerate discoveries and offer hope to the millions affected by glaucoma. To learn more or express interest, please contact us at info@glaucomaresearch.ca.

Brain Changes in Glaucoma

A large study found that glaucoma involves broader neurodegeneration along the visual pathway – affecting not only the eye but also several brain regions involved in vision. These areas showed reduced volume and altered microstructure. The changes closely matched thinning of the retinal nerve fiber and ganglion cell layers.

Investigative Ophthalmology & Visual Science, July 2026

Risk of Developing Open-Angle Glaucoma

A study following adults for 15 years saw about 6% develop open-angle glaucoma over that time. Older age, higher eye pressure, myopia, and

pseudoexfoliation were strong risk factors. These findings help clarify how glaucoma develops in aging populations and can guide planning for future eye-care services.

Ophthalmology, May 2026

Calcium Channel Blockers and Severe Glaucoma

A large study examining patients with mild or moderate glaucoma found that those taking calcium channel blockers (medications often used for high blood pressure) were more likely to progress to severe glaucoma. More research is needed to understand why this association occurs.

Investigative Ophthalmology & Visual Science, May 2026

You're Invited

WEDNESDAY, OCTOBER 21, 2026 at 7pm ET

Please join us Online for our Annual Supporters' Meeting



**Dr. Irfan N. Kherani Presents the
16th Annual Albert Waxer Lecture
Rethinking How We Diagnose
Normal Tension Glaucoma**

Glaucoma has long been associated with elevated eye pressure, but a growing number of patients develop optic nerve damage and vision loss even when their pressure readings look completely normal. This condition, known as Normal Tension Glaucoma, presents a unique diagnostic puzzle, and getting the diagnosis right is critical before committing a patient to lifelong treatment.

This lecture walks through a modern, comprehensive approach to Normal Tension Glaucoma – one that goes well beyond a single pressure check in the clinic.

Dr. Irfan N. Kherani is an Assistant Professor in the Department of Ophthalmology and Vision Sciences at the University of Toronto and a fellowship-trained glaucoma and anterior segment surgeon. He provides comprehensive medical, laser, and surgical care, with a specialized focus on minimally invasive and complex glaucoma surgery, as well as a dedicated vision rehabilitation program for patients with advanced disease.

Following his lecture, Dr. Kherani will join some of Canada's leading glaucoma specialists to answer your questions live!

**Please email your questions before the webinar
to info@glaucomaresearch.ca**

We hope you can join us!

**Check our website www.glaucomaresearch.ca
in September to register for the
2026 Annual Supporters' Meeting**

**or contact us at: info@glaucomaresearch.ca
(416) 483-0200 1-877-483-0804**

New Eye Drainage Pathway May Offer Insights into Glaucoma

Glaucoma is a leading cause of irreversible vision loss, usually treated by lowering eye pressure. Researchers are still studying other factors that may damage the optic nerve. Dr. Yeni Yucel from the University of Toronto and Dr. Neeru Gupta from University of British Columbia have identified a previously unknown drainage pathway in an animal model that may help remove fluid and waste from the back of the eye. Called the **Posterior Ocular Lymphatic Outflow (POLO) pathway**, it connects the eye to the body's lymphatic system, which helps clear waste and regulate fluid.

The finding suggests the back of the eye may have an active system for clearing fluid, proteins, and inflammatory material—processes that could be relevant to glaucoma. The discovery builds on earlier work from the same teams, who identified a related drainage pathway at the front of the eye.

The POLO pathway has only been shown in animals so far, and more research is needed to determine whether it exists in humans and how it may be involved in glaucoma. If confirmed, it could help researchers better understand how fluid buildup and inflammation contribute to vision loss and guide future treatment strategies.

The study partially supported by the Glaucoma Research Society of Canada, was published in July 2026 in [*Translational Vision Science & Technology*](#).

Tadalafil May Raise Glaucoma Risk

A study of nearly 74,000 men found that those taking tadalafil for lower urinary tract symptoms had a higher chance of developing primary open-angle glaucoma over five years. Tadalafil users also had increased risks of ocular hypertension. Researchers suggest long-term users get regular eye checks and monitoring.

[*British Journal of Ophthalmology*](#), 2026

Link Eye Drop Use to Daily Routine

A study of older adults with glaucoma found that about 15% of eyedrop doses were missed over one week. The strongest factor for missed doses was where drops were

kept. Storing them in the kitchen or bathroom was linked to better adherence than keeping them in the bedroom. Evening doses were nearly twice as likely to be missed as morning ones.

[*American Journal of Ophthalmology*](#), February 2026

Low Blood Pressure & Glaucoma Progression

A small study following patients with open-angle glaucoma for about 3½ years found that those with lower 24-hour blood pressure, especially very low minimum readings, lost retinal nerve fiber layer more quickly on OCT scans. For patients whose glaucoma worsens despite good eye-pressure control, these results support asking their doctors about systemic hypotension.

[*American Journal of Ophthalmology*](#), June 2026

GLAUCOMA RESEARCH SOCIETY OF CANADA

AWARDED \$402,000 IN GRANTS

TO 19 RESEARCH PROJECTS IN 2026

Finding Molecular Markers that Drive Glaucoma Progression

This project studies the fluid inside the front of the eye (aqueous humour) to look for molecular “signatures” that might explain why some primary angle closure suspect (PACS) eyes develop harmful adhesions which block fluid outflow and raise pressure.

By comparing proteins found in PACS, primary angle closure, and angle closure glaucoma, the team hopes to identify markers that predict progression. They will also test how glaucoma medications affect trabecular meshwork cells and use an animal model to confirm key findings.

This research could reveal new biological pathways behind angle closure and help doctors identify high risk patients earlier.

Christopher Zajner, Dr. Michael Balas, Dr. David Mathew, Western University & University of Toronto

Identifying Drugs that Can Trigger Glaucoma

Angle closure glaucoma can come on suddenly and cause permanent vision loss if not treated right away.

Although certain medications are known to trigger this condition, doctors don’t have a clear understanding of which drugs pose the greatest risk.

This project analyzes millions of safety reports from more than 180 countries to identify medications that

are linked to drug-induced angle closure, determine whether risks differ by age or sex, and study how quickly symptoms tend to appear after starting a drug.

This work aims to strengthen patient safety by clarifying which drugs may precipitate angle closure glaucoma and who is most vulnerable.

Andrew Mihalache, Patrick Ji, Dr. Michael Balas, Dr. David Mathew, University of Toronto

Validating Billing Data to Improve Research

Large health databases like OHIP can be powerful tools for studying glaucoma if the billing codes doctors submit accurately reflect who has the disease. This project will test how well OHIP glaucoma billing claims match the diagnoses recorded in electronic medical records.

Researchers will compare the glaucoma diagnostic billing code alone with a combination of that code with how often a patient receives visual field testing. By linking OHIP claims with confirmed diagnoses, the team will measure how reliable each method is for identifying glaucoma cases.

This work will provide evidence on how accurately OHIP billing data can be used for glaucoma research, surveillance, and health-care planning across Ontario.

Dr. Yaping Jin, Dr. David Yan, Dr. Jenny Ma, Dr. Michael Balas, University of Toronto

Gene Mutations and Childhood Glaucoma

Developmental glaucoma occurs when the eye's drainage structures fail to form properly, leading to high pressure and early, irreversible vision loss. A gene called *Pitx2* plays a crucial role in guiding the development of these structures, but its exact function during a critical stage of eye formation is still unclear. This project will use advanced genetic tools in mice to study how *Pitx2* shapes the eye's drainage system in childhood glaucoma. By mapping cell behavior and examining resulting glaucoma-like changes, this work aims to reveal how *Pitx2* mutations lead to childhood glaucoma and may guide future therapies for affected children.

Dr. Aftab Taiyab, Dr. Judith West-Mays, McMaster University

Tracking Eye-Pressure Fluctuations After Surgery

This study will examine how eye pressure behaves before and after a combined cataract and glaucoma procedure (phaco-GATT). Phaco-GATT opens the eye's drainage pathway using a minimally invasive surgical technique. Patients will measure their own eye pressure at home several times a day using a handheld device and will also undergo a water-drinking test that helps reveal peak pressure levels. By comparing pre- and post-surgery readings, the team aims to learn whether phaco-GATT reduces pressure peaks, lowers average daily pressure, and stabilizes fluctuations over time. Understanding these patterns will help surgeons refine

technique selection and improve postoperative care.

Dr. Matt Schlenker, Dr. Irfan N. Kherani, Dr. Yufuf Ahmed, Dr. Taylor Lukasik, University of Toronto

Studying Blood-Flow Changes in the Retina

Many studies suggest that reduced blood vessel density is linked to glaucoma damage, but it is still unclear whether these changes can *predict* future visual field loss. This project will review and combine results from studies around the world to determine if optical coherence tomography angiography (OCTA) vessel-density measurements can forecast which patients are most likely to worsen.

The team will examine whether lower baseline vessel density, or faster decline over time, corresponds to faster visual field deterioration. If OCTA proves to be a reliable early warning marker, it could help doctors identify high-risk patients sooner and tailor treatment more precisely.

Mayar Alkhawaja, Dr. David Mathew, Dr. Michael Balas, Patrick Ji, University of Toronto

Mapping Protein Changes in Drainage Tissue

This study will analyze tiny samples of trabecular meshwork collected during routine glaucoma surgery to identify proteins that differ between early and moderate stages of primary open-angle glaucoma. By comparing these proteomic "signatures," the team hopes to uncover which biological pathways become increasingly abnormal as the disease progresses.

Understanding how specific proteins change within the drainage system could reveal why fluid outflow declines over time and help identify new targets for treatment.

This work builds on earlier findings showing distinct protein patterns in the eye's fluid and aims to directly link trabecular meshwork biology to glaucoma severity.

Dr. Ellen Zhou, Dr. Jeremy Sivak, Dr. David Mathew, Dr. Susan Mollan, University of Toronto

Evaluating Access to Eye Care

This study uses Ontario's large health-care databases to examine whether people who live farther from eye-care specialists experience delayed diagnosis, more advanced disease, or gaps in follow-up. It will also evaluate how virtual eye-care visits may help close these gaps, especially for rural and remote communities.

Researchers will analyze nearly a decade of provincial data to measure how geography, provider availability, and socioeconomic factors affect glaucoma outcomes, and whether virtual care improves timely diagnosis and continuity of care. A companion systematic review will compare Ontario's experience with other regions.

Patrick (Xiang) Ji, Andrew Mihalache, Dr. David Mathew, Dr. Michael Balas, University of Toronto

Seeing How Laser Treatment Works Inside the Eye

This project introduces a new intact-eye endoscopic model that allows researchers to watch Cyclophotocoagulation (CPC) effects from inside the eye as they happen.

Using donated human eyes, the team will compare standard CPC with newer "slow-burn" techniques and test how probe position influences tissue response. They will record live endoscopic videos and then examine treated areas under the microscope to understand how laser energy changes the ciliary body, the structure responsible for producing eye fluid.

By revealing which settings create safer, more predictable results, this work aims to guide evidence-based CPC techniques and improve outcomes for patients with advanced glaucoma.

Dr. Michael Balas, Dr. Jeremy Sivak, Dr. David Mathew, University of Toronto

Monitoring Brain Waves during Visual Field Testing

This study explores whether EEG – a technique that measures brain-wave activity – can provide an objective marker of attention during testing. Researchers will record EEG signals from 200 participants while they complete a standard visual field test. They will examine whether specific brain-wave patterns linked to attention and alertness correlate with poor test reliability.

They expect that EEG will detect lapses in attention more accurately than patient self-reports or existing indices. If successful, this approach could help doctors distinguish true disease progression from inconsistent test performance and may eventually be integrated into future head-mounted visual field devices.

Dr. Delaney Henderson, Dr. Brennan Eadie, Dr. Aaron Newman, Dalhousie University

Exploring the Role of the Uveolymphatic Drainage Pathway in Glaucoma*

Recently, lymphatic vessels were discovered in the ciliary body, suggesting that the eye may also drain fluid through a uveolymphatic pathway. Whether this system is affected in glaucoma is still unknown. This project uses advanced, non-invasive imaging in a mouse model of glaucoma to track how fluid moves from the eye into nearby lymph nodes. By injecting a harmless tracer into the anterior chamber of the eye and monitoring its movement over several hours, researchers will determine whether uveolymphatic drainage slows or changes in glaucoma.

If this pathway proves to be impaired, it could open the door to new treatments aimed at improving lymphatic outflow to lower pressure and protect vision.

Dr. Yeni Yucel, University of Toronto and Dr. Neeru Gupta, University of British Columbia

*** see article "New eye drainage pathway may offer insights into glaucoma" in this newsletter**

Using Genetic Risk Scores to Predict Outcomes After Surgery

A high polygenic risk score (PRS) has been linked to faster disease progression and a greater likelihood of needing surgery, but whether it can predict *how well* surgery works is still unknown.

This study will evaluate long-term outcomes of a minimally invasive procedure called the Preserflo

microshunt in patients with high versus low PRS. Participants will provide a simple saliva sample for genetic testing, and their surgical results – eye pressure control, need for additional treatment, and complication rates – will be compared over several years.

If PRS proves useful for predicting surgical success, it could help personalize treatment decisions and guide precision medicine in glaucoma care.

Dr. Ike Ahmed, Dr. Gabriel Ayuk, University of Toronto

Replacing Lost Ganglion Cells in Glaucoma

Glaucoma causes permanent vision loss because retinal ganglion cells (RGCs) die and cannot naturally regenerate. In fish, however, Müller glia – support cells in the retina – can transform into new neurons, including RGCs. In mammals, these cells do not regenerate but can be *reprogrammed* with specific transcription factors.

This project builds on promising work showing that a modified gene, *Neurog2SA9*, can convert Müller glia into RGC-like cells more efficiently than standard *Neurog2*. Researchers will test this approach in mouse models of RGC injury, tracing whether reprogrammed cells survive, adopt RGC identity, form synapses, and integrate into retinal circuits.

If successful, this strategy could create a renewable, patient-specific source of replacement RGCs – laying essential groundwork for future regenerative therapies aimed at restoring vision in glaucoma.

Dr. Yacine Touahri, University of Toronto

How a Key Gene Helps Maintain the Eye's Drainage System

A gene called AP-2 β is known to be essential for forming eye drainage tissues during early development, but its role in maintaining them throughout life is not yet understood.

This study uses a new mouse model in which AP-2 β can be switched off after the drainage system has already formed. Early results show that even though the structures appear intact, their microscopic architecture becomes abnormal, and eye pressure rises, suggesting AP-2 β is needed to keep the system functioning.

Researchers will examine how AP-2 β controls gene activity in adult drainage-tissue cells using advanced single-cell sequencing. The findings may reveal new molecular targets for treating open-angle glaucoma.

Dr. Judith West-Mays, McMaster University

Understanding Blood-Flow Instability in Glaucoma

This project uses optical coherence tomography angiography imaging and data-analysis to study how blood flow varies across different layers of the retinal circulation in glaucoma. Early results from 40 patients show that both normal-tension and open-angle glaucoma have greater microvascular "instability" than healthy eyes, especially in the smallest capillaries.

The team will refine their 3-D imaging algorithms and expand recruitment to include 90 participants, allowing a deeper comparison between glaucoma

subtypes and healthy controls. By measuring blood-flow variability at the capillary level, this work aims to identify vascular features that may contribute to glaucoma progression.

Dr. Zaid Mammo, University of British Columbia

Hearing Loss & Nerve Damage in Glaucoma

This study asks whether people with glaucoma experience more sensorineural hearing loss than peers of the same age & sex. Researchers will recruit 50 glaucoma patients & 50 matched controls for a full hearing assessment. By comparing the pattern & severity of hearing loss between groups, the team will determine whether glaucoma is associated with specific neural-type deficits rather than age-related sensory loss alone.

If glaucoma patients show distinct hearing-loss profiles, hearing tests could become a practical marker for identifying individuals at higher risk of dual-sensory decline. The findings may also shed light on shared mechanisms of neurodegeneration across vision & hearing.

Dr. Neeru Gupta, Dr. Ronald Adjekum, University of British Columbia

Identifying a New Biomechanical Risk Factor

The physical stiffness of the eye (ocular rigidity) may influence how much stress the optic nerve experiences. Lower rigidity could make the optic nerve more vulnerable to damage, especially in people with vasospasm, a condition where blood vessels constrict abnormally. *continued over...*

... continued from previous page

This prospective study follows 150 patients with early open-angle glaucoma over four years, measuring ocular rigidity and assessing vasospasticity. Researchers will track visual field and optical coherence tomography changes to determine whether patients with lower rigidity progress faster, and whether vasospasm amplifies this risk.

The findings could reveal a new biomechanical risk factor for glaucoma progression and help identify patients who need more aggressive monitoring or treatment.

Dr. Mark Lesk, Dr. Santiago Constantino, University of Montreal

Investigating Histamine for Optic Nerve Regeneration

Earlier work showed that mice lacking mast cells or the histamine-producing enzyme had greatly reduced retinal ganglion cells (RGCs) regeneration, and that activating the histamine H1 receptor (H1R) strongly promoted RGCs growth in lab experiments.

This project builds on those findings by testing whether H1R-activating drugs can boost optic nerve regeneration in living models. Researchers will evaluate several promising H1R agonists, including Betahistine, an already-approved medication that could potentially be repurposed for glaucoma. They will also map the molecular pathways histamine uses to stimulate axon growth. If successful, this work could reveal a new biological route for repairing optic nerve damage and inspire future regenerative treatments for glaucoma.

Dr. Philippe Monnier, University Health Network

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