Community Outreach to Help Prevent Blindness from Glaucoma

On a cold Friday in January, Foundation Managing Director Nancy Petrongolo along with Glaucoma Service doctor Jeffrey Henderer and Research Fellows Drs. Tara Uhler and Undraa Altangerel arrive at 10:00 AM at the North Broad Street Senior Center to screen for glaucoma. To promote January as National Glaucoma Awareness month, Mrs. Petrongolo has invited WPVI (Channel 6, ABC), WCAU (Channel 10, NBC), and WHYY for the occasion.

Against a background of card-playing and dancing (one man is teaching some others country line dancing!), the Glaucoma Service folks start the screening process: Drs. Henderer, Uhler, and Mrs. Petrongolo help those waiting fill out forms. Dr. Altangerel begins giving quick visual field tests with a portable machine, Dr. Uhler checks visual acuities with an eye chart, and Drs. Henderer and Uhler take eye pressure readings and examine optic nerves with an ophthalmoscope.

Funded by the Congressional Caucus Foundation in New York, this scenario, minus the media, was repeated 28 times in 2002, 20 times in senior citizen centers sponsored by the Philadelphia Corporation for Aging, eight times in local churches. The goal is to screen those with the highest risk factors for glaucoma who ordinarily would not be screened (older individuals in poor neighborhoods, especially African-Americans) and provide them information about getting a comprehensive examination and, where necessary, appropriate care.

If individuals do not have an ophthalmologist, they are provided with phone numbers for the nearest ophthalmology clinic. Also, some people with likely or definite glaucoma and other eye diseases are provided with $10 vouchers to cover transportation costs to see an eye doctor.

In 2002 a total of 519 individuals were screened; of these 80 were either glaucoma suspects or had definite glaucoma; 80 had cataract, and 62 had other eye diseases. Forty-seven people were identified for the first time with glaucoma and advised to have a follow up with their ophthalmologist.

Science to Help Prevent Blindness from Glaucoma

These screenings also present a golden opportunity to get scientific answers to questions that can help us more effectively prevent blindness from glaucoma:
- How can we best determine quickly and accurately if an individual may have a glaucoma-related problem?
- How can we help ensure that those who may have a glaucoma-related problem receive appropriate care?

This effort to base our approach to preventing blindness from glaucoma on scientific evidence rather than on expert opinion, experience, or impression alone is an example of a broad movement in medicine for approximately the searchlight on glaucoma.

*Continued on Page 2*
Glaucoma Screening
(Continued from Page 1)

last 20 years known as evidence-based medicine.

As the first person to hold a Merck Research Fellowship, Dr. Uhler, working with Dr. Henderer and Glaucoma Research Center Director, Dr. William Steinmann, is charged with this scientific aspect of the Glaucoma Service Screening Project.

Initiated by Dr. Steinmann and Glaucoma Service doctors Richard Wilson and L. Jay Katz, working with Myles Jaffe, PhD, Manager, Medical Education, US Medical & Scientific Affairs, at Merck & Co., Inc., the Merck Research Fellowship program is a pilot program to promote the practice of evidence-based medicine among clinicians.

Dr. Steinmann explained: “The central tenet in evidence-based medicine is that clinicians should question the evidence that supports their clinical practices. This requires an understanding of how to use scientific studies to assess the validity and utility of the results of studies, and then use this information in the care of individual patients.”

“...The strength of the scientific evidence that supports clinical practices varies. For example, the evidence that supports cardiology practices for ischemic heart disease, which, while still lacking in many ways, is much stronger than the supportive evidence for glaucoma practices.”

With the vital help of the Congressional Glaucoma Caucus Foundation and the Merck Research Fellowship Program, the Wills Glaucoma Service is not only finding and helping individuals in the Philadelphia area avoid blindness from glaucoma. It is also working to answer questions crucial to achieving this goal world-wide.

Celebrating the Life of Jamie Nicholl

On March 12, 2003, we lost a very special friend, Jamie Nicholl, beloved photographer of the Glaucoma Service, passed away quietly surrounded by friends and family. Many of us who have had the good fortune to know Jamie will greatly miss her unique spirit and dynamic personality.

A Memorial Service in her honor was held March 28th in the Wills Eye Hospital Auditorium. Well over 100 people attended — her family, her “Wills family,” fellow photographers (for many of whom she served as a mentor), and business leaders. Those who knew her best spoke of her kindness to patients, professional competence (she was President of the national Ophthalmic Photographers Society), dry sense of humor, keen intelligence, intuitive understanding of science, and her rare ability to light up a room with her presence, building bridges and making people feel better.

Jamie used to say that “Searchlight on Glaucoma” was her favorite publication. Indeed, she took almost all the photographs in the publication’s early years.

In celebration of Jamie’s life, a memorial fund in her name is being established by her husband.

If you would like to find out more about this fund, please contact Joe Leive in the Wills Eye Hospital Development Office at 215-440-3159.

Jamie’s passing is a great loss to us all. Her exuberance, her extraordinary love for others, and her joy of living life to its fullest are what we all will keep in our hearts when we think of her.
A year and a half ago in Searchlight on Glaucoma Wills glaucoma specialist Dr. Marlene Moster described a new “home tonometer” that would allow patients to check their own intraocular pressures (IOPs). The Proview phosphene eye pressure monitor, marketed by Bausch and Lomb, is portable and requires no anesthetic or skilled technician.

Suggested possibilities for improved care the device might provide include:

- A more accurate picture of a patient’s IOP (Since IOP tends to vary throughout the day and night, and the pressure the doctor measures in the office, maybe every month or even every week, cannot reflect this variation, the Proview could permit a more accurate picture without the patient having to spend all day in the office, having the pressure checked at regular intervals.)
- Reduction of patients’ anxiety about their glaucoma
- A convenient reminder for patients to use their glaucoma medications more closely as prescribed

The Glaucoma Research Center’s 10-month, randomized, prospective study of the device conducted by Dr. Moster with the help of Research Fellows Drs. Sushma Rai and Muge Keson, Clinical Fellow Dr. Oluwatosin Smith, and Clinical Coordinators Anne Helbe, Fillis Samuel, and Sheryl Wizov found that 92% of the 100 patients in the treatment group described the device as easy to use and 74% learned the technique within 4 days.

The key conclusions of the study were that:

- There was considerable variation as to its accuracy among the 100 treatment patients studied. Patients with intraocular pressures (IOPs) between 10 and 20 mm Hg as measured by the standard office tonometer, the Goldmann, had Proview-measured pressures which most closely matched these office-measured pressures. Patients with IOPs less than 10 mm Hg or greater than 20 mm Hg had the greatest number of discrepancies with the Goldmann.
- The treatment group reported significantly less anxiety after 1 month’s use.
- A majority of patients reported being compliant with their ocular medications at the start of the study and continued being so.

According to Dr. Moster, these results show, most of all, that if a physician believes home tonometry might be valuable for a particular patient, the accuracy of the Proview readings would first have to be verified for that patient.

“Meanwhile,” she concluded, “The concept of the Proview is an important advance, potentially giving patients a significant opportunity to participate in their own care. Our study, as well, is a good example of how patients can contribute to their own care by participating in research. I am looking forward to more generally accurate models of this potentially very useful device.”
Planning for the Wills Eye Hospital Glaucoma Service Scientific Symposium and Celebration Event on October 4, 2003 is right on target! Serving as Co-Chairs of the Honorary Committee for the event celebrating 40 years of fellowship training on the Glaucoma Service are Mrs. Dorrance Hamilton and Mr. Ray Perelman. The Committee is comprised of many influential individuals, including Former President George H.W. Bush.

The Steering Committee is now placing its main focus on inviting individuals to be Patrons for the event. Patrons will be recognized in the official Invitation and Celebration Program and will receive two tickets to all of the evening’s activities — starting with a black-tie cocktail reception and dinner in the new Kimmel Center, followed by the program portion of the evening, which will take place in the Perelman Theater of the Center.

Highlighting the program will be the presentation of a new ballet dealing with sickness and healing, a rare if not unique theme in the ballet repertory. Just as the international aspect of the fellows and their activities is one of the major themes of this meeting, so also is the idea that the practice of medicine is an art involving the same types of knowledge, technical excellence, dedication, and attention to spirituality that are essential in the other arts, including ballet. Dr. and Mrs. Spaeth have been working with the Pennsylvania Ballet and one of their choreographers, Meredith Rainey, in the development of the ballet.

The program will be followed by an international dessert reception and dancing.

Patrons will also be honored and thanked at a cocktail reception on June 5th at the home of Foundation Board member Mr. Stan Tuttleman and his wife Edna. The Tuttleman home, with its magnificent international art collection and exquisite gardens, will provide an elegant setting for this event.

For more information about becoming a Patron for the 2003 Glaucoma Celebration, please contact Nancy Petrongolo in the Foundation office (215-928-3190) by May 15th.

Chat Room Participants Share tips on Eye Drops

On Wednesday, March 5, chat room participants on the Foundation website shared tips with each other. 

**Moderator:** Does anyone have any tips on remembering when to put your eye drops in?

**P:** I have a tip for the morning. In the morning I use the snooze to help time my drops. First ring, first drop, second ring, second drop.

**P:** I keep them with the toothbrush so I can’t get to my teeth without seeing the drops, which I use before bed.

**Moderator:** How about tips for remembering which one you have put in, that is if you need to take more then one drop?

**P:** Day drops, rubber band to the coffee pot, night drops, rubber band to the tooth brush or whatever your pre-bed ritual is.

**Moderator:** I like the coffee pot reminder!

**P:** Biggest to smallest for me.

**P:** I remember mine by colors. They have an order. Blue, then red. Every time the same order. I also keep mine in my pockets. Left side means I did not put the drop in yet. Right side means I put the drop in.

**P:** It’s easy for me — just one drop first thing in the morning. I keep it on the bedside table and do it as soon as I wake up.

**P:** I no longer use drops, but when I did, I always used them in the same order.

**P:** I have a problem with keeping track when there are several things to do. I just put everything at one end of the counter. Then after use, set it down at the other and keep going until everything is at the same end.

**P:** You can put them toward the back of the counter after instilling and then move them closer toward you. This way you know which one you put in.

**Moderator:** Any tips on telling the difference between bottles of eye drops if you have decreased vision?

**P:** I remember Dr. Rick Wilson saying he told patients with decreased vision to use rubber bands around the bottles to distinguish them.
2002 — Another Successful Fundraising Year!

We would like to express our sincere appreciation to the many friends and supporters of the Glaucoma Service Foundation who helped make 2002 our most successful year yet. More than 1500 individuals, foundations, corporations and estates donated a total of $704,576.62 to support our work. Our Annual Fund total was down slightly this year at $197,006.48, while our Glaucoma Research Center Special Appeal yielded $23,067.98. An additional $484,502.16 was restricted to glaucoma screenings, Searchlight on Glaucoma, salary support, and the website.

During these times of financial uncertainty, support of this magnitude is vital if we are to keep pace with the ever-growing need for the many Foundation-sponsored programs that give hope to the thousands suffering from glaucoma – cutting-edge research, community screenings, patient support, physician training programs, an informative newsletter, and a website packed with useful information, featuring weekly chat sessions with a Wills Eye Hospital glaucoma physician.

To all of our donors, THANK YOU FOR YOUR EXTRAORDINARY GENEROSITY!

You are truly making it possible for us to meet the challenge of glaucoma through education and research.

SPECIAL THANKS

We are especially grateful to the donors listed below for their generous support during 2002:

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**New Planned Giving Opportunities Announced**

Nancy Petrongolo

The Glaucoma Service Foundation is pleased to announce the creation of our Legacy Builder program. Not a capital campaign, but an IRS-approved planning technique, the Legacy Builder Program will provide donors with significant tax and financial incentives when incorporating the Glaucoma Service Foundation into their personal estate planning. This program has been developed in response to inquiries made by grateful patients and their families regarding how they can help support the Glaucoma Service Foundation at Wills Eye Hospital. As we go through these financially troubled times, we need to secure the long-term financial condition of our Foundation. We want to assure patients and their families that we will be there for them with the best research, treatment, and staff available anywhere.

I would like to personally invite you to attend a special introductory presentation of the Legacy Builder program to be held on May 20 and May 28 at 10:00 AM and 2:00 PM. Our speaker will be the noted author and creator of the Legacy Builder program, Daniel G. Nigito, CFP. Mr. Nigito’s new book, Don’t Die Until You Read This! is an entertaining work that “outlines the steps Americans can take to create a meaningful legacy for our families and society.”

For more information or to R.S.V.P. please call the Foundation office at 215-928-3190.
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• On January 4, 2003, Managing Director, Nancy Petrongolo guest-hosted the “Ed Hitzel Table-for-One Radio Show” to promote Glaucoma Awareness Month. Mr. Hitzel’s show is broadcast from the Jersey shore area and is heard throughout the tri-state area. Mrs. Petrongolo explained to Mr. Hitzel and his listeners that because many types of glaucoma are without symptoms, routine dilated eye examinations are necessary for early detection and treatment of the disease.

• On January 12th, Dr. Elliot Werner gave a talk, “Can Eye Drops Prevent Glaucoma Damage? The Ocular Hypertension Treatment Study (OHTS)” to over 40 folks at a meeting of the Glaucoma Patient Support Group in the Wills Eye Hospital Classroom.

• On January 29th, Dr. George Spaeth spoke about eye disease, and particularly glaucoma, to over 100 residents of the Dunwoody Village retirement community in Newtown Square.

• On February 16, 2003, through an educational program sponsored by Pharmacia, Glaucoma Service doctors Dr. Jeffrey Henderer and Dr. Douglas Rhee were featured speakers on WPEN’s “The Doctor’s In” show. Dr. Henderer and Dr. Rhee spoke about treatment for increased intraocular pressure and answered questions related to glaucoma.

• On February 26, Dr. L. Jay Katz spoke about eye disease, and particularly glaucoma, to over 100 residents of the Normandy Farm Estate retirement community in Blue Bell.

• On March 23rd, Dr. Jonathan Myers spoke on “When Things Don’t Go As Planned” to over 30 folks at a meeting of the Glaucoma Patient Support Group in the Wills Eye Hospital Auditorium.

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The “Searchlight” gratefully acknowledges the help of Roger Barone of the Wills Audio-Visual Department with the editing of the photos in this issue.
The Wills Eye Hospital Glaucoma Service is actively involved in clinical trials that are attempting to improve treatment strategies for people with glaucoma. If you are interested in participating in one of the following studies, please call the Research Center at (215)-503-2865.

- A study comparing medication therapy to laser therapy with the new selective laser as an early treatment for patients with glaucoma. Needed are patients diagnosed with primary open-angle glaucoma who have not been previously treated with glaucoma medications for more than 14 days.
  **Sponsor:** Lumenis  
  **Principal Investigator:** Dr. Katz

- A study to test how well the medication Cosopt lowers eye pressure in glaucoma or ocular hypertension patients. Patients who have an eye pressure of 30 mm Hg or higher and who have not been treated in the last 4 weeks are needed.
  **Sponsor:** Merck  
  **Principal Investigator:** Dr. Wilson

- A study to evaluate which of the two medication combinations, Cosopt (Trusopt + Timoptic) or Xalatan/Timoptic increases blood flow in the eye more.
  **Sponsor:** Merck  
  **Principal Investigator:** Dr. Katz

- A pilot study to learn if there is a genetic basis for angle-closure glaucoma. Needed are patients with primary angle-closure glaucoma who have about 10 blood relatives who would be willing to come into Wills for genetic testing (a blood test). The relatives do not have to be diagnosed with or suspected to have glaucoma.
  **Funding being sought**  
  **Principal Investigator:** Dr. Spaeth

- A study investigating if the substance Healon 5: 1) can increase a patient’s eye pressure after it has fallen to below-normal levels following eye surgery, and 2) when used during glaucoma surgery, its effect on a patient’s long- and short-term eye pressure.
  **Sponsor:** Pharmacia  
  **Principal Investigator:** Dr. Moster

- A study to see how much of the drug Lumigan stays in the eye’s fluid if it is given for 21 days prior to cataract surgery. Glaucoma patients about to undergo cataract surgery or a combined cataract/glaucoma surgery are needed.
  **Sponsor:** Alcon  
  **Principal Investigator:** Dr. Moster

- A study comparing the IOP-lowering of either Xalatan or Lumigan alone with a combination of the two medications.
  **Sponsor:** Allergan  
  **Principal Investigator:** Dr. Katz

- Measuring the thickness of corneas of children with glaucoma to see how it compares with that of children without glaucoma.
  **Funding being sought**  
  **Principal Investigator:** Dr. Wilson

- A study investigating if a generic form of Alphagan P works as well as the brand name for lowering intraocular pressure.
  **Sponsor:** Alcon  
  **Principal Investigator:** Dr. Moster