LiGHt STUDY (Laser in Glaucoma and Ocular Hypertension)

Health-Related Quality of Life in two treatment pathways for newly diagnosed open angle glaucoma and ocular hypertension: an unmasked, multi-centre, randomised control trial of initial selective laser trabeculoplasty versus conventional medical therapy.

Inclusion Criteria:

- Newly diagnosed OAG – An open drainage angle…
  - And…reliable glaucomatous VF defect
  - Or…Glaucomatous Optic Neuropathy (GON)

Or

- Newly diagnosed OHT –
  - IOP > 21mmHg and…
  - Requires treatment as per NICE guidelines

- Newly requiring treatment

- Subjects with Pseudo-Exfoliation and Phaco-emulsification are eligible for the trial

- Decision to treat has been made by Consultant Glaucoma Specialist

- Aged 18 years or over & able to provide informed consent

- Able to complete questionnaires without the need for an interpreter (physical help with completion and assistance with reading will be permitted as long as an interpreter is not required)

- An ability to perform a visual field test in the study eye(s) with <15% false positives

Exclusion Criteria:

- Advanced Glaucoma in the potentially eligible eye
  - VF MD loss worse than -12dB in the better or -15dB in the worse eye

- Secondary Glaucoma (PDS, Rubeosis, Trauma, etc.) or any angle closure

- Contraindications to SLT

- Unable to use topical medical therapy

- Previous treatment for OAG or OHT

- Visually significant cataract in symptomatic patients who want cataract surgery. Patients with lens opacity who are happy with their current acuity may be enrolled
- Under current, active treatment for another ophthalmic condition in the Hospital Eye Service.
  (This applies to both eyes, even if one is not in the trial, as the fellow eye might determine the patient’s visit frequency)
- History of retinal ischaemia, macular oedema or diabetic retinopathy
- ARMD with neovascularisation in either eye or geographic atrophy and VA < 6/36
- Visual acuity worse than 6/36 in a study eye. Non-progressive visual loss better than 6/36 due to any comorbidity is permitted provided that it does not affect response to treatment or later surgical choices and is not under active follow-up (e.g. an old, isolated retinal scar no longer under review, amblyopia)
- Any previous intra-ocular surgery, except uncomplicated phaco-emulsification at least one year before. (This applies to both eyes, even if one is not in the trial, as it may affect the required treatment intensity for any glaucoma in the fellow eye)
- Current pregnancy or intention to become pregnant within the duration of the trial.
- Medically unfit for completion of the trial
- Recent involvement in another interventional research study within last 3/12

NICE Guidelines for OAG

Offer people with OHT or suspected COAG with high IOP treatment based on estimated risk of conversion to COAG using IOP, CCT and age as illustrated by the following table:

Table: Treatment of people with OHT or suspected COAG

<table>
<thead>
<tr>
<th>CCT</th>
<th>More than 590 micrometres</th>
<th>555 to 590 micrometres</th>
<th>Less than 555 micrometres</th>
<th>Any</th>
</tr>
</thead>
<tbody>
<tr>
<td>Untreated IOP (mmHg)</td>
<td>&gt;21 to 32</td>
<td>&gt;21 to 25</td>
<td>&gt;25 to 32</td>
<td>&gt;21 to 32</td>
</tr>
<tr>
<td>No Treatment</td>
<td>No Treatment</td>
<td>No Treatment</td>
<td>Treat</td>
<td>Treat</td>
</tr>
</tbody>
</table>

Please contact the research team below if eligible patients are seen in clinic

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