

LiGHT STUDY
(Laser in Glaucoma and Ocular Hypertension)



A big thank you for your continued participation in the LiGHT Trial.



The Chief Investigator (Mr Gus Gazzard) and LiGHT Team would like to share some exciting news, the main outcomes of the trial have been published in a prestigious journal, The Lancet. This is all thanks to you for participating and continuing to provide your clinical data to help improve clinical practice and quality of life for patients with Glaucoma and Ocular Hypertension around the country.

Summary of article

Selective laser trabeculoplasty vs drops for the treatment of ocular hypertension and glaucoma (LiGHT): a multicentre randomised controlled trial.

Glaucoma is an eye condition in which the optic nerve becomes damaged and if left untreated will lead to loss of vision. Ocular hypertension is the medical name for high pressure in the eye and poses a higher risk of getting glaucoma. Lowering the eye pressure is the only known way to prevent glaucoma from getting worse. Before this trial the standard initial treatment of these conditions was the prescription of eye-drops to lower the pressure in the eye. An alternative is a laser therapy, known to reduce the eye pressure. This study investigated if starting treatment of glaucoma or ocular hypertension with laser therapy (using eye drops later, if needed) affected the patients' quality of life more or less than starting treatment with eye drops alone. The study also investigated if initial treatment with laser or eye drops are equally good and safe at controlling eye pressure and how much they cost the NHS. Patients

were randomly assigned to starting treatment with either laser or eye-drops, and the two groups were then compared.

The study found that for the first three years quality of life was comparable between the two treatments. Three quarters of patients initially treated with laser, however, did not need any eye drops to control their eye pressure for three years. Patients initially treated with laser needed fewer cataract surgeries and did not need any glaucoma surgery in the first three years, in contrast to 11 eyes treated with eye drops (out of 622 eyes). Initial treatment with laser was cheaper than initial treatment with eye drops.

The results of this study suggest that Laser is an efficient, safe and cheaper alternative to eye drops, which allows three quarters of the patients treated to not need any drops for the first three years of treatment.

The article can be found at the following links

<https://www.theguardian.com/society/2019/mar/09/15-minute-laser-treatment-best-for-glaucoma-patients>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)32553-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)32553-4/fulltext)

<https://discover.dc.nihr.ac.uk/content/signal-000774/early-glaucoma-lasereye-treatment-trabeculoplasty?print=yes>

There are 5 published papers and 4 papers in preparation in relation to the LiGHT trial. The Baseline, Methodology and Statistical Analysis Plan have all been published previously. The main outcomes of the trial have been published by the Lancet and the Main report to the HTA is due to be published. We have also published a clinical outcomes paper in Ophthalmology, whilst

preparing an SLT repeatability paper for submission to Ophthalmology as well. A health economics paper has been submitted to Value in Health. A paper on the progression of visual fields is also being prepared and a paper focussing on patient related outcome measures is in the initial stages of preparation.

Questionnaires: The Questionnaire return rates for the primary outcome for LiGHT extension range from 86% to 91% for up to 72 months of monitoring which is excellent, thank you for continuing to complete this. Please, please continue to complete and return the questionnaires in the self-addressed envelope provided. We understand that the questionnaire can be laborious, so if you have any suggestions to help improve our questionnaire return rates please email the team below and share your ideas!

The LiGHT Team will be sending out Quality of Life Questionnaires to you every 6 months. Please complete these and send back in the pre-paid envelope or you can complete at the *following web addresses:*

48 month: <https://opinio.ucl.ac.uk/s?s=44258>

54 month: <https://opinio.ucl.ac.uk/s?s=44943>

60 month: <https://opinio.ucl.ac.uk/s?s=49675>

66 month: <https://opinio.ucl.ac.uk/s?s=49677>

72 month: <https://opinio.ucl.ac.uk/s?s=49678>

Please inform us if you change address or telephone numbers. You can call the team or send an email to the address below

LiGHT Extension: 3yrs  6yrs follow-up

The LiGHT trial has now been running for 6 years and 7 months, with 17 more months remaining until all patients complete 6 years of monitoring. 63 patients have reached 72 months and exited the extension study.

News: We would like you to have the opportunity to be invited to future studies and will be asking for you to consider to consent to the below.

'I give permission for Moorfields Eye Hospital to contact me in future with the invitation to join in further studies should I wish'



LCT ZOC Recruitment (total 769)	
Total recruitment to date - n = 769	Target = 872

We have ceased recruitment and entered the follow-up phase in January 2019.

Our lead Trial Optometrist visits our collaborators in China twice a year to provide support and guidance.

Glaucoma Top Tips: IMPORTANT

Driving: Most people with glaucoma will be able to drive safely for many years. But, if you have been diagnosed with glaucoma in both eyes, you will need to report your condition to the DVLA who may require you to have further tests. If concerned about reports of faulty visual field test, read the IGA statement.

Family: It is strongly advised to inform family members if you suffer from Primary Open Angle Glaucoma/OHT as it can run in the family. First degree

relatives (parents, siblings, and children) of patients with glaucoma get a free sight test at the opticians on the NHS every year if they are aged over 40.

Useful Link: International Glaucoma Association (IGA):

<http://www.glaucoma-association.com/>

Please note our email has changed to NHS NET (Please see below)

LiGHT Trial Staff

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