

Managing Glaucoma Without Drops – From MIGS to Marijuana

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Course Description: This course will discuss some various treatment options for glaucoma. This will include a discussion on marijuana, MIGS (focusing on the use of the I-stent device during cataract surgery), and SLT. The course will conclude with case presentations representing the topics covered.

Course objectives: At the conclusion of the course, the Optometrist should

1. Have an understanding of the current recommendations regarding marijuana as a treatment option for glaucoma
2. Have an understanding of the status of marijuana legalization in PA as well as other states.
3. Know what patients are candidates for the I-stent treatment.
4. Have an understanding of the use of the I-stent device.
5. Know when to recommend an SLT treatment for their patients.

Outline:

- I. History of marijuana
 - a. Time line of when it was first used through the present
 - b. Active chemicals contained in a marijuana plant
 - c. Potency changes over the years
 - d. Forms of administration
 - e. Classification as a class 1 drug by FDA
 - f. Court case of US v Robert Randall

- II. Current status of marijuana legalization throughout the US
 - a. Difference between medical and recreational marijuana
 - b. Discussion of the map showing medical and recreational marijuana states regarding the current laws
 - c. Current status of legalization efforts in Pennsylvania
 - i. Quinnipiac poll of Pennsylvania resident

- III. "Justification" for using marijuana for the treatment of glaucoma
 - a. Review of studies done in the 1970's regarding IOP lowering effects
 - b. Discussion of the treatment options that were available at the time of these studies
 - c. "Benefits" of marijuana as a treatment modality for glaucoma

- IV. "Issues" with using marijuana for glaucoma
 - a. Duration of action and required dosing
 - b. Variable nature of the plant and levels of active compounds
 - c. Lowering of IOP and possible effect on optic nerve health
 - d. Impaired motor skills
 - e. Loss of short term memory
 - f. Possible lung issues
 - i. How marijuana smoke compares to tobacco

- V. Medical treatment
 - a. 4 classes of commonly used meds
 - b. new meds are preservative free options of established meds

- VI. Surgical/procedural treatments
 - a. Established surgeries: trab, tube
 - b. New therapy: MIGS
 - i. Trabectome, express shunt
 - ii. iStent

- VII. Conclusion and take home message
 - a. AAO position on marijuana use as addressed in the Complimentary Therapy Assessment 2014