

1 Predictors of selective laser trabeculoplasty success in open angle glaucoma or
2 ocular hypertension: Does baseline tonography have a predictive role?

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29 Running Head: SLT and its success determinants- IOP versus tonographic outflow
30 facility

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36 Abbreviations: IOP (intraocular pressure), OHT (ocular hypertension), POAG
37 (primary open angle glaucoma), TOF (tonographic outflow facility), SLT (selective
38 laser trabeculoplasty), AGIS (advanced glaucoma intervention study), GLT
39 (glaucoma laser trial), LiGHT (selective laser trabeculoplasty versus eye drops or
40 first line treatment of ocular hypertension and glaucoma), ACD (anterior chamber
41 depth), AXL (axial length), CCT (central corneal thickness), HVF (Humphrey visual
42 field)

43

44 Synopsis

45 This study demonstrated that only pre-treatment IOP (and not TOF) is the only
46 determinant of success after primary SLT therapy. Perhaps there is resistance at the
47 level of Schlemm's canal.

48

49 Abstract

50 **Background**

51 The determinants of success of SLT in treatment naïve open angle glaucoma(OAG)
52 and ocular hypertension(OHT) patients have not been understood fully. Therefore,
53 we have conducted this study to explore the predictors of success.

54 **Methods**

55 This is a retrospective review of a pre-existing database of patients who had
56 received primary SLT at St Thomas' Hospital, London, UK. Patients with OAG and
57 OHT who had received primary 360° SLT treatment and had reliable baseline
58 tonographic outflow facility with minimum of one year of follow up. Univariate and
59 multivariate analyses were performed to find the determinants of success.

60 **Results**

61 One hundred and seventy-four patients between August 2006 and February 2010
62 had received primary 360° SLT treatment and had baseline tonographic outflow
63 facility measurement. Of these, 72 subjects fulfilled the eligibility criteria.

64 In multivariate regression analysis, the only variable associated with success was
65 baseline IOP ($R^2=0.32$, $\beta=-0.51$, $p<0.001$, 95% CI= -2.02 - -0.74).

66

67 **Conclusion**

68 To our knowledge, this is the only study investigating the pre-treatment TOF
69 (measured with electronic Shiøtz tonography) and IOP as determinants of success
70 12-month's post 360° SLT in treatment naïve OAG and OHT patients. This study
71 demonstrated that pre-treatment IOP (and not TOF) is the only determinant of
72 success after primary SLT therapy.

73

74 Wise and Witter [1] first described argon laser trabeculoplasty (ALT) in 1970's. Since
75 then several seminal clinical trials including the Advanced Glaucoma Intervention
76 Study (AGIS) [2] and Glaucoma Laser Trial (GLT) [3] have shown the effectiveness
77 of this treatment modality. Later in 1990's Latina and colleagues [4] devised a new
78 technique called selective laser trabeculoplasty (SLT) which is gentler and
79 repeatable but as effective to ALT. Subsequently, numerous studies demonstrated
80 benefits of this procedure [5-7]. Most recently published study on SLT versus eye
81 drops as the first line treatment of ocular hypertension and glaucoma (LiGHT) has
82 confirmed that SLT is an effective first-line treatment for open angle glaucoma and
83 OHT [5]. However, the response rate to SLT was reported to be only 74% according
84 to LiGHT trial. It is not clear why the rest of (26%) patients do not respond to primary
85 SLT treatment.

86 Previous studies have indicated that pre-treatment intraocular pressure (IOP) is the
87 strongest factor in predicting IOP reduction post SLT in patients who were on
88 medical therapy. Mao et al,[8] investigated the predictors of success after 180° SLT
89 treatment. In that study the baseline IOP was the only determinant of success.

90 Ayala and associates,[9] in a retrospective report assessed 120 patients with primary
91 open angle glaucoma (POAG) and ocular hypertension (OHT), who had uncontrolled
92 IOP despite medical therapy. All cases had undergone 90° SLT. It was confirmed
93 that higher pre-treatment IOP, age and the amount of laser energy determine the
94 time to failure. All aforementioned studies, however, were undertaken in previously
95 medically treated eyes.

96 In our previous publications,[10,11] we demonstrated that IOP reduction was not fully
97 explained by the amount of outflow facility enhancement at 3 months post SLT.
98 However, Gulati et al.[12] reported that lower baseline aqueous outflow facility

99 (measured by fluorophotometry and pneumatonometry) is significantly associated
100 with IOP 3-month post SLT.

101 We sought to investigate the predictive role of baseline electronic Shiotz tonographic
102 outflow facility (TOF: a method that has been shown to be the most consistent way
103 to measure outflow facility[13]) in patients with open angle glaucoma (OAG) and
104 OHT who received primary 360° of SLT treatment.

105 To our knowledge, this is the first study exploring the predictive role of IOP and
106 tonographic outflow facility using electronic Shiotz tonography after 360° SLT in
107 treatment naïve patients with OAG and OHT with one year follow up.

108 Materials and methods

109 This is a retrospective review of a pre-existing database of patients who had
110 received primary SLT (as first line therapy) from August 2006 till February 2010 at St
111 Thomas' Hospital, London, UK. The ethical approval was obtained from the local
112 ethics committee. An informed consent form was sought prior to the study. The study
113 conformed with the Tenants of Helsinki. Treatment naïve patients with newly
114 diagnosed OAG or OHT (who required to have IOP reduction) with a reliable
115 baseline tonographic outflow facility and minimum follow up of 12 months with
116 available IOP measurements post treatment, were included in the final analysis.

117 Baseline characteristics of patients were documented including age, gender and
118 ethnicity. All subjects had a comprehensive ophthalmic examination including visual
119 acuity, gonioscopy, axial length and anterior chamber depth (measured using IOL
120 Master, Carl Zeiss Meditec Inc., Dublin, CA), central corneal thickness (CCT) (CCT;
121 Pachmate DGH 55, DGH Technology, Inc., Exton, PA), IOP, disc assessment and
122 Humphrey visual field (Humphrey automated white-on white, 24-2 SITA-standard;
123 Carl Zeiss Meditec Inc., Dublin, CA). Total laser energy was documented.

124 The tonographic facility of outflow was measured at baseline from the rate of decay
125 of IOP in the supine position during application of a recording electronic Schiøtz
126 tonometer probe over a period of 4 minutes with various weights depending on the
127 starting IOP [14]. The 'R' values of the curve at every 30 seconds time point were
128 manually entered into the McLaren tonography computer program[15]. This program
129 fits a second-degree polynomial by the least squares to nine data points. It then
130 determines the best-fit values for time 0 and time 4 minutes by extrapolation [10,11].
131

132 Treatment

133 The SLT protocol is described in detail in our previous publications[10,11]. But in
134 brief, it comprised pre-treatment with pilocarpine 2% and Apraclonidine 1% drops
135 followed by laser treatment to 360° of the trabecular meshwork. SLT treatment was
136 performed using the Ellex Solo machine (Ellex, Adelaide, Australia), spot size of
137 400-µm, duration 3 nanoseconds. Starting energy level was 0.6 mJ. Energy level
138 was titrated at three o'clock position up to the point where champagne bubbles or
139 minimal blanching was visible. Approximately 100 treatment spots were applied to
140 each eye. Magna view gonioscopy lens (Ocular instruments, Bellevue, Washington,
141 USA) was used to visualise the trabecular meshwork during SLT application. All
142 patients had a standardised postoperative regime of Dexamethasone 0.1% eye
143 drops (Maxidex, Alcon Laboratories, UK) four times a day for 5 days.

144 Baseline IOP was the average of two IOP measurements using Goldmann
145 applanation tonometry (GAT) prior to SLT therapy. The success (responders) was
146 defined as 20% or greater IOP reduction from the baseline without additional
147 IOP-lowering medications and/or repeat glaucoma laser/surgical procedures at one-
148 year post treatment.

149

150 Data Analysis

151 The data was analysed using statistical software SPSS 23.0 (SPSS, IBM, Chicago,
152 IL, USA). A Shapiro Wilk "W" value of >0.05 was an evidence of normal distribution.
153 Paired Student *t* tests were used to compare IOP before and after treatment and
154 baseline TOF. A *p* value <0.05 was considered statistically significant. The 95%
155 confidence interval was also calculated for each parameter. The univariate
156 regression analysis was performed by including patient's AXL, ACD, CCT, HVF, total

157 laser energy, baseline IOP and TOF. Only if $p < 0.1$ for each variable, then they were
158 entered into a multivariate regression analysis in order to build a prediction model for
159 success of the SLT treatment.

160 Results

161 One hundred and seventy-four eyes of 174 patients between August 2006 and
162 February 2010 were identified to have primary SLT treatment and baseline
163 tonographic outflow facility measurement. Eighteen eyes had $< 360^\circ$ SLT treatment,
164 67 individuals had less than 12 months follow up and 17 cases had unreliable
165 tonography.

166 Only 72 eyes of 72 patients had 360° SLT and reliable baseline tonographic outflow
167 facility with at least 12-months' follow up and IOP measurements.

168 All Schiøtz tonography tracings were graded by two examiners (PA and LBA) before
169 the analysis. Only one eye per patient was included in the final analysis. If both eyes
170 were eligible, one eye was randomly chosen (Excel random number generator,
171 Microsoft Office, 2016).

172 The average (\pm SD) age of the sample was 59 ± 12.8 years. Thirty-eight participants
173 were male. Black (African-Caribbean): White Caucasian: Asian ratio was 47: 23: 2.
174 Forty-six eyes (63.9%) had POAG, 23 had OHT (32%) and 3 had pigment dispersion
175 syndrome with OHT (4.2%).

176

177 The baseline characteristics of participants (based on their response to SLT) are
 178 shown in Table 1.

179
 180 Table 1. Baseline characteristics of participants

	Responders (n=54)	Non- responders (n=18)	P value	95% Confidence interval
Age, years	59.3±13.6	58.3±10.4	0.7	-6.09, 7.9
Visual acuity (logMAR)	0.00 (-0.2-0.5)	0.00 (-0.2-1.0)	0.1	-0.17, 0.02
CCT, µm	544±35	533±58	0.3	-11, 33
ACD, mm	3.17±0.4	3.3±1.2	0.3	-0.4, 0.12
AXL, mm	23.8±1.1	23.8±1.2	0.9	-0.7, 0.7
CD ratio	0.7(0.2-0.9)	0.6(0.2-0.95)	0.4	-----
HVF, MD•	-4.8±5.9	-6.1±4.9	0.4	-1.99, 4.5
Total laser energy, mJ	99±18	103±13	0.5	-13, 7
IOP, mmHg	25.0±4.0	24.6±3.0	0.4	-1.2, 2.9
One-year Post op IOP, mmHg	16.2±2.7	21.9±2.8	<0.001	-7.2, -4.2
TOF, µl/mmHg/min, (Range)	0.12±0.06 (0.02-0.29)	0.11±0.06 (0.05-0.28)	0.7	-0.03, 0.04

181 *CCT: central corneal thickness, ACD: anterior chamber depth, AXL: axial length, CD ratio: cup disc ratio, HVF:*
 182 *Humphrey visual field, MD: mean deviation, IOP: intraocular pressure. TOF- Tonographic outflow facility*

183 The distribution of IOP and TOF in each group is illustrated in Figure 1 and 2.

184 The success rate based on 20% or greater IOP reduction one-year post SLT, in this
185 cohort was 75%.

186 The IOP changes at 1, 3, 6 and 12 months postop is shown in Figure 3. The IOP and
187 TOF were not linearly significantly associated (Spearman rho=-0.84, p=0.482).

188 We used univariate regression analysis including ACD (p=0.2), AXL (p=0.2),
189 CCT-(p=0.2), HVF (p=0.2), total laser energy (p=0.3), baseline IOP (p=0.02) and
190 TOF (p=0.5) to compare with 12 months IOP. The only variable with p<0.1 was IOP.
191 It was then entered in multivariate regression model. The baseline IOP was the only
192 parameter which remained significantly associated with IOP at 12 months ($R^2 = 0.32$,
193 $\beta = -0.543$, $p < 0.001$, 95% CI= -2.1, -0.8).

194 Additionally, we analysed responders (IOP reduction >20% without any hypotensive
195 medications or any further intervention) separately and performed univariate analysis
196 using baseline TOF and IOP. The association between baseline vs 12 months IOP
197 was statistically significant (p=0.05) but TOF was only weakly associated with 12-
198 month IOP (p=0.5). Furthermore, in multivariate regression analysis, the only
199 association that remained statistically significant was baseline IOP ($R^2 = 0.32$, $\beta = -$
200 0.51 , $p < 0.001$, 95% CI= -2.02, -0.74). Similar analysis was performed for non-
201 responders. Neither baseline IOP nor TOF were associated with 12-month IOP
202 reduction (p=0.06).

203

204 Discussion

205 This is the first study investigating the predictive role of baseline IOP and
206 tonographic outflow facility using electronic Shiotz tonography in patients with OAG
207 and OHT who had received 360° SLT therapy as a primary treatment in the medium-
208 term. Overall, we demonstrated that baseline IOP prior to delivery of the treatment
209 can strongly be associated with the SLT treatment success (i.e. IOP reduction 20%
210 or greater). However, the response to SLT at one-year was not statistically
211 associated with pre-treatment TOF. The success rate based on 20% or greater IOP
212 reduction without any IOP-lowering medication or additional glaucoma laser/surgical
213 therapy from baseline at 12-months' post procedure was 75%. This is in agreement
214 with most of the available literature including the LiGHT trial[5,8,9,16,17].

215 Mao and associates [8] defined success as greater or equal to 20% IOP reduction at
216 6 months after 180° SLT. They studied 268 eyes of 158 patients who may have had
217 previous glaucoma laser procedure i.e. argon laser trabeculoplasty or failed medical
218 therapy. They demonstrated that baseline IOP can predict the success of SLT
219 therapy at 6 months. In our study of SLT treatment of naïve cases who had 360°
220 SLT, our findings (in medium term follow up) were in agreement with the
221 aforementioned study. We found that baseline pre-treatment IOP was statistically
222 associated with 12-months IOP reduction post SLT. Other studies of 180° SLT with
223 medium or long-term follow up [18,19] corroborated our results in terms of prognostic
224 role of pre-treatment IOP in SLT success. Lee et al [20], in a small prospective study
225 of 51 eyes of 33 patients (they included both eyes in their analysis), investigated the
226 effect of 360° SLT and continued medical therapy in a group of Chinese patients.
227 They defined success as $\geq 20\%$ IOP reduction at 1-month post SLT. The higher pre-
228 treatment IOP was associated with greater SLT success. In our study, we included

229 only one eye per patient who received 360° SLT with at least 12 months follow up.
230 We found that baseline IOP, is the only determinant of success post SLT as a
231 primary treatment in patients with OAG and OHT. This finding is supported by the
232 result of the LiGHT trial. Garg and associates showed that the only determinant of
233 SLT success was the pre-treatment IOP [5,21].

234 Brubaker and colleagues [22] assessed the effect of ALT (argon laser
235 trabeculoplasty) on aqueous humor dynamics. They demonstrated a meaningful IOP
236 reduction at 3-month post procedure. This was associated with an improvement of
237 TOF from 0.11 ± 0.05 $\mu\text{l}/\text{min}/\text{mmHg}$ to post-treatment value of
238 0.18 ± 0.08 $\mu\text{l}/\text{min}/\text{mmHg}$ ($p < 0.001$). However, other aqueous humor dynamic
239 parameters remained unchanged post ALT treatment. In our previous studies on the
240 effect of SLT on outflow facility [10,11], we demonstrated that indeed SLT improved
241 post SLT tonographic outflow facility (baseline of 0.08 ± 0.07 vs 0.17 ± 0.09
242 $\mu\text{l}/\text{min}/\text{mmHg}$, $p < 0.001$). We found 29% IOP reduction post SLT with 37.5% TOF
243 enhancement. Based on the Goldmann's equation, the amount of IOP reduction was
244 not fully explained by TOF improvement. This finding is congruent with other similar
245 studies [22-24].

246 Gulati et al. [12] showed that calculated uveoscleral outflow, episcleral venous
247 pressure and aqueous flow rate remained unchanged 3-month post SLT. They
248 demonstrated that higher baseline aqueous flow rate, lower
249 fluorophotometric/pneumatometric outflow facility and lower uveoscleral outflow
250 were associated with IOP lowering effect of SLT. However, association between
251 outflow facility and IOP lowering effect of SLT was in disagreement with our findings.
252 This disparity may be due to inclusion of glaucoma suspect cases and the follow-up

253 was only 3 months in the Gulati et al. study. Additionally, they utilised
254 fluorophotometry/pneumatography to measure outflow facility which are known to
255 be less reproducible with higher variability of measurements compared to Shiotz
256 tonography[13]

257 This controversy, begs the question of what might be the explanation for
258 non-response after application of SLT? If trabecular meshwork (TM) is the primary
259 site of pathology in POAG, then variation in TOF in POAG patients would be
260 expected to primarily reflect variation in TM resistance. In turn, we would then expect
261 TOF to predict response to TM-targeted therapies such as SLT. However, there is a
262 growing evidence that POAG affects post-TM structures as well. The post-TM
263 aqueous outflow pathway is limited by the resistance of structures including
264 Schlemm's canal and collector channels [25,26]. Supporting this are the floor effects
265 seen in outcomes of surgical TM-bypass procedures [27,28]. Additional evidence for
266 the role of post-TM structures in IOP regulation comes from a large genome-wide
267 association study which identified genetic variants that predict IOP in population [29].
268 The lymphangiogenesis biological pathway was the most significantly enriched
269 pathway underlying IOP variation [29]. The lymphangiogenic factors, including
270 *ANGPT1* and *VEGF-C*, appear to affect Schlemm's canal and collector channels
271 (which have a lymphatic phenotype), but not TM [30-33]. This suggests that a
272 proportion of high IOP in populations is due to Schlemm's canal or collector channel
273 pathology, rather than TM pathology. We would not expect TM-targeted therapies,
274 such as SLT, to be effective in this instance. Therefore, TOF alone would be unlikely
275 to predict response to SLT, as a low TOF may be reflecting post-TM pathology and
276 not solely TM pathology.

277 To our knowledge, this is the only study using electronic Shiotz tonography
278 investigating the TOF and IOP as a determinant of success at 12 month's post 360°
279 SLT in treatment naïve patients.

280 The limitations of our study included: absence of 12 months post SLT, TOF
281 measurement, perhaps the study might have been underpowered for some of the
282 variables, the IOP data beyond 3 months post SLT were collected from the notes
283 which is subject to bias and finally the included cases were treatment naïve OHT or
284 mild to moderate OAG only. This means the result of this study may not be
285 generalisable to other groups of patients.

286 In summary, the current study demonstrated that pre-treatment IOP is the only
287 determinant of success after SLT therapy. Pre-treatment TOF cannot reliably predict
288 the SLT outcome.

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Figure 1. The distribution of baseline intraocular pressure in the successful vs treatment failure group

Figure 2. The distribution of baseline topographic outflow facility in the successful vs treatment failure group

Figure 3. The IOP changes at 1, 3, 6 and 12 months postop

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