Ocular Hypertension Treatment Study

The Ocular Hypertension Treatment Study (OHTS) was a multicenter, long-term, randomized, controlled, clinical trial whose objectives were 1) to determine whether reduction of intraocular pressure prevents or delays the onset of glaucomatous visual field loss and/or optic disc damage in ocular hypertensive patients at risk for developing open-angle glaucoma, 2) identify patients most at risk for developing open-angle glaucoma and those most likely to benefit from early medical treatment and 3) to quantify risk factors for developing open angle glaucoma among subjects with ocular hypertension. Medical treatment consisted of all commercially available topical antiglaucoma drugs.

Patients between the ages of 40 and 80 with IOP greater than or equal to 24 mm Hg but less than 32 mm Hg and IOP greater than or equal to 21 mm Hg but less than 32 mm Hg in the fellow eye with normal visual fields and optic discs were included in the trial. Patients with best-corrected visual acuities less than 20/40 in either eye, angle closure glaucoma or anatomically narrow angles, secondary causes of increased IOP, previous intraocular surgery, background diabetic retinopathy, optic disc abnormalities, and other disease that can produce visual field loss were excluded from the trial.

In multivariate analyses, the study identified older age, larger cup-to-disc ratio, higher intraocular pressure, greater pattern deviation, and thinner central corneal thickness as risk factors for open-angle glaucoma. Univariate analyses identified race (African American), sex (male) and heart disease as other potential risk factors.

In the medication group, the IOP was reduced by 22.5 ± 9.9 percent in the observation group and 4.4 percent in the medication group.

Dr. Tamesis obtained his medical degree from University of the Philippines, College of Medicine. He completed his ophthalmology residency at the University of Nebraska Medical Center in Omaha, Nebraska and continued his fellowship in Glaucoma there. He also did a clinical fellowship in Immunology and Uveitis at the Massachusetts Eye and Ear Infirmary, Harvard Medical School in Boston, Massachusetts.

Dr. Tamesis specializes in the treatment of glaucoma and uveitis, and provides medical and surgical treatment for glaucoma.

He is a member of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, and is certified by the American Board of Ophthalmology. He has written numerous publications on immune and inflammatory ocular diseases, as well as treatment of glaucoma.

He was awarded Teacher of the Year in 2003 from the University of Nebraska Medical Center. In his leisure, he enjoys writing software, computer graphics, drawing, and photography.
The Loma Linda University Department of Ophthalmology has been selected as a clinical trial site for the National Eye Institute sponsored Age Related Eye Disease Study (AREDS II) Study.

The purpose of the AREDS II Study is to determine if available dietary supplements can be effective in treating dry macular degeneration and cataracts. Specifically, high doses of lutein, zeaxanthin and omega-3 long-chain polyunsaturated fatty acids will be evaluated. The study will also determine the effect of eliminating beta-carotene and/or reducing zinc in the original AREDS formulation on the development and progression of macular degeneration. The study will randomize 4,000 patients in participating centers throughout the country.

Patients eligible for enrollment must be between the ages of 50 to 85, and have either 1) bilateral large drusen or 2) large drusen in one eye and advanced AMD (necovascular AMD or central geographic atrophy) in the fellow eye.

The study began enrolling patients in October 2006. If you have patients who would like to enroll in the study, please contact our research coordinator, Carseol Gorliss, at 909-558-2170.

MEET OUR FIRST-YEAR RESIDENTS

**ARVIND SAINTI, MD**

Arvind Saini, MD, completed his undergraduate education in his hometown at the University of Wisconsin-Madison, where he majored in Zoology, South Asian Studies, and Molecular Biology. He graduated from a dual degree program, receiving his Medical degree from the University of Pennsylvania, and his Masters in Business from the Wharton School of Business at the University of Pennsylvania. He then completed a transitional year at the University of Pennsylvania.

Dr. Saini enjoys international travel and plans on combining his practice with international mission work. While in college, he spent a year in Varanasi, India working on a rural health study and has subsequently become involved in leading an attempt to renovate a charitable hospital in Varanasi. He has also spent time in the Philippines working at a charitable eye hospital, and plans on combining his interests in ophthalmology, international medicine, and business and development.

In his free time Arvind enjoys tennis, golf, weight lifting, playing classical Indian flute, and meditation.

**VICTORIA HSU, MD**

Victoria (Viki) Hsu, MD, received her undergraduate degree from UC Berkeley and double-major in Molecular and Cell Biology and Religious Studies. She graduated with Honors (sum laude). Dr. Hsu attended medical school at Loma Linda University and spent a year working in Internal Medicine at Loma Linda University Medical Center. She is currently doing her residency at the department of Ophthalmology at Loma Linda University Health Care.

Her interests include 19th century Russian and English literature, rollerblading, and snowboarding.

Meet our other first-year residents in the next issue.

Loma Linda University Ophthalmology welcomes Richard R. Tamesis, MD

Dr. Tamesis is a wonderful addition to our staff, joining our department in August of this year. He brings to our group much needed expertise in the management of glaucoma and uveitis. As our department continues to blossom and serve our communities, we have need for additional professional staff in the following areas: glaucoma, surgical retina, pediatric ophthalmology, oculoplastics, and comprehensive ophthalmology.

Perhaps you would like to join our staff, or as an important member of the ophthalmic community, you know of talented physicians who would be positive additions. If so, please forward the contact information for physician recruitment to: Gisela Santiago, Administrative Assistant, at 909-558-2112 or gsantiago@lluh.edu.

Thank you for your support.

Howard Gambel, MD, Professor and Chair, Department of Ophthalmology

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