

How ZEISS FORUM Can Aid Early Detection and Longitudinal Studies for Glaucoma

By: Lora Lee Hardy, OD

Glaucoma remains one of the most significant public health concerns globally and is the second leading cause of blindness after cataracts. While it is estimated that nearly 70 million people are affected worldwide¹ by primary open-angle glaucoma, other figures point to numbers as high as 80 million sufferers.² According to the CDC, half of all people with glaucoma do not even know they have the condition.³ Because the signs and symptoms can be extremely subtle, early detection of the disease is critical—and a major reason why so many eyecare practices are expanding their glaucoma services.

In my practice, we devote our energy to early diagnoses and appropriate follow-up examinations to monitor for progressive disease. Often, by the time a patient has symptoms and noticeable vision loss from glaucoma, the disease is usually quite advanced. I ensure my patients understand the silent nature of glaucoma and the importance of routine comprehensive eye exams in order to identify this condition as early as possible.

After glaucoma has been diagnosed, we must also teach our patients the importance of frequent monitoring: to have the best odds at slowing progression and to verify that the current treatment is effective. I have honest conversations with my patients about compliance to both treatment and follow-up exams because longitudinal data is so critical. I encourage them to be involved and ask questions. That is why I share all images and data to keep them engaged. The more a patient is invested in their own health and well-being, the higher the likelihood that they will follow their doctor's prescriptions and recommendations.

What technology do primary care ODs need for proper glaucoma detection?

Our practice relies on high-tech imaging with the ZEISS CLARUS fundus camera, the ZEISS CIRRUS OCT for retinal and optic nerve analysis, and the ZEISS Humphrey Field Analyzer for visual field testing. We chose ZEISS because it is the industry gold standard for visual field and OCT technology, allowing me to appropriately manage my patients. Each ZEISS instrument in our workflow delivers accurate data with high confidence. This is especially critical when facing tough decisions on either a diagnosis or treatment plan. I trust ZEISS instruments to help me provide the best care possible for my patients.

What's a standard glaucoma workflow on ZEISS equipment

At Barrhaven Optometric Centre, all patients over age six have retinal photography with ZEISS CLARUS at routine examinations. Subsequently, based on examination results and our recommendations, patients may also be screened for glaucoma and other retinal diseases with OCT analysis and visual field testing. Fundus photos are taken upon arrival with a technician prior to seeing their optometrist; OCT analysis and visual field testing may be performed same-day upon our request if abnormalities are discovered during a routine examination. Two integral parts

of my workflow—and likely key to all optometrists' workflows—are attention to case histories as well as trust in my staff. As optometrists, we are skilled in performing a thorough intake, asking the right questions, and making appropriate decisions and treatment plans based on the clinical data and the patient responses we receive. I am fortunate to work with top-notch staff. If you take the time to train your staff on your technology, they will take better scans and provide more reliable visual field data.

Streamline practice workflows with ZEISS FORUM

FORUM from ZEISS is a scalable and flexible ophthalmic data management solution that streamlines our practice workflows by connecting all devices and providing access to patient exam data at a glance. When we are able to view all patient data in one place—and over time—we have a more comprehensive understanding of how the disease is progressing, can enhance efficiencies, and provide better outcomes for our patients. As a full-blown ophthalmic picture archiving and communication system (PACS), FORUM reduces complexity with its ability to store, share, and view all patient data, including fundus photography, biometry data, OCT imagery, and visual field results. FORUM makes it easy to look at data in clinically relevant ways: collecting important baseline data or comparing a patient's current visit to their previous visit.



Case example of FORUM.

Quantifiable benefits of ZEISS FORUM for glaucoma management

I appreciate the ability to use FORUM in tandem with Glaucoma Workplace. It saves time which I am then able to dedicate to enhancing patient care and afford greater attention to detail at every visit. Perhaps I find the greatest value is in my ability to educate my patients on their ocular conditions and counsel them in a way they appreciate and understand. Consequently, they tend

to be more engaged in their own management and treatment plans. This leads to greater overall compliance for both treatment and follow-up care.

I truly believe the efficiencies I've gained with the ZEISS workflow have enabled our practice to see and treat more patients per day, increase our hourly production, and allow for patient emergencies and appropriate pre-testing according to the patient's triage symptoms.

Our investment in ZEISS equipment is worth it—the technology is incredibly sophisticated. In many ways, it has made me a better doctor, giving me the opportunity to interpret the indispensable data I am able to access. My patient referrals of the last 15 years have all come from word-of-mouth: the highest compliment I can receive.

References

- ¹Zhang, N., Wang, J., Li, Y. et al. Prevalence of primary open angle glaucoma in the last 20 years: a meta-analysis and systematic review. *Sci Rep* 11, 13762 (2021). <https://doi.org/10.1038/s41598-021-92971-w>
- ²Tham YC, Li X, Wong TY, Quigley HA, Aung T, Cheng CY. Global Prevalence of Glaucoma and Projections of Glaucoma Burden through 2040. *Ophthalmology*. 2014;121(11):2081-2090. doi:<https://doi.org/10.1016/j.ophtha.2014.05.013>
- ³The Eye Diseases Prevalence Research Group. "Prevalence of Open-Angle Glaucoma Among Adults in the United States". *Archives of Ophthalmology*. 2004 Vol. 122, No. 4, pp. 532-8.



Carl Zeiss Meditec, Inc.

5300 Central Parkway
Dublin, CA 94568
USA
www.zeiss.com/med
www.zeiss.com/med/contacts



Carl Zeiss Meditec AG

Goeschwitzer Strasse 51-52
07745 Jena
Germany
www.zeiss.com/med
www.zeiss.com/med/contacts

en-INT_31_010_01221 Printed in the United States. CZ-X/2023 International Edition: Only for use in selected countries.
Not all products, services or offers are approved or offered in every market and approved labeling and instructions may vary from one country to another.
The statements of the author of this publication reflect only his personal opinion and experience and do not necessarily reflect the opinion of any institution with whom he is affiliated.
The author alone is responsible for the content of this white paper and any potential resulting infringements. Carl Zeiss Meditec, Inc. does not accept any responsibility or liability of its content.
Published by Carl Zeiss Meditec, Inc., 2023. www.zeiss.com/med All rights reserved.