MIGS – Who, What, Where, When, Why, and How

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Financial Disclosures:

None ⊗



First up: Why MIGS?



Traditional Training in Glaucoma Management

- Glaucoma is a progressive multifactorial disease characterised by damage to the optic nerve.
- It is strongly associated with elevated intraocular pressure (IOP).
- Glaucoma results in progressive visual field loss and is a leading cause of blindness worldwide, second only to cataract.
- An ideal treatment regimen should achieve glaucoma control with the lowest risk and fewest adverse effects, while preserving the patient's visual function and quality of life.
- Drops have been mainstay in Glaucoma Management for many years.
- ALT was introduced in the early 1970's.
- SLT was FDA approved in 2001.
- First MIGS device (Istent) was FDA approved in 2012.



Traditional Glaucoma Treatment Pathway

- 1. Diagnose Glaucoma
- 2. Start on a drop
- 3. Add another drop or combination
- 4. Keep adding more drops and/or perform SLT
- 5. Trab/Tube time



Goods and Bads of Drops for Glaucoma

The Good:

- They Work!
 - Backed by years of use and numerous studies
 - Good safety profile
- Low Risk
 - Allergies
 - Interactions
- Lots of choices



The Goods and Bads of Drops for Glaucoma

The Bad:

- Compliance/adherence worse as you add more drops or alter dosing intervals
- Cost
 - Patient
 - Cost of medication or copay
 - Practice
 - Phone calls (patient and pharmacy)
 - Refills
 - Authorizations
- Side effects



Side Effects of Drops

- **Prostaglandin Analogs:** eye color change, darkening of eyelid skin, eyelash growth, droopy eyelids, sunken eyes, stinging, eye redness, and itching
- **Beta Blockers:** low blood pressure, reduced pulse rate, fatigue, shortness of breath; rarely: reduced libido, depression.
- **Alpha Agonists:** burning or stinging, fatigue, headache, drowsiness, dry mouth and nose, relatively higher likelihood of allergic reaction.
- Carbonic Anhydrase Inhibitors: in eye drop form: stinging, burning, eye discomfort; in pill form: tingling hands and feet, fatigue, stomach upset, memory problems, frequent urination.
- Rho Kinase Inhibitors: eye redness, corneal deposits, stinging, and small bleeds on the white of the eye, empty wallets



Why wouldn't you use your medication?

- Perceived benefit vs lack of concern for vision loss
 - with limited symptoms, patients have a hard time believing there is benefit from treatment



Adherence and Persistence

- Adherence patient's "willingness" to stick to treatment
- Compliance patients "comply" with doctor's orders
- Persistence continued use of medication
- White Coat Adherence use of medication as directed around the time of an appointment



Are my patients are lying to me!!!

- Hard to measure Adherence and Persistance survey vs. mechanical vs. pharmacy records
- In the Glaucoma Adherence and Persistence Study (GAPS), 89% of people reported taking their medication everyday, by pharmacy records, these patients only had 64% of the medication required to take every dose
- Over half of the 10,620 participants (55%) stopped and restarted their meds within a 12 month period
- Only 10% of participants filled their prescriptions continuously for 12 months
- In another study 25% of the participants (2,440) filled an initial prescription but never filled a second.
- Another study of 3,623 patients revealed that nearly half discontinued all medications by the end of 12 months



Travatan Dosing Aid Study

CONCLUSIONS:

Nearly 45% of patients using an electronic monitoring device who knew they were being monitored and were provided free medication were non-adherent!! According to Schwartz and Quigley, research brings the "unwelcome conclusion that persistence with initial glaucoma medication is as low as 33%-39% at one year".

My patients follow my instructions!

- Do you have patients who:
 - Say they use their drops
 - Have consistently good IOP's
 - Attend most, if not all, of their scheduled visits
 - BUT THEY SHOW PROGRESSION IN FIELD LOSS OR NERVE FIBER LAYER LOSS.......
 - MORE THAN 80% OF PATIENTS ADHERE TO THE PRESCRIPTION 5 DAYS BEFORE AND AFTER A SCHEDULED APPOINTMENT!!



Reasons for Non-compliance

Glaucoma Adherence and Persistency Study identified the following barriers:

- 1. Cost (55%)
- 2. Forgetfulness (32%)
- 3. Fear or Denial (16%)
- 4. Lack of understanding of glaucoma (16%)
- 5. Regimen complexity (15%)

Consider patients ability to open bottle, squeeze it as well as accurately get it into the eye.



Adherence With Glaucoma Medications

Medication adherence among the nearly 3 million Americans with glaucoma has been reported to be as low as 20 percent.

Gatwood J, Brooks C, Meacham R, et al. Facilitators and barriers to glaucoma medication adherence. J Glaucoma 2022;31:1:31-36.

Problem with Poor Adherence

Unfortunately, medication adherence less than 80 percent has been associated with worsening visual field defect severity.

Sleath B, Blalock S, Covert D, et al. The relationship between glaucoma medication adherence, eye drop technique, and visual field defect severity. Ophthalmology 2011;118:2398–2402



An obvious but unfortunate truth:

Drops Only Work When Used!



Interventional Glaucoma

Providing methods to control IOP that are independent of the patient.

Anticipatory treatment vs. reactive - Ian Conner, MD

"Glaucoma is a surgical disease."

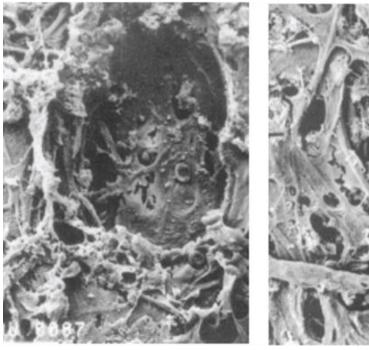
Steven Sarkisian Jr., MD

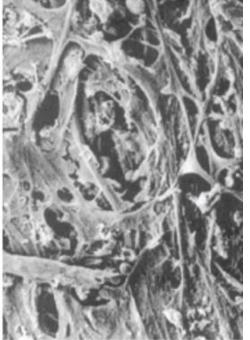
Can we create perfect compliance through procedures and/or surgery?



Alternative to drops - Laser Trabeculoplasty

ALT approved 1979 and SLT approved 2001





Benefits of SLT

Long Term Control - works 24 hrs/day independent of patient's actions

- Can eliminate the adherence issues discussed previously
- Limits IOP fluctuations over time

Effective

- Works in 80% of patients
- As first line treatment, expect 30% reduction
- Most effective when used as first line treatment



Benefits of SLT

Repeatable

- Since there is no thermal damage to TM, procedure can be repeated
- First treatment is indicator for subsequent treatments
- Second treatment shown to get IOP back to baseline of first treatment

Does not damage trabecular meshwork

- Allow for retreatment
- No effect on other treatment options (surgical or medical)



Issues with SLT

- Potential for IOP spike post treatment
 - Most likely in heavily pigmented angles
 - Less than 5% of patients treated
 - Almost always temporary, resolves in 24 hours

 May not have measurable effect on all patients (80% have effect)

Issues with SLT

- Treatment is not permanent and may need repeated
- Not effective for all types of glaucoma
- Post op inflammation
 - This can be 50% or more of patients, believed to be some of the "effect", usually not treated, if significant could treat with an NSAID or steroid

Selective Laser Trabeculoplasty

Contraindications for use:

- Patients with a previous or current history of anterior segment inflammation
- Patients who have extensive anterior synechiae
- Patients who had a traumatic injury to the trabecular meshwork
- Patients with narrow angles that limit access with laser



LiGHT Study – Conclusion

Selective laser trabeculoplasty is associated with Iower cost, good clinical outcomes, with Iower symptom scores, and Iower cost, and Io



LiGHT Study Conclusion

 Selective laser trabeculoplasty is a safe treatment for OAG and OHT, providing better long-term disease control than initial drop therapy, with reduced need for incisional glaucoma and cataract surgery over 6 years.



Other Options for IOP Treatment Without Drops

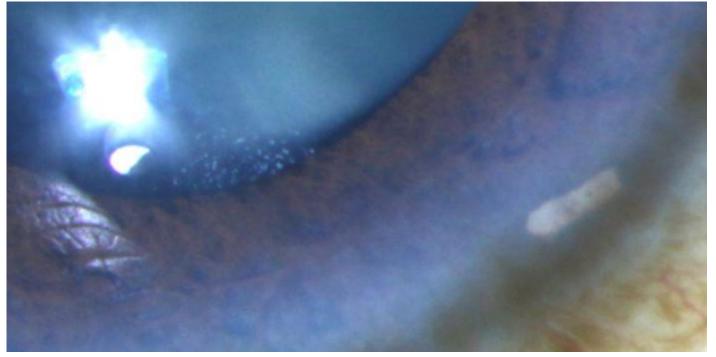
Durysta

- Bimatoprost sustained release implant for treatment of open angle glaucoma or ocular hypertension
- 10mcg with solid polymer matrix that slowly biodegrades over time
- At 12 weeks, 30% reduction in IOP
- 40% had IOP control at 12 months
- 28% had IOP control at 24 months
- Treatment with Durysta is limited to one administration per eye.



Durysta Implant

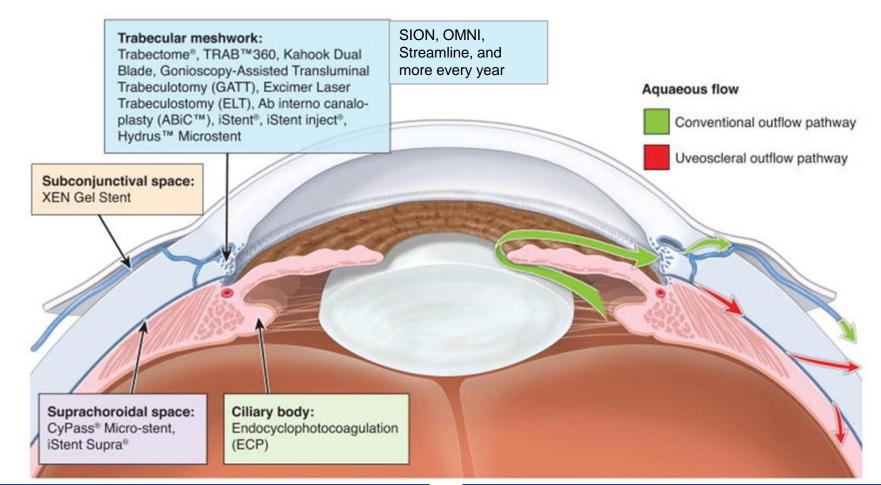
https://youtu.be/3FoFcjiqa8Y



MIGS – What and Where??

- MIGS Micro (or minimally) –invasive glaucoma surgery term coined in 2009 by Ike Ahmed
- Diverse group of procedures that share 5 common criteria
 - 1. *High safety profile*: VS traditional surgeries lower risk of serious complications such as hypotony, choroidal effusions, or choroidal hemorrhages
 - 2. Minimal disruption of normal anatomy: MIGS enhance physiological outflow mechanisms without major alterations in normal ocular anatomy.
 - 3. Ab interno approach: MIGS are typically performed ab interno through a traditional clear corneal wound with direct visualization of the anatomical target.
 - 4. Efficacy: MIGS should offer meaningful IOP lowering effect. The level of IOP reduction is often inferior to traditional filtering surgery but should be at least 20%. Alternatively, patients who do not experience an IOP decrease should attain the reduction of at least one medication.
 - 5. Ease of use for patients and physicians: MIGS should allow for a rapid recovery with minimal additional downtime for patients. They should also be easily incorporated into traditional phacoemulsification surgery.





MIGS – TM microbypass Stent

- 1. iStent (first generation)
- 2. iStent Inject (second generation)
- 3. Hydrus Microstent

Only done with cataract surgery. Not approved as a stand alone surgery.

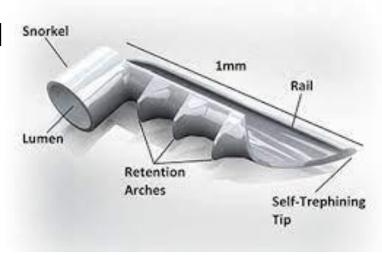
Indicated for mild or moderate POAG only.

Not indicated for OHTN or other glaucomas.



MIGS - iStent

- First MIGS device approved in US in 2012
- Single device inserted in TM
- Snorkel protruded through TM
- Open half pipe within TM
- Lumen 120 microns



MIGS - iStent (first generation)

Pivotal Study

- 240 eyes with mild to moderate glaucoma and intraocular pressure less than or equal to 24 mmHg on one to three drops
- primary endpoint was an IOP ≤21 mmHg without ocular hypotensive medications
- At 12 months, 72% of iStent group and 50% of phaco only group were at primary endpoint
- 66% of iStent group and 48% of phaco only group had IOP reduction of at least 20%

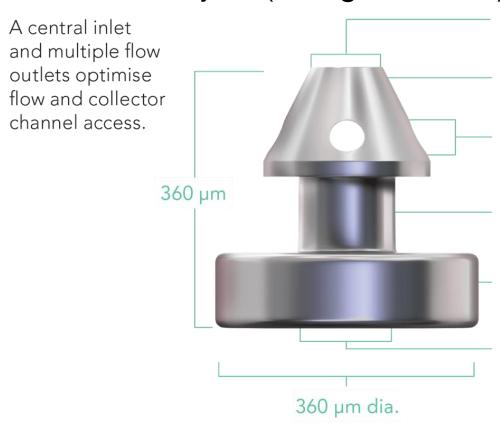


MIGS - iStent Inject (2nd generation)

- 2 small stents placed 2-3 clock hours apart
- Head of iStent resides in Schlemm's Canal
- Flange resides in AC
- 80 micron lumen for each device
- FDA approval 2018



MIGS - iStent Inject (2nd generation)



Central Outlet

80 µm dia.

Head

Resides in Schlemm's canal

Side Flow Outlets (4)

50 µm dia.

Thorax

Held by the trabecular meshwork

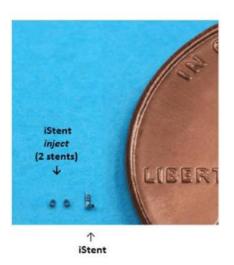
Wide Flange

Resides in the anterior chamber

Central Inlet

80 µm dia.

MIGS - iStent Inject (2nd generation)





iStent® (1 stent per device)



iStent inject®
(2 stents per device, each with 4 lateral outlet lumens for multidirectional outflow)



MIGS - iStent Inject (2nd generation)

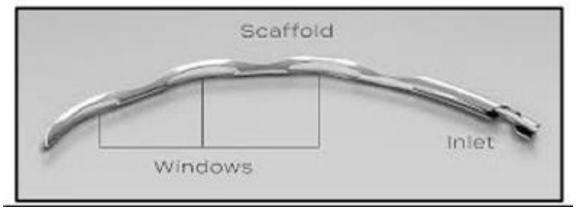
- Pivotal Study
 - 505 eye with mild or moderate POAG on up to 3 drops with preop IOP of less than or equal to 24
 - Primary endpoints # of patients with >20% IOP reduction and change in unmedicated IOP at 24 months
 - iStent group 75.8% had 20% or greater IOP reduction and had mean IOP reduction of 7.0mm Hg
 - Phaco only group 61.9% had 20% or greater IOP reduction and had mean IOP reduction of 5.4mm Hg

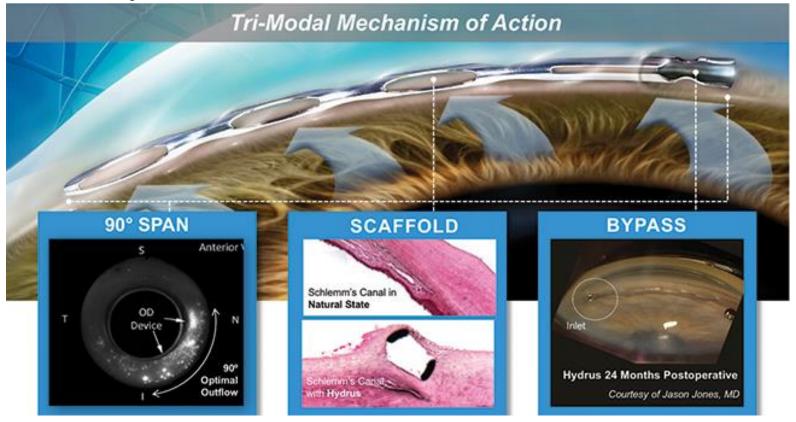


- FDA approved 2018
- 8mm long by 290 micron diameter
- Majority of stent resides in Schlemm's Canal and the inlet resides in AC

Works by bypassing TM as well as expanding/dilating Schlemm's

Canal





- Pivotal Study Horizon Study
 - 556 eyes with mild or moderate POAG on 1 or more drops with a washed out IOP between 22 and 34mm Hg
 - Main outcome measures: IOP, medication use, repeat glaucoma surgery, visual field and endothelial cell loss
 - Five year follow up in 80% of patients.
 - Results:
 - IOP of 18 or less unmedicated
 - 49.5% vs 33.8%



- Pivotal Study Horizon Study
 - Results:
 - IOP reduction of 20% or more without medication
 - 54.2% vs 32.8%
 - Number of glaucoma medications
 - 0.5 vs 0.9
 - Rate of visual field progression
 - -0.26 dB/year vs. -0.49 dB/year in mean deviation
 - Medication free
 - 66% vs. 46%
 - Risk of incisional glaucoma surgery
 - 2.4% vs. 6.2%
 - No statistical difference in endothelial cell loss over 5 years





- Kahook Dual Blade
- Trabectome
- Omni
- SION
- Streamline (technically)

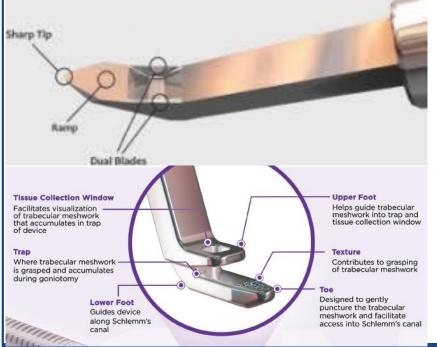
Can be performed with cataract surgery or stand alone.

Can be done in all types of glaucoma and ocular hypertension.

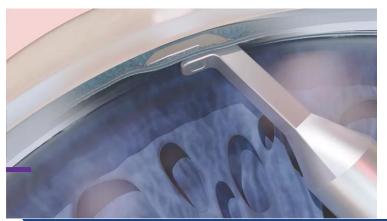


Different methods of unroofing the TM

Kahook/SION - physically cut the TM







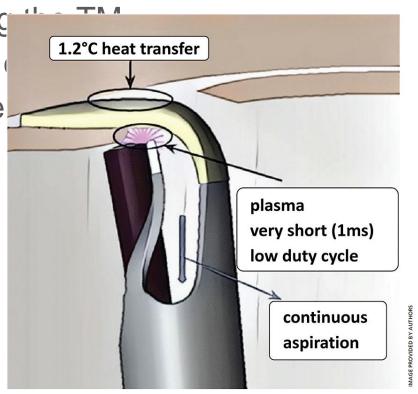


Different methods of unroofing

Kahook/SION - physically

Trabectome - electrocaute

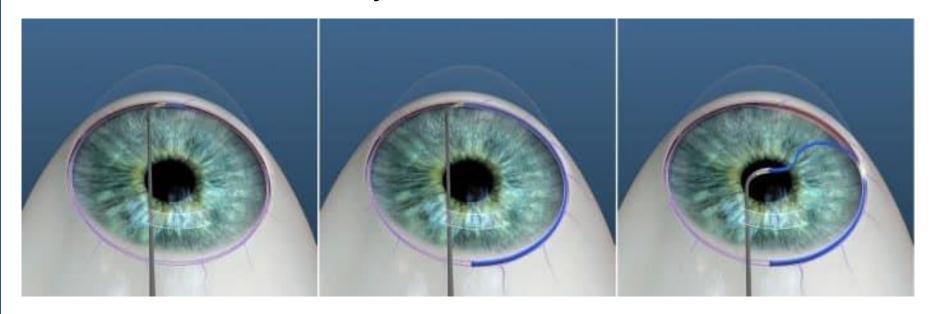




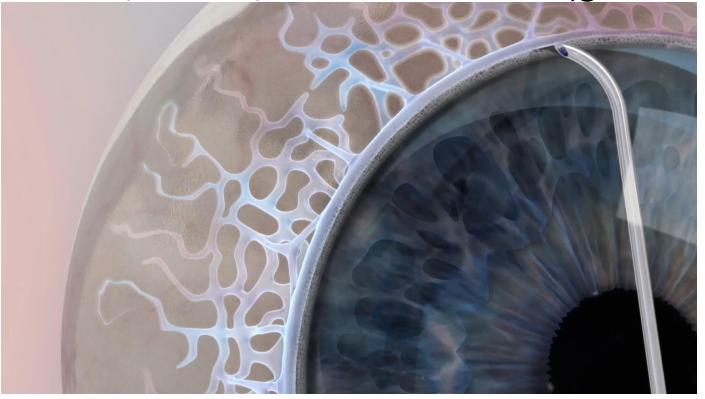
- Different methods of unroofing the TM
 - Kahook physically cut the TM
 - Trabectome electrocautery with I&A
 - Omni microcatheter threaded into Schlemm's Canal and then retracted, tearing the TM, similar to iTrack/GATT
 - Streamline pokes a 150um hole into the TM



Omni – Goniotomy

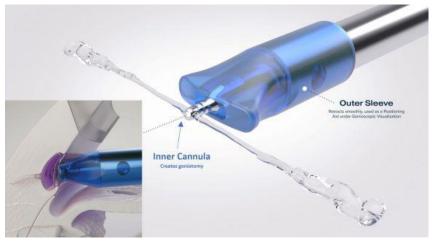






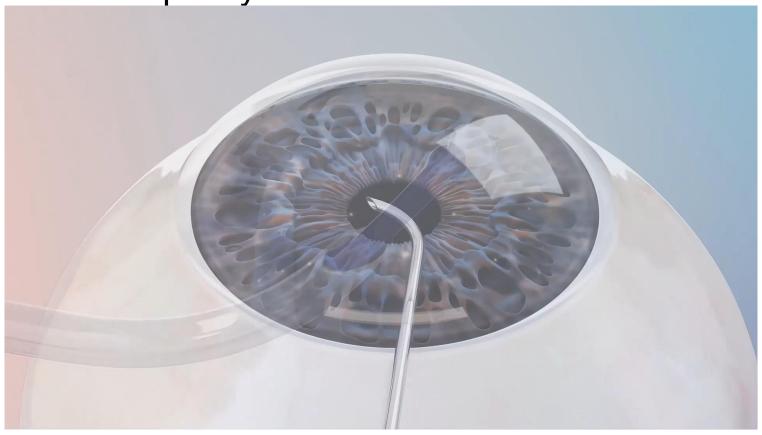
MIGS - Canaloplasty

- Dilation of schlemm's canal, usually performed with viscoelastic gel
- OMNI, ABiC, Streamline (sort of)



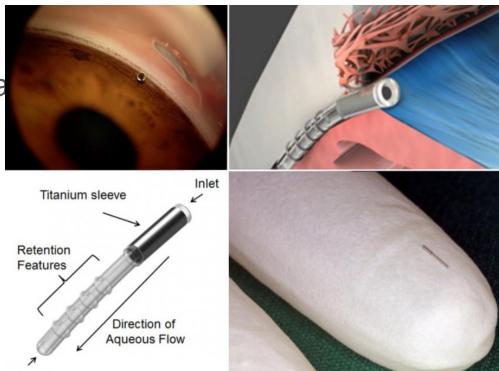


OMNI Canaloplasty



MIGS – Aqueous Outflow via Suprachoroidal Space

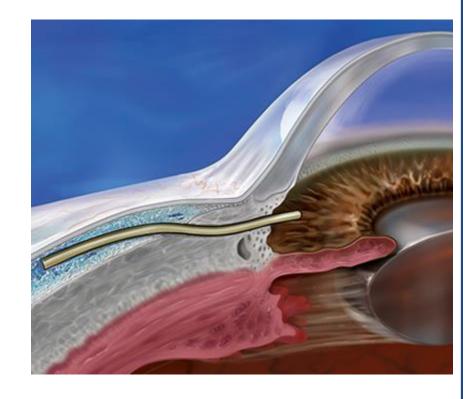
- CyPass Taken off market due to endothelia damage
- iStent Supra Not yet approved



Outlet

MIGS – Aqueous shunting to subconjunctival space

- XEN Glaucoma Implant
 - Small 45 micron gel tube implanted through the TM and Sclera into the subconjunctival space to create a small filtering bleb.
 - Typically combined with MM-C
 - Can be thought of as a mini-tube



MIGS – Combination Procedures

- Single-device:
 - OMNI Single device can combine goniotomy and canaloplasty
 - Streamline Goniotomy + Canaloplasty
- Multiple-device:
 - OMNI + stent (Hydrus vs iStent)
 - Endocyclophotocoagulation + almost any other device
 - iStent + iStent supra (part of a study)
 - OMNI + CyPass (now off market)



MIGS – WHO and WHEN?

- Patient selection for MIGS is critical
 - Each MIGS device has its own indications for use not all devices can be used for all patients with glaucoma
 - Stents generally only in mild to moderate POAG (not severe), must be done with cataract surgery
 - OMNI, KDB, SION Much wider range of indications
 - OHTN, POAG, MMG (steroid/uveitic)
 - Standalone or with cataract surgery



MIGS – WHO?

- Indications vary by device PLEASE SEND TESTING with your referrals!
- Current AAO staging guidelines:
 - <u>Early/Mild</u> Normal HVF but has OCT or optic nerve changes consistent with glaucoma
 - Moderate HVF showing abnormalities limited to one hemifield and not within 5 degrees of fixation
 - Severe/Advanced HVF with defects in both hemifields or within 5 degrees of fixation

We do not have the capacity to get visual field testing on all potential MIGS candidates – PLEASE send fields if you have them, or well documented POAG staging as per the AAO guidelines



MIGS – WHO?

General Guidelines for MIGS candidates:

- Any patient with POAG on drops
 - Risk profile for MIGS is so low that all patients with glaucoma should at least be counseled about MIGS as an option
 - Patients motivated to stop or decrease drop burden (cost, ADRs, etc)
- High-risk OHTN (e.g. family history or on drops)
 - Limited in which MIGS devices can be used
- Cataract surgery is an excellent time to discuss MIGS
 - More bang-for-your-buck: controlling IOP while the patient will already be in the OR anyway for their cataracts
- Well-controlled patients are still great candidates
 - Any reduction in drop use puts a tool back in your toolbox for the future



MIGS – WHO?

Contraindications:

- Again varies by device but in general:
 - Angle closure glaucoma
 - Traumatic/angle-recession glaucoma
 - Patients with no view of the TM (for TM-based devices)

• Anticoagulation??

- Preference varies by surgeon
- O Ideally pts can stop/hold their AC preop
- Some surgeons may alter choice of MIGS device if pt cannot stop blood thinners.



MIGS – HOW?

- Pre-op counseling and Post-op care/co-management
- Pre-op Counseling:
 - Less is more when it comes to specific devices
 - Counsel patients that there are various surgeries that can be done in combination with cataract surgery to help manage their glaucoma
 - When we see the patients for their cataract evals, we can review their testing and discuss which specific MIGS device we would recommend (varies by surgeon and disease staging)



MIGS Post Op Management – Routine Cases

- Postop drop regimen from us is the same as normal
- Continue all pre-op IOP meds after surgery
 - Helps to smooth any perioperative IOP spikes
 - IOP ~25 or less at POD1/POW1 monitor
 - If IOP remains well-controlled, can try weaning drops around 1mo postop once steroids are tapered
- Most patients will have some level of circulating RBCs in the AC, generally inconsequential



MIGS Post Op Management – IOP Spikes

- Generally rare past POD1 unless steroid responder
- Mild elevation mid 20s/low 30s consider adding topical agent
- Severe spike Diamox, Aqueous release (burping)
- Closely monitor patients to make sure IOP remains controlled



MIGS Post Op Management – Hyphema

- Many patients will have a microhyphema after MIGS
 - usually transient and self-limiting <1wk
 - 1-2+ mixed RBCs in AC with normal postop cell
 - Sleep with head elevated, limit strenuous activity
- Layering Hyphema/Clot in AC
 - Careful IOP monitoring, add agents if necessary
 - Anticoagulation STOP if possible, have patient reach out to prescribing Dr if unsure



MIGS Post Op Management – Hyphema

 In rare cases of large hyphema with IOP resistant to treatment or corneal concerns, patients may need to go back to the OR for an anterior chamber washout



MIGS Post Op Management – Hypotony

- Generally caused by small cyclodialysis cleft formed at the time of surgery
- Most will self-resolve within the first 1-2 weeks
 - STOP IOP-lowering meds
 - Topical cycloplegics to relax the ciliary body
 - Some argue decreasing steroids to increase scarring to close cleft
- MUST dilate patients to assess for choroidal effusions and monitor for resolution if present
- If not resolving, may need laser or surgical intervention to close cleft



MIGS Post Op Management – Corneal Edema

- Rarely MIGS instrumentation may contact the endothelium causing a small, localized DM tear, flap, or detachment
- If only a small area is involved, localized corneal edema can be expected but should resolve quickly as endothelial cells repopulate the damaged area
- Can treat corneal edema with topical sodium chloride preparations

MIGS Post Op Management – Endgame

- After initial postop concerns have been addressed (~1mo)
 - Wean patients from topical agents as able
 - Resume normal IOP monitoring and HVF/OCT testing as before
 - Set new baseline IOP for patients 4-8wks postop
 - Monitor and treat glaucoma as needed
 - SLT still potentially an option depending on what MIGS procedure they had done

MIGS @ Sightline

- Dr. Leale (me)
 - Currently OMNI canaloplasty and/or goniotomy
 - O Soon to trial a few combo OMNI/Hydrus cases
 - O Trained on iStent, Hydrus, Kahook Dual Blade in residency
- Dr. Philips, Dr. Espandar
 - O Hydrus Micro-stent or combination OMNI/Hydrus
- Currently not performing any MIGS as standalone procedures only in combination with cataract surgery



OMNI Study Data

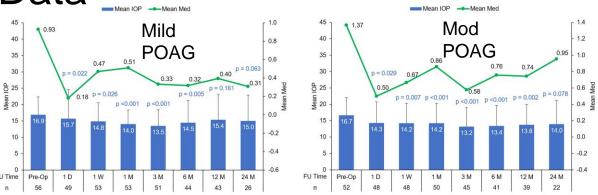
- Canaloplasty

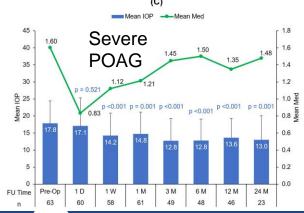
 (180 to 360 deg)

 AND Goniotomy

 (Minimum 90
 degrees)
 - Single-center,2yr data.N=171 eyes

Real-World Outcomes of Canaloplasty and Trabeculotomy Combined with Cataract Surgery in Eyes with All Stages of Open-Angle Glaucoma Arkadiy Yadgarov, Kallista Dentice, Qays Aljabi (2023)



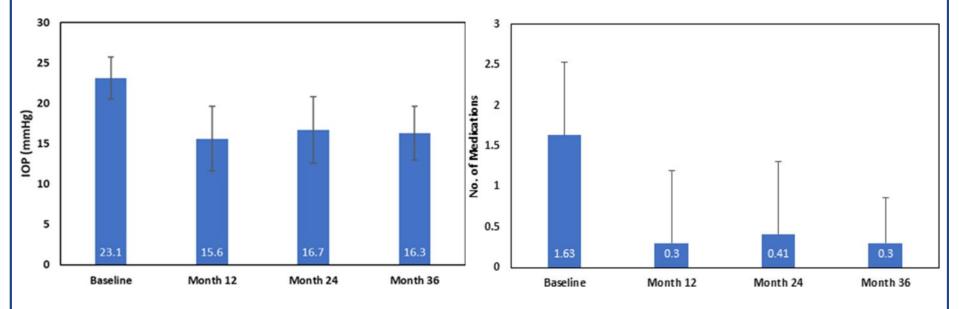




OMNI Study Data

Greenwood MD, Yadgarov A, Flowers BE, Sarkisian SR Jr, Ohene-Nyako A, Dickerson JE Jr; GEMINI 2 STUDY GROUP. 36-Month Outcomes from the Prospective GEMINI Study: Canaloplasty and Trabeculotomy Combined with Cataract Surgery for Patients with Primary Open-Angle Glaucoma. Clin Ophthalmol. 2023 Dec 12;17:3817-3824. doi: 10.2147/OPTH.S446486. PMID: 38105915; PMCID: PMC10725746.

- Original 12-mo prospective GEMINI study extended for 3-yr data
- N=66. 180-360 canaloplasty with 180 goniotomy



OMNI Study Data – Canaloplasty Only

Ondrejka S, Körber N, Dhamdhere K. Long-term effect of canaloplasty on intraocular pressure and use of intraocular pressure-lowering medications in patients with open-angle glaucoma. J Cataract Refract Surg. 2022 Dec 1;48(12):1388-1393. doi: 10.1097/j.jcrs.000000000001000. Epub 2022 Jul 1. PMID: 35796586.

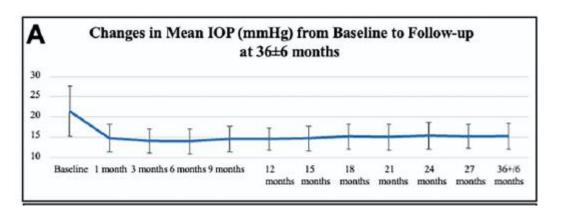


Table 1. Medication use by glaucoma type						
	Glaucoma type					
Visit	All types	POAG	PEX	Pigmentary	Terminal	
Baseline (n)	191	123	30	2	25	
Mean (SD)	2.2 (0.89)	1.9 (0.81)	2.5 (0.86)	2.0 (0.00)	2.7 (0.75)	
36 ± 6 mo (n)	184	122	30	2	25	
Mean change (SD)	-1.7 (1.07)	-1.6 (0.88)	-2.4 (0.89)	-2.0 (0.00)	-1.1 (1.58)	

OMNI Study Data - Complications

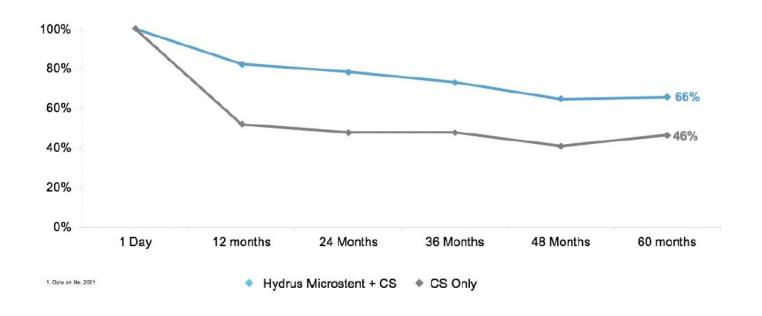
- Same study as before, using both canaloplasty AND goniotomy
 - IOP spike (>10mmHg) 4.7%
 - Hypotony (<6mmhg) 1.2%
 - Cyclodialysis Cleft 1 eye, resolved spontaneously (N=171)
 - >1mm Hyphema 3.5%

Hydrus Study Data

HORIZON: Medication Free¹

MEDICATION FREE 0-60 MONTHS



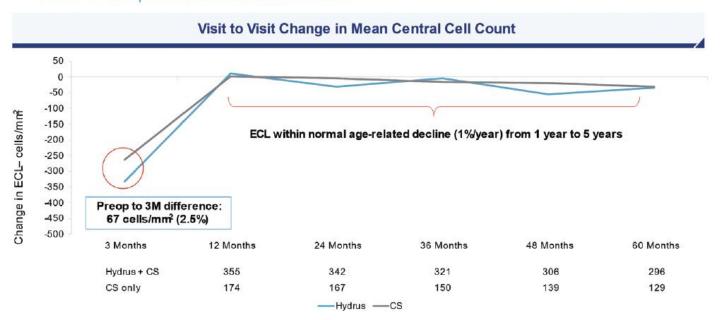


Hydrus Study Data

HORIZON Trial: Endothelial Cell Loss



5 Year follow up in randomized cohort N=556



Hydrus Study Data

TABLE. COMPARISON OF SAFETY OUTCOMES AT 5 YEARS IN THE HORIZON STUDY.

	Cumulative to 5 Years		
	Hydrus MS (n=308)	CS Only (n=187)	
IOP related events:			
IOP elevation (≥ 10 mm Hg > 30D)	0.8%	2.7%	
Hypotony ≤ 6 mm Hg ≥ 1 month	0	0.5%	
Loss of BCVA ≥ 2 lines after 3 months	1.9%	2.1%	
Loss of HVF mean derivation ≥ 2.5 dB	8.4%	9.6%	
Focal PAS			
Obstructive	5.4%	0	
Non-obstructive	8.7%	3.7%	
Corneal edema - severe ≥ 1 day	0.5%	0.5%	
Persistent inflammation	0.5%	2.1%	

BCVA, best-corrected visual acuity; CS, cataract surgery; HVF, Humphrey Visual Field; IOP, intraocular pressure; MS, Microstent; PAS, peripheral anterior synechiae

MIGS - Conclusion

- MIGS is a safe and effective way to help our glaucoma patients at the time of cataract surgery
- MIGS should be discussed with any POAG or high risk OHTN patient prior to cataract surgery
 - O Keep the conversation broad specific MIGS devices are surgeon-dependent
- PLEASE send all testing and staging information with your cataract referrals (HVF, OCT, Mild/Mod/Severe, tMax, etc.)
- Postoperative complications are generally rare and mild, requiring temporary supportive care with IOP meds or steroids



OMNI 360 Canaloplasty + 180 Goniotomy Sightline Ophthalmic Associates www.sightlinelaser.com

Hydrus Microstent Procedure

https://eyetube.net/videos/hydrus-microstent-for-glaucoma



Omni with Hydrus Procedure

https://eyetube.net/videos/omni-hydrus-combination-migs



MIGS - iStent (first generation)

https://youtu.be/vKLC4f0ZUjE



Kahook Dual Blade Procedure

https://library.willseye.org/library-item/kahook-dual-blade-goniotomy/



Trabectome procedure

https://www.aao.org/education/basic-skills/trabectome-surgery

