



On the  
cutting edge of  
vision care

**This report was created  
using best practice guidelines  
for the visually impaired.**

# Welcome to the Institute



Nick Torchetti,  
Board Chair,  
Kensington Eye Institute

Dr. Sherif El-Defrawy,  
Ophthalmologist-in-Chief,  
Kensington Eye Institute

John Yip,  
President and CEO,  
Kensington Health

The Kensington Eye Institute is now in its 11th year, and we have much to celebrate. We performed more than 10,000 cataract surgeries in 2016, expanded the physical space at our eye clinic—The Kensington Vision and Research Centre—and recruited two new subspecialists to lead the treatment of glaucoma and retinal disease.

Our focus has always been making better vision possible for our patients. To do this we have worked hard to ensure we are on the cutting edge of technological advancements and clinical best practices in eye care.

In addition, our research projects focus on gaps in the prevention and treatment of eye diseases, as well as on new ways to improve

access and enhance patient experience. We are passionate about innovation, and The Kensington Eye Institute has expansion plans to include an Urgent Eye Clinic for patients in Toronto.

This year we hosted a free clinic for Syrian refugees in partnership with the University of Toronto. This experience was transformative, and we will continue to look for more ways to give back to our community.

Good vision and healthy eyes are important to all of us, and we are proud to have helped more than 55,000 people restore their vision. In the future, we hope to further our reach to help more people in need of vision care.

# Who we are

## What is The Kensington Eye Institute?

We are a non-profit eye institute affiliated with the University of Toronto, dedicated to helping people achieve their healthiest vision possible. We use cutting-edge technology and best practice medical techniques to provide exceptional care to our patients.

## What do we do?

We are experts in eye surgery, specializing in cataract, glaucoma, retinal and corneal surgeries. We offer regular eye exams for patients, in addition to services to diagnose and treat eye diseases, and we also conduct critical research to help our future patients.



We care  
about  
your eyes



We have a team of experts dedicated to you and the health of your eyes.  
We are happy to answer any questions you have about your appointment,  
surgery or follow-up care. We are here to help!



## A fresh start

Terry Bramham  
is thankful to  
The Kensington  
Eye Institute  
for getting his  
eyesight back.



Terry Bramham is an athlete in every sense of the word. He has skied for 50 years with the Toronto Ski Club and, since retirement, spends every afternoon riding his horse at Camelot Stable at Toronto Polo Club.

He doesn't look it, but Terry is 83 years young, and last year he experienced a sudden and unexpected decline in his eyesight. "All of a sudden I could barely see out of my left eye. It was all cloudy, which basically meant I had to keep my right eye open at all times," said Terry. This meant he had to put all of his regular activities on hold, including driving, skiing and riding. Terry was diagnosed with cataracts in both eyes and was scheduled for surgery at The Kensington Eye Institute. He was incredibly

nervous about the surgery, but he knew it was necessary to get his life back on track. His left eye was repaired in November 2016, and his right eye was restored in April, after ski season.

"When I could see again, I felt such relief. Now I'm grateful for my clear vision every day," said Terry. "The staff and surgeons at Kensington were so fantastic."

## Kensington gives back

A Syrian woman  
receives eye care  
after three years  
living in a  
refugee camp.



Adapted from *Faculty of Medicine News*,  
University of Toronto.

On April 29, 2017, The Kensington Eye Institute hosted a free eye clinic for Syrian refugees who have come to Canada to flee Syria's civil war.

The event was the fourth in a series of clinics for Syrian immigrants in the Greater Toronto Area, providing eye care for almost 600 people—more than half of whom are children.

The clinics are the brainchild of Dr. Myrna Lichter, a lecturer in the University of Toronto's Department of Ophthalmology and Vision Sciences, and Tarek Bin Yameen, a second-year medical student at the University of Toronto who started the effort last fall by partnering

with refugee assistance organization Mes Amis.

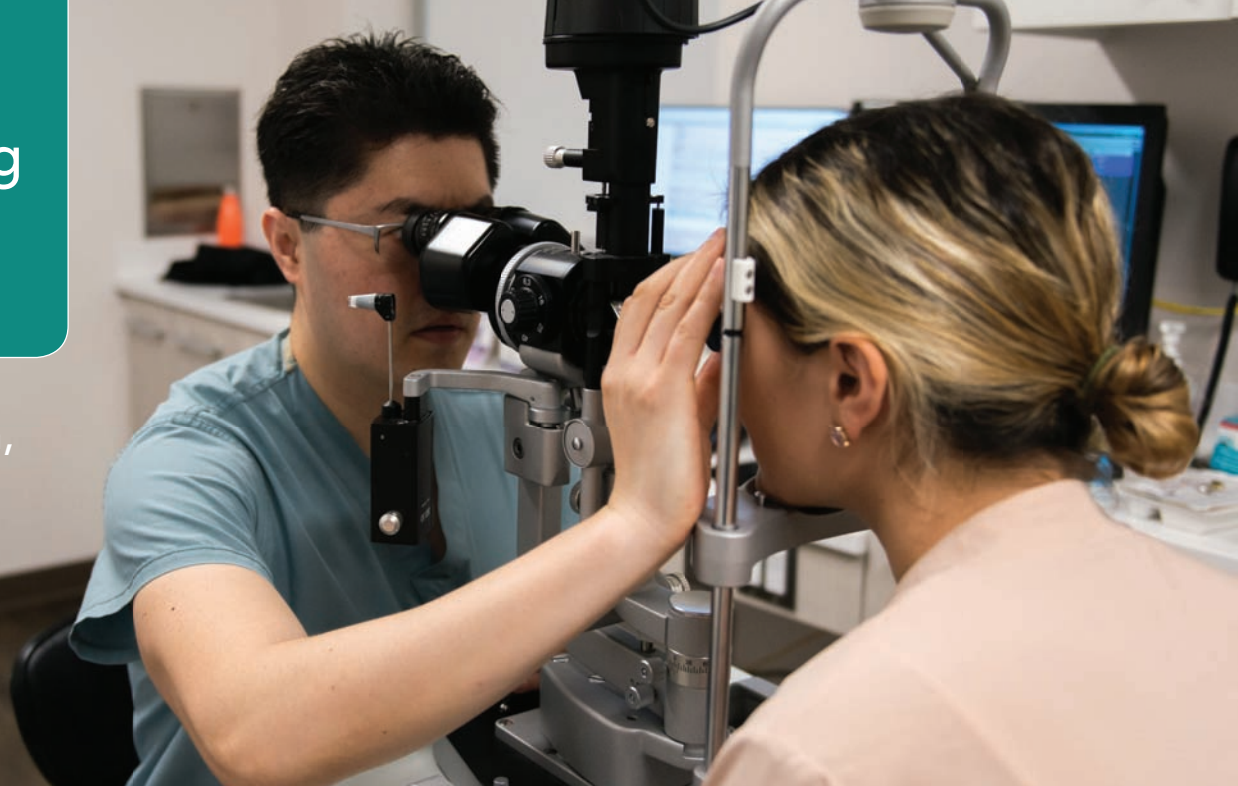
All of the staff, doctors and coordinators volunteered their time after-hours and saw 113 patients and identified several for follow-up—28 for vision correction and 12 for referral to a specialist.

"We were very proud to support this initiative," said Ann Lvin, Clinic Manager of The Kensington Vision and Research Centre. "So many people here stepped forward to help out, and many patients were very positive about their experience and extremely grateful." —Jim Oldfield

For full story visit:  
[medicine.utoronto.ca/news](http://medicine.utoronto.ca/news)

## Expanding our clinic

Dr. Peng Yan,  
retina  
specialist,  
examines  
a patient



In 2016, The Kensington Vision and Research Centre recruited two new subspecialists and expanded its physical space on the fifth floor to improve patient experience.

### Growing the team

Glaucoma specialist Dr. Matthew Schlenker and Dr. Peng Yan, a retina specialist, were successfully recruited and joined the staff in 2016.

By adding more specialists, our patients can now access an entire vision care team including certified ophthalmic

medical technologists, optometrists, and comprehensive and subspecialized ophthalmologists. It will also allow for the creation of an Urgent Eye Clinic with the aim of helping patients avoid long wait times in emergency rooms.

### Expanding our clinic space

The expanded space, nearly doubling our existing clinic, has allowed us to see more patients, conduct more tests to diagnose and treat eye disease, and continue work on our important research projects.

Ways to  
give



To donate to The Kensington Eye Institute, please visit  
The Kensington Foundation at **[kensingtonhealth.org/foundation](https://kensingtonhealth.org/foundation)**

## Ways to give

- Give a one-time donation
- Organize a fundraiser
- Donate to Champions of Care

Charitable Registration #11923 0092 RR0001

# What's new in eye care?

## Electrophysiology program

Visual electrophysiology is a vital tool for diagnosing eye disease and conducting research. This new program at The Kensington Eye Institute will provide patients with rapid assessments for a variety of diseases that impact the retina, optic nerve and visual pathways in the brain.



## New certified ophthalmic technician program

This training program is being developed in conjunction with the Kingston Ophthalmic Training Centre. The program will enroll one student at The Kensington Eye Institute to receive hands-on experience within the clinic. After graduation, the student will be prepared to perform ophthalmic diagnostic tests and preliminary testing necessary to get patients ready to see the ophthalmologist.

## Cross linking

The Kensington Eye Institute is continuing to provide collagen corneal cross linking (CXL) to patients who suffer from corneal disease known as keratoconus.

Keratoconus leads to blurred vision, sensitivity to light and eventual blindness. The CXL procedure stops the progression of the disease and reduces the need for cornea transplantation.



## PROSE

In the future The Kensington Eye Institute is hoping to launch a Prosthetic Replacement of the Ocular Surface Ecosystem (PROSE) program in Canada. The PROSE is a highly specialized therapeutic lens that treats a number of corneal diseases, and relieves pain while improving vision. It targets patients who have failed medical and surgical interventions. We look forward to launching this program in the future.



Darla Matheson, Director of Quality and Risk, Kensington Health, and Philip Bernard, Quality Committee Member and Clinic Assistant at Kensington Eye Institute.

## Quality improvement initiatives

We are collaborating with the Quality Improvement Team to improve patient care. Select residents and staff are receiving additional training in quality improvement through a certificate course offered at the University of Toronto and are bringing this expertise to The Kensington Eye Institute.

## Research projects



### Investigational study on new intraocular lenses for cataract surgery

The Kensington Eye Institute is embarking on two clinical trials of intraocular lenses (IOL) used in cataract surgery. One study will compare the vision of two different, routinely used lenses. The second is a multi-centre trial looking at the safety and performance of an investigative lens not yet commercially available.

### NAION study

The Kensington Eye Institute eye surgeons Dr. Jonathan Micieli and Dr. Ed Margolin published their paper on Anterior Ischemic Optic Neuropathy in the American Journal of Ophthalmology. Non-Arteritic Ischemic Optic Neuropathy (NAION) is the most common critical optic nerve disease in older adults, and it does not have an established treatment. The results of this study provide important information on how NAION develops, and identify future therapeutic options for patients.



## ONDRI study

The Kensington Eye Institute is participating in the Ontario Neurodegenerative Disease Initiative (ONDRI), which is a province-wide multi-centre study looking at several different tests to see if they detect neurodegenerative diseases like Parkinson's, Alzheimer's and Lou Gehrig's Disease. At The Kensington Eye Institute study participants have images taken of the back of their eyes, and scans taken of their optic nerve and retina. Early detection would lead to earlier management and care for people with these diseases.

## Glaucoma and sleep apnea study

Dr. Yvonne M. Buys, an eye surgeon at The Kensington Eye Institute and a Professor at the University of Toronto, published a study in the Canadian Journal of Ophthalmology looking at a possible correlation between glaucoma and sleep apnea. They administered a questionnaire to 450 patients with glaucoma and 450 patients from The Kensington Eye Institute without glaucoma. The study showed that having glaucoma is not associated with a higher risk of having sleep apnea.

## Teaching is our passion

From left to right: Dr. Stephanie Kletke,  
Dr. Nouf Al Farsi, Dr. Stephanie Low,  
Dr. Stephan Ong Tone, Dr. David Yan



Dr. Stephanie Low is the Co-Chief Resident at the University of Toronto's Department of Ophthalmology and Vision Sciences. This five-year program is for students who have completed medical school and are now specializing in Ophthalmology, and almost all of the program's residents receive their training for cataract surgery at The Kensington Eye Institute. Part of Dr. Low's role is to help coordinate students in their fourth and fifth years of residency who work at The Kensington Eye Institute.

"It's important for people to know how much of a role The Kensington Eye Institute is playing in teaching future eye surgeons in Canada," said Dr. Low. "This is a fantastic place to learn. The staff surgeons know how

to challenge us while maintaining a safe and secure environment."

There are 13 senior residents from the Department of Ophthalmology and Vision Sciences at the University of Toronto supporting surgeries at The Kensington Eye Institute every year. Through their experience, they will refine their skills for successful cataract surgeries.

"I chose ophthalmology because I'm passionate about helping people and improving their vision," said Dr. Low. "I also like the precision, fine motor skills and elegance required for eye surgery. I'm fortunate to be learning my techniques here."

## Board Members

Nick Torchetti, *Board Chair*

Howard Tanenbaum, *Member*

Dr. Sherif El-Defrawy, *Member*

John Yip, *Member*

## Corporate Leadership

John Yip, *President and Chief Executive Officer*

William Tottle, *Vice-President, Chief Financial Officer, Kensington Health*

Hector Algaranaz, *Chief Information Officer*

Dr. Sherif El-Defrawy, *Ophthalmologist-in-Chief, The Kensington Eye Institute*

Donna Punch, *Clinical Director, The Kensington Eye Institute*

Ann Lvin, *Manager, Kensington Vision and Research Centre*

Justine Humphries, *Director, Corporate Planning and Communications*

Darla Matheson, *Director, Quality and Risk*

James Wickham, *Director, Human Resources*

Carol Montgomery, *Governance and Executive Office Liaison*

A close-up photograph of a person's face, focusing on their right eye. The eye is light green with long, dark eyelashes. The person has brown hair and is looking slightly to the right. The background is a soft, out-of-focus light blue.

## Important tips for patients

## How to protect your eyes before and after surgery

- Do not rub your eyes after surgery
- Always wear sunglasses when you are outdoors to protect your eyes from harmful UV rays
- Be consistent about putting in your eye drops after any kind of eye surgery
- Let your physician know if there is any pain, redness or sudden change in vision after surgery
- If your eyes ever feel itchy or like there is something in them, use lubrication drops
- If you have diabetes, have your eyes checked annually

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