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News Update November 2025

Your guide to the latest in optometry,
clinical practice, CPD events and more



Drop-Free Cataract Surgery: Fantastic Outcomes

Optegra's NHS drop-free cataract surgery initiative, led by **Medical Director Mr Alastair Stuart** and the first of its kind nationally, has delivered fantastic results. An audit of **1,000 drop-free patients** versus **1,000 on traditional post-op drops** showed outcomes are just as safe and effective, with no difference in inflammation control, intraocular pressure spikes, or cystoid macular oedema.

But it's not just about the numbers. Drop-free surgery also offers patients

this approach is helping to shape the future of cataract care.

[Learn More](#)



🧡 Menopause Awareness Month 🧡

This World Menopause Awareness Month, Optegra Colchester eye experts highlighted how hormonal changes can affect vision. Research shows nearly half of adults aren't aware that symptoms like dryness, irritation, and blurry vision can be linked to menopause.

Nurse Lucy Vale shared her experience with perimenopause-related eye changes, showing the importance of recognising symptoms and seeking support. At Optegra, we're here to support women's eye health every step of the way.

[Read the full article](#)

Celebrate 10 Years of Optegra Central London. Invite Your Patients! 🥂

Optegra Central London is celebrating **10 years** of delivering expert private vision correction. To mark this milestone, we're hosting a special evening for patients to explore

A large, 3D-style orange number '10' with the word 'YEARS' in white capital letters inside the zero. The background is a teal gradient with several translucent green circles of varying sizes.

also be able to enjoy refreshments and enter our exclusive giveaway!

If you have patients who may benefit from private cataract treatment, lens replacement, or laser eye surgery, we'd love for you to share this opportunity with them.

Date: Thursday 27th November |
Time: 6:00 PM – 8:30 PM | **Location:**
25 Queen Anne St, Marylebone,
London, W1G 9HT

[More Info](#)



All Eyes on the Future: 2025 ZEISS Symposium

Leaders in eye care gathered to share ideas, innovations, and inspiration at this year's Optegra x ZEISS Symposium.

The day was full of collaboration, lively conversation, and inspiration, reminding everyone how combining expertise and innovation can push eye care forward.

[See the Highlights](#)

Behind the Scenes at Optegra North London



patient from start to finish at Optegra? Adeeya Hashim joined our clinical team in North London for a shadowing day, from pre-op assessments to surgery and discharge, and left inspired.

“It was an incredibly insightful experience. The professionalism, teamwork, and care shown at every step were truly impressive. I now have a real appreciation for the high standards and compassion at Optegra.”

[Discover our impact](#)



26 Years Later: Clear Vision for Hampshire Patient

Holly Sutton, Optegra Hampshire patient, had worn glasses since she was 2. After ICL surgery, she can finally see the world without them. “It was surreal, like meeting my own face without a barrier,” she says; an everyday moment suddenly feeling extraordinary.

Now, mornings start with a smile instead of a hunt for glasses, and even small things, like spotting friends across a café, feel brand new.

[Explore her story](#)

**Hands-On Learning:
Wetlabs with Johnson &
Johnson**



optometrists rolled up their sleeves this past month for hands-on wetlab sessions, getting a first taste of cataract surgery!

With guidance from our clinical team and support from Johnson & Johnson, attendees practiced key techniques and experienced the cataract surgical process in a safe, immersive environment.



Stress and Your Vision: What You Need to Know

Stress doesn't just affect patients' wellbeing, it shows in their eyes. Eye strain, dryness, and blurred vision are common signs.

Optegra Consultant Ophthalmologist Amir Hamid highlights practical ways to manage them, from mindful blinking to regular screen breaks. Insights like these can help you spot issues early and guide patients toward better eye health.

[Find out More](#)

Did You Know?

Research demonstrates a strong link between poor vision and elevated levels of stress and anxiety. By detecting vision changes early and recommending timely treatment, you can help protect your patients' sight and support their mental wellbeing.

Encouraging proactive eye care is an important part of overall health; small

[Explore Eye Care Resources](#)

Boost Your Skills With Our CPD Accredited Events

Focus: Webinars

Think you can spot the signs? Join consultant **Steve Lash** on **Wednesday 19th November** for a dynamic session diving into diabetic eye disease, and sharpen your diagnostic instincts in our next CPD webinar, '**Come Diagnose with me Diabetes**'.

Stay tuned, our **December CPD webinar** is just around the corner, with a new topic to be revealed soon.

[Register to Webinar](#)

Hear from our Patients:



"I had cataracts done in both eyes, the last eye was done on Sept 25 at the Newcastle clinic. First my left eye and was given drops for post-op care, 4 weeks later my right eye was done but this time medication was injected into my eye during surgery eliminating the need for post-op drops. Both times the staff at the Newcastle clinic were outstanding, compassionate and caring. Thank you Optegra for giving me back my sight and brightening my world."

- Mark, treated at our Newcastle Eye Clinic

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