

Ophthalmology – Cataract Surgery

Introduction

Cataracts are when the lens of your eye, a small transparent disc, develops cloudy patches. If your optician has confirmed that you have cataracts you will be referred to a specialist eye doctor for an assessment. Cataract surgery involves replacing the cloudy lens inside your eye with an artificial one. At the assessment your doctor will discuss cataract surgery with you in detail and whether this is the right option for you.

Guidance for Patients

Whilst you are waiting for their procedure, it is important to maintain a healthy lifestyle. To support local Portsmouth residents to stop smoking or lose weight, Portsmouth Wellbeing Service www.wellbeingportsmouth.co.uk has been commissioned to provide free stop smoking and weight management support to our community.

Portsmouth Hospitals University NHS Trust are here to help you and offer different levels of support to maintain a healthy weight and to stop smoking including telephone support, virtual and app-based support options.

Stop Smoking Service the stop smoking service provides a range of options to help you quit including support from an advisor, stop smoking medications, e-cigarettes and a digital offer for those who wish to quit by themselves.

If you are not ready to quit just yet but would like more information on how to protect your family, **Smoke free Homes**, advises on how to make your home and car smoke free.

Weight Management Service The service supports adults aged 18 years or over who want to lose weight and have been identified as obese.

Find out your BMI

You can get help to lead a healthier lifestyle if you're an adult (18 years or over) living in Portsmouth and your body mass index (BMI) is above average. Use this tool www.nhs.uk/live-well/healthy-weight/bmi-calculator to find your BMI. If it's too high, sign up for a programme that will help you lose weight BMI of 30+

If your BMI is 30 or higher, you qualify for free support from website www.portsmouth.gov.uk/services/health-and-care/health/weight-loss-and-weight-management/

BMI of 28+

You can get free support from Portsmouth Wellbeing Service www.wellbeingportsmouth.co.uk , if your BMI is 28 or over if at least one of the following applies:

My Planned Care Patient Information Platform

- you have Type 1 and 2 Diabetes or Metabolic Syndrome
- you have problems with your heart, circulation, hypertension or high blood pressure
- you have been diagnosed with anxiety/depression
- you need to lose weight before receiving another medical treatment or surgery
- you have a serious long-term health condition that is adversely affected by your weight such as muscular skeletal disorders (back pain, mobility issues) and asthma
- you're from a black or ethnic minority background.

BMI of 25+

If you have a Body Mass Index of 25 or higher Better Health Let's Do This – Lose Weight website www.nhs.uk/better-health/lose-weight/ provides online support to help you lose weight and includes access to the NHS 12-week weight loss plan.

The NHS 12-week fitness plan will support your weight loss plan as well as improve your health. This is aimed at beginners and will help get you into the habit of regular exercise over the course of the programme. It is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

Healthy eating and being active

Information and advice on healthy eating and becoming more active is available from:

- [One You Eat Better](#) (website) - includes Easy Meals app for healthy meals and the Change4Life Food Scanner to help reduce levels of sugar in your diet.
- [Better Health - Get Active](#) (website) - includes tips on getting active for all, including the downloadable Active 10 app, as well as tailored advice for those living with a long-term condition.
- Sugar Smart is a campaign to raise awareness of hidden sugars, recommended levels and healthy alternatives by encouraging individuals, groups, businesses, schools and organisation to join the campaign and make a pledge. To find out how you can join in, become sugar smart and make good choices about what you, your family, colleagues eat, please visit Sugar Smart www.sugarsmartuk.org

What should I do if my health is deteriorating?

Cataracts generally cause a gradually progressive reduction in sight, any sudden reduction in sight or other symptoms such as flashing lights, floaters, a localised blind spot/shadow in your peripheral vision, distortion of your central vision particularly when looking at straight lines or redness or pain in your eyes would not be caused by cataract. If you experience any of these symptoms while waiting, you will need to seek help soon from your GP or optician.

Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

My Planned Care Patient Information Platform

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

My Planned Care enquiries

Contact Us

Call: 02392 681700

Email: MyPlannedCare@porthosp.nhs.uk

Website: <https://www.porthosp.nhs.uk/>