



MJO NEWSLETTER

Melina Joy Opticians
March 2022

“Happy Birthday to us, happy birthday to us...”

Spring is on it's way, at last! And Melina Joy Opticians is 30 years old this month!

Melina set the practice up in 1992 with just the support of her partner Tom and his wife, Jackie. Several refurb, additions and changes later, we are now a team of eleven, including three Optometrists and four Dispensing Opticians! Our aim is still to provide excellent eyecare and fabulous eyewear and we hope to always give you the best service and advice possible.

Despite still having to operate within 'Amber' guidelines from our governing body (GOC) we will be celebrating this great achievement throughout the coming year. Follow us on Facebook and Instagram or keep an eye on our website for all the latest offers and events. Here's to, at least, another 30 years



If you've been a regular reader of this newsletter, you will remember that we are in the process of updating our website, firstly with new photos of all our staff. Well, we're not quite there yet but we've had the 'shoot'. Joyce Holland-Gladwish has been in (joycehgphotography.com), set up all her equipment and done her valiant best to get our best-sides! A good time and a lot of giggling was had by all, as soon as we all agree on the best ones and finalise the details, we will be adding them to our website. So, watch this space...

Myopia control



What is myopia?

Myopia (short-sightedness) is where the eye is either too long or too powerful and the image is focused in front of the back of the eye. This causes distant objects to be blurry but near objects to be clear.

Why should myopia be controlled?

In general, once the eye becomes myopic the myopia will increase over time. Higher amounts of myopia are associated with increased risk of eye diseases such as glaucoma, retinal detachment and cataract later in life.

What causes myopia to progress?

A combination of genetics and environment can influence the likelihood that myopia will progress. Having one, or both, parents who are myopic can increase the risk of myopia progression by three to six times. Other factors such as how well the eyes work together and already being myopic also increase the risk of myopia increasing.

What can reduce the chance of myopia progression?

- Increasing the amount of time spent outside reduces the risk of myopia progressing
- 20/20 rule. While doing near tasks take a 20 second break every 20 minutes
- Elbow rule. Try and keep near tasks at least the distance of your forearm away
- Two hour rule. Try and keep Screen time after school to less than 2 hours

What is myopia control?

Adjusting the way corrective lenses (spectacles or contact lenses) focus light on the periphery of the eye has been shown to reduce the amount that myopia will increase. There are now several options available to treat myopia and try to reduce the amount that it increases.

- Contact lens correction using specially designed, soft contact lenses or Orthokeratology contact lenses (rigid lenses worn overnight)

[https://coopervision.co.uk/contact-lenses/brilliant-futures-misight-1-day/misight-1-day?](https://coopervision.co.uk/contact-lenses/brilliant-futures-misight-1-day/misight-1-day?utm_source=clicks&utm_medium=google)

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[utm_source=clicks&utm_medium=google](https://www.eyedreamlenses.com/children)

<https://www.eyedreamlenses.com/children>

- Specially designed spectacle lenses

<https://www.essilor.co.uk/lenses/stellest>

If you would like to know more about myopia control please contact us on 01435 868 181 to book an appointment and discuss it with an optometrist.



New frames, real faces!





Eye Health: The importance of protecting your eyes

UV protection: UV rays can lead to serious health issues including sunburn of the eyes, cataracts, macular degeneration and cancer.

Skin Cancer: 5% to 10% of skin cancer occurs around the eyes. Always wear quality, protective sunglasses when outdoors—even on overcast days.

Eye Comfort & Glare; The sun's brightness and glare interferes with comfortable vision and the ability to see clearly, causes squinting, and your eyes to water. Eyestrain can also lead to headaches.



All Maui Jim lenses block 100% of all harmful UV rays, protecting your eyes from damage and long-term health risks.

Maui Jim sunglasses have earned the Skin Cancer Foundation Seal of Recommendation as an effective UV filter for the eyes and surrounding skin. The frames also play a role, so larger frames and wrap styles should be considered for outdoor activities.



All Maui Jim sunglasses are polarised and therefore eliminate 99.9% of glare. This also reduces the impact of the sun's brightness and allows your eyes to stay relaxed. Without the need to squint and strain, you can avoid eye fatigue, excessive wrinkling around the eyes, and even headaches.

At Melina Joy Opticians we stock 65 Maui Jim sunglasses in various styles, sizes and colours. They are available with or without your prescription.



Give us a ring to arrange an appointment to see the wonder for yourself!



Every pair
tells a story.



Easy salmon fishcakes



Try these delicious fish cakes made, the salmon provides omega-3 for healthy eyes

Ingredients - serves 4

500g floury potatoes such as King Edward or Maris Piper, peeled and cut into cubes

300g salmon fillet

4 spring onions, trimmed and sliced thinly

1 tbsp creamed horseradish sauce

2 tbsp chopped fresh parsley

2 tbsp plain flour

2 medium eggs, beaten

60g breadcrumbs

Sunflower or olive oil spray



Method

Preheat the oven to 200°C, gas mark 6. Place the potatoes in a large pan, cover with water, bring to the boil and simmer for 10-12 minutes until tender. Drain very well and mash until smooth, then tip into a large bowl.

Meanwhile, place the salmon in a small frying pan and cover with boiling water. Simmer gently for 5 minutes until cooked through. Drain and discard the water, then break into large flakes, discarding the skin.

Stir together the mash, salad onions, horseradish and parsley. Fold in the flaked fish and season well. Shape the mixture into 8 even-sized cakes – the mixture will still be warm, so leave to cool a little if necessary.

Dust the cakes in flour. Place the egg and breadcrumbs in separate bowls. Dip each cake first in the egg and then in the breadcrumbs, making sure they are evenly coated. Transfer the fishcakes to a large non-stick baking sheet and spray lightly with oil. Bake for 20 minutes until crisp and golden brown. Serve with peas.



wonder if you know?

The eye is the fastest muscle in your body hence why when something happens quickly, we say 'in the blink of an eye!'



Spot the difference competition

Can you find the 6 things?

Win a £50
MJO voucher

Email your answers to
reception@melinajoy.co.uk

Competition closing date 30 April 2022.
The winner will be picked at random & notified by email.



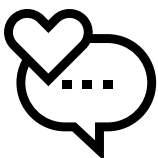
Our Easter
opening hours



Good Friday closed

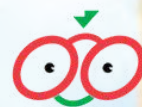
Saturday 16 April
8.30am to 1.15pm

Easter Monday closed



We'd love to hear your feedback. You can either leave us a Google review, a Facebook review or email us at reception@melinajoy.co.uk





TOMATO GLASSES



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