



# MJO NEWSLETTER



Melina Joy Opticians  
December 2022



A Big Thank You to all those who came to celebrate our 30 years on the High Street in October, we had a practice full of well-wishers. A constant stream of customers old and new came by to share stories and view our photographs of the building as it was and other celebrations we've had along the way. It was fun to see old pictures of staff (some have aged better than others!) and a couple of customers brought in their original prescription copies and 'vintage' specs! We had drinks, nibbles, raffles and some special party bags for the revellers to take home. Our first raffle was won by Mrs H and she received a signed Prue Leith cookery book! The second raffle was to win a new frame and

we had 3 lucky winners for this, all were delighted and have since come back in to choose a style from our event sponsors Orgreen, Specs by Prue and The Eyewear Company.

Of course, our other big news this year has been our refurbishment, and this was the first time some of our clients had had a good look around.



For a long time, Melina has been at the helm of the ship but in recent years there has been other personalities added to the Directorship and Melina thought it appropriate to have a new look and refresh things. We are very proud of the results and hope you agree with all of those who have been in to admire the new look.



# Blepharitis

What is blepharitis? Blepharitis is a condition that causes inflammation of your eyelids, making them swollen and red. It can also cause crusty eyelids and make your eyes feel sore and irritated. It is persistent and may recur even after it has been treated – this means that it could require managing over a long period of time.

There is more than one type of blepharitis. Anterior blepharitis affects the outside front edge of your eyelids (near or among your eyelashes) and can sometimes be caused by a staphylococcus bacterial infection. Posterior blepharitis affects the inside rim of your eyelids, just behind your eyelashes.

You may also develop blepharitis as a complication of seborrheic dermatitis. This is a common skin condition which can cause the scalp, face and other areas of the body to become scaly, itchy and red.

What are the symptoms of blepharitis?

Itchy, sore, red and puffy eyelids  
Eyelids that stick together when you wake  
Greasy or crusty eyelashes  
Loss of eyelashes  
Irritated or burning eyes  
Uncomfortable contact lens wear



What is the treatment for blepharitis?

It can take time to resolve problems associated with blepharitis and it cannot be totally cured. However, with treatment, it is possible to make your eyes feel more comfortable.

- A lid cleaning routine should be introduced along with using a warm compress (or eye mask) to help encourage the glands in your eyelids produce oils to lubricate your eyes.
- After 10 minutes of heat gently massage the lids and then clean. Your optometrist will advise of the best options for you and may suggest specific lid wipes.
- Lubricating eye drops are available which can help ease the symptoms of gritty and dry eyes. Ask your optometrist for advice.
- If compresses and cleaning do not help, you may be referred to your doctor and they could prescribe an antibiotic ointment or tablets.
- Omega 3 supplements have been shown to reduce the symptoms of blepharitis and eye dryness.
- Avoid using eye makeup, such as mascara and eyeliner, and smoky atmospheres.

Who is at risk of blepharitis?

It is more common in people over 50 but it could develop at any age, as we age, the glands in our eyelids may block more easily. Our tears contain fewer lubricants as you get older so eyes can feel dry and more gritty.




Be BOLD  
Be BRAVE  
Be YOU



STELLA · WEARING PRUE 1641





# Focused on the road ahead

As a driver it is very important that you understand the need for a regular eye examination and serviceable, up to date spectacles. Some of the more common conditions that provoke questions around the need to declare to the DVLA or not are:

**Cataract;** as long as the minimum standard of vision and field of view is being met there is no need to declare cataract, even if you have it in both eyes.

**Glaucoma;** if only one eye is affected and the minimum requirements are still met there is no need to inform the DVLA. If Glaucoma is diagnosed in both eyes then the DVLA must be told regardless of your visual ability. This is different for holders of a Group 2 licence.

**Diplopia;** at your initial diagnosis you should cease driving and inform the DVLA but once the condition is controlled with spectacles or a patch and the usual minimum requirements can still be met driving can resume. The rules are different for holders of a Group 2 licence.

**Monocular Vision;** this refers to a complete loss of vision in one eye and assumes no light perception. You must not drive and may have to inform the DVLA. If you can still meet the minimum visual requirements of a binocular driver and prove successful adaptation to driving with the condition, driving may be resumed. The rules are different for holders of a Group 2 licence.

**Colour Vision;** whilst the normal range of colour vision is considered for many occupations, the DVLA does not need to be informed of any defects in colour vision for holders of either Group 1 or Group 2 licences. Please refer to the DVLA website [here](#) for full details.

Lots of us like to wear tinted glasses when driving and this is something we wholly support, the appropriate use of prescription sunglasses is often essential when out and about. However, it is important to note that only tints that allow at least 80 percent light transmission are suitable for all driving conditions and any tint that has a transmittance of less than 75 percent is not suitable for use in twilight or at night.

There are now many coatings and treatments for lenses available to aid driving in poor light conditions, our Dispensing Opticians can always offer advice on the various options.





Wishing all our patients a very Merry Christmas and a happy and healthy 2023

Please note will be closed for the Christmas period from 5.30pm on Friday 23rd December until 8.30am on Tuesday 2nd January

Have you see our candy canes window display? It's part of Christmas in Heathfield organised by our Chamber of Commerce.



For further details on how to enter visit <https://thinkheathfield.co.uk/heathfield-christmas-event/>

Just count the canes in participating shop windows for a chance to win a Christmas hamper.

HEATHFIELD  
**Candy Cane**  
TRAIL


**Win a Christmas Hamper!**

**Can you find all of the *Candy Canes* in the shop windows?**

**All you have to do is count them up and submit your total to the Parish Council**

Closing date - 3pm Tuesday 20th December 2022

Find out more info at [www.thinkheathfield.co.uk](http://www.thinkheathfield.co.uk) or ask at the Parish Council T's & C's apply






# Cheese baked Brussels Sprouts

Love them or hate them, brussels sprouts are considered to be a superfood because they are especially rich in nutrients that are vital for eye health. They are high in lutein and zeaxanthin which is great for the macular health of your eyes, as well as full of vitamin A.

Don't boil the life out of them, try this recipe for a rich, delicious side dish to your Christmas meal!

6 slices smoked bacon  
3 tbsp butter  
2 small shallots or 1 onion, chopped finely  
900g Brussels sprouts, halved  
1/2 tsp cayenne pepper  
175ml double cream  
100g grated cheddar of your choice  
100g grated Gruyere

Serves 6



Preheat your oven to 375°F/190°C

Cook the bacon in a non stick frying pan until crisp and then drain on a paper towel, and chop up. Discard bacon fat.

Return the pan to medium heat and melt the butter. Add shallots and Brussels sprouts and season with salt, pepper and cayenne. Stirring occasionally, cook until just tender, about 10 minutes.

Remove from heat and place into an oven proof dish, drizzle with double cream, then top with both cheeses and bacon.

Bake until cheese is bubbly and golden, around 15 minutes.  
(If your cheese isn't golden, pop under the grill for 1 minute.)

Serve as part of your Christmas Day meal or roast and enjoy, alternatively it makes a great weeknight supper on its own. Try using a white sauce instead of cream if you want to lower the fat content. Or if you're a blue cheese fan, why not try swapping some of the cheddar for crumbly stilton!







wonder if you know?

Make up goes out of date



Make up has a life of between 3 and 12 months depending on the ingredients. Always check the expiry date and dispose of any old, out of date items to avoid the risk of nasty eye infections. So when you are getting ready for your Christmas parties, do look at the labels!

*It's competition time!*



**£50  
MJO  
voucher**

Dashing through the snow  
On a one horse open sleigh  
is the start to which  
popular Christmas song?



Simply email your answers to [reception@melinajoy.co.uk](mailto:reception@melinajoy.co.uk)

Competition closing date 7 January 2023. The winner will be picked at random & notified by email.



We'd love to hear your feedback. Leave us a Google review and we will enter you into our monthly draw to win a £25 John Lewis gift voucher.







*Struktur*

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