



MJO NEWSLETTER

Melina Joy Opticians
February 2023

February brings sunshine with occasional warmth, snowdrops, even some early daffodils. Encouraging everybody out of doors a little more and helping everyone to look forward to the spring and summer ahead.

Our latest window display shows the beauty of our garden birds and highlights the importance of being able to see them clearly but also hear their beautiful tunes. Here at Melina Joy's, we have spent the depths of winter developing a new string to our bow by inviting The Hearing Care Partnership to offer their services from our practice. Their philosophy is much the same as ours, where customer service and satisfaction are their priority.

Obviously the start of a new year is also a good time to be thinking about new eyewear. Many of us rely on our glasses for the majority of our daily tasks and have them on our faces most of the day.

Having a spare up-to-date pair of specs to be able to drive in or use for your computer work or crafting is truly essential. How would you feel if your glasses got broken? Do you really have a viable alternative?

Having a new or alternative look is also becoming more 'the norm' these days. Gone is the idea that one pair of glasses will work for every occasion or every outfit. Technology has brought us so many options with lenses, it is quite common, for example, for someone to have a pair of varifocals for everyday AND a pair of occupational lenses for screen work.

Trying to read laying in bed or on a sun lounger is tricky with varifocals, why not have a pair of readers specifically for the job? Perhaps even a tinted pair for your holiday? And as for going with every outfit! How many of us has one jacket for every occasion? One bag? One pair of shoes?

At Melina Joy's we really enjoy unusual eyewear and are always buying something new. Owning two or more spectacles is much more achievable now with plenty of lens and frame offers around or by joining our membership scheme Eyeplan.

We like to do things by appointment so that we can give you plenty of time and attention, if you would like to try some new frames or discuss new glasses just give Anna on reception a call and she will book you in.





How do I know if I've got hearing loss?

Hearing loss isn't always straightforward. Often developing gradually and unnoticed over a long period of time. The brain has a remarkable ability to smooth over the cracks and make us think that our hearing is working correctly. It takes an average of 10 years before many people even realise they have hearing loss.

Everyone speaks at a different volume, so from time to time we all need to ask those around us to speak up. But if it happens regularly, or you've noticed it becoming more frequent, then it might be a sign of early stage hearing loss.

We don't always hear every single word, but if you continually feel like people are mumbling, or feel like you're asking people to repeat themselves more often than you used to, it could be a sign of mild hearing loss.

Most modern TVs display a number value for the volume, so make a note of the volume that you feel comfortable with and see if you need to take it up over time. If you find you're increasing the volume, book a hearing test and get a proper assessment.

Normal telephone calls don't have the best audio quality even at the best of times, but if your phone is at full volume and it's still a struggle it's time for a hearing assessment. For greater clarity, try using smartphone services like WhatsApp, FaceTime or Skype to help improve audio quality.

Do any of these sound familiar? Or do you think your partner or family member may be struggling with hearing loss?

We have partnered with The Hearing Care Partnership and now offer a hearing clinic every Wednesday. A full hearing assessment is free of charge.

Call us for more details 01435 868181 or visit [HERE](#) to book



Be BOLD
Be BRAVE
Be YOU



ANNETTE
WEARING STRUKTUR FRAME THE BEAUTY

What is dry eye?

Dry Eye Disease (DED)

Through the course of our lives most of us will experience the symptoms of Dry Eye Disease. Gritty, sore, red eyes, blurred vision and light sensitivity – Dry Eye Disease can cause them all.

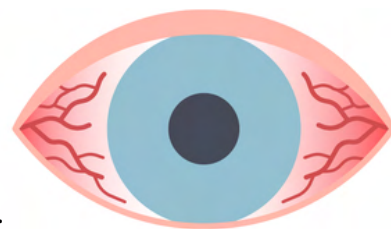
It may sound simple but Dry Eye Disease is a complex and difficult condition to pin down and the TFOS DEWSII report from 2017 gives us the most up to date definition:

“Dry eye is a multifactorial disease of the ocular surface characterized by a loss of homeostasis of the tear film, and accompanied by ocular symptoms, in which tear film instability and hyperosmolarity, ocular surface inflammation and damage, and neurosensory abnormalities play etiological roles.” (TFOS DEWSII Report 2017).

OK... The tear film plays a vitally important role in protecting the delicate surface of the eye and providing a clear, smooth surface that allows us to see clearly. There are three layers to our tear film:

- A base layer of mucin (mucous) that allows the tear film to spread over and attach to the surface of the eye.
- A middle layer of liquid called the aqueous layer that also contains electrolytes, proteins and antibodies.
- A top layer of oil (lipid) that reduces evaporation of the tear film

Disturbing any one of the three layers will cause the delicate balance of the tear film to fail and cause Dry Eye Disease. Once the tear film loses it's stability it becomes more concentrated (hyperosmolarity) leading to inflammation of the surface of the eye and the eyelids.



There are two main types of Dry Eye Disease.

- Aqueous Deficient Dry Eye – the eyes are no longer producing enough liquid (aqueous)
- Evaporative Dry Eye – the tear film is being allowed to evaporate from the surface of the eye too quickly

In most cases both of these can be present to a greater or lesser extent making Dry Eye Disease even more difficult to combat.

For more information visit [RNIB](#) and [Glaucoma UK](#)

COMING SOON



SEA2SEE
SEASUSTAINABLE VISION

We are delighted to announce that from mid March we will be stocking a new range of glasses from Sea2see.

Since 2016, Sea2see have been collecting & recycling marine plastic to produce eyewear and watches. These are entirely made with recycled marine plastic collected by fishermen in Spain, France and West Africa.

8 million tons of plastic are added to the sea every single year. Furthermore, 800,000 tons of fishing nets are abandoned in the ocean each year. This quantity is similar to 6 times the surface area of Spain.



Plastic does not disintegrate like natural products; it decomposes in microplastics that gets ingested by animals.

Each pair of glasses sold is equivalent to 1 kilogram of plastic taken from the ocean.

The glasses cases are made from cork that is 100% recycled and ecological cotton.

They redesign a supply chain where waste has value in order to create a sustainable and scalable solution that reduces marine plastic. To improve the lives of marginalized coastal communities living in biodiversity hotspots of developing countries.





One pot sausage, kale & gnocchi

This recipe will make a delicious mid week supper that is ready in 20 minutes!

Leafy green veg such as kale can help protect your eyes against macular disease. Kale packs a real punch with lutein, vitamins A and C. It is also a source of vitamin K, calcium, folate and iron. These can help keep the bones healthy and assist in the manufacture of red blood cells which carry oxygen and nutrients around the body.

1 tbsp olive oil
6 pork sausages
1 tsp chilli flakes
1 tsp fennel seeds (optional)
500g gnocchi
500ml chicken stock
100g chopped kale
40g grated parmesan



Serves 4



Heat the oil in a large high-sided frying pan over a medium heat. Squeeze the sausages straight from their skins into the pan, then use the back of a wooden spoon to break the meat up.

Sprinkle in the chilli flakes and fennel seeds, if using, and then fry until the sausage meat is crisp around the edges. Remove from the pan with a slotted spoon.

Add the gnocchi into the pan and fry for a minute, then carefully pour in the chicken stock. Once this is bubbling, cover the pan with a lid and cook for 3 minutes, then stir in the kale.

Cook for 2 minutes more or until the gnocchi is tender and the kale has wilted. Stir in nearly all the parmesan, add black pepper to taste and scatter the crisp sausage meat over the top and sprinkle with the remaining parmesan.

For a creamier mix, reduce the chicken stock a bit and stir in some double cream with the parmesan at the end. Use good quality pork sausages, but these could be substituted for a vegetarian version if wanted.





wonder if you know?

Only 1/6 of your eyeball is visible

Your eyes are as unique as your fingerprint.

Iris recognition is an automated method of biometric identification. The system uses a mathematical pattern-recognition techniques on images of one or both of the irises of a person's eyes.

The iris pattern is unique, it won't change with age and can be seen from some distance.



It's competition time!



£50 MJO voucher



The Easter bunny is a popular character symbolising Easter.



Good Friday - closed

Saturday 8th April
8.30am to 1.15pm



Easter Monday - closed



But can you tell us the name of this famous bunny?

Simply email your answers to reception@melinajoy.co.uk

Competition closing date 3 April 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 prize draw to win a £25 John Lewis gift voucher. 



Silhouette

ICONIC EYEWEAR MADE IN AUSTRIA. SINCE 1964.

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