



MJO NEWSLETTER

Melina Joy Opticians
May 2023

Hay fever is a common allergic reaction to pollen, and it will affect 1 in 5 people during their lifetime. It happens when pollen is released by plants and this fine powder will then irritate and inflame your nose, eyes, throat, and sinuses.

During springtime tree pollen is released, at the end of spring and beginning of summer the grass pollen is released and in late autumn it's the weed pollen.

The most common hay fever symptoms are:

- Sneezing and coughing
- Runny or blocked nose
- Itchy, red, or watery eyes
- Itchy throat, mouth, nose, and ears
- loss of smell
- Headache or pain around your temples and forehead
- Earache
- Feeling tired



It can negatively affect your quality of life and severe hay fever may disrupt your productivity at work or school. Whilst there is no cure for hay fever, it can be relieved with over-the-counter medication from your pharmacist.

The College of Optometrists give the following advice:

- Rinse your eyes regularly with a dedicated eye wash to remove any dust and pollen from the surface.
- If you develop eye symptoms, a cold compress can provide temporary relief, and the cooling sensation can help reduce inflammation. Dry eye drops that have been cooled in the fridge can have a similar effect.
- Wear sunglasses when outside - wraparound styles will offer more protection from pollen.
- Switch from contact lenses to spectacles if you develop eye symptoms. Make sure you have an up-to-date pair of prescription spectacles and sunglasses.
- Avoid your exposure to pollen by closing windows and keeping surfaces clear with a damp duster.
- Avoid going out in the early evening and midmorning when the pollen count is at its highest.

Weather forecasts often include pollen counts in their forecasts now so you can be aware of when this will affect you most and plan accordingly.

Do I need sunglasses?



Sunglasses protect our eyes from the harmful effects of UV light. There are three types of UV: UVA, which is linked to cataract formation, skin cancer and /or retinal damage; UVB, which can damage the clear layers at the front of the eye such as the cornea, conjunctiva, or crystalline lens; and UVC which is absorbed by the ozone layer and does not reach the earth.

It is important to ensure that any sunglasses you buy fit well to give the ultimate protection and carry a CE mark. Sunglasses should meet British Standards BSEN 1836:2005.

Children's eyes need protecting from the sun's rays just as much as adults' eyes do.

There are various options for sunglass lenses including polarised lenses, that are the only true anti -glare option, photochromic lenses that darken when exposed to sunshine or tinted lenses that can be coated with a mirror to help reflect glare from the user.

At Melina Joy Opticians we stock more than sixty Maui Jim sunglasses, our premium brand. All Maui Jim sunnies feature polarised lenses with or without a mirrored finish and can be bought as they are, modified to have the colour combinations you would prefer or supplied with your prescription, single vision or multifocal.

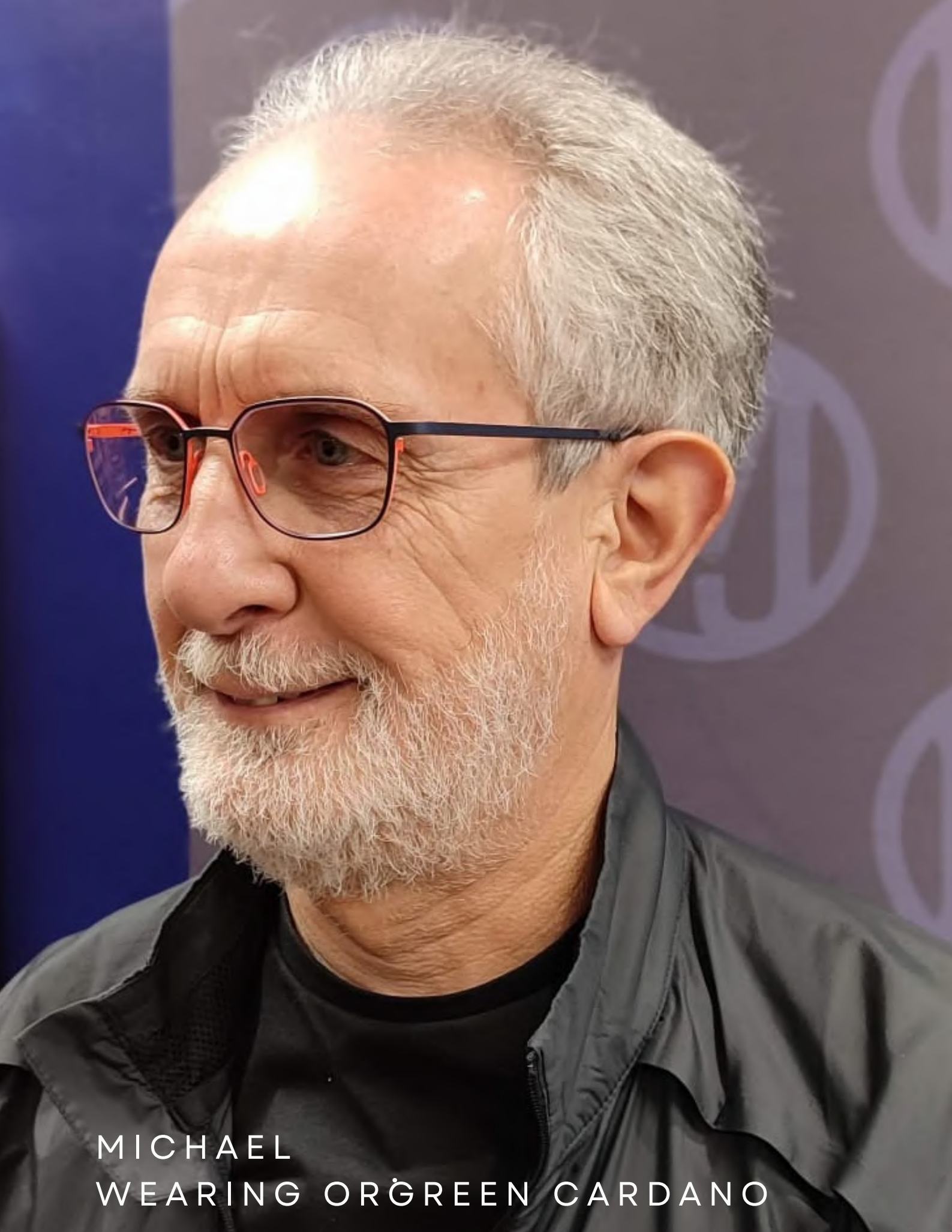


We also stock a smaller range of Zeal sunglasses, an alternative brand supplied by Maui Jim, which are mostly wrapped designs, more often dispensed for sporting activities, such as sailing, fishing or golf.



Lots of our spectacle frames can be made as prescription sunglasses, some models are more appropriate than others.

There really is a huge amount of choice and our Dispensing Opticians will take the time to advise you on what style or design is best suited to your needs.



MICHAEL
WEARING ORGREEN CARDANO

Visual stress

Visual stress is a term used to describe visual discomfort and perceptual distortions in printed text.

Visual stress, or Meares-Irlen Syndrome, is a condition that causes visual distortions and problems with reading.

What are the symptoms? It can affect many different areas including academic performance, behavior, ability to sit still and concentration.

There are several symptoms associated with visual stress but some of the main ones are: –

- Headaches when reading
- Eyestrain, red, tired or watery eyes
- Getting tired quickly when reading
- Sensitivity to light, page or screen too bright
- Words blurring, moving print or seeming like they jump out of the page
- Using finger to follow lines when reading or losing place, skipping words or lines
- Writing problems like trouble copying, unequal space or sized letters and off the line

Visual stress is not Dyslexia (we cannot diagnose Dyslexia) but visual stress is more common amongst people with Dyslexia.

If visual stress is identified, coloured overlays or glasses may be used to help alleviate some of the symptoms then this may make other learning difficulties eg dyslexia a little easier to deal with.

Children are often referred to us by an education or learning support specialist after all other avenues have been explored.

A visual stress examination is different to an eye examination. The eye examination should be done first to rule out any refractive error.







Salmon noodle parcels

A tasty all-in-one dinner that's ready in just 15 mins which you can bake or barbeque

Serves 4

- 4 rice noodle nests
- 2 large carrots cut into thin strips
- 200g mangetout or sugar snaps (or both), halved lengthways
- 2 tsp sunflower oil/sesame oil
- 2 limes, grated zest and juiced plus 1 quartered for serving
- 4 garlic cloves, chopped
- 4cm piece fresh ginger, grated
- 3 tbsp Thai red curry paste (or green depending on your taste)
- 1/2 tsp sugar
- 4 salmon or trout fillets
- 2 tbsp sesame seeds
- 6 spring onions, thinly sliced
- 4 x 25cm squares of baking paper and foil



Soak the noodles in boiled water from the kettle until softened but not tender. Drain, then toss in a bowl with the veg and oil.

Mix the zest and juice with the garlic, ginger, curry paste and sugar. Add half to the noodles and vegetables and toss to coat.

Lay one sheet of foil on the worktop, then line with the baking paper. Put 1/4 of the noodles/veg mixture in the middle, then top with a salmon fillet. Spread the salmon with half the remaining dressing, sprinkle with sesame seeds, then seal the parcel.

Place parcels on a baking tray and cook at 180°C fan/gas 6 for 15 to 20 minutes or put the parcels on the BBQ grill and cook, lid down, for 10 to 12 minutes. The noodles will become tender and the fish will be lightly steamed.



Open the parcels and sprinkle with spring onions and extra lime wedges to serve. Enjoy!



wonder if you know?

After the brain, your eyes are the second most complex organ in your body

Babies have blurry vision for the first four months of their life that develops over time, but they do love to focus on your face (especially your eyes) when you hold them.

It takes about four months for a baby to fully see colors and distant objects.



It's competition time!



£50 MJO voucher



The Heathfield Agricultural Show is on 27th May, but can you tell us which farm this is held at?

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

Competition closing date 16 June 2023. The winner will be picked at random & notified by email.

We will be closed on Monday 29th May, enjoy the long weekend!

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.



ZEAL
OPTICS



Melina Joy Opticians
59 High Street Heathfield TN21 8HU

01435 868181
reception@melinajoy.co.uk