



# MJO NEWSLETTER

Melina Joy Opticians  
August 2023

## What is AMD?

Age-related macular degeneration (AMD) is the leading cause of sight loss in the UK – affecting more than 600,000 people. It typically affects people over 50 but can happen earlier.

The macula is an area at the back of your eye which is responsible for your central vision, most of your colour vision and making out fine detail. When the macula is damaged it then becomes harder to read, watch TV or to recognise faces. Your peripheral vision (the edge of your vision) is not normally affected. It is not painful and it does not affect the appearance of your eyes.

There are two forms of AMD – dry and wet.

## What is dry AMD?

Dry age-related macular degeneration (AMD) is the most common type of AMD and happens as we age. It is a gradual deterioration of the macula as the retinal cells die off and are not renewed. The progression of dry AMD varies, but people often carry on as normal for some time as the deterioration happens over a period of years.

There is no treatment for dry AMD. However, there are some steps that you can take that may help reduce the risk of the condition from getting worse.

## What is wet AMD?

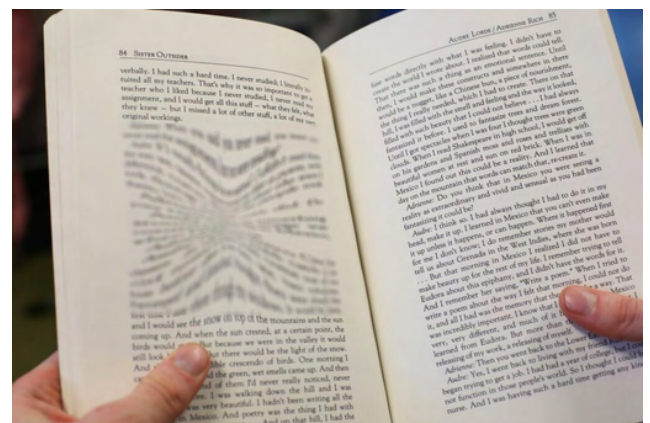
Wet age-related macular degeneration (AMD) develops when abnormal blood vessels grow into the macula. These leak blood or fluid which leads to scarring of the macula and rapid loss of central vision. Wet AMD can develop very suddenly, but it can now be treated if caught quickly.

## What are the symptoms?

The symptoms can vary but may include:

- Straight lines appear distorted or bent (like door frames or lampposts)
- Spots or smudges may appear in your vision
- Colours can look faded or pale
- Bright light is glaring and uncomfortable
- Words might disappear when you are reading

The symptoms are similar for dry and wet AMD but wet AMD happens quicker and deteriorates more rapidly so it is more noticeable. For more details visit <https://www.macularsociety.org/>





# They've arrived! Now in stock, Coti glasses chains

**COTI** have made their mark globally by revolutionising the glasses chain. They launched in 2020 and leaped in popularity after being featured on UK's Dragons' Den in April 2021. Deborah Meadon stated: "they brought an important bit of everyday kit out of the dullness and into the light".



These versatile chains can be worn as glasses chains or simply unclip the silicone ends to wear as a necklace!

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**COTI** was founded by friends and former colleagues, Julie and Nancy, to combat the frustration of never having reading glasses available when needed.

The acronym for COTI is '**Chuckle On The Inside**', and is Julie and Nancy's view on life and all things associated with encouraging others to live their best midlives.

**COTI** is a creative and colourful lifestyle brand that provides many options to help make reading small print easier.



Call in to see these fabulous glasses chains when you are next in Heathfield. For yourself or for a gift, they are proving very popular!





HARRY  
WEARING DUTZ 2265



# Say that again?

Perhaps you struggle to enjoy conversations when there's too much background noise, you often need people to repeat themselves or speech can sound muffled or lack definition – these are all signs that you might be experiencing hearing loss.

As hearing loss is often gradual, it can be hard to tell it's happening. In fact, it's often a loved one that notices your hearing loss long before you do. On average, it can take around seven years for someone to recognise and accept their hearing loss and choose to wear hearing aids.

Here are some of the signs of hearing loss that indicate it's a good idea to get a hearing test:

- **Finding it difficult to communicate in groups or with background noise**
- **Turning up the TV volume louder or needing subtitles**
- **Needing to ask people to repeat themselves constantly**
- **Missing sounds like the doorbell, oven timer or phone calls**
- **Persistent ear ringing**
- **Feeling isolated from conversations due to hearing difficulties**



Apart from difficulty in hearing, hearing loss can also affect your psychological wellbeing. Feelings of isolation and frustration are common amongst those suffering from hearing loss as they find it harder to interact and communicate with other people, so they often avoid doing so altogether.

Depression and even dementia are more likely to develop if hearing loss is not addressed, so the warning signs shouldn't be ignored.

Our weekly hearing clinic provided by The Hearing Care Partnership offers free hearing assessments. Call us on 01435 868181 to arrange your appointment or visit [www.thcp.co.uk/practices/heathfield](http://www.thcp.co.uk/practices/heathfield) and book online.







# Shakshuka

Eggs are a great food for boosting your eye health, they are rich in lutein and zeaxanthin, which are vitamins proven to protect your eyes from ultraviolet damage.

This is a classic brunch or quick supper dish from North Africa. Shakshuka is vegetarian, quick and easy to make. Adaptable to your own tastes.

Serves 2

- 1 large onion, chopped
- 2 cloves garlic, crushed
- olive oil
- 2 from a jar roasted red peppers, sliced
- 1 tsp sweet smoked paprika
- 1 tsp ground cumin
- ½ tsp mild chilli powder
- 400g tin plum tomatoes
- a pinch sugar
- 4 eggs
- a handful flat-leaf parsley, chopped



Put 2 tbsp of olive oil in a large lidded frying pan and heat. Remove the lid and cook the onions first, then adding garlic until soft. Stir in the spices and cook for a couple of minutes, next add the tomatoes and sugar and simmer for about 10 minutes.

Make 4 dips in the mixture with the back of a spoon and crack an egg into each. Put the lid on and cook gently until the whites are set and the yolks are cooked how you like them.

You can switch this recipe around by changing the spices. Try adding pesto, curry powder or some different fresh herbs.. If you don't have a jar of roasted peppers, roast your own or simply cook some sliced red or even green pepper before you cook the onions. Why not top with some crumbled feta.

Delicious serve with some toasted sourdough bread or fresh crusty rolls.







# wonder if you know?

The lifespan of the average eyelash is 5 months



Eyelashes protect your eyes from dirt, sweat and debris and will sense when an object like an insect is near and blink automatically.

The average person has between 90 to 160 lashes on their top lid and 75 to 80 on their lower lid. You can lose between 1 and 5 lashes each day.



## *It's competition time!*



## A signed Prue cookbook

My all time favourite recipes by Prue Leigh

Who did Prue replace as judge on The Great British Bake Off tv series?

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

Competition closing date 30/9/23 The winner will be picked at random & notified by email.

We will be closed on Bank Holiday Monday 28th August, we hope you 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.







**VANNI**

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