



MJO NEWSLETTER

Melina Joy Opticians
November 2023

Myopia (when close objects appear clear, but objects further away look blurry)

Children are increasingly focusing on what's right in front of them. Whether tablets, computers or homework, today's children focus more on what's directly in front of them rather than spending time outdoors. This change in behaviour is leading to an increasingly higher number of children developing Myopia - also called near-sightedness.

In 2020, 34% of the world's population was myopic compared to 22% in 2000, and by 2050 it is predicted that half of the world, or 5 billion people, will be myopic. Childhood myopia increases the risk of eye disease such as Glaucoma and conditions like retinal detachment and cataract in adulthood.

Myopia tends to run in the family. If one or both parents are myopic, the child's risk of developing the condition is increased but it can affect any child. The important thing is for children to have regular eye examinations so that their eyes can be monitored by an optometrist.

After many years of research, there are now several different ways of helping to control the progression of myopia in a child. In the UK, we have access to contact lenses and spectacle lenses specifically designed for this treatment. Most of these lenses aim to defocus the light around the periphery of the retina, helping to reduce the rate at which the eye grows and therefore slowing the increase in myopia.

Normal single vision lenses correct Myopia, creating sharp vision but they cause light in the periphery to hit behind the retina. Some children's eyes try to adapt and grow longer which causes Myopia to progress further. Myopia control lenses correct myopia to give sharp vision and refract light to focus in front of the retina, slowing eye elongation.





Do you struggle with driving in the dark?

As the days get shorter, many of us find ourselves driving in the dark or, even worse, during twilight hours. This can be a challenging task, especially when you add in factors such as rain, wind, and sudden bursts of sunshine.

Fortunately, there are various products available to combat these issues. Our Dispensing Opticians are trained to listen to your concerns, offer advice, and recommend the best products for your specific needs. You don't have to wait until your next eye exam to get help - just give us a call on 01435 868181 to schedule an appointment with our one of our dispensing team.

It's important to note that Brake, a UK-based charity, holds a Road Safety Week campaign each November to raise awareness of the importance of regular eye exams for safer driving.

Shockingly, 36% of drivers admit to wearing outdated prescriptions. If you're worried about your eyesight, don't delay until your next scheduled exam. Call us today to schedule an appointment and ensure you're always driving safely.

**Don't
swerve a
sight test**

Poor vision causes
an estimated 2900
road casualties
every year



**Road
Safety
Week**

Car drivers are required to meet the vision standards established by the DVLA. Additionally, they must notify the DVLA of certain eye or general medical conditions. For further information, please visit <https://www.gov.uk/driving-eyesight-rules>.



Tips for maintaining the performance of your spectacles

To ensure that your glasses continue to work at their best, you'll need to take good care of them and prevent damage. Accidents do happen, but if you're one of our Eyeplan patients, you'll have accidental damage cover. Here are a few simple do's and don'ts to keep in mind:

Do:

- Use lens cleaner to spray both sides of the lenses. If you have run out of cleaner, warm soapy water will do the trick. Remember we can refill your cleaner bottles! Just bring in your empties.
- Always use a microfibre cloth to wipe the lenses.
- Wash your cloth regularly, but without using fabric softener.
- Either keep your glasses on your face or in their case. If you've misplaced your case, we have a great selection available.
- Clean your glasses frequently

Don't:

- Use tissues or clothing to clean your lenses.
- Store items other than your glasses and cloth in the case.
- Leave your glasses in direct sunlight or intense heat (like on your car dashboard).
- Place your glasses with the lens side down on any surface.



Note: Eyeplan accidental damage covers complete pairs of spectacles purchased within the last two years.



Congratulations Tom!



During last summer, we decided to give our practice and brand image a fresh new look. We enlisted the help of a local freelance designer, Tom Batchelor, the son of our senior receptionist Anna. Tom's modern and captivating design concept was chosen as our new logo and artwork. It's worth noting that Tom recently earned a first class honours degree in Art and Design from Canterbury University – a well-deserved achievement!

Tom shared his success story with us, saying, "As someone who has always struggled with essays, completing the course was a huge accomplishment for me. Additionally, I thoroughly enjoyed working on my final project, which focused on rebranding a local sports team. It was a pleasure to give a guest lecture at the University of Kent to speak about my experience as a freelance designer and showcase my past branding work, including the Melina Joy rebrand."

If you're in need of a talented designer, Tom is available for contact at tom.batchelor3@gmail.com.



Don't forget Heathfield Christmas lighting up event on Friday 24th November.

Father Christmas arrives 3.45pm and you can visit by pre-booked tickets from Parish Council offices.

Performances from Punnets Town primary, All Saints & St Richards primary, Heathfield Community College, Sussex Stompers, Bibi & Marco the Magician.

Pop into us for a mince pie and mulled wine anytime from 3.30pm to 5.30pm
We'd love to see you!

Support
LOCAL
Businesses

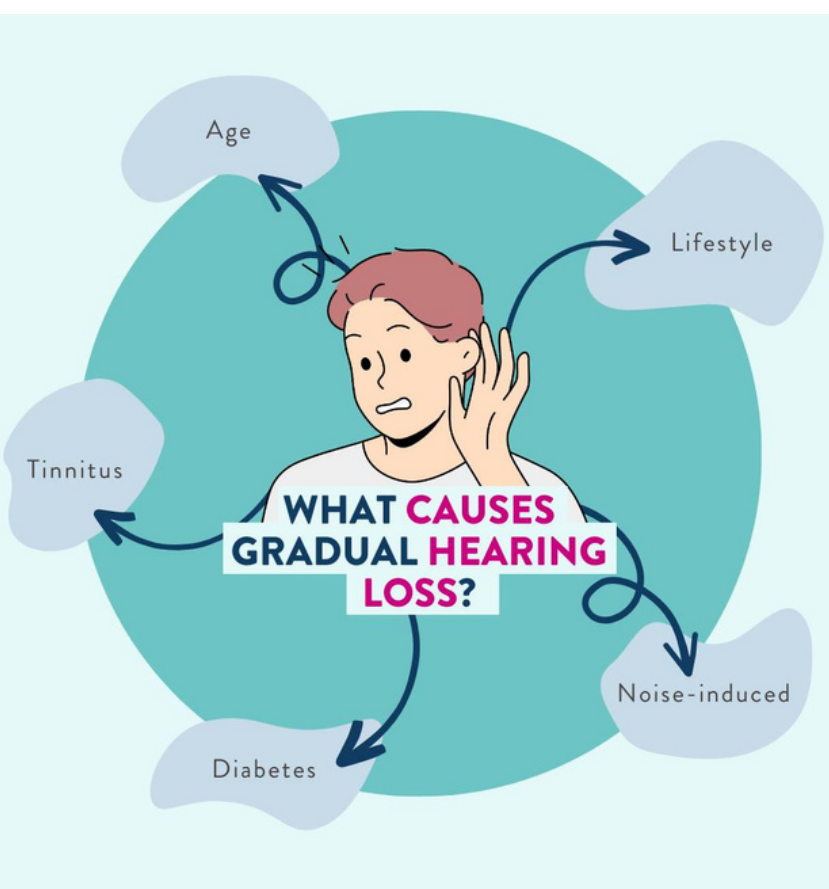


Understanding hearing loss



Common Causes of Hearing Impairment

While aging is often associated with hearing loss, it is not the only cause. There are various conditions, circumstances, and even unfortunate events that can impact your hearing. Here are some of the most prevalent causes.



The slow progression of hearing loss can make it difficult to notice changes, which is why family and friends may observe it before you do.

It can be hard for you to detect, as it can happen so gradually you barely notice. You may have had someone close to you mention that you seem to be struggling to hear them, or that the volume on your television is louder than normal.

Statistics and Solutions

Did you know that one out of every six individuals will experience hearing loss by the time they reach their 60s? In fact, over nine million people in the UK are currently living with hearing loss. While age-related hearing loss is a natural part of aging, modern advancements in hearing tests and technology have made it much easier to manage.

The earlier a loss is detected, the better your hearing can be preserved. With modern advances in hearing tests and technology the condition is very manageable. We're here to help minimise the impact of hearing loss on your everyday life.

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 here

www.thcp.co.uk/practices/heathfield and book online.





New frames



real faces!





Spiced lentil and butternut squash soup

A nutritious low fat supper that is a great source of lutein, zeaxanthin and vitamin C, great for your eye health

Serves 4 - 6

- 2 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp chilli powder
- 1 tbsp ras el hanout
- 1 butternut squash, peeled and cut into 2cm pieces
- 1 large carrot, peeled and sliced
- 100g red lentils
- 1litre hot vegetable stock
- 1 small bunch coriander leaves, chopped



Heat the oil in a saucepan over a medium-high heat. Fry the onions with a pinch of salt for about 5 mins, or until softened and just caramelised. Add the garlic, chilli and ras el hanout, and cook for 1 min more.

Stir in the squash, carrot and lentils. Pour over the stock and season to taste. Bring to the boil, then reduce the heat to a simmer and cook, covered, for around 20 to 25 minutes until the squash is soft. Blitz the soup with a stick blender until smooth and season to taste.

Stir in most of the coriander leaves and ladle the soup into bowls. Serve topped with a swirl of yogurt and extra coriander leaves, or a drizzle of olive oil with croutons (you can make your own from stale bread, simply cut into 1cm cubes and toss in olive oil, herbs and some garlic and then bake in oven at 190 for about 10 minutes, turning halfway through).

This soup freezes well, leave to cool completely and transfer into tubs or freezer bags. For thicker or thinner consistency, adjust the stock quantity. Enjoy!

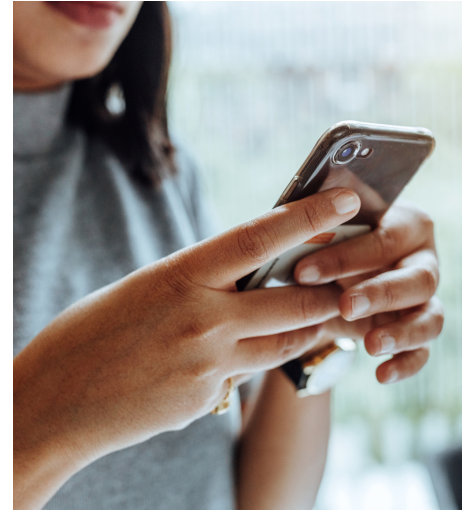




wonder if you know?

Over 30% of people spend more than 9 hours a day looking at screens

Did you know that the blink rate of eyes reduces by 66% while watching or using digital screens? This results in a higher risk of developing eye-related problems such as blurred vision, dry eyes, sensitivity to light, headaches, and sore or tired eyes.



It's essential to give your eyes a break and use the 20-20-20 rule to reduce these risks. After using a screen for 20 minutes, focus on something 20 feet away for 20 seconds.



Saturday 23rd December 8.30am to 1pm

24th December to 1st January we are closed

Tuesday 2nd January 8.30am to 5.30pm

It's competition time!

Tell us who's the iconic figure from the beloved Christmas film?



WIN!
A £50 MJO VOUCHER

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

Competition closing date 22/12/23 The winner will be picked at random & notified by email.

We value your feedback! Leave a review on Google and get a chance to win a £25 John Lewis gift voucher.

We can't wait to hear from you





TOMATO GLASSES



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