



MJO NEWSLETTER

July 2025

Melina Joy Opticians
& Hearing Care

Let's catch up!

The first six months of 2025 have been a bit of a whirlwind for David and I. As many of you know, Melina retired at the end of 2024, followed soon after by our Financial Director this spring! The reins were handed over to us and although we have both been Directors of the company for quite a few years, it's been a very steep learning curve! We've had to dig deep, put our big pants on and get our heads down...

Along the way we have been to many workshops, roadshows and conferences. At one of these events, we did a fun personality test and found that he is an 'elephant' and I'm a 'monkey'. Loosely translated, it means that Dave's expertise is dotting the i's and crossing the t's, carefully considering what needs doing and getting it done and mine is creativity and pushing the business forward. A great combination, I think you'll agree.

We are incredibly grateful to have a fabulous team too and a very low staff turnover. We have a few newish members of staff and will be showcasing them and those that you know well in our social media platforms over the next few months. Between us all we have worked in Melina Joy Opticians for 115 years!

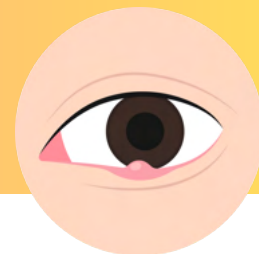
All in all, although there have been some massive changes for Dave and I, we hope that when you walk through the door you still get the same friendly welcome, thorough, in-depth eye examination and fabulous, professional dispensing consultations.

Thank you for continuing to support our practice, pop in to say hello if you're passing and keep an eye out for upcoming events.



Catriona

WHAT ARE EYELID LUMPS AND BUMPS?



Hordeolum ('stye') An acute infection of an oil gland on the edge of the eyelid, which is often red, painful and tender to the touch. Styes can be external (where the glands on the edge of the lid are infected) or internal (where the glands deeper inside the lid are infected). Most styes will get better on their own within a few days. You can help to relieve the pain and swelling by applying a warm compress to the affected area several times a day. Your optometrist may recommend an antibiotic ointment or eye drops.

Chalazion A chronically blocked oil gland in the eyelid. Chalazions are usually painless and may develop following a stye. If the swelling is large, it can affect your vision. Most chalazions will get better within six months with a regular hot compress, but some people may need a steroid injection or surgery to remove them.

Xanthelasma Flat, yellow, cholesterol deposits on the eyelids. Xanthelasma are more common in people with high cholesterol or other lipid disorders. They are not harmful but can be removed for cosmetic reasons with surgery or laser treatment.

Papilloma Small, skin-coloured growths on the eyelids, which are often caused by the human papillomavirus (HPV). Papilloma usually do not require treatment, but can be surgically removed if they are large, unsightly or uncomfortable.

Cysts Fluid-filled sacs that can form on the eyelids. They are usually painless, but they can be unsightly. Cysts that are small and painless may not require treatment, but larger or uncomfortable cysts need to be removed surgically.

When do I need to get further advice?

You should contact your optometrist or GP for advice if you notice:

- a change in the size, shape or colour of the lump or bump;
- discharge from the lump or bump;
- pain, itchiness or swelling around the eye; or
- no improvement after simple treatments (such as using a hot compress for a chalazion)

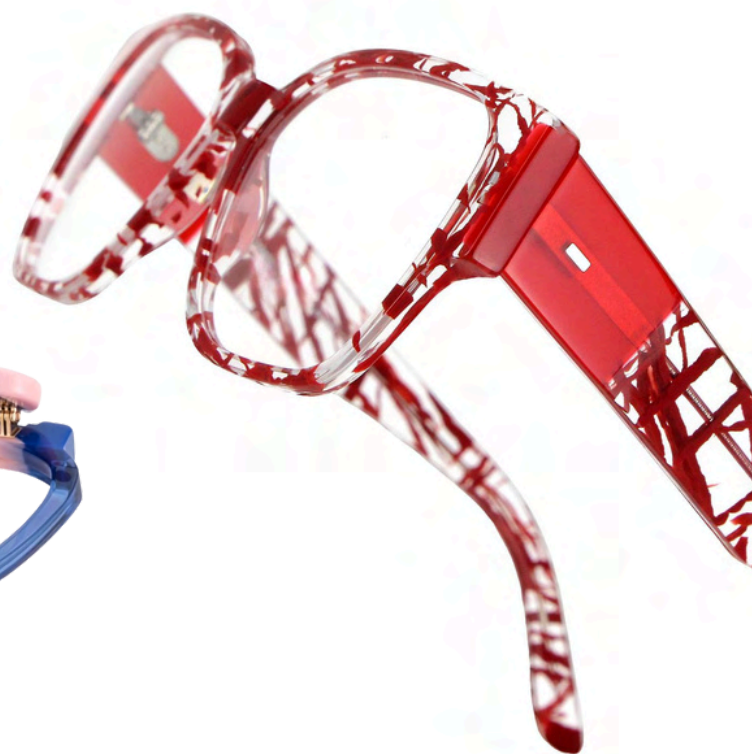
Preventing eyelid lumps and bumps

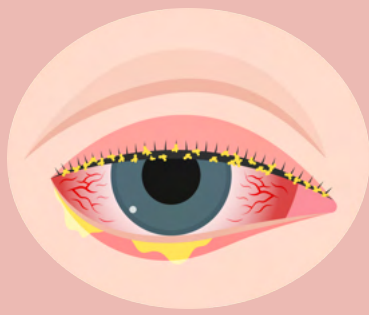
There is no sure way to prevent eyelid lumps and bumps. However, following the advice below can help to reduce your risk.

- Keep your eyelids clean.
- Wash your hands often.
- Avoid touching your eyes.
- Use clean make-up, don't share make-up with friends and replace items regularly.

If you have any questions or concerns about a lump or bump on your eyelid, please consider booking a consultation with one of our Optometrists.

Source: Association of Optometrist information for patients





What is blepharitis?

Blepharitis is an inflammation of your eyelids. It can make your eyelids red, your eyelashes crusty and your eyes may feel irritated or sore. It can also lead to burning, itching or stinging in your eyes.

The condition is not usually serious but can lead to other problems such as styes, ulcers and conjunctivitis if it's not treated. You may find your eyelids become puffy. In most cases blepharitis cannot be fully cured.

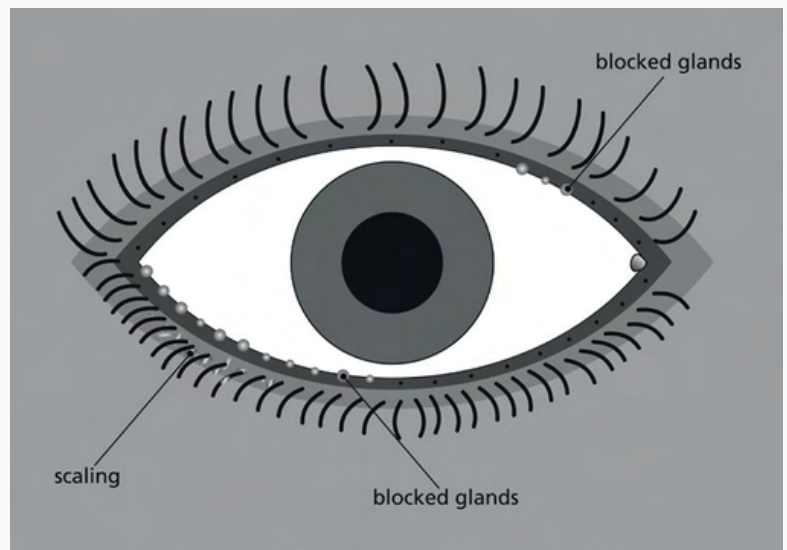
Blepharitis is a chronic (long-term) condition. This means that once you have had it, it can come back even after it has cleared up. It normally affects both eyes. You can usually treat it by keeping your eyelids clean on an ongoing basis.

Why do I get blepharitis?

There are two types of blepharitis.

- Anterior blepharitis – this affects the outside front edge of your eyelids (near or among your eyelashes). It may be caused by bacteria called staphylococcus.
- Posterior blepharitis – this is also called meibomian gland dysfunction (MGD).

Sometimes, anterior blepharitis and MGD occur together. This is called mixed blepharitis.



Managing blepharitis

1. Warm compresses

These work by melting the blocked material in the meibomian glands and loosening the crusts on the eyelid. Warm compresses come in a variety of forms, such as a warming pad or pack that heats in the microwave. Warm compresses can be made at home - soak a clean flannel, cotton-wool ball or something similar in hot (not boiling) water and squeeze off the excess. Whichever warm compress you use, place it on the edge of your closed eyelids for around five minutes. While on the eyelids, gently rock or massage the warm compress.

2. Lid cleaning

There are different lid cleaning options to remove the crusts from the eyelashes. Your optometrist can advise you on which option is suitable for you. Gently clean the edges of your eyelids near your lashes. Wipe from the inside (near your nose) to the outside corner of your eye. Repeat this twice a day at first and reduce this to once a day as the condition improves. You may need special lid cleaning treatments to help remove crusts or infestations from the lids and eyelashes.

Source: The College of Optometrists patient resources

Audiology - Have you heard of Presbycusis?

What is presbycusis?

Presbycusis is the slow loss of hearing in both ears due to ageing. It's the most common form of hearing loss and affects about 1 in 3 adults between the ages of 65 and 74. Because the hearing loss happens slowly over a long period of time, many people may not notice that they have hearing loss at first. It typically affects your ability to hear high-pitched noises, such as a phone ringing or a microwave beeping, while the ability to hear low-pitched noises is usually not affected.

What causes presbycusis?

The main cause of presbycusis is age. This happens because, over time, the structures in the inner ear break down and become damaged as you get older. It can also be due to reduced function of the auditory nerve.

Environmental Factors

There are also some environmental factors that can cause hearing loss once you get older. Lifelong exposure to loud noises such as working with heavy machinery, explosions, or loud music can damage the hair cells in your inner ear and cause hearing loss over time.

Other factors that can also affect your hearing include smoking, cardiovascular health conditions, and even diabetes.

What are the signs of presbycusis?

- Other people's speech sounds muffled or slurred
- Having trouble hearing high-pitched sounds like birds, or alarms.
- Having trouble understanding conversations, especially in noisy environments
- People with lower-pitched voices are easier to hear than those with high-pitched voices.
- Some sounds seem very loud and annoying
- A ringing sound (tinnitus) in one or both ears, a common symptom of hearing loss.

It's important to recognise and address presbycusis as early as possible to ensure you preserve your hearing for as long as you can. By taking the right preventative measures and being proactive about your hearing, you can make sure that your quality of life is impacted as much as possible.

If you think you might have age-related hearing loss, please get in touch with us for your complimentary hearing assessment. Antonio, our friendly audiologist will answer any questions you have, put your mind at rest and discuss possible solutions.

HAVE YOU
THOUGHT ABOUT
CONTACT LENSES?



Have you previously been told you can't wear contact lenses? Technology has advanced.

Special occasion coming up? How about contact lenses for the day?



If you're an Eyeplan member, all your consultations are covered. Did you know we offer free trial lenses for all our patients?



How diet affects your eye health



When we think about looking after our eyesight, regular eye tests and limiting screen time often come to mind. But did you know that what you put on your plate plays a key role in protecting your vision too?

Just like the rest of your body, your eyes rely on essential nutrients to function properly and to protect themselves from damage. Certain vitamins and minerals have been shown to lower the risk of serious eye conditions, including AMD (age-related macular degeneration), cataracts, dry eye syndrome and glaucoma.

These nutrients act as antioxidants, reduce inflammation, and help maintain the structure and function of the retina and other parts of the eye.

Here are some of the most important nutrients for maintaining healthy eyes and where you can find them in your diet:

Vitamin A

Essential for good vision, especially in low light. It also supports the health of the cornea. Find in carrots, sweet potatoes, spinach, kale and dairy products.

Lutein and Zeaxanthin

These antioxidants are found in high concentrations in the retina and help protect against AMD and cataracts. Find in leafy greens like kale, spinach, broccoli, peas and eggs.

Omega-3 Fatty Acids

Help prevent dry eyes and may reduce the risk of AMD.

Find in oily fish like salmon, mackerel, sardines, flaxseeds and walnuts.

Vitamin C

Helps maintain healthy blood vessels in the eyes and may reduce the risk of cataracts. Find in oranges, strawberries, peppers, broccoli and Brussels sprouts.

Vitamin E

An antioxidant that helps protect the eyes from damage by free radicals.

Find in nuts, seeds, vegetable oils and leafy green vegetables.

Zinc

Helps transport vitamin A from the liver to the retina and plays a role in night vision.

Find in meat, shellfish, legumes, dairy and whole grains.

While diet is a powerful tool in maintaining eye health, it's not a substitute for regular eye exams. If you're noticing any changes in your vision, experiencing eye strain or are simply due a check-up, please call and book an appointment with us today.

Beetroot, goat's cheese and hazelnut tart



Beetroot is beneficial for eye health due to its rich content of antioxidants, vitamin A and nitrates. These nutrients can help protect against age-related macular degeneration (AMD) and other vision problems.

500g puff pastry
3 large red onions, very finely sliced
4 tbsp olive oil
leaves from 1 sprig of rosemary, chopped
salt and pepper
350g cooked beetroot, cut into quarters
250g goat's cheese, broken into chunks
2 tbsp hazelnuts, very roughly chopped



Serves 4 as a starter or light lunch

1. Roll out the pastry, either into a square or round.
2. Put the pastry onto a floured baking sheet and prick it all over with a fork. Then put into the oven @ 190c for 20 minutes. Remove from the oven and, if the centre has risen, gently flatten it. Turn the oven heat up to 200C.
3. Heat the oil in a saucepan and add the onions. Make sure they get coated with all the fat, add 2 tbsp water, season and cover the pan. Turn the heat down very low and let the onions sweat for about 20 minutes. You need to check every so often to make sure they're not catching and burning at the bottom. You may need to add a splash more water. The onions should be completely soft.
4. Stir in the rosemary. If the mixture is very moist – almost wet – turn the heat up to drive off the excess (you don't want too wet a mix to go on top of the tart).
5. Top the pastry with the onions, leaving a rim of about 4 cm round the edge, then add the beetroot wedges and the crumbled cheese. Season with salt and pepper and drizzle with extra virgin olive oil.
6. Put this back into the oven and cook for 10-15 minutes, scattering the hazelnuts over the top 3 minutes before the end of cooking time, just to toasted them. The cheese should be golden in patches and the pastry should be cooked but not too dark in colour.
7. Serve immediately, adding sprigs of watercress or leaves of rocket over the top of the tart once it's cooked

Recipe from LoveBeetroot.co.uk





wonder if you know?

The muscles that control eye movement are the fastest and strongest muscles in the body, relative to their function.

Refer a friend

Did you know that if you refer a friend to us, once they have had an eye examination we will send you a £20 John Lewis voucher as a thank you!

This offer is valid for new patients to the practice only. There is no limit on how many friends you refer, just tell them to mention your name when they book the appointment!

It's competition time!

What is the name of the market held in Heathfield every August bank holiday Monday?



**£75
MJO
voucher**

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

Competition closing date 31/8/2025 The winner will be picked at random & notified by email.

We value your feedback! Leave us a review on Google and we'll enter you into a prize draw to win a £25 John Lewis gift voucher. We can't wait to hear from you!





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