WILSON WILSON & HANCOCK NEWS

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OPTICIANS

WILSON WILSON & HANCOCK

75 years

OF PROVIDING QUALITY EYE CARE

PROUD PROVIDERS OF EXCELLENT EYECARE FOR KENT AND EAST SUSSEX

Welcome to the Wilson Wilson & Hancock newsletter

As we celebrate our 75th Anniversary we are pleased to update you on all the latest developments, new products and special offers available at our branches. To find out more or to discuss anything mentioned in this newsletter please contact us using the details below.

Hastings	01424 421 717	hastings@wilsonwilsonandhancock.co.uk
Rye	01797 223 700	rye@wilsonwilsonandhancock.co.uk
Lewes	01273 472 360	lewes@wilsonwilsonandhancock.co.uk
Tenterden	01580 762 069	tenterden@wilsonwilsonandhancock.co.uk

www.wilsonwilsonandhancock.co.uk

MENOPAUSE AND THE EYE

Q. How do perimenopause and menopause affect eyesight and why?

A. Perimenopause and menopause is a long and gradual process affecting women over a period of several years it can bring about natural changes in hormone levels, particularly in oestrogen levels. This hormonal shift can lead to dry eyes, and symptoms can include burning, itchy eyes, a gritty sensation, excessive tearing, light sensitivity, blurred vision, and difficulty focusing. Oestrogen plays a role in maintaining the eye's tear film and it's decline during menopause can contribute to dryness and irritation.

Q. Are the effects permanent?

A. Fortunately, the vision changes associated with perimenopause and menopause are often manageable. Using artificial tears can provide relief, staying hydrated, maintaining a diet rich in antioxidants, omega 3 supplements such as cod liver oil and fish oils, and avoiding prolonged screen time can help manage dry eyes.

As Optometrists, we can provide advice and supply a range of tear supplements that will help manage symptoms.

Q. Does anything need to be monitored?

A. Regular eye examinations are crucial during perimenopause and menopause to monitor changes in vision and address any emerging issues promptly. Apart from dry eyes, menopausal women may experience fluctuations in vision, increased sensitivity to light, and an increased risk of developing conditions like glaucoma. Hormonal changes can influence the structure and function of the eyes.

Q. When should I seek help and advice?

A. If you notice significant changes in your vision , such as persistent dryness, blurred vision, or difficulty seeing clearly. There are also other effects on the eye so visiting us for an in-depth eye examination will help us check your eye health. Having regular eye examinations helps to detect eye conditions early and to help treat and prevent symptoms.

The Hycosan range of drops and ointment, Actase eye supplements and the Optase Moist Heat Mask can help manage symptoms as well as a diet rich in fish oils and anti oxidants.

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EXPLORING THE WORLD OF SPECTACLE FRAME MATERIALS

When it comes to choosing the perfect pair of glasses, one often focuses on style, fit and comfort. However, the material of the frame plays a significant role in both aesthetics and durability.

Let's delve into the world of spectacle frame materials, with a spotlight on acetate, a premium choice for eyewear aficionados.

They are just plastic frames, I hear you say, why are they so expensive? Well they're not just plastic they are acetate. Acetate frames are crafted from cellulose acetate, a material derived from renewable resources such as cotton and wood pulp. This eco-friendly origin sets acetate apart as a sustainable option in the eyewear industry. Through a meticulous manufacturing process cellulose acetate is transformed into sheets, allowing for endless design possibilities, including intricate designs due to their construction process involving coloured cellulose blocks layered with multiple sheets, resulting in richer and more vibrant colours and designs compared to traditional frames.

Benefits of quality acetate:

Investing in a high quality acetate frame offers numerous advantages over cheaper plastic alternatives. Firstly, acetate boasts exceptional strength and flexibility, providing durability without sacrificing comfort. Unlike lower- grade plastics prone to warping or discoloration, premium acetate maintains its shape and colour over time, ensuring long lasting wear.

The superior quality and craftmanship of acetate frames come at a higher price point compared to mass produced plastic alternatives. Several factors contribute to this cost difference. Firstly the manufacturing process of acetate frames involves precision cutting and hand polishing, requiring artisanal work and specialised equipment. Additionally, the use of premium materials and innovative techniques ensures the durability and aesthetic appeal of acetate frame, further justifying their price.

In essence, while the initial investment of a quality acetate frame may be higher, the longevity, comfort and style it provides make it a worthwhile choice for discerning eyewear enthusiasts.

At Wilson Wilson and Hancock we take pride in offering you a curated selection of acetate frames crafted with care and attention to detail, ensuring our customers enjoy both fashion and function in their eyewear choices.

Whether you are seeking a classic or a trendy statement piece, explore our diverse range of acetate frames and elevate your eyewear experience.

WOOW

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PROUD TO SPONSOR ACTIVE LIFESTYLES

We are thrilled to announce we are now proud sponsors of the Falaise Indoor Bowls Club in Hastings and providers of the Wilson Wilson and Hancock Trophy. As your local independent opticians, we are dedicated to supporting our community and promoting an active lifestyle. Whether you're a seasoned bowler or new to the sport we are here to help you see clearly on and off the green.

NEW TEAM MEMBERS

"I've worked in Optics since 2003, starting out as a receptionist in Aberdeenshire and qualifying as a Dispensing Optician in 2011. In 2013 I moved back to Kent to be closer to my family. When I'm not at work I'll probably be in the garden or walking my two rescue dogs." ***Gill***

Gill

David *started life in Auckland, New Zealand, took his first full time job in Adelaide, South Australia, and met Anto there on his first day at work! "We lived there for six years, drinking lots of South Australian wine, and getting married."*

David and Anto

Antoinette *(Anto) grew up in Fairlight and Cooden, she had her first eye test at Wilson's in Hastings and was inspired to become an 'ophthalmic optician' by a handsome young South African new graduate working for WWH at the time. She trained at Aston University in Birmingham, a year below Paul McDonald! In 2006, they moved, with their daughter Amelia, to New Zealand to be with David's family. "After nine years Down Under, the call of the South Coast beckoned again, and we came to live in Eastbourne to be back near Anto's mum and brother. So, around the colonies, and back again!"*

SAVE UP TO £459!

To celebrate our 75th anniversary we are giving you the chance to get 50% off sunglasses. Simply choose your 1st pair of spectacles with high quality Seiko anti reflection coated lenses and a unique frame of your choice, and receive 50% off sunglasses from our select range.

75 years OF PROVIDING QUALITY EYE CARE

Enhance your vision, clarity and style with 100% UVA and UVB protection, ensuring you enjoy the sun with the utmost comfort and sophistication.

What's more, you can spread the cost with Flexi Pay, at no extra cost. Contact your branch to take advantage of this great offer!

Offer available from 1 April to 29 June