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**RAWLINGS OPTICIANS**  
1895 - 2020

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## NEWSLETTER – AUTUMN/WINTER 2020

### Foreword from Richard Rawling

#### Rawlings Opticians 125th anniversary in 2020

The end of the year is drawing in and still we are in the grip of the pandemic. This year should have been a monumental celebratory year for Rawlings, and we are proud to be *the oldest family owned opticians in England* as my great- grandfather Alfred Rawling opened the first Rawlings in Croydon in 1895 about which you can read more on our [history page here](#).

Our Rawlings 125 'taskforce' began work three years ago with design of our new 125 logo which we launched in January, followed by planning of celebratory events for our patients and staff throughout the year. Sadly most of these have not been able to go ahead and only our Hedge End branch (whose event was pre-pandemic in February) was able to hold one where a fun day was had by all. In February, our staff had also been asked to 'save the date' for our Grand 125 Gala Dinner which was due to be held in November at Farnham Castle. Unfortunately, it became clear in July that the event could not go ahead but despite being in the midst of the second lockdown, on the night it would have been held we managed to raise a glass in our own homes – congratulatory messages abounded on Whatsapp and Messenger.

Despite all of the challenges that 2020 has brought, our staff have worked tirelessly to ensure that our patient care and safety has not wavered and that we are still here to look after the eyecare of our communities and I would like to take this opportunity to thank all of them for their hard work during one of the busiest and most challenging years in our 125 years in optics. I would also like to thank all of you, our loyal patients, many of whose families have trusted Rawlings with their eye care with us for generations. Without the ongoing support you have shown and the trust in us to keep you safe when you do visit, we may not have been here to be sending you this newsletter.



## Night Driving

Winter is truly upon us, which brings with it the issues of glare from wet roads and hi-intensity headlights.

Although at the time of writing we are under Covid-19 rules of essential travel only, for those who cannot work from home the discomfort of dazzle from oncoming cars is the last thing you need at the end of your working day. Rawlings Opticians recommend Hoya Enroute lenses for driving – these lenses are made of a material designed to reduce glare and in the case of Enroute Pro, this effect is even more impressive due to a special contrast filter reducing glare and blue light.

As well as the improvement in visual quality the lens substance affords, the surface of the lens is optimised for better anti-reflective qualities, further enhancing the performance of your glasses. In addition to the hi tech material and surface, a varifocal is available in the Enroute range which is specifically designed for drivers, giving a wide field of view in the distance, and good clear vision for sat-nav and dashboard viewing. You can [ring us](#) to ask for more details, or to [book an appointment](#) to come and see one of our Dispensing Opticians.



## Children and Screen Viewing during Covid-19

## Inevitably most of us, both adults and children, have found we have been using screens during 2020 more than ever before.

Many parents are concerned about the effects this could have on their developing child's eyesight – and these concerns are well-founded. In fact, in August, China's Ministry of Education reported an 11.5% rise in the country's childhood myopia (short-sighted) rate over the first half of this year. The surge is likely a result of increased screen time from online learning after schools across the country cancelled classes in the spring due to the COVID-19 outbreak. Of course, the same happened with schools here, and although no studies have been published in the UK yet, anecdotally optometrists have been finding more myopia and greater prescription changes than would usually be expected. Make sure your children have regular breaks from screens by following the 20-20-20-20 rule and most importantly make sure they spend as much time as possible outdoors, ideally at least 2 hours a day, as studies have shown that this is beneficial in reducing the progression of short-sight. [Read our current blog](#) here for further information.

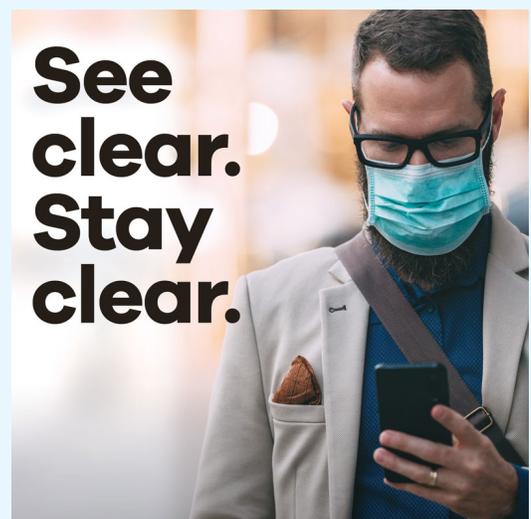


## Fed up with Misty, Foggy Glasses?

All our branches now stock Hoya Clear-it lens cloths and Marma Vision 'no fog' cleaner and antistatic spray. We did our own tests before selecting which anti-mist items we wanted to stock, to make sure that we are only supplying our patients with products which really work.

The Clear-it cloths are impregnated with a substance that lasts for up to 60 uses, depending on the size of the lens surface. The glasses should be washed of debris first to avoid scratching and cleaned with your usual lens cloth before using your Clear-it cloth. The lenses must be squeaky clean as rubbing dirty lenses with the Clear-it cloth will not give the desired results but if you follow the instructions it is excellent. If the lenses get damp in the rain or dirty/dusty then the efficacy is reduced slightly, but indoors the results are impressive.

Some people will prefer a spray-on solution for their fogging issues and again the glasses must be clean before using Marma Vision spray. It is safe to use on all spectacle lenses including those with oleophobic (anti smear), anti-reflective and anti-scratch coatings.



Some of our services such as choosing spectacles are currently by [appointment](#) only, however for brief visits to buy sundries you can just pop in as usual.

## Free Upgrade to Hoyalux MySelf varifocal lenses

Myself varifocal lenses from Hoya offer the most bespoke of our varifocal lens options. It is an individualised lens with performance optimised to your own visual needs. We use a lifestyle questionnaire to get the best results and the lenses can be tailored for a variety of visual environments.

For example someone who spends several hours a day using a smartphone or tablet, which tend to be used nearer and in a low position will need a different design to a mainly lap top user and this again would vary from somebody spending 8 hours a day viewing desktop screens which may be positioned higher and further away. And that is just for screens – the questionnaire also covers driving, hobbies and sports to ensure optimised lens performance. This can give clearer vision, a wider field of view and a reduction in distortion and in swim and sway effects which some people notice in varifocals. The lenses come with a 2 year anti-scratch warranty, and currently there is a free upgrade to Myself lenses from Hoya Mystyle lenses.



## Covid-19 and your eyes

Early in the pandemic there were ‘scare stories’ abounding regarding Covid-19 damaging the eyes. These were not completely without foundation however studies have shown that only a very small percentage of patients with Covid-19 develop eye problems.

The most common of these is a viral conjunctivitis, making the eye red, watery and uncomfortable. Unlike bacterial conjunctivitis which produces a yellow or green stickiness, with viral conjunctivitis the eye will be very watery. Unlike bacterial conjunctivitis which will usually clear up without treatment within 5-10 days, viral conjunctivitis will take at least 2-3 weeks to resolve. Advice should be sought if the symptoms worsen, or if the vision becomes blurry (apart from the disturbance caused by any discharge).

Although antibiotic drops for bacterial conjunctivitis are available as an over the counter medication from a pharmacy for bacterial conjunctivitis only, they are rarely needed– they are usually advised against (due to both the possible side effects and the development of antibiotic resistance). For either type of

conjunctivitis lubricants & cold compresses can help ease the discomfort. One of the exceptions to this is contact lens wearers who will require prescription antibiotics if they contract bacterial conjunctivitis. They should contact their contact lens provider or GP for a prescription and should not be sold over the counter antibiotics from a pharmacy.

Another story was that contact lenses were dangerous to use during the pandemic. This is completely unfounded and contact lenses can be safely used as long as all the usual hygiene precautions are followed. However, contact lens wearers should NOT wear their lenses if they catch Covid-19, and should resume wear only when all their Covid-19 symptoms have resolved.



## Dietary supplementation with Vitamin D

For some time the Department of Health and Social care have recommended that vitamin D supplementation should be considered for all adults between October and March for some time. However, this year they have upgraded that advice from 'consider taking' to 'being important to take'.

Lack of vitamin D has been linked to many health complaints, including dry eyes, glaucoma, macular degeneration and cataracts. So, for your eye health as well as your general health it is important to ensure you have enough Vitamin D.

### **The recommendation from the NHS website:**

"It's important to take vitamin D as you may have been indoors more than usual this year. Adults should take 10 micrograms (400 IU) of vitamin D a day between October and early March to keep your bones and muscles healthy. Breastfed babies from birth to 1 year of age should be given a daily supplement containing 8.5 to 10 micrograms of vitamin D to make sure they get enough. Formula-fed babies should not be given a vitamin D supplement until they're having less than 500ml (about a pint) of infant formula a day, as infant formula is fortified with vitamin D. Children aged 1 to 4 years old should be given a daily supplement containing 10 micrograms of vitamin D."

Between late March/early April to the end of September, most people can get all the vitamin D they need through sunlight on their skin and from a balanced diet. However this was less likely to have been the case in 2020 and if the pandemic continues into 2021 you should check the NHS advice next March to see if it is recommended to continue taking Vitamin D supplementation through the spring next year.



There have been some reports about vitamin D reducing the risk of coronavirus (COVID-19). But there is currently not enough evidence to support taking vitamin D to prevent or treat coronavirus.

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