

## Social Purpose

In 2023 Dr Roisin and Dr Scott Mackie are travelling to Cambodia for the Khmer Sight Foundation to work in remote villages to screen for sight threatening disease and list for surgery. In this country over 180,000 people are blind with 79% curable usually from a cataract operation. With 10% of the population below the WHO poverty line and 40% earning only 2 dollars per day they have no access to eye care. Dr Mackie set up the Right to Sight project at HP Barlinnie where inmates are retrained to sort and clean spectacles which are delivered to Cambodia to enable near activities to work or read after the cataract operation. This in turn helps prisoners to understand the social purpose they are helping and leads to lower re offending rates. If you have any old spectacles you wish to donate please contact us and we will get these re cycled.



## Patient Testimonials

Mackie Opticians strives to provide person centred eyecare. However we are always astonished when people call in or write to us with letters of gratitude. We were delighted to have been nominated by our patients for the Scottish Health Awards, where we won in the Optician category. With permission from the patients these are a few stories where others can benefit.



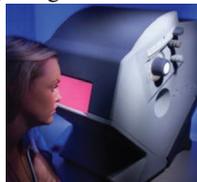
A patient presented with a slightly swollen eye which we became suspicious with after no change with prescribed steroids. An urgent referral to secondary care revealed an aneurysm in their brain which was removed after successful neurological surgery. Another patient in their teens presented with sudden reduced vision in one eye and through an OCT scan we identified a vascular lesion and a same day referral found a rare condition requiring blood transfusions which allowed the vision to return and preventing further sight loss.



## Innovation

We started new clinics to provide an extended range of services we can offer. This includes Hearing (see separate section), Visual Stress and Enhanced Vision. Visual Stress is a condition which can affect reading performance and can be associated with dyslexia and other learning difficulties such as autism, epilepsy and migraine and other conditions which affect learning. Dr Nadia Northway a Consultant Orthoptist with a PhD in Visual Stress runs these clinics with Dr Mackie to find a solution which can involve coloured lenses and speech and language targeted revision.

Enhanced vision is for patient who no longer can attain their ability to see clearly with conventional spectacles or contact lenses. By using electronic magnification or Artificial Intelligence devices can be used to improve quality of life. For more ideas of innovation please visit the podcasts Dr Mackie has put on the website called Ask the Dr which cover 16 conditions <https://www.mackieopticians.co.uk/services/ask-the-doctor/>



# EYE LIFE

*Mackie Opticians Newsletter Vol 3*



## Thank You To All Our Patients For Supporting Us

### Mackie Eyecare

48 Main Street  
Bothwell G71 8EX  
Tel 01698 854858

### Mackie Specstore

94-98 Abbeygreen  
Lesmahagow ML11 0EF  
Tel 01555 893929

Online booking  
[www.mackieopticians.co.uk](http://www.mackieopticians.co.uk)



Winner  
Award for Excellence



Winner  
Specialist Eyecare



Independent Prescriber of NHS  
Medications for Eye Disease



## Pandemic Reflection

As nearly all restrictions are lifted after 2 years of the pandemic we wanted to reflect on the positives going forward. As such we have invested on new equipment including air purifiers for the consulting rooms and a bespoke new shoplifting for each practice. This includes a new open plan layout with new lighting, frame displays central island to dispense frames and a new info hub to act to the waiting room in addition to new decor and corporate image. We have also been given direct access to Hospital and GP (Emergency Care Summary inc medications) records so we can provide a more integrated service. Drs Mackie have also updated their skills after a intensive 200 hour course in Diagnosis and Management of Glaucoma as we will be seeing many hospital patients in our practice going forward to ease the waiting lists. Finally Dr Mackie was awarded a Fellowship from the College of Optometrists which is their highest qualification in recognition of contribution to the profession. We look forward to welcoming our patients back and providing award winning professional eyecare.



## Focus on Fashion



Fancy a bespoke Tom Davies or a trendy Tom Ford or Gucci, a contemporary Etnia Barcelona or Whoo, an ultralight Silhouette Rimless, a classic Jimmy Choo or Prada, or a frame from our budget fashion. The list is endless and

if we don't stock it we can probably source it on approval with no obligation to buy. By having appointments with sales representatives we don't just source the very latest designs we try them on for the perfect fit, choose the colours after looking at them in different lights and style them on all the staff before making a decision to stock them. We also only use accredited suppliers who can offer a great after sales service. Please feel free to call in for a styling consultation with any of our optical assistants or our new Dispensing Optician Addrienne and remember you can take away some styles to choose at home with family and friends as a complimentary service. Ray Ban Oakley and Maui Jim sunglasses can now be offered in prescription lenses for specific sports such as Golf, Cycling, Skiing, Field Sports and Fishing.

## Contact Lens Freedom



Contact lenses are more popular than ever, as over 98% of the population can now wear them, due to new innovations in design. They offer wearers clear, all round vision with less distortion. Mackie Eyecare and Mackie Specstore specialise in contact lenses and have accounts with all the world's leading manufacturers.

They are constantly researching new designs and have been virtually attending

Continuing Education and Training courses in Contact Lenses throughout Europe. The UK is experiencing an epidemic in children developing myopia (short sightedness). There are now FDA and CE approved contact lenses either daily or monthly disposable which have been proven to significantly slow down the progression. These contact lenses can be fitted from 5 years old. They also allow freedom from spectacles during sport and produce more magnified images. They are easy to get in and out of the eye and remain so comfortable that 90% of children in a recent study reported they could not even feel them in whilst wearing them. Ask the Dr Myopia Management <https://www.mackieopticians.co.uk/services/ask-the-doctor/>

## Hearing



Is hearing conversation more difficult? Do you notice your TV volume rising?

Addressing a loss of hearing is incredibly important in ensuring you can stay part of the conversation, enjoy being in company without straining, and in looking after your long-term hearing health, which has been proven to reduce the risk of memory loss and cognitive decline. \*In a study that tracked 639 adults for nearly 12 years, Johns Hopkins Medicine expert Frank Lin, M.D., Ph.D., and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia. \*Excerpt taken from Johns Hopkins Medicine

We have been asked by many of our patients if we could provide a hearing service. As such, we looked at partners in the hearing industry who met our high expectations of professional care and ethical standards. It was with great pleasure that I recently met with Chris Stone, co-founder of the Hearing Clinic UK, based in Glasgow city centre. He and his brother, Martin, are third generation audiologists and have an excellent reputation for offering top-level clinical care. Together, they have built a chain of hearing care clinics which have the unrivalled technology to help you bring your hearing up to its optimum level. They are the top-rated hearing aid audiologists on Trustpilot in the UK, with over 3176 excellent reviews. Chris said, 'Hearing in background noise is a key area where many patients with hearing loss struggle. Many hearing solutions lift up the noise as much as the speech, meaning they are ineffective in boosting clarity. This is evident with lower technology solutions, or badly programmed devices, rendering them almost useless in noise. A key difference in our approach is the use of live surround sounds, which can turn our clinic rooms into the situations where you may have the most trouble hearing. With this technology, adjustments can be made in real time to perfect the sound, resulting in a far more optimised hearing solution'. This attention to detail is unrivalled in their field, and every solution offered is backed by an iron-clad guarantee to ensure you get expert help and assistance in a totally risk-free way.

If you, or someone you know, suffer from hearing loss, we are offering a completely free consultation (worth £60) with one of the expert clinicians from the Hearing Clinic UK. In addition, if you have any problems with wax blockages, the Hearing Clinic UK will happily offer a 'microsuction' removal, which is the safest and most effective way to give your ears a thorough clean prior to a hearing assessment. It is provided at 50% discount costing £30 (worth £60) as a Mackie Opticians offer to you.

You can book an appointment by phoning 01698 854858 for your initial assessment at our Bothwell practice on any Thursday.