

Bowden Opticians

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Eyecare & Eyewear
Est. 1921

Spring Newsletter

By Mark Bowden

Bowden Opticians Providing Eyewear and Eyecare for Over 95 Years.

A Big Thank You.

I would like to start by personally thanking all of you for the great feedback you have given to me and my staff for the previous edition.

I have been overwhelmed by the comments, with customers coming into the practice, being stopped in my tracks on the street and even when I have been out socially.

I think it came as a big surprise to learn about the history of Bowden Opticians and my Father and Grandfather.

I believe in relationships and we really value having a strong relationship with our customers. So I have now committed to put down on paper ideas and stories I can share with you, this is my way of being open and showing people what we're like.

If I fail in my attempt and you wish to unsubscribe, simply e-mail me at info@bowdenopticians.co.uk.

Can a Cup of Coffee Save Your Sight?

Drinking coffee daily combined with eating a healthy diet could cut your risk of developing age-related macular degeneration (AMD), the most common cause of blindness in seniors.

A Portuguese study found that those who followed a Mediterranean diet rich in fruits and vegetables, combined with high levels of caffeine, enjoyed a significant reduction in risk.

Researchers from the University of Coimbra in Portugal studied 883 people age 55 or older between 2013 and 2015. Of those, 449 had AMD in its early stages before vision loss, and 434 did not have AMD.

When their diets were assessed they showed that people who closely follow the diet had a 35 percent lower risk compared to those who did not adhere to the diet.

Researchers used a computer program to analyze the participants' consumption of micronutrients, and found higher consumption of antioxidants such as caffeine, beta-carotene and vitamins C and E was protective against AMD.

Those who consumed more fruits had a lower risk of AMD as well as those who consumed about 78 milligrams of caffeine a day — the equivalent of one shot of espresso.

While caffeine is not considered part of the Mediterranean diet per se, consumption of caffeine-containing foods such as coffee and tea is common in Mediterranean countries.

The researchers opted to look at caffeine because it is a powerful antioxidant that is known to be protective against other conditions, such as Alzheimer's disease.

"This research adds to the evidence that a healthy, fruit-rich diet is important to health, including helping to protect against macular degeneration," said lead author Rufino Silva, M.D., Ph.D. "We also think this work is a stepping stone towards effective preventive medicine in AMD." AMD has no cure. It affects the macula, the small spot near the center of the retina that's needed for sharp vision and allows us to see things straight ahead clearly.....

New Edition at Our Practice

This leads me on to one of the most popular Christmas presents for 2016.

As I am constantly striving to improve our customer experience I have purchased a Nespresso Coffee Machine.

So next time you are passing by please feel free to pop in and share a cup of your favourite coffee with us, if you require an adjustment or a repair we will be more than happy to help.



I would also like to hear about your favourite coffee pods or favourite flavours so I can be sure to stock up with these for you.

My Fathers War Efforts

Just a couple of weeks ago prior to my annual skiing trip to the French Alps, I unfortunately developed a rather nasty abscess on a lower molar. Something I have been plagued with for many years. An emergency appointment at the dentist and a prescription for amoxicillin soon sorted this out.

Chatting with my father over lunch the next day, I was asking about his involvement in the commercial production of penicillin during WW2.

My father was a Chief Petty Officer in the Royal Navy, stationed in Clevedon, Somerset, under Surgeon Commander Green.

PENICILLIN PRODUCTION AT THE ROYAL NAVY MEDICAL SCHOOL, CLEVEDON, SOMERSET, 1944



Surgeon Commander C A Green, the officer in charge of penicillin production for the Royal Navy, seated at his microscope.

The Royal Navy had been producing cholera and typhoid vaccines for many years and had lots of know-how which had saved the armed forces many thousands of pounds in having a home grown supply rather than having to pay commercial prices. In fact, surgeon Captain Mussen, wrote in an article in 1947 that the value of vaccines produced compared with the cost to purchase commercially represented more than the salaries and upkeep of the whole of the Naval Medical School.

Surgeon Commander Green was the officer who was developing the penicillin extraction process from the *P. Notatum* cultures obtained from Dr Fleming and requested support from the Medical Director General for making a visit to Professor Florey at Oxford to study their laboratory records of bulk production. This was agreed but Professor Florey was not over enthusiastic about the Navy going

it alone and suggested the navy got their sources from a commercial source. However Commander Green was welcomed as a visitor to observe the work in progress at Oxford.

The decision was taken to go ahead and develop a penicillin mass production process regardless of Florey's advice. It will be seen later that he recognised the contribution the Navy had made when he directed new antibiotic research work to Clevedon using some of the methods and equipment that the Navy had developed and which had been taken over by The Medical Research Council (MRC)

An article in the journal "History Today" by Gilbert Schama described the German efforts to produce Penicillin after they had read an article in *The Lancet* sent to Germany from one of the neutral countries. However, their work was very uncoordinated and what they did produce was toxic to humans. In the end they decided it was another Allied propaganda weapon like carrots for seeing in the dark and this probably reduced the research into the antibiotic. As mentioned in the "red book" the curing of sexually transmitted diseases in a day or so with penicillin kept hundreds of allied troops fit for duty so assuming the German troops were similarly afflicted then the German forces must have been severely depleted which was all to the good for the Allied cause



Fathers place of work during WW2, Eastington House, Clevedon Somerset.

Staff Appreciation

I must give a huge thank you this month for both of my members of staff here at Bowden Opticians.

Shelly Bullough and Lynn Heaton started working for my Father at his business in Farnworth in the late 80's around about the same time that I started helping out at weekends and school holidays. They used to tease me rotten as I remember, possibly as I was the boss's son, one particular prank they pulled was suggesting to me that I might like to try an effervescent vitamin tablet a little like a modern day berocca vitamin C tablet, as this was orange flavoured they assured me they tasted very nice. Well as the name suggested effervescent, as soon as I put this in my mouth I remember it fizzing away for many minutes before I could rush to the sink.

Any way jokes aside they have stayed with me all these years and have proved to be hard working and extremely loyal, particularly through the highs and lows of running your own business and I can honestly say I could not manage without them, even though they still tease me to this day.

WELCOME

I'd like to officially welcome all our new clients over the last month or so: P Laurie, H Le-Moine, B Higson, J Higson, V McCabe, M Atkinson, J Auty, I Lakatos, M Taylor, A Lever, S Dennis. W McDonald, A Ash, M Burgess, S Margerison and A Lamb. WELCOME! We're glad you found us.

And Special Thanks To The
Following for Recommending Us:

Eve McGann, Gregory Jones, Amanda Lloyd, Tim Arnold, John Burgess, Peter Ash and Ivan Lakatos.

This latest Newsletter edition is a conversation about life as it looks from the helm of Bowden Opticians.

I believe in relationships and we really value having a strong relationship with our customers. This is our way of being open and showing people what we're like.

For regular clients, many of you only come in once a year or once every two years. So we can go a long time without seeing you. And a lot can happen in a year or 2. Hence, we like to keep in touch.

The feedback is invaluable. I'm extremely interested in what our customers have to say. I enjoy responding to the comments. And finally, I enjoy writing it!

Please send your thoughts and comments on what we're talking about to info@bowdenopticians.co.uk