

Cromer optician **JULIEN NELSON** talks about optical news and issues.



Express yourself in a frame

What is a spectacle frame?

In simple terms, it is some shaped metal or plastic to hold corrective lenses in front of the eyes. But, as we know, the human race comes in all shapes and sizes.

The spectacle frame needs to be as comfy as possible taking into account our nose, ears, brows and eye position.

When I first started in optics in 1984 (yes I am that old) the frame choice was less but each frame had a choice of eye size, bridge width and side length. Nowadays we have so much more choice but most frames come in one size and we all know one size does not fit all.

If you need to wear spectacles they are like your best friend. They go everywhere with you and don't argue with you, occasionally though you argue with them by sitting on them or losing them.

The materials used today are

so far advanced from years ago due to new engineering techniques. From basic nickel metal we now have titanium, stainless steel, monel and more. These give lighter, more polished and corrosion free aspects.

Basic plastic in the form of acetate is now available on cellulose acetate and nitrates, then there is nylon, carbon, wood, shell and vinyl – really, by bespoke design, whatever you fancy if cost is not a problem.

We always hope the material dispensed suits a customer, but with so many alternatives, occasionally a material may react with your own DNA.

As life changes so do we, so the issue of "it never went green before" unfortunately does not apply.

At the beginning of the article, I said a spectacle frame holds the lens in place. We will advise on best optical outcome.



Today's lifestyles have brought about many aspects of personal presentation, so it is no longer "this frame" for this face shape.

As long as it fits and the wearer likes the look, that's what self-expression is. Be happy in your own look.

My job is to get best vision for you from your spectacle fit, not dictate the colour or style.

Some spectacle frames can

carry a cost, especially when good lenses are glazed into the frame.

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