# Experts Warn Against Frequent Eye Rubbing and High-Sugar Biscuits as Summer Weather Outlook Raises Concerns



In a recent statement, Dr. Mark Wilkins, a consultant ophthalmic surgeon at OCL Vision, warned that frequently rubbing your eyes can lead to serious vision issues. Speaking to Express, Dr. Wilkins explained that regular eye rubbing can cause infections, inflammation, and long-term damage to vision, including conditions such as keratoconus. This condition can lead to astigmatism, which often requires glasses or contact lenses for correction. He advised using lubricating eye drops and consulting an optometrist regularly to address any underlying issues that may cause eye irritation.

Meanwhile, recent weather data indicates that the UK experienced higher-than-average rainfall this spring, raising questions about the summer forecast. The Met Office predicts a slightly higher chance of a hot but unsettled summer, with an increased likelihood of heatwaves and local downpours, especially in the southern regions.

In sports, Eddie Howe is focusing on fine-tuning Newcastle United’s squad for the upcoming season. The team aims to address its injury issues and improve the defense while considering significant players like Bruno Guimaraes, whose £100 million release clause is active until the end of June. Newcastle's pre-season strategies will be critical as they plan to build a competitive team for the Premier League.

Lastly, Dr. Mark Wilkins, a leading ophthalmic surgeon, cautioned against frequent eye rubbing, which can lead to infections and conditions like keratoconus. Dr. Wilkins recommended using lubricating drops and consulting an optometrist for persistent issues.

For those interested in food safety, nutritionist Kate Cook advised against consuming high-sugar biscuits, including chocolate-coated ones, which are popular in the UK. She suggested opting for healthier alternatives like plain digestives or oat-based biscuits to manage sugar intake and maintain energy levels.

In other news, Aldi plans to open 16 new roles at its upcoming store in Viking Way, Congleton. Roles include store assistants, apprentices, and caretakers, with training provided at nearby locations. This expansion reflects Aldi's growing demand and commitment to customer service quality.

Lastly, the weather in North Wales shows a mixed outlook, with potential heatwaves and unpredictable rain expected throughout the summer. The Met Office highlights the need for readiness for varying weather conditions, especially in southern regions.