

Vision is our Mission

普通眼科及低視能中心 以人為本・啟導同行
General Eye & Low Vision Centre 多元共融・群策同心



兒童眼睛常見問題

Common Children Eye Problems

近視的定義與影響

What is Myopia and How it affects Vision?

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近視的基本定義

近視是一種屈光不正的眼睛問題，當眼球過長或角膜弧度過大時，導致遠處物體模糊不清。

Myopia is a refractive eye problem that occurs when the eyeball is too long or the cornea curvature is large, causing distant objects to become blurred.



對學習的影響

兒童在課堂上難以看清黑板上的內容，進而影響學業表現和自信心。

Children have difficulty seeing clearly what is on the blackboard in class, which affects their academic performance and self-confidence.



長期健康風險

深度近視可能會導致視網膜脫落及黃斑點病變等眼疾，這些問題可能對視力構成永久性損害。

High myopia may lead to eye diseases such as retinal detachment or macular degeneration, which may cause permanent damage to vision.

遠視與散光的特徵

What are Hyperopia and Astigmatism?

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遠視的定義

眼球過長短或角膜弧度過小，導致眼睛較難調節近看視力，使眼睛閱讀或看電腦時較易疲倦。

The eyeball is too long or the curvature of the cornea is too small, it becomes difficult for the eyes to adjust near vision, making the eyes more likely to tire when reading or using computers.

Astigmatism is caused by irregularities in the shape or curvature of the cornea, causing uneven focusing of the light rays on the retina, and resulting in blurred vision.

散光的定義

散光是由於角膜形狀或弧度不則，造光線在視網膜上的聚焦不均而引致視力模糊。



對兒童的影響

遠視和散光可導致兒童視視力模糊、易疲勞、頭痛和注意力不集中等問題，及早檢查和矯正對他們學習和發展至關重要。

Hyperopia and astigmatism can cause problems such as blurred vision, fatigue, headaches, and loss of concentration in children. Early detection and correction are crucial to their learning and development.

弱視和斜視 Amblyopia and Strabismus

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弱視

AMBLYOPIA

視力發展不良，通常在兒童早期未得到及時治療，導致視力低於正常水平。

Amblyopia is the result of poor vision development and left untreated in early childhood, vision becomes lower than normal.

弱視和斜視的治療方案包括佩戴眼鏡、進行視力訓練、使用遮眼法、進行手術等，以改善視力和眼睛協調性。

治療 TREATMENT

斜視

STRABISMUS

雙眼視角無法正常對齊，導致雙眼視覺不協調，多會影響深度感和立體視覺，需及早診斷治療以防止弱視發生。

The visual angles of the two eyes cannot be aligned normally, resulting in uncoordinated binocular vision, which often affects depth perception and stereoscopic vision. Early diagnosis and treatment are needed to prevent the occurrence of amblyopia.



兒童視光綜合檢查的重要性

Importance of Child Comprehensive Optometry Examination

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及早發現問題，預防視力惡化




提高學習能力



促進健康發展



減少未來治療成本



Early detection and intervention, so to prevent vision deterioration



Improve learning ability



Enhance healthy development



Reduce future treatment expenditure

如何識別視力問題

How to identify vision problems

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定期檢查建議

REGULAR FOLLOW UP

每年進行最少一次視光檢查，以便及早發現和治療潛在的兒童視力問題，確保孩子視力健康。

學習困難

LEARNING DIFFICULTIES

如果孩子在學校表現出注意力不集中、閱讀困難或經常抱怨看不清楚，便應考慮進行視加檢查。

If your child shows difficulty concentrating at school, has difficulty reading, or frequently complains of not being able to see clearly, a visual examination should be considered.

觀察行為變化

OBSERVATION

注意孩子是否經常眨眼，歪頭看東西或靠近物體觀看，這些行為可能是視力問題的徵兆

Pay attention to whether your child often blinks, tilts his head to look at things, or looks close to objects. These behaviors may be signs of vision problems.



配戴合適眼鏡

WEARING SPECTACLES

根據視光檢查結果配戴合適度數鏡片，可確保兒童視力清晰，促進健康發展。

Wearing appropriate spectacle correction based on the results of the optometry examination can ensure children's clear vision and promote healthy development.

兒童視光綜合檢查

Children Comprehensive Optometry Examination

兒童視光綜合檢查一般包括視力測試、色覺測試、雙眼協調檢查、眼底檢查及屈光度數評估，視光師會根據結果提供相應的治療方案及配戴眼鏡建議。

Comprehensive vision examination for children generally includes visual acuity test, color vision test, binocular examination, fundus examination and refractive power assessment. The optometrist will provide corresponding treatment plans and spectacle suggestions based on the results.



Before a comprehensive examination, parents should help keep their children emotionally stable and inform them of the approximate examination process to reduce their anxiety and uneasiness. Please also prepare children's medical history for examination. If your child has had any eye examinations, please bring the report with you for the optometrist's reference.

在進行綜合檢查前，家長應協助保持孩子情緒穩定，並告知他們大約的檢查流程，以減少他們的焦慮和不安，也請備好孩子的醫療歷史資料。如孩子曾做任何眼科檢查，請帶備報告以供視光師作參考。

