

以人為本·啟導同行 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.

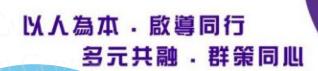


深度近視可能會導致視 網膜脫落及黃斑點病變 等眼疾,這些問題可能 對視力構成永久性損害。

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?







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.

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.

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 Treatment options for amblyopia and strabismus include wearing glasses, vision training, patching, and surgery to improve vision and eye coordination.





兒童視光綜合檢查的重要性

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Importance of Child Comprehensive Optometry Examination



如何識別視力問題

How to identify vision problems

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 考盧進行視加檢查。

If your child shows difficulty concentrating at school, has difficulty reading, or frequently clearly, a visual examination should be considered.

complains of not being able to see

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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。

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Have an eye exam at least once a year to detect and treat potential children's vision problems early and ensure your children's vision is healthy.

Wearing appropriate 晰 ,促進健康發展。 spectacle correction based on the results

of the optometry

examination can

ensure children's

promote healthy

clear vision and

development.



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

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.

HKSB 香港盲人輔導會 The Hong Kong Society for the Skind

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.

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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。

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.

