

*Vision is our Mission*

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# 成人常見眼疾

Common Adult Eye Diseases

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# 白內障 Cataract

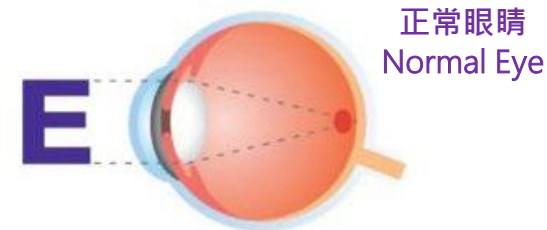
- 白內障是常見會導致失明的眼疾  
Cataract is a common cause for blindness
- 眼球內的水晶體出現混濁，視力變得模糊、感覺眼前有薄膜或有黑影阻擋  
The lens inside the eyeball becomes cloudy, vision becomes blurred, and it feels like there is a film or dark shadow blocking the eyes.
- 進行超聲波乳化手術及植入人工晶體為最有效的治療方法  
Phacoemulsification surgery and intraocular lens implantation are the most effective treatments.



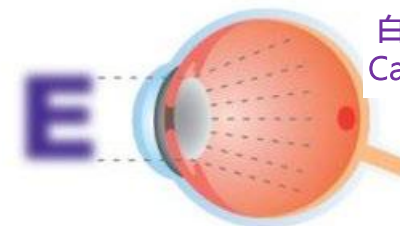
正常視力  
Normal Vision



白內障引起視力下降  
Cataract makes vision blurred



正常眼睛  
Normal Eye



白內障眼睛  
Cataract Eye

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## 白內障摘除手術及 手術過程

白內障手術是一種非常普遍及成功率高的微創眼部手術，現時新式的白內障手術是利用超聲波震碎白內障及將之吸出，並且配合可摺疊的軟式人工晶體，只要小至大約2-3毫米的傷口，便可把軟式人工晶體放入眼內，人工晶體會溫和地在眼內自動展開直到恢復原狀。

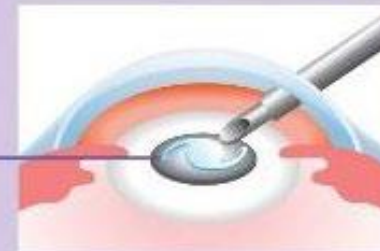
在大多數情況下，醫生只需替病人滴上局部麻醉藥水，便可進行手術，而且毋須縫針。優點是減低手術引致的併發症，例如是由手術引起的散光機會較少，視力亦可迅速恢復，而新式人工晶體更可同時改善老花及散光。

Phacoemulsification is a modern surgical technique used to remove cataracts from the eye. During this procedure, the cloudy lens is broken up into smaller pieces using ultrasonic waves, which are then aspirated out of the eye. Phacoemulsification is preferred due to its minimally invasive nature, leading to quicker recovery times and less postoperative discomfort compared to traditional cataract surgery.



震碎並吸出  
白內障

放入軟式  
人工晶體





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## 白內障是否要「熟」了才做手術？

其實白內障不需要等到「成熟」時才動手術，只要對日常生活構成影響，就可以考慮接受手術。詳情可向你的眼科醫生查詢及商討治療方案。

It is not necessary to wait until cataracts are “Mature” to undergo surgery. You can consider surgery at the time when you feel cataract is affecting your vision and so your daily life. Please contact your ophthalmologist for details and to discuss treatment options.



## 青光眼 Glaucoma

青光眼是一系列令視覺神經受到永久性破壞之眼疾統稱，成因各有不同，如眼球內之壓力（眼壓）上升，視網膜血液循環欠佳等。早期青光眼可能沒有什麼病徵，隨著病情發展病者會覺得視力減退或視野收窄。

Glaucoma is a name of a eye disease that cause permanent damage to the optic nerve. There are various causes for glaucoma, such as high pressure in eyes and poor blood circulation at retina, damaging the optic nerve. In early-stage there may be no symptoms. As glaucoma progress, patients will experience vision loss or narrowing of the field of vision.



正常視力 Normal Vision



早期青光眼 Early Stage Glaucoma



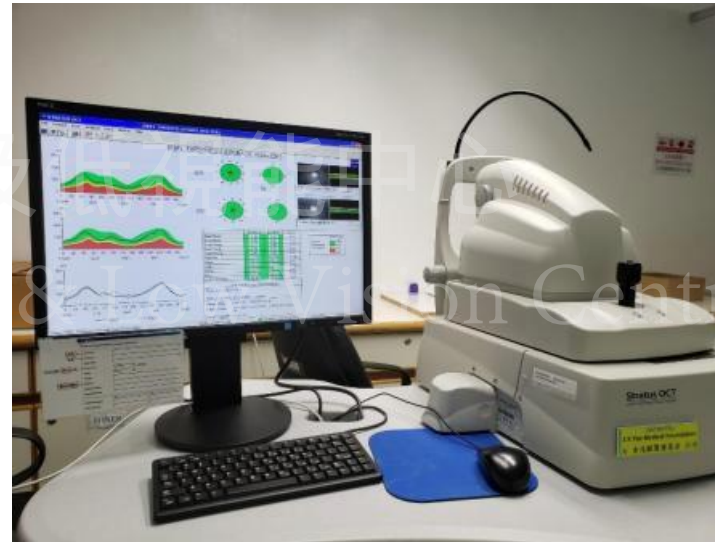
嚴重青光眼 Severe Glaucoma



## 青光眼 Glaucoma

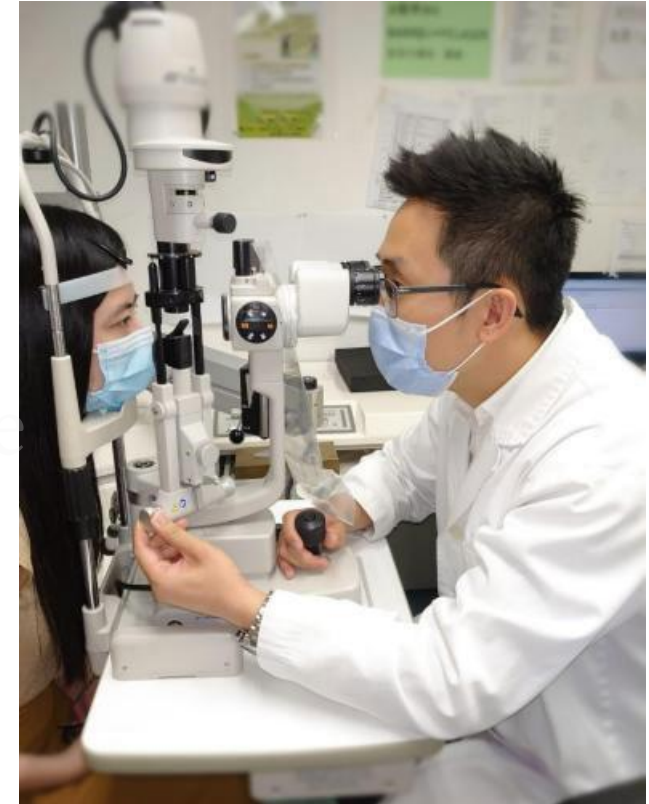
- 目前治療青光眼主要有三種方式，包括藥物、激光治療及手術，均以降低眼壓為目標。由於早期青光眼並沒有什麼病徵，定期眼科檢查是最佳及早發現青光眼的方法。

There are three main ways to treat glaucoma, including drugs, laser treatment and surgery, all of which aim to reduce pressure inside the eyeball. Since early glaucoma has no symptoms, regular eye check-ups is the best way to detect glaucoma.



眼科光學斷層掃描有助診斷早期青光眼的  
其中一種儀器

Optical Coherence Tomography (OCT) is one of  
the instruments that helps to diagnose early  
glaucoma



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## 老年黃斑點病變 Age Related Maculopathy



正常視力 Normal Vision

老年黃斑點病變視力  
Age Related Maculopathy Vision



老年黃斑點病變已成為55歲以上人士的頭號致盲殺手，剛開始時患者會感覺影像中心模糊，周圍則看起來還算清楚，後來逐漸惡化，可能把直線也看成歪曲的線條。

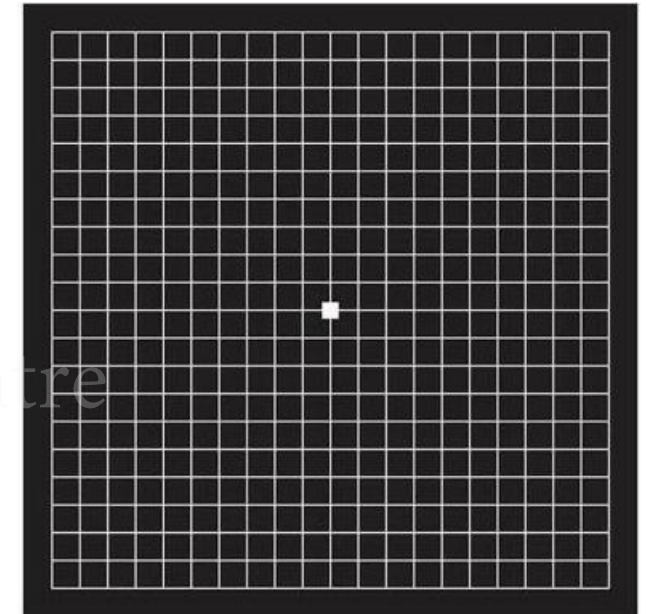
Age Related Maculopathy has become the major cause of blindness for people over 55 years old. Patients usually feel that the center of the vision is blurred, while the surrounding areas look relatively clear at the early stage of the disease. Later, they will find vision become distorted when the disease is worsen.



## 老年黃斑點病變 Age Related Maculopathy

常用的檢查方法有以下四項：Four common tests

1. 視力檢查 **Visual Acuity Test**：評估您的視力清晰度
2. 眼底檢查 **Fundus Examination**：眼科醫生可檢查眼底，查看視網膜及黃斑的狀況
3. 阿姆斯勒方格表 **Amsler Grid**：這是一種自我檢測的方法，使用一個帶有網格的圖表來檢查視力中的扭曲或變形。
4. 光學相干斷層掃描 **Optical Coherence Tomography (OCT)**：無創的影像技術，可以提供視網膜的詳細切片圖像，幫助醫生評估黃斑區的結構。



阿姆斯勒方格表 Amsler Grid



## 糖尿病視網膜病變（糖尿眼） Diabetic Retinopathy

- 長期的高血糖環境會損傷視網膜血管，引起一系列的視網膜病變，如微血管瘤、硬性滲出、棉絮斑、新生血管、玻璃體增殖、黃斑水腫、視網膜脫離，嚴重者可以致盲。
- 維持良好的血糖水平是預防和減緩糖尿病眼病進展的關鍵，這通常包括飲食管理、運動和必要的藥物治療；此外患者要定期進行眼科檢查，以便及早發現變化並及時進行治療。當患者視網膜上發現異常血管或有血管滲出情況出現時，醫生會採用激光治療或藥物以減少出血和視力喪失的風險。請與你的醫生商討最適切的治療方案。
- Diabetic Retinopathy is a diabetes-related eye disease that affects the retina. It occurs when high blood sugar levels damage the blood vessels in the retina, leading to vision problems. The disease can progress through several stages, from mild non-proliferative changes to severe proliferative diabetic retinopathy, which can cause significant vision loss or blindness. Maintaining optimal blood glucose levels is crucial in slowing the progression of the disease. Frequent monitoring by an eye care professional can help find changes and treat early. Laser and medications can be used to seal leaking blood vessels or to reduce the growth of new abnormal blood vessels. Please discuss with your eye professional for the best treat options.

## 飛蚊症 Floaters

- 飛蚊症是指在視野中出現小點、線條或陰影的現象，這些影像看起來像是漂浮在視野中的小蚊子或雜物。這種情況可能是由於眼睛內部的玻璃體變化或退化所引起的。飛蚊症通常是無害的，但如果突然增加或伴隨閃光、視力模糊或視野缺損，應立即就醫。
- Floaters are small spots, lines, or shapes that appear in your field of vision, often resembling tiny insects or specks that seem to drift or float as you move your eyes. They are usually more noticeable against bright backgrounds, such as a clear blue sky or a white wall. This condition may be caused by changes or degeneration of the vitreous inside the eye. Floaters are usually harmless, but if they increase suddenly or are accompanied by flashes of light, blurred vision, or visual field loss, you should seek immediate medical attention.

