

防藍光眼鏡片及太陽眼鏡

Blue Light Filters and Sunglasses

眼鏡不僅是日常生活中的必需品,也是時尚配件的一部分。隨著科技的進步,防藍光眼鏡片和時尚的太陽鏡已成為保護我們雙眼的重要選擇。

Glasses are not only a necessity in daily life, but also a part of fashion. With the advancement of technology, anti-blue light spectacle lenses and fashionable sunglasses have become important choices to protect eyes.



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藍光對人類的影響

How Blue Light Affects Human

Some studies suggest that long-term exposure to high-intensity blue light may cause damage to the retina and increase the risk of vision problems such as macular degeneration.

眼睛疲勞

長時間暴露於來自電子設備的光線，會導致眼睛疲勞，造成不適感，如乾澀、刺痛或異物感。

Prolonged exposure to light ray from electronic devices can cause eye strain and discomfort, such as dryness, stinging, or a foreign body sensation.

視網膜損傷

一些研究表示，長期暴露於高強度藍光有可能對視網膜造成損傷，增加黃斑變性等視力問題的風險。

睡眠問題

晚上過度接觸藍光可能導致入睡困難和睡眠質量下降。

Excessive exposure to blue light at night may lead to difficulty falling asleep and poor sleep quality.

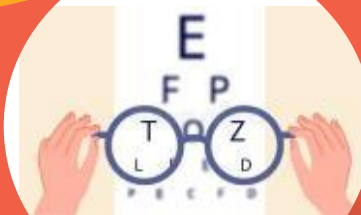
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Blue light filters use special coatings or materials that can block or absorb high-energy blue light and reduce it entering the eyes.



特殊設計能減少螢幕反光，
減輕眼睛疲勞。

The special design can reduce screen reflection and reduce eye fatigue.



透明度高，不影響視物
清晰度。

High transparency, does not affect visual clarity.

太陽鏡的重要性及選購技巧

Importance of Sunglasses and Purchasing Tips



Choose the right size and style for coverage and comfort

遮蔽紫外線

優質太陽鏡能有效阻擋有害的紫外線。

減輕眩光

偏光鏡片能減少反射光線,減輕眼睛疲勞。

時尚外觀

精心設計的太陽鏡可以成為時尚搭配的亮點。

選購技巧

選擇合適尺寸和款式,確保遮蔽與舒適性。

Block UV rays

Reduce Glare

Fashionable Ensemble

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覆蓋式太陽眼鏡

Fit-over Sunglasses

覆蓋式太陽眼鏡專為佩戴眼鏡人士設計，不但過濾陽光中的紫外線，而且更能控制眩光並增加對比敏感度。

Overlay sunglasses are specially designed for people who wear glasses. They not only filter ultraviolet rays, but also control glare and increase contrast sensitivity.

Gray lenses are neutral colors and can effectively reduce light intensity without losing the realism of colors, making them suitable for daily use. The Vision Corner is also equipped with filters specially designed for the visually impaired to meet the different needs of each visually impaired person.

灰色鏡片屬於中性色系，能有效降低光線強度之餘而不失色彩的真實感，適合作日常使用。視光廊更備有專為視障人士而設的濾光鏡，適合各視障人士的不同需要。



保護雙眼從 3P 做起

Right **P**rofessional, Right **P**roduct, Right **P**rotection

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視光師確保你的太陽眼鏡是按照正確的處方製作的，讓您看得清楚，同時保護您的眼睛免受紫外線傷害。



Right Professional

Optometrist ensures your sunglasses are made with the correct prescription, allowing you to see clearly while protecting your eyes from UV rays.



材料本身會影響紫外線防護程度。尋找經過 100% 阻擋 UVA 和 UVB 射線處理的鏡片。



Right Product

The material itself can influence the degree of UV protection. Look for lenses that are treated to block 100% of UVA and UVB rays.

選擇由適合視覺需求的合適材料製成的太陽眼鏡，能增強保護性和時尚感。



Right Protection

choose sunglasses made from the right materials that align with your lifestyle, comfort, and visual needs, ultimately enhancing both protection and style.

Vision is our Mission



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讓我們一起關注眼睛護理， 享受更美好的生活。

本資訊由香港盲人輔導會視光廊提供

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視光廊
VISION CORNER



視光廊 (石硤尾)



3723 8122



9727 4439



元朗眼科中心



3955 3393



6792 3920



HKSB EYE

