

兒童控制近視方案

Myopia Control

在香港的年輕群體中，近視是一個越來越普遍的視力問題。現代醫療技術提供了多種方法來控制近視，其中三個最常見且有效的技術是光學離焦鏡片、角膜塑形鏡和低濃度阿托品眼藥水。

Myopia is an increasingly common vision problem among young people in Hong Kong. Modern medical technology provides a variety of methods to control progression of myopia, three of the most common and effective technologies are Optical Defocus Lenses, Orthokeratology Lenses, and Low-concentration Atropine eye drops.



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影響學習

近視若未能好好矯正，視力模糊會影響學習，使閱讀困難，導致學習成績。

If myopia is not properly corrected, blurred vision will affect learning, make reading difficult, and lead to poor academic performance.

影響生活

近視會影響日常生活，例如運動、玩耍等，降低生活質素。

Myopia will affect daily life, such as sports, playing, etc., and reduce the quality of life.

近視的影響 Effects of Myopia

增加風險

深度近視患者容易患上眼部疾病，例如青光眼、白內障、黃斑點病變等。

High myopia is usually an underlying cause for eye diseases such as glaucoma, cataracts and macular degeneration, etc.

心理和社交影響

嚴重近視問題可能導致自信心下降，特別是在青少年中，可能影響社交互動。

Severe myopia can lead to decreased self-confidence, especially in teenagers, and can affect social interactions.

光學離焦鏡片計設

Optical Defocus Lens Design

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分區設計

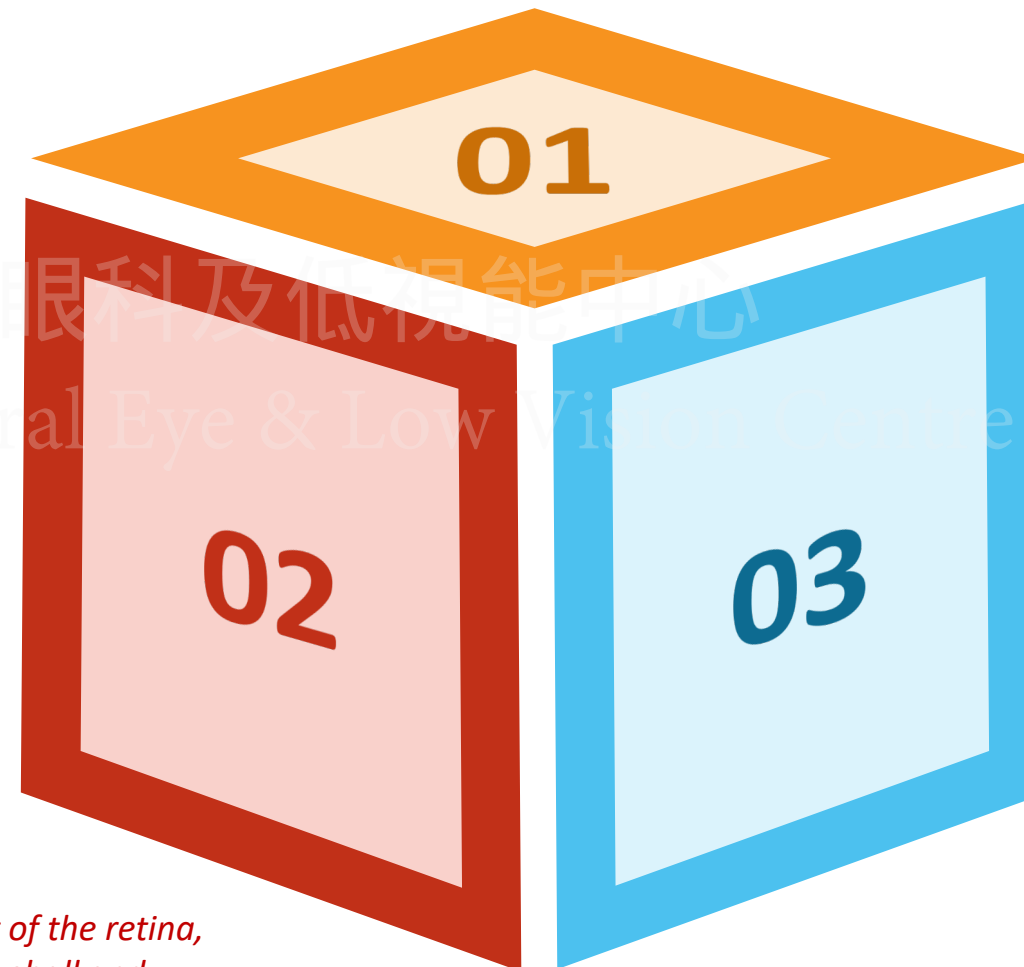
鏡片由多個同心的環狀光學區域組成,中央區域提供清晰的視力,周圍環狀區域則產生周邊散光焦點。

The lens is composed of multiple concentric annular optical areas. The central area provides clear vision, while the surrounding annular area produces peripheral defocus.

調節焦點

鏡片能夠將周邊焦點稍微向前移動,減慢眼球延長,從而減慢近視的發展。這種技術通過調節光線聚焦來減慢近視惡化。

The lens focus peripheral light in front of the retina, slowing down the elongation of the eyeball and development of myopia. This technology slows down myopic progression by adjusting focus of light rays



減緩眼軸延長速度

鏡片可減緩眼球軸長的增長及近視的進展,這對於兒童尤其有效,能夠減緩近視的進一步加深。

Lenses can slow down the growth of the axial length of the eyeball and the progression of myopia. This is especially effective for children to slow down myopic progression.

角膜塑型鏡

Orthokeratology (Ortho K)

角膜重塑

Ortho K 利用特製的隱形眼鏡暫時重塑角膜形狀,使周邊光線能夠聚焦在視網膜前。

Ortho K uses special contact lenses to temporarily reshape the cornea so that light can focus in front of the retina.

長期效果

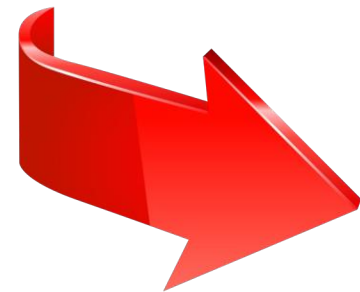
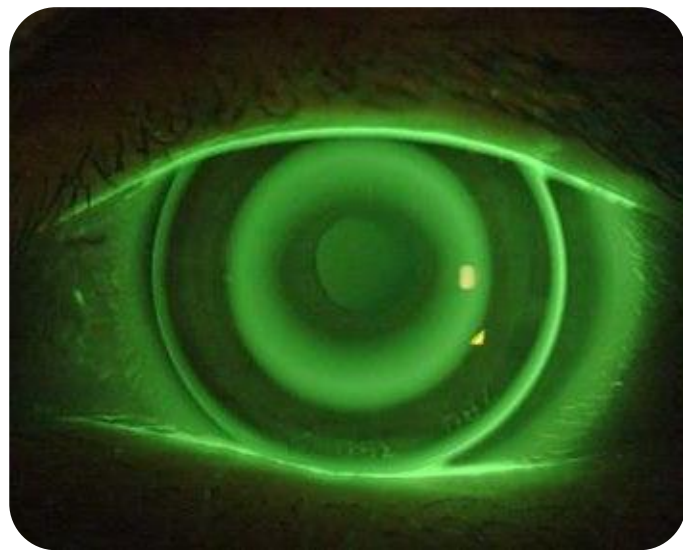
通過持續使用Ortho K 隱形眼鏡,角膜形狀的改變可持續數小時甚至數天,為患者帶來持久的視力矯正效果。

With continued use of Ortho K contact lenses, changes in the shape of the cornea can last for hours or even days, giving patients long-lasting vision correction.

近視矯正

這種角膜重塑過程可以暫時矯正近視,使患者在白天無需戴眼鏡就能擁有清晰的視力。

This corneal reshaping process can temporarily correct myopia, allowing patients to have clear vision during the day without wearing glasses.





低濃度阿托品眼藥水

Low-concentration Atropine eye drops

- ❑ 有研究指出這藥物會抑制眼睛纖維組織生長，令眼軸增長速度減慢
- ❑ 需要每天使用眼藥水來維持控制近視效果
- ❑ **本中心暫時並未提供阿托品眼藥水作控制近視用途**
 - Some studies have shown that this drug can inhibit the growth of fibrous tissue in eyes and slow down the growth rate of the axial length of the eye
 - Eye drops need to be used daily to maintain myopia control
 - **Our center does not provide atropine eye drops for myopia control**

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控制近視方案比較

方法	光學離焦鏡片	角膜塑形鏡	低濃度阿托品眼藥水
原理	周邊離焦	角膜塑形	藥物作用
優點	佩戴舒適，安全性高	白天無需佩戴眼鏡	方便使用
缺點	仍需配戴眼鏡	需要適應期，需定期清潔鏡片	可能存在副作用，需要醫生評估

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Myopia Control Methods Comparison

Method	Optical Defocus	Ortho K	Low Concentration Atropine
Principle	Correction of optical defocus	Reshape cornea	Drug reaction
Pros	Comfortable to wear and high safety	No need to wear glasses in day time	Convenient
Cons	Children need to wear glasses	It requires an adaptation period and the lenses need to be cleaned regularly	There may be side effects and need to be evaluated by a doctor

建議 Suggestions

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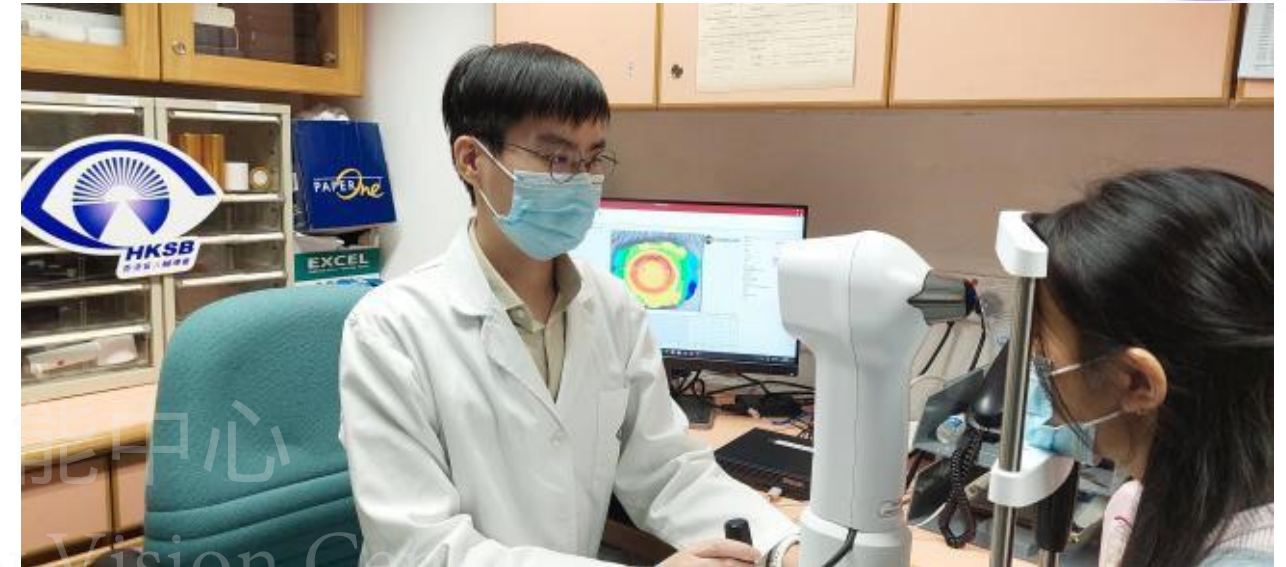
專業評估

帶孩子到眼科中心進行專業檢查，由視光師評估近視程度、眼部健康狀況，並根據情況選擇方案。



溝通協商

與孩子溝通，了解孩子的意願和需求，共同選擇適合方案。



定期檢查

無論選擇哪種方案，都需要定期回醫院檢查，監控近視發展情況，及時調整方案。

Take your child to an eye center for a professional examination. The optometrist will evaluate the degree of myopia and eye health, and choose a plan based on the situation.

Communicate with your children, understand their wishes and needs, and choose a suitable plan together.

No matter which plan you choose, you need to return to the hospital for regular check-ups, monitor the development of myopia, and adjust the plan in a timely manner.