

眼科專科中心眼鏡視光部

本中心設有眼鏡視光部，由一級專業視光師及資深眼鏡從業員主理，為市民提供專業及正確的驗眼、眼鏡選擇、配戴及調較服務。

眼科專科中心不單只為市民的眼睛健康作醫療診治，現還著眼改善視覺美容。有見及此眼鏡部亦擴展以配合市民的需求。

老花眼鏡不再煩

漸進式隱形眼鏡矯老花

相信很多人都會被配戴老花鏡的不便所困擾，尤其是本身已患有近視或遠視。一般雖可用漸進式眼鏡解決問題，但對於一向習慣配戴隱形眼鏡或不接受配戴眼鏡的人士，始終會做成不便和煩惱。現在有多焦點隱形眼鏡就可解決一切問題，它結合了近視鏡、遠視、老花鏡光度於一身。由遠距離，中至電腦，近至看書一都可以發揮它的用途。可助你於日常工作間減去眼鏡的枷鎖，尤其對初起老花的人士，效果更顯著。

年紀小小，近視卻不斷增長，怎麼辦？

Ortho-K角膜矯形隱形眼鏡

暑假將至，是時候檢討小孩子的眼睛健康了。現在小孩子患有近視或近視加深幅度快是非常嚴重的問題。

要應付日常生活視力，又要控制近視增長，但年紀小小又不能利用激光矯視。家長會問：有沒有其他方法可幫忙呢？答案是有的。現時，控制近視鏡即角膜矯形隱形眼鏡 Ortho-K 便可幫助小朋友減低近視加深的速度，又可免去日間配戴鏡片之不便。只要於晚上配戴，早上就會有足夠視力應付日常生活。

如有關於眼鏡問題，歡迎致電眼鏡部查詢。

香港診所：2526 8970

九龍診所：2380 5957



眼鏡部經理鍾瑞虹視光師與
眼鏡驗配師

Manageress of the Optical
Department, Miss Annette
Chung and staff



The Hong Kong Ophthalmic Associates The Optometric and Optical Department

The department is managed by registered optometrists (Part 1) and experienced optical staff who provide professional services, the highest quality refractions, the most appropriate glasses or contact lenses selections, fittings and adjustments.

The Hong Kong Ophthalmic Associates appreciate the need for aesthetics in addition to the physical health of the eyes. Hence the Optical Department had been expanded accordingly.

No more Reading Glasses?

Varifocal contact lenses to correct presbyopia

Many people find the need for reading glasses inconvenient yet inevitable, especially if they already have short-sightedness or long-sightedness. While it may be helped with varifocal glasses, it is still not a satisfactory option for daily contact lens wearers or those who do not wish to wear spectacles. This situation is inconvenient and can be bothersome.

The latest solution is multifocal contact lenses which incorporate short or long-sightedness correction and reading correction. Hence clear vision can span from distance to intermediate, then to computer work and continually to book reading. Such contact lenses can reduce the dependency on corrective glasses during daily activities; the benefits are more marked in those who just developed the need for reading aids.

My child is getting more and more short-sighted. Can anything be done about it?

"Ortho-K" orthokeratology contact lens

The summer holidays are coming and its time to review children's eye health again. Many children are suffering from short-sightedness early and the degrees keep increasing rapidly. These can become a significant problem.

While clear vision is necessary in everyday life, it would be ideal to keep the degrees under control, and children are too young to receive laser refractive correction surgery. Parents may ask "Is there any other solution?"

The answer would be "yes". Orthokeratology contact lenses (Ortho-K) can reduce short-sightedness in children and may help its progression, without the need to wear any contact lenses or glasses during the daytime. Just wear them overnight and adequate clear vision would be available for daily activities.

For enquiries about glasses and contact lenses, please contact the Optometric and Optical Department.

Hong Kong Clinic : 2526 8970

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炎夏護眼小貼士

炎炎夏日又到來了，對付眼睛的病菌就會蜂湧而出，以下提供一些炎夏護眼小貼士，雖然只是一些常識，但總有很多人會忽略，所以不要掉以輕心。

- ☀ 千萬不要用水喉水沖洗眼睛，最好自備眼藥水或人造淚水以備不時之需。
- ☀ 到海灘游泳時，最好戴上泳鏡防止水內的細菌入眼；要切記不可戴上隱形眼鏡後再戴泳鏡，因為隱形眼鏡為細菌提供一個很好的黏附材料。
- ☀ 尤其浸溫泉時，一定要除下隱形眼鏡，否則很易染上角膜炎和結膜炎。

Hot tips for your eyes in the summer

The summer season is fast approaching; many micro-organisms harmful to the eyes may be growing rapidly under the hot and humid conditions. The followings are some general advice to help protect your eyes. Though they may seem obvious, they are often overlooked.

- ☀ **Do NOT rinse your eyes with tap water. Keep some eyewash or artificial eyedrops handy.**
- ☀ **When swimming particularly in the sea, DO wear swimming goggles to protect your eyes from contact with micro-organisms. Contact lenses should not be worn even under the goggles as the contact lens provides a tremendous surface for micro-organisms to stick onto.**
- ☀ **In particular during a visit to the hot springs, contact lenses must be removed; otherwise it is very easy to catch an infection in the conjunctiva and the cornea.**

IntraLASIK 專頁

全港最快・無刀・激光矯視手術

全港獨有・完美組合 = IntraLase + Allegretto 400

ALLEGRETTO WAVE Eye-Q Excimer Laser System 激光矯視機

本中心最新引進全港速度最快 400Hz 之 ALLEGRETTO WAVE Eye-Q Excimer Laser System 激光矯視機，具備獨有的高頻跟蹤 (400Hz)、高頻發射 (400Hz)、其跟蹤與發射的完美協調以及更為符合人眼生理結構的Q值引導的個體化手術可以使治療達到高度安全、舒適及療效確切的完美境界。

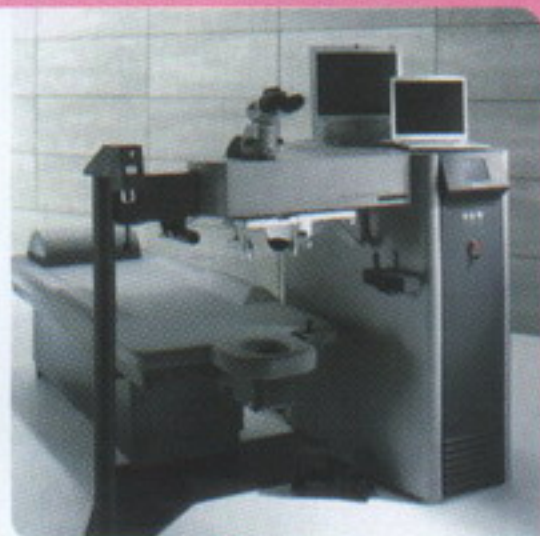
- 400Hz的激光發射速度，每矯正100度近視或散光，只需2.5秒時間完成。換句話來說，矯正600度近視，只需15秒時間！
- 400Hz的高頻跟蹤確保了術中即使患者眼球輕微轉動也能完成準確的中心切削。
- 特有的小光斑能夠產生所要求的極精細的切削曲線，減少角膜組織的切削量。
- 可以對因人而異的角膜Q值進行調整從而使手術效果更加精確。

甚麼是Q值？

角膜的非球面性 (稱作Q值) 會影響在弱光條件下的人眼視力，利用ALLEGRETTO WAVE 之Q值導引，使患者角膜球面得到最佳個人化的重塑，改善角膜問題，從而得到更加滿意的視覺品質。減少眩光，大幅提升夜間視力與寬廣的視野。



本中心最新引進的IntraLase FS30，是首部引入香港的第二代全激光角膜層板分離器；相比起2004年末，香港同業引進的IntraLase FS15，速度快了一倍。



本中心最新引進全球速度最快 400Hz 之 ALLEGRETTO WAVE Eye-Q Excimer Laser System 激光矯視機。每矯正100度近視或散光，只需2.5秒時間完成。換句話來說，矯正600度近視，只需15秒時間！

ALLEGRETTO WAVE Eye-Q Excimer Laser System

Introducing the latest laser refractive correction system, the fastest in Hong Kong at 400Hz, with ALLEGRETTO WAVE Eye-Q Excimer Laser System. This system used in the centre has a uniquely high frequency tracker (400Hz) for perfect targeting during surgery that is matched to its fastest laser pulse frequency (400Hz). In addition the Allegretto Wave offers a Q-value adjusted customized treatment that incorporates wavefront principles. Every procedure is tailored to the patients' corneal curvature and refraction with the intention to preserve the natural aspheric cornea shape, and to maintain or improve quality of vision and visual acuity. Safety, comfort and perfection are of top priority.

- 400Hz laser pulse frequency means it takes 2.5 seconds to correct 1.00 dioptre of short-sightedness or astigmatism. In other words, for 6.00 dioptres short-sightedness, it only takes 15 seconds!
- The high frequency tracking system (400Hz) ensures perfectly accurate centering even if there are movements of the eye during treatment.
- The special small spot size ensures precision and its Gaussian Beam profile ensures a smooth ablation of the corneal tissue without grooves and ridges, and reduces tissue loss to the minimum.
- Highest precision surgery is achieved with the Q-value adjusted customized treatment, tailored to individual patient, incorporating wavefront principles to achieve the best visual outcome.

What is Q-value?

The human cornea is naturally aspheric (Q-value) and helps all light rays to focus onto one sharp focus point, especially in dim conditions when the pupil is larger. The Allegretto Wave Eye-Q Excimer Laser System performs an ablation with the objective to create a natural post-operative cornea shape and preserve the cornea's asphericity. Every treatment is customized to the patient's individual refraction and corneal curvature. As a result the most satisfactory visual quality can be achieved, minimizing the chance of halo effects and enhancing the quality of night vision with broader true optical zone.