

天色晴朗與陽光普照的夏天，絕對是享受藍天碧海與日光浴的季節，在輕鬆享受的同時，勿對UV紫外線掉以輕心！單單塗上太陽油是不夠的，配上一副太陽眼鏡才是完善抵擋紫外線的防禦裝備。

自從大氣層逐漸變薄，阻擋到的UV紫外線愈來愈少，天文台經常錄得紫外線指數為「極高」，紫外線因氧化產生的游離基，有機會令眼內的水晶體退化，慢慢演變成白內障。現時約1/5白內障病患者與暴曬有關。在這些日子，架上一副可遮擋紫外線的太陽眼鏡是十分重要的，以下為大家提供選擇太陽眼鏡的小貼士：

- 要留意太陽眼鏡上的標籤是否註明可阻擋紫外光 (UVA及UVB 90-100%)
- 選擇覆面大而體貼面形的太陽眼鏡抵擋紫外線
- 對於長時間處身在陸上、水上、雪地上的人來說，寶麗萊鏡片絕對是他最佳的選擇，因為平地反射的紫外線較多，寶麗萊鏡片可抵擋大部份的紫外線，而同時有清晰的景觀。

單單太陽眼鏡是不足夠抵擋猛烈陽光的侵襲，還有要記得戴上帽子，方才享受夏日的陽光！

## 定期帶你的孩子作眼睛檢查，及早發現眼睛問題，有助根治。

暑假快要來臨了，今年的暑期活動除了帶你的孩子到沙灘享受一個快樂的下午，還記著帶他作眼睛檢查！

醫生如及早發現一些視力問題例如弱視、斜視的癥兆，成功根治的機會率亦會大大提高，小朋友亦較易回復正常視力！初出生的嬰兒及學前階段的孩童的視力檢驗是十分重要的，及早的診斷及矯正，能有效為他們日後建立正常及良好的視力。

對一些有遠視或近視的孩子來說，他們需定期檢驗視力有否進步，並決定是否需要配戴新眼鏡或接受矯視訓練。



## 完美組合 全港最快·無刀激光矯視手術



### IntraLase FS60 system

基於每人的眼睛長短、弧度不一，因此，激光矯視手術愈精確，愈能度身訂造，對眼角膜的損害愈少，痊癒愈快。

本中心特別引入全球速度最快之400 Hz Allegretto Wave Eye-Q Excimer Laser System激光矯視機再配合全港唯一內置IEK的最近IntraLase FS60儀器，為病人提供無刀及最快的純激光矯視手術。

### Allegretto 400激光矯視機

眼科專科中心引入了目前追蹤最快而且最準確的400Hz Allegretto Wave Eye-Q Excimer Laser System激光矯視機，令手術的安全性大大提高。





眼科專科中心服務香港三十年，致力以最先進的眼科醫療技術及設備，為需要的人士提供多元化及全面的眼科治療。眼科專科中心備有現今世界最先進精密的儀器，由驗眼、視光測驗、激光視力矯正，以至各種大小眼科手術，所有的儀器都是目前最先進的科技產品。此外，眼科專科中心更不斷由歐美引進最新的眼科治療技術，務求做到精益求精。

For over three decades, The Hong Kong Ophthalmic Associates aims at providing the best services with the most advanced equipment to patients. The Hong Kong Ophthalmic Associates has introduced the latest medical equipment and technologies for assessments, LASIK, cornea transplant and other surgeries. Our experienced medical, nursing and clerical staff are professional and dedicated to providing attentive and comprehensive services to our patients.

眼科專科中心定期舉辦眼科講座，由眼科專科醫生主講，歡迎與眼科專科中心聯絡。

The Hong Kong Ophthalmic Associates hosts regular seminars on eye health which are conducted by ophthalmologists.

Please contact us for further details.  
Enquiry Hotline 查詢熱線: 2381 1614  
Website 網址: [www.eyehk.com.hk](http://www.eyehk.com.hk)  
Email 電郵: [hkoa@eyehk.com.hk](mailto:hkoa@eyehk.com.hk)

**HKOA** 眼科專科中心  
The Hong Kong  
Ophthalmic Associates

WHEN THE WEATHER GETS HOTTER,  
YOU SPEND MORE TIME OUTDOORS SUNBATHING  
AND YOU REAPPLY SUNSCREEN MORE OFTEN.  
KEEPING YOUR EYES HEALTHY IS JUST AS IMPORTANT  
AS PROTECTING YOUR SKIN FROM SUN DAMAGE.

As the ozone layer continues to deplete, there is more and more UV exposure, and that can lead to increased risk for cataracts and other eye problems. So, wearing sunglasses is very important. The Hong Kong Ophthalmic Associates shares some tips with you before your purchase of sunglasses:

- make sure that the label says that the sunglasses will protect you from 99-100% UVA and UVB rays
- choose sunglasses that fit as close to the face as possible for better protection
- polarized lenses may provide added comfort to people who spend time surrounded by horizontal surfaces as these lenses can block the light rays that are reflected from these surfaces

Sunglasses alone cannot offer full protection needed, always wear a large brimmed hat as well.

Have an enjoyable summer!

## VISION CHECKUP FOR YOUR KIDS

Summer vacation is around the corner. Besides taking your kids to the beach for swimming, bring them to The Hong Kong Ophthalmic Associates for vision checkup!

Watch for early signs of vision impairments such as amblyopia, strabismus. Early detection greatly increases chances that treatment will be successful and normal vision will develop. Children should be examined during infancy and preschool years to detect potential vision defects.

For children that are already short-sighted or far-sighted, it is also necessary to check if the vision has improved, or new spectacles are required.



## THE HONG KONG OPHTHALMIC ASSOCIATES PROVIDES YOU "THE FASTEST AND BLADE-FREE LASIK SOLUTION" IN HONG KONG



### IntraLaseFS60 system with IEK

The IntraLase FS60 Enable Keratoplasty™ system which is currently the most advanced technology in LASIK.

### Allegretto 400

400Hz Allegretto Wave Eye-Q Excimer Laser System is the fastest excimer laser system available today. The incredible power of the high-speed laser of The Allegretto Wave Eye-Q has helped people to correct their vision in as little as eight seconds. The Allegretto Wave Eye-Q Excimer Laser System has been equipped with high-speed eye-tracking function which follows the eye's movements to ensure accurate placement of each laser pulse on the cornea. Therefore, Allegretto Wave Eye-Q Excimer Laser System delivers superior results with accuracy, precision and least risk of side effects.



No eyeballs are identical because they differ in length and corneal curvature. Therefore the more precise the LASIK operation, the less damage to the cornea and the shorter the recovery period. The Hong Kong Ophthalmic Associates recognizes the need for personalized LASIK solution and has introduced the IntraLase-FS60 plus Allegretto 400 to provide "the fastest and blade-free LASIK solution" to patients in Hong Kong

