



## 兒童常見的眼疾

**弱視 (懶惰眼)** — 弱視眼是指其中一隻眼睛聚焦不準、兩眼屈光參差、鴛鴦眼，或因媒介物混濁如先天性白內障而引致影像模糊不清，患病的兒童需配戴合適的眼鏡，才能看清楚事物。另外，部份的兒童亦需作蓋眼治療。

**斜視** — 斜視眼在兒童眼疾病人中十分普遍，俗稱為「鬥雞眼」。當中以內、外斜視最為普遍。這個病是由於先天缺憾或後天腦部創傷，令眼部神經受損，而兩眼不能協調去看景物，或因兩眼度數差異很大，導致斜視。

**色弱 (色盲)** — 色弱或色盲是一種無法正確辨識部分或全部顏色的疾病，通常色盲發生原因與遺傳有關。

**近視** — 近視的成因是由於眼球過長或角膜過於彎曲，以致光線投影在視網膜前，令遠景不清晰。

**遠視** — 遠視即眼球過短或角膜弧度不足，以致光線投影在視網膜後，令遠景甚至近景均不清楚。

## 全港首創 — Children's Corner

本港現時每100名兒童則有4名患有先天性的視力問題，當中斜視及弱視問題最為普遍，患弱視眼的兒童約有4%，比美國的1.34%高出近三倍。有眼科專科醫生表示兒童在8歲前根治眼疾，大大有助日後恢復正常視力。

有弱視、斜視的小朋友除了要接受一般的治療外，嚴重的更要戴上眼罩或眼鏡，所以他們大多不肯合作。有見及此，香港眼科日間手術中心去年11月首創了「Children's Corner」，在一個趣緻的房間裡透過一些色彩繽紛的穿珠子及積木遊戲、好玩的電腦程式、圖像訓練等等，按他們的實際情況，為小朋友提供視力訓練。例如「稜鏡訓練」，即是利用觀看圖像產生的視覺錯覺，鍛煉小朋友的立體感及兩眼協調，而有弱視的小朋友則要接受蓋眼訓練，他們會蓋著一隻眼睛用魚絲穿珠子及電腦遊戲，訓練他們使用有弱視問題的眼睛。

總體來說，接受了「Children's Corner」訓練的小孩子效果都相當不錯。本應有一個小孩兩眼屈光十分嚴重（屈光也可稱為近視或遠視），配戴眼鏡後，檢驗出來的最佳視力只有V.A. 0.5，但訓練後竟可完全回復正常的視力，即是V.A. 1.0！另外，「Children's Corner」比起傳統方法能更有效改善弱視兒童的病情進展。如果要弱視兒童長期蓋上一隻眼或戴上眼鏡，他們會很不舒適，所以兒童的合作性亦相對較低，容易半途而廢，但如果加上遊戲去訓練的話，不但令治療變得有趣，小朋友樂於接受，而且痊愈亦相對較快。

## 香港眼科日間手術中心為白內障病人提供不同的「人工晶體」

「人工晶體」是一塊植入眼球內的人工透鏡，作用是在白內障手術中取代眼球內有問題的晶狀體。白內障手術可用的「人工晶體」其實有很多種類，每一種的「人工晶體」都具備不同的特性，以配合不同病人的需要。「人工晶體」並非愈貴愈好，也要因應白內障病人的病情及個別的需要，選擇最合適的「人工晶體」。白內障手術後能否恢復良好的視力是另一個重要的考慮，現在推出一些更新的「人工晶體」比以往的「人工晶體」能夠解決更多的視力問題，所以眼科醫生在決定使用哪一種「人工晶體」上需要更慎重地考慮，務求令病人恢復最佳視力。香港眼科日間手術中心的眼科專科醫生具豐富的臨床經驗，除了會為病人詳細檢查眼睛，以了解他們的需要外，並會建議最適合病人視力需要的「人工晶體」。

香港眼科日間手術中心提供最新的白內障超音波乳化微切口手術配上不同的人工晶體，能夠為白內障病人提供完善及專業的治療方法，讓病人在更快及在更安全的情況下恢復視力。





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.

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## The First “Children’s Corner” to Address the Vision Problems in Children

Current research shows that about 20% of school-aged children have undetected vision problems which are hindering their school performance. Since many vision problems begin at an early stage, it is important that children receive proper eye care.

### Common Vision Problems in Children

**Amblyopia** (Lazy Eye) means that one eye has not developed normally and always has blurred vision. Amblyopia occurs when the brain favors one eye and refuses to use the other.

**Strabismus** (Crossed Eyes), commonly referred to as wandering eyes, occurs when one or two eyes turns in or out, up or down. The condition is caused by the brain’s inability to coordinate both eyes simultaneously.

**Color Deficiency** (Color Blindness) means that they have problems identifying some colors.

**Myopia** (Nearsightedness) means that the eyeball is too long for the normal focusing power of the eye. As a result, images of distant objects appear blurred.

**Hyperopia** (Farsightedness) means that the eyeball is too short for the normal focusing power of the eye. In children, the lens in the eye accommodates for this error and provides clear vision for distance and usually near viewing, but with considerable effort that often causes fatigue and sometimes strabismus.

The Hong Kong Ophthalmic Associates recognizes the need to address the vision problems of children at their early age and recommends the parents to bring in their children for vision screening at the age of 3 to 5. In addition, we have introduced the first “Children’s Corner” in Hong Kong which provides vision therapy to children with vision problems.

Vision therapy is a series of treatment procedures to improve certain type of vision problems that cannot be helped with only glasses or contact lenses. Vision therapy corrects amblyopia (lazy eye) and some forms of strabismus (crossed eyes), and this is done without the need for surgery.

For children with strabismus (crossed eyes), they will be taught to have the eyes aimed together and train the brain to receive and fuse the visual images from both eyes at the same time through games and interactions.

For children with amblyopia (lazy eye), vision therapy is highly successful as it stimulates and guides visual development, training the brain to perform visual functions that did not develop on their own.

With the introduction of “Children’s Corner”, the Hong Kong Ophthalmic Associates believes that the vision problems of children can be improved and will help change the lives of these children.



## The Hong Kong Ophthalmic Associates Helps Cataract Patients with Different Intraocular Lenses

Intraocular lenses, or IOLs, are the artificial lenses that replace the eye’s natural lens that is removed during cataract surgery. There are a variety of IOLs that can be used in cataract surgery (Fixed Focus Monofocal IOLs, Accommodating Monofocal IOLs and Multifocal IOLs). They each have their own set of advantages and disadvantages. No single IOL works best for everyone. Good vision after cataract surgery is another important consideration, with the newly introduced IOLs that can solve more vision problems than ever, surgeons have more to consider before choosing IOLs for their patients. Experienced ophthalmologists of the Hong Kong Eye Day Surgery Centre, after thorough examination, will understand your needs and recommend you the most appropriate IOL for your visual needs. Combining the different intraocular lenses with the latest surgery technique, phacoemulsification, The Hong Kong Eye Day Surgery Centre provides the perfect solution to cataract patients. The patients will recover in a short period of time with less risk of astigmatism.

