

本中心於4月19日（星期六）舉行每年一度的護士及員工培訓工作坊，主題為“專業服務培訓”。

由唐柏泉醫生主講“與病人溝通的重要性”，探討在服務病人時如何應對，程序的輕重急緩，對答禮貌與及應變的技巧；此外，技術訓練方面包括：由韓尚穎醫生講解“兒童視力訓練”；曾滿光醫生講解“眼後疾病”；葉禮邦醫生解說新技術“植入式隱形眼鏡的原理及好處”。

中心希望通過這些定期培訓課程，提高護士及員工質素與專業水準，保證病人能得到最佳的照料。

Professional Training – Update of Latest Technologies

The Hong Kong Ophthalmic Associates held another training seminar for all clinical staff on Saturday 19th April 2008.

The theme this time was “professional services training”.

Dr. Patrick Tong spoke on the topic “the importance of communication with patients”, demonstrating interaction, priorities, manners and management skills. Dr. Charmaine Hon spoke on the subject of “visual training in children”, and Dr. Jonathan Tsang, “on vitreoretinal diseases”. Dr. Jean Paul Yih introduced the latest technologies in “implantable contact lens”, its rationale and the advantages.

It is our mission to provide the best possible care to our patients. Through regular trainings, we aim to maintain the highest quality and best professional care from all our staff.



IntraLasik 專頁

HONG KONG EYE
DAY SURGERY CENTRE

Not just another LASIK centre. Optimized Wavefront IntraLasik

不一樣的純激光矯視中心

完美化波前純激光矯視

今天，激光矯視已不再討論第幾代，本中心現已進展到一個全新的紀元“完美化波前純激光矯視”。本中心最新IntraLase FS60用激光分離角膜手術使效果更完美、絕對安全及精準。而全港速度最快之激光矯視機 Allegretto Wave Eye-Q 400 配合本中心獨有的：

In today's LASIK, we no longer talk about “generations”. Our centre has now moved into a new era: Optimized Wavefront IntraLasik.

Our centre uses the latest technology with IntraLase FS60 preparing the cornea with a laser making the result faultless, absolutely safe and precise. In addition, we have the fastest LASIK machine in Hong Kong. We exclusively utilize the Allegretto Wave Eye-Q 400 in combination with:

1 Allegro Topolyzer 角膜地圖儀
專門用作測量不規則角膜，提供數據作針對性屈光手術治療

1 Allegro Topolyzer
It specifically measures irregular corneas providing data for customized refractive laser surgery

2 Allegro Wavefront Analyzer 波前像差儀
採用入射式Tscherning方法進行精確像差測量，應用在高精密個體化屈光手術上

2 Allegro Wavefront Analyzer
It takes a detailed wavefront scan, utilizing the Tscherning principle, for use in top precision customized correction.



3 Allegro Oculyzer
提供數據用作眼前房屈光手術

3 Allegro Oculyzer
It provides data for anterior segment refractive surgery.

利用完美化波前打磨技巧令效果不但更精確，減少不必要的眩光，更能設計不同的程式，針對不同年齡的視力需求，更可免卻老花的煩惱。

為配合完美化，我們的激光矯視中心 DSCLASIKCENTRE，於二零零八年二月作出大革新，座擁市中心全層共3000呎的香港眼科日間手術中心，以高科技、現代化為設計藍本。特設寬敞、舒適的接待大堂，方便講座舉行。歡迎參加免費講座，進一步瞭解“完美化波前純激光矯視”。

Using Optimized Wavefront IntraLasik ablation techniques results in an accurate refractive outcome and reduces unnecessary halos. It can even design customized formulae specifically for the different visual requirements of patients of different ages. It can even eliminate presbyopia (reading difficulties) so that after surgery, reading glasses are not required.

To ensure the perfect outcome, our DSCLASIKCENTRE underwent a major expansion in February 2008. We are now situated in the heart of the city, a 3,000 square feet premise with dedicated staff exclusively for LASIK and it is equipped with the latest modern technology. It was built on a modern “high-tech” basis. There is a spacious and comfortable reception area with ample space for lectures. Everyone is very welcome to attend our free seminars to learn more about



漸進鏡戴出 年輕新典範

40歲以上的朋友，會否覺得現有的一副眼鏡已不敷應用呢？

當近距離讀報紙雜誌時，會否經常把眼鏡拿下拿上，或把讀物推前推後，調節距離呢？使用電腦的上班一族，當長時間處理文件時，是否發覺很難聚焦，而眼睛須不斷作出調節，令到眼球緊張，容易疲累？

這些現象，不但影響日常工作，而反覆移動距離的小動作，也給人留下差勁的印象。這時，一副多焦點鏡片，就幫上很大忙了。不論距離遠近，看東西都流暢自如，視野不再受限制，眼鏡再不必拿上拿下，減輕眼睛負擔，即時提升工作和生活效率，全身綻放年輕的光芒，令人對你大為改觀。

如何選擇合適的漸進鏡呢？

首先，最好的鏡片並非一定是最貴、最先進、設計最精密的；反而一副最適合自己的鏡片才最重要。所以必須了解本身需要：依據職業、工作性質、工作環境、生活習慣、用途時間等因素，才能作出決定。要知道市場上鏡片產品，琳瑯滿目，多不勝數。不同的產地、品牌、設計和種類，但往往都只吹捧自己的產品為最全方位、最全視線、配戴最舒適……究竟當中有何優點呢？

一副驗光處方漸進鏡，並不同同一世合用

當配戴不適不合用的時候，人們往往歸咎於度數不對，焦點錯對，但這只是原因之一。雖然你可能已選擇了最好和最貴的，但選錯鏡片種類和設計，或所選鏡框無法適合所選之漸進鏡片，最後變成配對不當。亦有些時候，明明戴上那副已多年慣用，但隨著環境改變、工作性質改變，甚至忽略了度數的轉變等……即使眼鏡配製得宜，還是得不到預期效果。因此一個由專業技術人員給予專業意見和指導的全方位檢查，才能充份了解客人所需，配製適合你的漸進鏡。

How to choose the progressive lenses?

A new impression of wearing progressive lenses

Above the age of 40, most people start to have difficulty focusing at close range, such as reading, writing or working with the computer. This happens to everyone in life, even those who have never had vision problem before. The eyes get tired and strain easily. Early on, when reading, the people tend to hold the reading materials further away – until they cannot go any further. This movement will make the eyes more fatigue and tired that will affect their working performance and outlook appearance.

In order to alleviate the burden of the eye to work more efficiently and comfortably, a pair of progressive lenses is the best solution. Progressive lenses ensure the maximum amount of clear vision available in a lens for your prescription. Progressive lenses are divided to three parts: distance (top portion of the lens), intermediate (central portion, such as for computer use) and reading (lower portion). The power are changed gradually from the top to bottom part of the lens, therefore giving a vertically curve area which enable the wearer to see clearly in all distances. Close up or far away, without unnecessary head movement to get objects in focus.

How to choose the appropriate progressive lenses?

The main factors to select the appropriate lenses are entirely dependent on the individual's need, lifestyle, occupation and hobbies rather than the most expensive, advanced and sophisticated lens design. Today, there are different types of progressive lenses available in the market. The difference is the origin, brand name, design and type, but most of the time the manufacturers will exaggerate their product to be the most comprehensive and the best. However, each of these products have strengths and weaknesses.



標準形——遠中近：適合一般生活需要。

遠中近——近用闊視：適合一般近距離工作較多人士。

短走廊——遠中近：適合時尚款式細架用途。

室內專用——中近：適合長時間使用電腦和文件工作人士。

個人化——量配訂造：融入人體工學概念，視線遠近移動暢順，即全天候照顧。

但除考慮鏡片設計外，鏡片質料也不容忽略，經常從事戶外內工作人員，變色鏡片是不錯的選擇，至於鏡片堅韌耐用，超薄指數，鏡片革命性表面處理等等……都是選擇漸進鏡的因素之一。

所以值得注意，是配鏡時必須經過經驗豐富的專業人員解說後再行選擇！

The differences among the lenses are mainly in the width of the central corridor of optimum vision. Different areas of the corridor are expanded depending on the function that each particular lens is designed for, e.g.

Standard design: suitable for general needs

Larger reading portion: suitable for the people who have a great deal of close work

Short corridor design: more compact to fit into the small and fashionable frames

Indoor progressive lenses: have a wider range of intermediate zone which made for extensive use of computers and reading work

Tailor-made individual design: integration into the concept of ergonomics, provides a balanced correction at all distances and in all directions

In addition to the design of the lens, lens materials are important too. Progressive lenses are available in a variety of plastic or glass materials to match lifestyle needs, as well as in a variety of tints and changeable (photochromic) tints, these are the factors to think of when prescribing the lenses. When the people cannot get used to glasses, they often blame for incorrect prescription, wrong focal point on the lens, no doubt these are the factors affecting the lenses to work successfully or not, but the other key factors, such as inappropriate frame adjustment, occupational or prescription changes, that will affect the lens performance too. Therefore, a sophisticated eye care practitioner is in the best position to evaluate which lens style will work best for you.

Our professional opticians carefully evaluate your prescription and visual needs before advising you on the type of lenses matched to your vision needs. You should expect your lenses to deliver comfortable, good looking, protective (UV) and most importantly an unrestricted, crystal clear vision.