

眼部檢查指南



眼睛護理

Eye Care

A Guide to Eye Exams

CHARLES B. WANG COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心



眼部檢查能保護你的視力

由於許多眼睛及視力的疾病是沒有明顯跡象或病徵，例行的眼部檢查是極為重要的一環。例行的眼部檢查能及早發現問題，越早治療，有助你延緩甚至防止弱視及喪失視力。

眼部檢查能夠發現及診斷 以下眼疾：

近視及遠視

眼球長度和眼角膜的弧度能影響光線進入眼睛的位置，這可能導致所見物體的形像模糊。只要配戴合適的眼鏡、隱形眼鏡或進行手術，便能夠糾正這些問題。

青光眼

這種眼疾破壞眼球後面的視覺神經，並會導致失明。如果及早發現，青光眼是可以通過眼藥水、雷射治療或手術醫治的。

白內障

白內障的發生就是指眼睛內的晶狀體變得混濁，阻擋光線射入眼球。它是全球各地主要致盲的眼疾之一，但是可以透過手術治療的。

糖尿病眼疾

一些糖尿病患者的血糖如果沒有控制得好，視網膜(眼睛後方)組織便會發生變化。視網膜血管可能會滲漏出液體，導致失明。如果及早發現和獲得適當治療，便有可能減緩這種變化。

“例行的眼部檢查能及早發現問題，越早治療，有助你延緩甚至防止弱視及喪失視力。”

成年人應該多久進行一次眼部檢查？

大部份成年人應該每隔1-2年見一次眼科專家。

| 年齡 | 眼部檢驗次數 |
|--------|--------|
| 18-60歲 | 每隔2年 |
| 61歲及以上 | 每隔1年 |

但是，一些有健康問題的人需要經常進行眼部檢查。如果你有以下狀況，請向醫生查詢你應該多久進行一次眼部檢查：

- » 有糖尿病、高血壓、或家族有眼疾病史
- » 從事對眼睛有危害性的工作
- » 服用對視力有副作用的藥物
- » 配戴隱形眼鏡
- » 曾經接受眼部手術
- » 有其他健康問題

不同的眼科專家

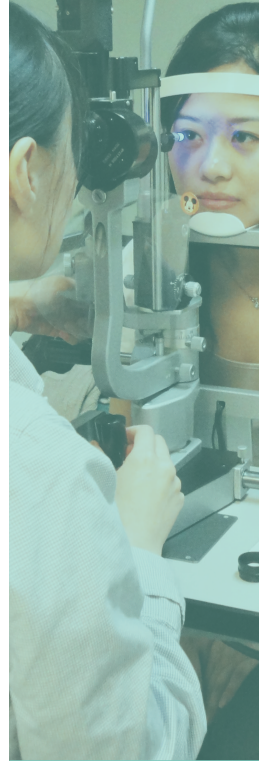
驗光師與眼科醫生都提供全面性眼部檢查。你可以根據自己的眼睛情況，選擇一位合適的專家。

驗光師

驗光師是具有執照的眼科專業人員，他們能夠檢驗你的視力、驗配眼鏡或隱形眼鏡及治療一般的眼睛疾病。但是如果你需要專門的測試或眼科手術，他們就會把你轉介給眼科醫生。

眼科醫生

他們是專科醫生，與驗光師一樣，可以檢驗你的視力；驗配眼鏡或隱形眼鏡及治療眼疾。他們還可以進行眼部手術。



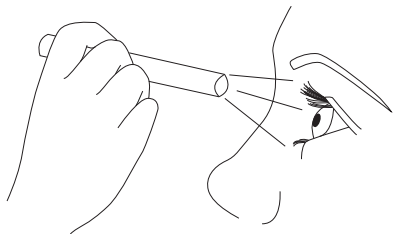
“大部份成年人應該每隔1-2年見一次眼科專家。”

眼部檢查

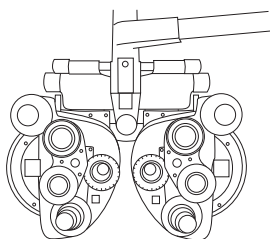
眼部檢查包括以下一些檢測：



檢測每隻眼睛的視力。你需要讀出視力表上的英文字母或數字。



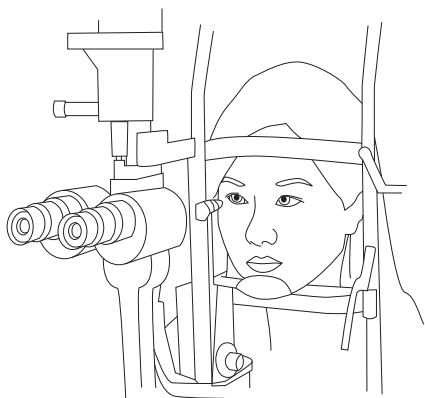
測試視覺深度、色覺、眼球肌肉活動及瞳孔對光線的反應。



使用名為「綜合驗光儀」的儀器，把鏡片放在你的眼前，為你驗配合適的眼鏡。



使用兩種眼藥水檢驗你的眼睛健康。一種藥水用來幫助醫生檢驗眼壓（眼睛內部的壓力）來診斷你是否患有青光眼。另一種眼藥水用來擴張瞳孔及讓醫生更清楚地看到眼球後方和檢驗眼睛問題。



使用強光和放大鏡檢驗眼皮、眼角膜、眼皮內表層附近的薄膜、眼白和其他眼睛組織。

Eye Exams Help Protect Your Vision

Routine eye exams are an important part of health care since many eye and vision problems have no clear signs or symptoms. Routine exams allow you to detect problems early, which makes them easier to treat. This may help delay or even prevent poor vision and vision loss.

Eye Exams Can Detect Conditions Like:

Nearsightedness (myopia) and Farsightedness (hyperopia)

The length of the eyeball and the curving of the front of the eye (the cornea) can affect the way light enters the eye. This may cause objects to appear blurry. Both of these conditions can be corrected with glasses, contact lenses, or surgery.

Glaucoma

This eye disease damages the optic nerve in the back of the eye and can lead to blindness. If detected early, glaucoma can be treated with eye drops, laser treatment, or surgery.

Cataracts

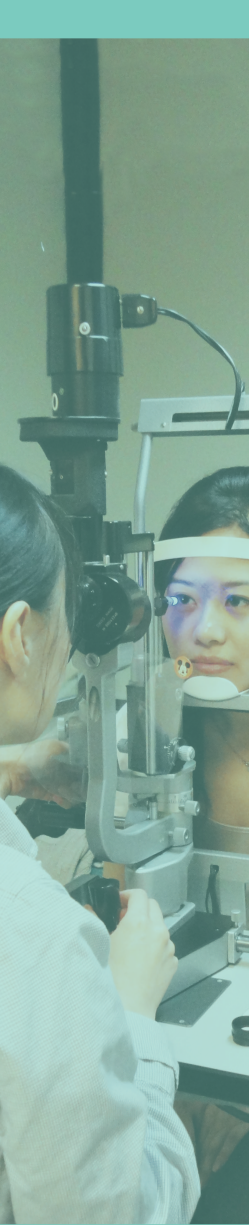
This condition occurs when the lens of the eye becomes cloudy, blocking the passage of light to the back of the eye. Cataracts are one of the leading causes of blindness in the world but can be treated with surgery.

Diabetic Eye Problems

Some people with diabetes may develop changes in the tissue in the back of the eye (the retina) when their blood sugar is not well controlled. Blood vessels in the retina may leak fluid and/or cause blindness. If caught early, these changes may be lessened with proper treatment.



“Routine exams allow you to detect problems early, which makes them easier to treat.”



How Often Should Adults Go For Eye Exams?

Most adults should visit an eye specialist every 1 to 2 years.

| AGE | FREQUENCY OF EYE EXAMS |
|--------------|------------------------|
| 18-60 years | Every 2 years |
| 61 and older | Every year |

However, people with health concerns should have eye exams more frequently. Ask your doctor how often you should go for an eye exam if you:

- » Have diabetes, hypertension, or a family history of eye disease
- » Have jobs that can be hazardous to the eye
- » Take drugs with visual side effects
- » Wear contact lenses
- » Have had eye surgery
- » Have other health concerns

There Are Different Kinds Of Eye Specialists

Both optometrists and ophthalmologists offer complete eye exams. You can choose a specialist based on the extent of your problem.

Optometrists

They are licensed eye specialists who can check your vision, prescribe glasses or contact lenses, and treat most eye problems. If you need specialized testing or eye surgery, they will refer you to an ophthalmologist.

Ophthalmologist

They are medical doctors. Like optometrists, they check your vision, prescribe glasses or contact lenses, and treat eye problems. They can also perform eye surgery.

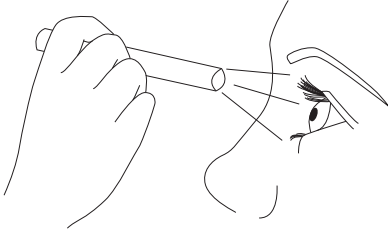
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What Happens During An Eye Exam?

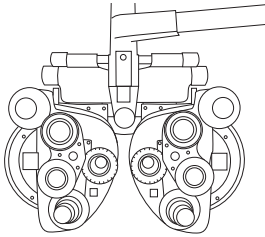
An eye exam may include tests that:



Measure how clearly each eye sees. You will be asked to read letters or numbers on a vision chart.



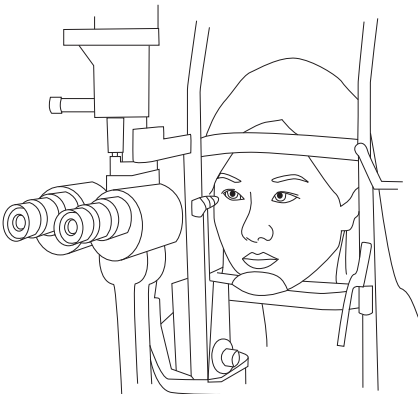
Test depth perception, color vision, eye muscle movements, and the way your pupils respond to light.



Determine your prescription for glasses using an instrument called a phoropter that places lenses in front of your eyes.



Check your eye health using two kinds of eye drops. One drop helps the doctor check the pressures inside the eyes to check for glaucoma. The other drop dilates the pupils and allows the doctor to get a wide view of the back of the eyes to check for eye problems.



Check the eyelids, cornea, membrane around the inner surface of the eyelid and white part of the eyeball, and eye tissues using bright light and magnification.



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