

這服務怎樣幫助深度近視患者？

除了基本眼睛檢查外，本服務會為深度近視患者提供進一步的診斷及護理。我們透過專科的檢驗和先進的儀器，以助及早發現眼睛病變，並記錄及觀察有關變化。按照臨床需要，檢查包括：

- 放瞳眼底檢查
- 眼底攝影
- 眼球長度量度
- 視網膜結構電腦分析
- 視野檢查
- 黃斑點功能測試

我們的眼科視光師會根據患者的情況，作出適當的處理和建議。

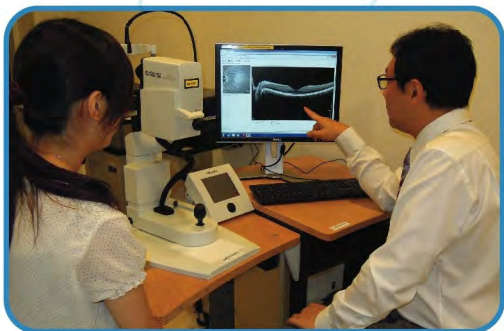
How can this service help high myopes?

This service offers further evaluation and care for high myopes in addition to basic eye examination. Our specialized examinations and advanced technology enhance the early detection, documentation and monitoring of eye diseases.

Based on the clinical judgement, tests may include :

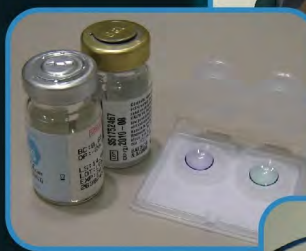
- Fundus examination through dilated pupils
- Fundus photography
- Measurement of eyeball length
- Computerized analysis of retinal structures
- Visual field test
- Macular function tests

Our optometrists will give appropriate advice and management according to individual needs.



本診所亦附設眼鏡及隱形眼鏡驗配服務，務求以專業意見為深度近視患者提供舒適及美觀的視力矯正。

Our clinic also has an optical dispensing service for glasses and contact lenses. It aims to provide high myopes with professional advice on comfortable and fashionable visual corrections.



The Optometry Clinic 眼科視光學診所



High Myopia Care Service 深度近視護理服務



閣下如需要更詳盡的資料或預約檢查眼睛，請聯絡香港理工大學眼科視光學診所。

For more information or to schedule an appointment, please contact The Optometry Clinic, The Hong Kong Polytechnic University.

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AG034, The Optometry Clinic,
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深度近視護理服務

「深度近視護理服務」是香港理工大學眼科視光學診所其中一項特別的服務。我們的眼科視光師會以先進的儀器為深度近視患者作全面眼睛檢查，並對眼睛護理及矯正近視提供專業意見。

High myopia care service

The high myopia care service is a special service of The Optometry Clinic, The Hong Kong Polytechnic University. We have optometrists who utilize state-of-the-art equipment to provide comprehensive evaluation for high myopes. Professional advice will be given on ocular health care and correction options.

甚麼是深度近視？

在亞洲地區，成人近視度數八百度或以上，而孩童近視度數六百度或以上便定義為深度近視。近視的主要成因是由於眼球視軸過長。如果眼球明顯增長，會導致鞏膜、脈絡膜和視網膜拉薄，從而引發可致盲的病變。因此深度近視不僅是屈光不正的問題，亦可引致嚴重的眼睛疾病。

What is high myopia?

In Asian countries, high myopia (shortsightedness) can be defined as myopia equal to or more than 8 and 6 dioptres for adults and children respectively. Myopic progression usually involves enlargement of the eyeball. This induces a significant structural change to the eyeball and results in stretching and thinning of the sclera, choroid and retina. High myopia is not merely a refractive problem. It can cause vision threatening complications.

深度近視之併發症

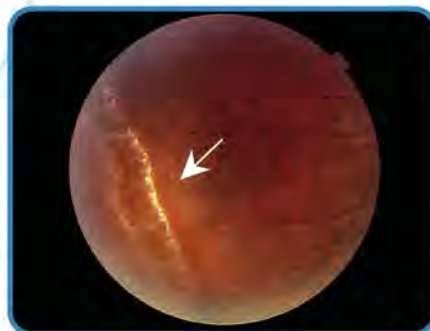
這些併發症可能會影響視力，甚至導致永久視力受損：

- 視網膜退化
- 視網膜穿孔、破裂或脫落
- 黃斑點病變
- 青光眼
- 白內障

Complications of high myopia

These complications are vision-threatening and may induce permanent vision loss:

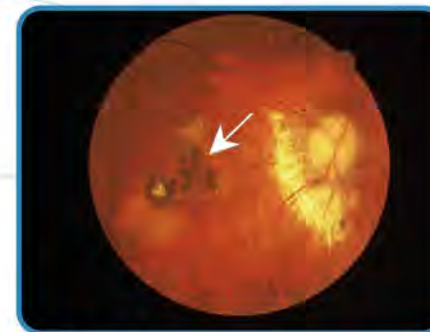
- Retinal degeneration
- Retinal holes, breaks or detachments
- Maculopathy
- Glaucoma
- Cataract



視網膜退化
Retinal degeneration



視網膜脫落
Retinal detachment



黃斑點病變
Maculopathy

深度近視患者何時需要檢查眼睛呢？

深度近視患者應每年找眼科視光師作詳細檢查。如有相關併發症，他們可能需要更頻密的覆診以作觀察。當發現併發症之徵狀出現或增加，如飛蚊症、閃光、影像歪曲變形和視力下降等，他們應盡早檢查眼睛。

When should high myopes have an eye examination?

High myopes should have a detailed eye examination by optometrists annually. More frequent follow up may be required in cases of related ocular complications. When the symptoms of complications appear or increase, such as floaters, flashes, distortion of images, loss of vision, etc., they should seek an eye examination as soon as possible.

