

老年性黃斑病變(AMD)



此圖片顯示AMD可能如何影響視力的一個範例。

什麼是老年性黃斑病變(AMD)？

AMD是一種與老年化有關的疾病，這種疾病會影響中央視力。人們需要中央視力才能看清物體的細節，中央視力對於閱讀和駕駛等日常任務非常重要。

有些形式的AMD惡化緩慢，人們可能在這種疾病的晚期，才會注意到視力變差。其它一些形式病情進展更快，可能會導致突然喪失視力。

有些類型的AMD存在有效的治療方法。因此，早期發現可能會防止視力喪失。

有什麼症狀？

AMD通常不會引起疼痛，早期通常沒有任何症狀。

患有AMD的人士可能會有以下全部或部份症狀：

- 視物變形：直線可能看來是彎曲或波浪形的。
- 閱讀困難，或者無法看清人臉，使用處方眼鏡也得不到改善。
- 視力中央有暗點或空白（‘盲點’）。

Age-related macular degeneration (AMD)

This image shows an example of how AMD may affect vision.

What is AMD?

AMD is a disease associated with ageing that affects the central vision. Central vision is needed to see detailed objects clearly and is important for everyday tasks such as reading and driving.

Some forms of AMD advance slowly so people may not notice their vision getting worse until the later stages of the disease. Other forms progress faster and can lead to sudden loss of vision.

Effective treatments exist for some types of AMD. Early detection may therefore prevent vision loss.

What are the symptoms?

AMD does not usually cause pain. It often has no symptoms in the early stages.

People with AMD may have some or all of the following symptoms:

- Distorted vision: straight lines may appear bent or wavy.
- Difficulty with reading or clearly seeing faces that does not improve with prescription glasses.
- Dark patches or empty spaces (‘blindspots’) in the centre of the vision.

誰有風險？

- 年齡在40歲以上的人士。風險亦隨年齡急劇增高。據估計，在50歲以上的人士中，每七個人就有一人患有AMD。在40歲之後，年齡每增加十歲，風險就會增加三倍。
- 具有AMD家族病史(父母或兄弟姐妹)的人士。
- 吸煙者。

可以採取什麼措施？

定期找眼科醫務人士(驗光師或眼科醫生)做眼科檢查。這些檢查應包括檢查眼後部的黃斑區。

- 如果視力改變，應立即去看眼科醫務人員。
- 戒煙。
- 健康飲食，包括魚肉、堅果、新鮮水果和綠葉蔬菜。

早期診斷和治療可以減緩AMD或者避免其惡化。不要等到症狀出現，應定期接受眼科檢查。

保護視力 - 接受檢查

詳情

請向眼科醫務人員或GP諮詢。

聯絡澳洲黃斑疾病基金會 (Macular Disease Foundation Australia)，電話：
1800 111 709，或瀏覽
www.mdfoundation.com.au

瀏覽：www.visioninitiative.org.au

大多數驗光服務都可以獲得Medicare退款。看驗光師不需要轉介信。必要時，你的GP或驗光師可以將你轉介給眼科醫生。

有一些服務和支持可以幫助人們適應視力喪失，保持獨立，繼續參加自己選擇的活動。請找眼科醫務人員或GP瞭解更多詳情。

Who is at risk?

- People aged over 40. The risk also increases sharply with age. It is estimated that around one in seven people aged over 50 have AMD. For each decade after 40, the risk trebles.
- People with a family history of AMD (parent or sibling).
- Smokers.

What can be done?

Have regular eye tests with an eye health professional (optometrist or ophthalmologist). These should include a check of the macula at the back of the eye.

- Visit an eye health professional without delay if vision changes.
- Stop smoking.
- Eat a healthy diet including fish, nuts, fresh fruit and leafy green vegetables.

Early diagnosis and treatment can slow AMD or stop it from getting worse. Don't wait for symptoms, have regular eye tests.

Save Your Sight - Get Tested

For more information

Speak to an eye health professional or GP.

Contact the Macular Disease Foundation Australia on 1800 111 709 or visit
www.mdfoundation.com.au

Visit www.visioninitiative.org.au

A Medicare rebate is available for most optometry services. You do not need a referral to see an optometrist. If required, your GP or optometrist can refer you to an ophthalmologist.

There are services and supports to help people adjust to vision loss, remain independent and continue to take part in their chosen activities. Speak to an eye health professional or your GP to find out more