

## 老年性黄斑变性(AMD)



这张图片显示了AMD可能会对视力造成影响的病例。

### 什么是老年性黄斑变性？

AMD是一种与年龄相关的疾病，会对中心视力造成影响。中心视力是看清物体细节的必要条件，并且对日常生活十分重要，比如阅读和驾驶。

有些类型的AMD发展缓慢，所以直到疾病晚期之前，视力下降都不易察觉。其他的类型发展较快，并且会导致视力突然丧失。

有些类型的AMD是有有效的治疗方法。及早发现可能可以预防视力丧失。

### 有哪些症状？

AMD通常不会导致疼痛。一般在早期阶段没有症状出现。

AMD患者可能会有以下部分或所有症状：

- 视力扭曲：直线可能看起来是弯曲的或呈波浪形。
- 阅读困难或很难看清别人脸部，无法通过眼镜改善。
- 视力中心出现黑块或空洞的空间（盲点）。

### 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.

## 谁会有风险？

- 年龄在40岁以上的人。风险会随着年龄增长剧增。据估计，年龄在50岁以上的人中，有七分之一患有AMD。40岁之后，每十年风险翻三倍。
- 有AMD家族病史（父母或兄弟姐妹）的人。
- 吸烟者。

## 应该做些什么？

在眼科健康专业人员处（验光师或眼科医生）定期接受眼科检查。其中应该包括眼底黄斑检查。

- 如果视力有变化，请立即去看眼科健康专业人员。
- 戒烟。
- 健康饮食，包括鱼、坚果、新鲜水果和绿叶蔬菜。

及早的诊断和治疗能减缓AMD的发展并预防其恶化。请不要等到症状出现，要定期接受眼科检查。

### 拯救您的视力—接受眼科检查

## 获得更多信息

与眼科健康专业人员或家庭医生谈一谈。

拨打电话1800 111 709联系澳大利亚黄斑变性基金会，或者登陆网站查询[www.mdfoundation.com.au](http://www.mdfoundation.com.au)

请登陆网站 [www.visioninitiative.org.au](http://www.visioninitiative.org.au)

Medicare能报销大部分的验光服务费用。与验光师预约不需要转诊信。如果有必要，您的家庭医生或验光师会将您转诊给一位眼科医生。

有些服务和帮助能为您适应视力丧失，继续保持自理并参与您所选择的的活动。请与眼科健康专业人员或您的家庭医生谈一谈，了解更多信息。

## 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](http://www.mdfoundation.com.au)

Visit [www.visioninitiative.org.au](http://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.