

屈光不正



这张图片显示了屈光不正可能会对视力造成影响的病例。

什么是屈光不正？

屈光不正是一种常见的眼睛障碍，是眼睛不能清晰地对焦在所看到的物体影像。

屈光不正有几种不同类型。比如，“近视”，“远视”或者在年龄较大时需要戴眼镜阅读（老花眼）是常见的几种屈光不正。

屈光不正通常可以通过配戴眼镜或隐形眼镜进行纠正。如果不做纠正，便会导致视力障碍以及影响日常活动，比如驾驶和阅读。

在澳大利亚，未作纠正的屈光不正是导致视力障碍的最常见因素。

屈光不正有哪些症状？

- 在远视或近视时，有时或总是视力模糊。
- 有些人可能还会感到眼睛用力、疲劳、头痛或注意力降低。
- 视力的变化是逐渐发生的，通常要通过眼科检查才能发现。

Refractive error

This image shows an example of how uncorrected refractive error may affect vision.

What is refractive error?

Refractive error is a common eye disorder that occurs when the eye cannot clearly focus on the images of objects looked at.

There are different types of refractive errors. For example, being ‘short-sighted’, ‘long-sighted’ or needing glasses to read as we get older (known as presbyopia) are common types of refractive errors.

Refractive error is usually corrected with glasses or contact lenses. If not corrected, it can cause vision impairment and interfere with daily activities such as driving and reading.

Uncorrected refractive error is the most common cause of vision impairment in Australia.

What are the symptoms?

- Blurred vision when looking into the distance or close up, some or all of the time.
- Some people may experience eye strain, fatigue, headaches or reduced concentration.
- Changes in vision are gradual. They are often not noticed until having an eye test.

谁有屈光不正的风险？

- 所有年龄的人都有可能有屈光不正。
- 有屈光不正家族病史的人出现问题的机率更高。
- 所有类型的屈光不正都会随着时间改变。老花眼通常与年龄有关。

应该做什么？

- 在眼科专家处（验光师或眼科医生）定期接受眼科检查。
- 眼科专业人员通常会为您配眼镜或隐形眼镜来矫正和提高视力。
- 激光手术能矫正某些类型的屈光不正，但不是对所有人都适用。

视力会随着时间变化。如果您已经戴了眼镜或隐形眼镜，那么要定期做眼科检查，并且在专业人员的建议下更新您的度数。

拯救您的视力—接受眼科检查

获得更多信息

与眼科专业人员或家庭医生谈一谈。

请登陆网站 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。

有些人士可能有资格享受政府补贴的低价眼镜。若想了解更多详情，请拨打电话03 9349 7400致电澳大利亚视光学院，或者登陆网站查询 www.aco.org.au

患有严重屈光不正的人士可能需要额外帮助来提高视力。与眼科健康专业人员或您的家庭医生谈一谈，了解更多相关服务与帮助的信息。

Who is at risk?

- Refractive error can affect people of all ages.
- People with a family history of refractive error are more at risk.
- All types of refractive error can change over time. Presbyopia is more common with age.

What can be done?

- Have regular eye tests with an eye health professional (optometrist or ophthalmologist).
- Eye health professionals will usually prescribe glasses or contact lenses to correct and improve vision.
- Laser surgery can correct some forms of refractive error. This will not be an option for everyone.

Sight can change over time. If you already wear glasses or contact lenses, have regular eye tests and update your prescription when advised by your eye health professional.

Save Your Sight - Get Tested

For more information

Speak to an eye health professional or GP.

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.

Some people may be eligible for subsidised, low-cost glasses. To find out more, call the Australian College of Optometry on 03 9349 7400 or visit www.aco.org.au

People with severe refractive error may need extra help to improve their vision. Speak to an eye health professional or your GP to find out more about the services and supports available.