

白內障



此圖片顯示白內障可能如何影響視力的一個範例。

什麼是白內障？

白內障是指眼睛內的晶狀體變得渾濁，這可能會造成視力不良。

大多數白內障是因為老年化以及長期接觸紫外線而形成的。

白內障是澳洲造成可逆性視力喪失的主要原因。

有什麼症狀？

白內障通常有以下相關症狀：

- 視力模糊，視物緩慢，沒有疼痛，使用處方眼鏡可能沒有改善。
- 對明亮光線更加敏感，如夜間駕駛時。
- 所看到的顏色發生改變。物體可能看來有黃色或褐色色調。

誰有風險？

- 年齡在40歲以上的人士。年齡在50歲以上者，每過10年，風險會高一倍多。
- 長時間接觸陽光的人士，如農民和戶外工作者。

Cataracts

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

What is a cataract?

A cataract is a clouding of the lens inside the eye which may result in poor vision.

Most cataracts form as a result of ageing and long-term exposure to ultraviolet light.

Cataracts are a leading cause of reversible vision loss in Australia.

What are the symptoms?

Cataracts are usually associated with:

- Slow and painless blurring of vision that may not improve with prescription glasses.
- Increased sensitivity to bright lights, such as while driving at night.
- Changes in how colour is seen. Objects may appear to have a yellow or brown tinge.

Who is at risk?

- People aged over 40. For each decade over 50 years of age the risk more than doubles.
- People who spend long periods of time exposed to sunlight such as farmers and outdoor workers.

- 糖尿病患者、吸煙者以及那些長期使用類固醇藥物的人士。
- 眼睛受過傷的人士。

可以採取什麼措施？

- 在戶外時戴太陽鏡，保護眼睛不受陽光損害。
- 戒煙。
- 定期找眼科醫務人士(驗光師或眼科醫生)做眼科檢查。眼科檢查對發現白內障至關重要。
- 如果視力改變，應立即去看眼科醫務人員。

新的處方眼鏡可能有助於改善一些人的視力。但隨著白內障惡化，可能需要做手術才能恢復視力。

白內障手術由眼科醫生來做，使用新的合成晶狀體，置換眼睛內渾濁的晶狀體。白內障手術是一種常見手術，非常安全，通常在局部麻醉下作為日間手術程序完成。

保護視力 - 接受檢查

詳情

請向眼科醫務人員或GP諮詢。

瀏覽：www.visioninitiative.org.au

大多數驗光服務都可以獲得Medicare退款。看驗光師不需要推薦信。必要時，你的GP或驗光師可以將你推薦給眼科醫師。

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。

- People who have diabetes, smokers and those who have used corticosteroid medications for long periods.
- People who have had an eye injury.

What can be done?

- Wear sunglasses and a hat when outdoors to protect the eyes from the sun.
- Stop smoking.
- Have regular eye tests with an eye health professional (optometrist or ophthalmologist). Eye tests are essential for the detection of cataracts.
- Visit an eye health professional without delay if your vision changes rapidly.

New prescription glasses may help to improve vision for some people. But as cataracts worsen, surgery may be required to restore vision.

Cataract surgery is performed by an ophthalmologist. The cloudy lens in the eye is replaced with a new synthetic one. Cataract surgery is common, very safe, and is usually done as a day surgery procedure under local anaesthesia.

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.

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.