

白内障



这张图片显示了白内障可能会对视力造成影响病例。

什么是白内障？

白内障是眼睛内晶状体浑浊，可能会导致视力下降。

大多数白内障的形成是由于衰老和长期暴露于紫外线下。

在澳大利亚，白内障是导致可逆性视力丧失的主要原因。

白内障有哪些症状？

白内障的常见症状有：

- 视力缓慢模糊并且无痛，可能无法通过配戴眼镜改善。
- 对亮光愈加敏感，比如在夜间开车时。
- 看到的颜色有变化。物体可能看上去有黄色或褐色的色调。

谁会有风险？

- 年龄在40岁以上的人。50岁之后，风险每十年多两倍。
- 长时间暴露在阳光下的人，比如农民和户外工作者。

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，吸烟者以及长期使用皮质类固醇药物的人。
- 眼睛受过伤的人。

应该做些什么？

- 在户外时带上太阳眼镜和帽子，保护眼睛不受太阳的伤害。
- 戒烟。
- 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。眼科检查对发现白内障十分重要。
- 如果您发现视力变化迅速，请立即去见眼科专业人员。

配新眼镜可能可以帮助改善某些人的视力。但是如果白内障恶化，可能需要手术才能恢复视力。

白内障手术是由眼科医生操作。使用人造晶状体替换眼内晶状体。白内障手术很常见，也很安全，通常是局部麻醉的当日手术。

拯救您的视力 - 接受眼科检查

获得更多信息

请与眼科健康专业人员或您的家庭医生谈一谈。

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喜爱的活动。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。

- 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.