Vision 2020 Australia

你是否有視力喪失的家族病史？

如果你的家族有人有眼睛問題，那麼你出現問題的風險也可能更高。

在你注意到視力改變之前，眼科檢查可以及早發現問題。問題發現得越早，治療效果就可能更好。

瞭解自己的家族病史為什麼很重要？

有些眼科問題具有家族聯繫，可能會代代相傳。在澳洲造成失明和視力喪失的最常見原因中，有兩種通常會在家族中代代相傳。

- 老年性黃斑病變（AMD）影響中央視力，通常會隨時間而惡化。具有AMD家族病史的人士，患上這種疾病的可能性要多四倍。

- 青光眼通常進展緩慢，從喪失周邊（側邊）視力開始，可能會導致視力逐漸喪失。父母或兄弟姐妹患有青光眼的人士，患上青光眼的可能性要多八倍。

老年性黃斑病變（AMD）和青光眼在早期通常沒有症狀。

早期發現和治療可以有助於減緩進展速度或者防止惡化。

現在怎麼辦

- 定期找眼科醫務人士(驗光師或眼科醫師)做眼科檢查。眼科檢查可以幫助在喪失視力之前及早發現眼疾。

Do you have a family history of vision loss?

If someone in your family has a problem with their eyes, you may be more at risk of developing a problem too.

An eye test can detect problems early before you notice a change in your vision. The earlier the problem is detected, the better it may be treated.

Why knowing your family history is important

Some eye problems have a family link and can be passed through generations. Two of the most common causes of blindness and vision loss in Australia often run in families.

- Age-related macular degeneration (AMD) affects central vision. It usually gets worse over time. People with a family history of AMD are four times more likely to develop the disease.

- Glaucoma often develops slowly. It can lead to gradual vision loss starting with the loss of peripheral (side) vision. People with parents or siblings with glaucoma, are eight times more likely to develop glaucoma too.

AMD and glaucoma usually have no symptoms in the early stages.

Early detection and treatment can help slow them or stop them from getting worse.

What to do now

- Have regular eye tests with an eye health professional (optometrist or ophthalmologist). Eye tests can help detect eye problems early before sight is lost.

- 如果注意到視力改變，應立即去看眼科醫務人員。

- 跟你的家人談談。瞭解他們眼睛健康的更多情況。

- 如果你已經有眼科問題，請向眼科醫務人員詢問是否有家族遺傳。如果有的話，請跟你的家人談談。鼓勵他們定期接受眼科檢查。

保護視力－接受檢查

詳情

請向眼科醫務人員或GP諮詢。

若要瞭解AMD的更多情況，請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

若要瞭解青光眼的更多情況，請聯絡澳洲青光眼協會（Glaucoma Australia），電話： 1800 500 880，或瀏覽www.glaucoma.org.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。請找眼科醫務人員瞭解更多詳情。

- Visit an eye health professional without delay if you notice a change in vision.

- Talk to your family. Find out more about their eye health.

- If there is, talk to your family. Encourage them to have regular eye tests.

Save your Sight—Get Tested

For more information

Speak to an eye health professional or your GP.

To find out more on AMD call Macular Disease Foundation Australia on 1800 111 709 or visit www.mdfoundation.com.au

To find out more on glaucoma, contact Glaucoma Australia on 1800 500 880 or visit www.glaucoma.org.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 to find out more.