

您是否有视力丧失的家族病史？

如果您家族中有人患有眼部疾病，那么您患有这一疾病的风险就更高。

眼科检查能在您发现视力有变化之前就能发现问题。问题发现越早，治疗也就可能更有效。

为什么了解您的家族病史很重要

有些眼部问题是与家族有关联的，并且会遗传给下一代。在澳大利亚，会导致失明和视力丧失的最常见原因中的两种通常有家族遗传。

- 老年性黄斑变性(AMD)会影响中心视力。通常会随着时间愈加严重。有AMD家族病史的人患有此病的机率相比之下要多出四倍。
- 青光眼通常发展缓慢。会导致视力丧失从外围（周边）开始，最终使视力逐渐丧失。父母或兄弟姐妹患有青光眼的人患有青光眼的机率相比之下要多出八倍。

AMD和青光眼通常在早期阶段没有症状出现。

及早发现和治疗能延缓并防止病情恶化。

现在应该做什么

- 定期在眼科专家处（验光师或眼科医生）接受眼科检查。眼科检查能在视力丧失之前及早查出眼部问题。
- 如果您发现视力有变化，请立即去看眼科专家。

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

- 与您的家人谈一谈，了解一下他们的眼部健康状况。
- 如果你已经有眼部问题，询问一下您的眼科专家这是否与家族有联系。如果有，那么请与您的家人谈一谈。鼓励他们定期去做眼科检查。

拯救您的视力—接受眼科检查

获得更多信息

与眼科专家或您的家庭医生谈一谈。

若想了解关于AMD的更多信息，请拨打1800 111 709致电澳大利亚黄斑变性基金会，或者登录网站查询www.mdfoundation.com.au

若想了解关于青光眼的更多信息，请拨打澳大利亚青光眼协会1800 500 880，或者登录网站查询www.glaucoma.org.au

请登录网站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选择的的活动。与一位眼科专家或您的家庭医生谈一谈，了解更多信息。

- Talk to your family. Find out more about their eye health.
- If you already have an eye problem, ask your eye health professional if there is a family link. 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.