

青光眼



此圖片顯示青光眼可能如何影響視力的一個範例。

什麼是青光眼？

青光眼是指慢慢損害眼睛後部視力神經（‘視神經’）的一組眼科疾病。這種疾病通常與眼壓高有關，但對正常眼壓也可能產生。

青光眼是澳洲造成失明和視力喪失的主要原因之一。在患有青光眼的澳洲人中，只有一半人知道自己患有青光眼。

及早發現和治療可以防止或延緩青光眼造成的大部份視力喪失。

有什麼症狀？

- 在給視神經造成嚴重損害之前，青光眼通常沒有任何症狀。
- 它可能導致視力喪失，視力喪失往往從周邊（側邊）開始。在大多數情況下，這是一個逐漸的過程。
- 雙眼都可能產生，但一隻眼可能比另一隻眼更嚴重。
- 在非常罕見的情況下，人們可能患上一種突然發作、令人疼痛並且迅速喪失視力的青光眼。這屬於急診情況。

Glaucoma

This image shows an example of how glaucoma may affect vision over time.

What is glaucoma?

Glaucoma is a group of eye diseases that slowly damage the nerve for vision at the back of the eye ('optic nerve'). It is often linked to high pressure inside the eye but can also occur with normal pressure.

Glaucoma is one of the leading causes of blindness and vision loss in Australia. Only half of Australians with glaucoma know they have it.

Early detection and treatment can prevent or delay much of the vision loss caused by glaucoma.

What are the symptoms?

- Often glaucoma has no symptoms until significant damage has been done to the optic nerve.
- It can lead to vision loss which often starts with the loss of peripheral (side) vision. In most cases this is gradual.
- Can develop in both eyes, but one eye may be worse than the other.
- Very rarely, people may develop a sudden-onset, painful form of glaucoma with rapid loss of vision. This is a medical emergency.

誰有風險？

- 年齡在40歲以上的人士。風險隨年齡增高。70歲以上的人士患上青光眼的可能性比40歲的人士高三倍。
- 具有青光眼家族病史的人士。他們患上這種疾病的可能性高達八倍。
- 非洲裔或亞裔人士。
- 糖尿病患者。
- 嚴重近視或遠視的人士。
- 以前眼睛受過傷或者服用類固醇藥物的人士。

可以採取什麼措施？

- 定期找眼科醫務人士(驗光師或眼科醫生)做眼科檢查。這些檢查應包括檢查視神經和眼壓。
- 如果視力改變，應立即去看眼科醫務人員。

及早發現至關重要。不要等到症狀出現，應定期接受眼科檢查。

一旦獲得青光眼診斷，治療通常可以減緩或防止這種疾病惡化。治療的目標是終生保持視力。

保護視力 – 接受檢查

詳情

請向眼科醫務人員或GP諮詢。

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。請找眼科醫務人員或GP瞭解更多詳情。

Who is at risk?

- All people aged over 40. The risk increases with age. People aged over 70 are three times more likely to develop glaucoma than those aged 40.
- People with a family history of glaucoma. They are up to eight times more likely to develop the condition.
- People of African or Asian descent.
- People who have diabetes.
- People who are very short- or long-sighted.
- People who have had previous eye injuries or who take corticosteroid medications.

What can be done?

- Have regular eye tests with an eye health professional (optometrist or ophthalmologist). These should include a check of the optic nerve and eye pressure.
- Visit an eye health professional without delay if vision changes.

Early detection is essential. Don't wait for symptoms, have regular eye tests.

When glaucoma is diagnosed, treatment can usually slow or stop the disease from getting worse. Treatments aim to maintain vision throughout life.

Save Your Sight - Get Tested

For more information

Speak to an eye health professional or GP.

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 participate in their chosen activities. Speak to an eye health professional or your GP to find out more.