

屈光不正



此圖片顯示未經矯正的屈光不正可能如何影響視力的一個範例。

什麼是屈光不正？

屈光不正是一種常見的眼疾，是指眼睛無法清楚地聚焦於所看物體的影像上。

屈光不正有不同的類型。例如，“近視”、“遠視”或老年人閱讀需要眼鏡（稱為老花眼）就是屈光不正的常見類型。

屈光不正通常使用眼鏡或隱形眼鏡來矯正。若未矯正，可能會造成視力障礙，影響駕駛和閱讀等日常活動。

在澳洲，未經矯正的屈光不正是造成視力障礙的最常見原因。

有什麼症狀？

- 有時候或者每次看遠處或近處時視力模糊。
- 有些人可能會出現眼睛疲勞、身體疲倦、頭痛或注意力下降。
- 視力改變是逐漸發生的。在做眼科檢查之前，往往不會注意到。

Refractive error

This image shows an example of how uncorrected refractive error may affect vision.

What is refractive error?

Refractive error is a common eye disorder that occurs when the eye cannot clearly focus on the images of objects looked at.

There are different types of refractive errors. For example, being ‘short-sighted’, ‘long-sighted’ or needing glasses to read as we get older (known as presbyopia) are common types of refractive errors.

Refractive error is usually corrected with glasses or contact lenses. If not corrected, it can cause vision impairment and interfere with daily activities such as driving and reading.

Uncorrected refractive error is the most common cause of vision impairment in Australia.

What are the symptoms?

- Blurred vision when looking into the distance or close up, some or all of the time.
- Some people may experience eye strain, fatigue, headaches or reduced concentration.
- Changes in vision are gradual. They are often not noticed until having an eye test.

誰有風險？

- 屈光不正可影響各個年齡的人士。
- 具有屈光不正家族病史的人士更有風險。
- 所有類型的屈光不正都可能隨時間而改變。老花眼較常隨著年齡變老而出現。

可以採取什麼措施？

- 定期找眼科醫務人士(驗光師或眼科醫師)做眼科檢查。
- 眼科醫務人員通常可以開具處方眼鏡或隱形眼鏡來矯正和改善視力。
- 激光手術可矯正一些形式的屈光不正。但這並不是適合每個人的一種選擇。

視力可能隨時間而改變。如果你已經戴眼鏡或隱形眼鏡，就要經常做眼科檢查，並且在眼科醫務人員的建議下獲得更新的處方。

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。

有些人可能有資格獲得廉價補貼眼鏡。若要瞭解更多詳情，請致電澳洲視光學協會（Australian College of Optometry）電話 03 9349 7400，或瀏覽 www.aco.org.au

患有嚴重屈光不正的人士可能需要額外幫助來改善視力。請找眼科醫務人員或GP瞭解有關現有服務和支持的更多情況。

Who is at risk?

- Refractive error can affect people of all ages.
- People with a family history of refractive error are more at risk.
- All types of refractive error can change over time. Presbyopia is more common with age.

What can be done?

- Have regular eye tests with an eye health professional (optometrist or ophthalmologist).
- Eye health professionals will usually prescribe glasses or contact lenses to correct and improve vision.
- Laser surgery can correct some forms of refractive error. This will not be an option for everyone.

Sight can change over time. If you already wear glasses or contact lenses, have regular eye tests and update your prescription when advised by your eye health professional.

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.

Some people may be eligible for subsidised, low-cost glasses. To find out more, call the Australian College of Optometry on 03 9349 7400 or visit www.aco.org.au

People with severe refractive error may need extra help to improve their vision. Speak to an eye health professional or your GP to find out more about the services and supports available.