

吸煙與視力喪失

大多數人都知道，吸煙有害健康，但許多人不知道的是，吸煙者喪失視力的風險更大。

吸煙可導致視力喪失和失明，這可能會影響駕駛、閱讀和辨認面孔，從而對一個人的生活品質造成嚴重影響。

吸煙是如何影響眼睛的？

香煙煙霧中含有大約7,000種化學物質。一旦吸入，這些化學物質會進入血流，損害周身的血管，包括眼睛。

對眼睛造成的損害通常是永久性的。戒煙是你保護視力所能做的最簡單的事情之一。

吸煙可能引起哪些眼科問題或使其惡化？

- 老年性黃斑病變(AMD)：眼睛後部的黃斑受損，導致分辨細節的中央視力喪失。這種疾病無法治愈，但有些治療方法可以減緩有些類型的AMD的進展速度。戒煙是降低風險的主要方法。與不吸煙的人士相比，吸煙者患上AMD的風險高達三倍。他們也更可能比不吸煙的人士更早因為這種疾病而喪失視力。
- 白內障：眼睛內的晶狀體變得渾濁，造成視力模糊。白內障通常隨年齡變大而出現，需要手術治療，置換受損的晶狀體。每天吸20根煙以上的吸煙者，患上白內障的可能性是從不吸煙的人士的兩倍。

Smoking and vision loss

Most people know that smoking is not good for their health, but many are surprised to learn that smokers are more at risk of losing their vision.

Smoking can lead to vision loss and blindness which can severely impact a person's quality of life, affecting driving, reading and recognising faces.

How does smoking affect the eyes?

Cigarette smoke contains around 7,000 chemicals. When you breathe in, these chemicals enter the blood stream and damage blood vessels throughout the body, including your eyes.

Damage to the eye is often permanent. Stopping smoking is one of the easiest things you can do to protect your vision.

What are the eye problems that smoking can worsen or cause?

- Age-related macular degeneration (AMD): damage to the macula at the back of the eye, leads to the loss of detailed central vision. It has no cure, but some treatments can slow down the progression of some types of AMD. Stopping smoking is the main way to reduce your risk. Smokers are up to three times as likely to develop AMD compared to those who don't. They are also more likely to lose vision from the condition earlier than non-smokers.
- Cataracts: the lens in the eye becomes cloudy leading to blurred vision. They often develop with age and are treated with surgery to replace the damaged lens. Smokers who smoke 20 or more cigarettes per day are twice as likely to develop cataracts compared with people who have never smoked.

- 糖尿病性視網膜病變 (DR)：眼睛後部（視網膜）的血管受損，可能造成視力喪失和失明。所有糖尿病患者都有患上糖尿病性視網膜病變的風險。對糖尿病、血壓和膽固醇進行良好控制，可以降低糖尿病性視網膜病變的風險。在視力受到影響之前，經常接受眼科檢查，對於發現和治療糖尿病性視網膜病變非常重要。在患有1型糖尿病的人士中，吸煙可能會使糖尿病性視網膜病變惡化。吸煙亦是患上2型糖尿病的風險因素。
- 隱形眼鏡：與不吸煙的人士相比，戴隱形眼鏡的吸煙者更有可能出現眼睛感染和腫大。長期而言，這可能會造成創傷並可能導致視力喪失。

二手煙可能會讓不吸煙人士的眼睛受到刺激，產生刺痛、灼燒或針刺感覺，造成眼睛流淚和發紅。

你能做些什麼？

- 戒煙，最好一開始就不吸煙。雖然吸煙的一些影響可以逆轉，但亦可能造成永久性的損害。越早戒煙，眼睛和健康就越好。
- 定期找眼科醫務人士（驗光師或眼科醫師）做眼科檢查。這可以幫助及早發現眼科問題，防止喪失視力。

詳情

請向眼科醫務人員或GP諮詢。

瀏覽www.visioninitiative.org.au

有關如何戒煙的資訊，請向你的GP諮詢，聯絡戒煙專線（Quitline）：13 78 48，或瀏覽：

www.quit.org.au

切勿延遲，保護視力-接受檢查，立即戒煙！

- Diabetic retinopathy (DR): damage to the blood vessels at the back of the eye (retina) that may lead to vision loss and blindness. All people with diabetes are at risk of DR. Good management of diabetes, blood pressure and cholesterol can reduce the risk of DR. Regular eye tests are important to detect and treat DR before vision is affected. Smoking may worsen DR in people with type 1 diabetes. Smoking is also a risk factor for developing type 2 diabetes.
- Contact lenses: smokers who wear contact lenses are more likely to develop infections and swelling in the eye, compared to non-smokers. This can lead to scarring and possible vision loss over time.

Secondhand smoke can irritate the eyes of non-smokers leading to stinging, burning or prickling sensations, watery eyes and redness.

What can you do?

- Stop smoking, or better still do not start. While some of the effects of smoking are reversible, it can also cause permanent damage. The earlier you quit, the better for your eyes and your health.
- Have regular eye tests with an eye health professional (optometrist or ophthalmologist). This can help detect eye problems early to prevent vision loss.

For more information

Speak to an eye health professional or your GP.

Visit www.visioninitiative.org.au

For information on how to stop smoking speak to your GP, contact the Quitline: 13 78 48 or visit: www.quit.org.au

Don't delay, Save Your Sight - Get Tested and stop smoking.

