引言

白內障是一種常見而又可以引致視力嚴重受損的眼科疾病。任何年齡人士都有機會患上白內障。如不及早治療，白內障可能嚴重影響視力，甚至失明。

霧化的晶體

什麼是白內障？

眼睛就好像一副相機，晶狀體等如相機的鏡頭，它的作用就是將物件清晰地聚焦在視網膜上。當晶狀體變得混濁，情況就好像白內障一樣。當晶狀體模糊時，視力的質素就會下降。一些嚴重的情況下，可引致併發症，例如青光眼及虹膜炎，甚至失明。

老年人患白內障非常普遍，但其他年齡人士亦有機會患上。白內障成因是有多種，例如：眼睛受損和其他系統性的疾病。尤其小童，延遲治療可能導致斜視眼，甚至失明。

白內障的成因

- 年齡增長：晶狀體逐漸退化，及變得混濁
- 先天因素：在胎兒時期受病毒感染，或遺傳
- 眼睛受損
- 系統性的疾病，如糖尿病

清晰正常的視力

患有白內障的視力

白內障的病徵

- 早期白內障未必有任何徵兆
- 視覺模糊
- 對強光敏感
- 眼鏡度數經常轉變
- 閱讀時感到困難，尤其在晚上

如何預防白內障

最有效預防白內障的方法是避免眼睛直接暴露於紫外光中。因此建議外出受太陽直接照射時應配戴防紫外光的太陽眼鏡。

霧化的晶體逐漸被打散及吸走

人工晶體經注射器被注入中

白內障的治療

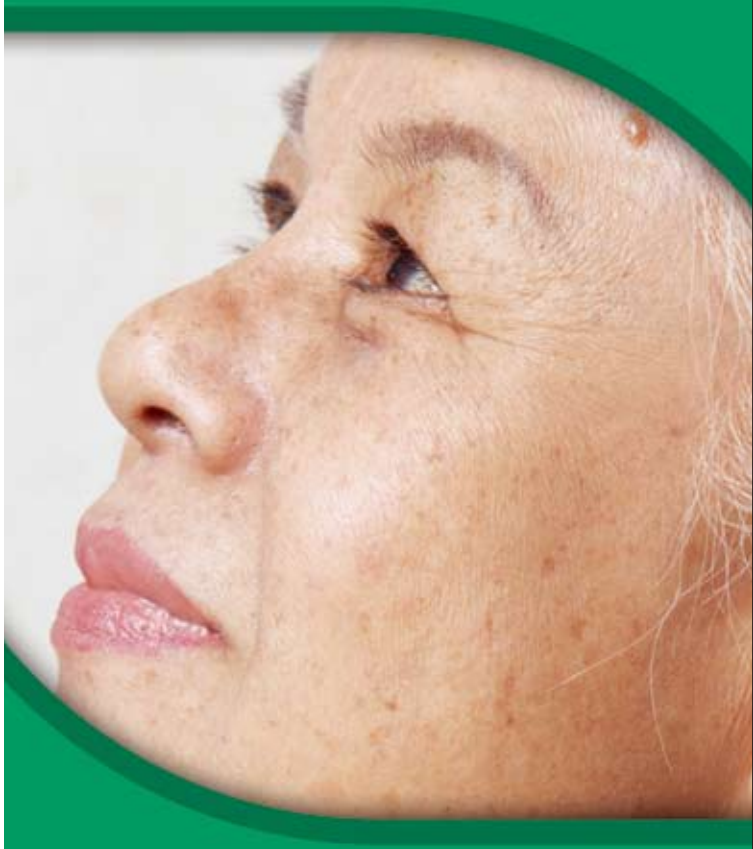
最有效治療白內障的方法是進行手術。現時，白內障手術是一個日間手術。大部份白內障手術是在局部麻醉下進行。白內障手術的切口約數個一毫子疊起來般大小，透過超聲波乳化手術，將混濁的晶體乳化及吸走。眼科醫生把人工晶體植入，從而恢復眼睛視力功能。現時，不同種類的人工晶片可以配合患者不同需要，如散光，老花眼。大部份病人無需住院，手術後便可回家。

應該何時才接受手術

當病情已影響到你的視力和日常生活時，便需要考慮接受手術治療；以往一些觀念包括白內障還未「熟透」不能清除都是不正確的。你要明瞭自己的視力能否使你正常工作、安全地駕駛、閱讀、舒適地觀看電視及進行日常的工作，根據你的病癥，你和你的眼科醫生可一起決定何時適合進行手術治療。

UMP Medical Services
聯 合 醫 務

白內障
CATARACT



UMP 宏康 Healthcare Group

Introduction

Cataract is a common but serious eye disease which may affect vision adversely. Cataract can happen to patients of all ages. If left untreated, cataract can seriously affect vision or even cause blindness.

What is Cataract?

Lens of a cataract eye

One could think of the human eye as a camera, and the human lens is then like the camera lens, the function of which is to focus image on the retina. When the lens becomes cloudy, as in the case of a cataract, the quality of vision will be compromised. In severe cases, complications like glaucoma, iritis or even blindness may occur.

Cataract is unanimous in the elderly. Cataract can also occur in other age groups. The causes are varied, for instance, injury, and endocrine disorder. Particularly in children, delayed treatment can lead to lazy eye development and even blindness.

Image from a normal vision

Image from a cataract patient

Causes

- Age: The lens becomes degenerated and turns cloudy
- Congenital: intra-uterine infection or genetic diseases
- Eye injury
- Systemic Disease: e.g. diabetes mellitus

Symptoms

- In the early stage, a cataract may not be symptomatic
- Visual disturbances – the vision will blur gradually
- Glare sensation
- Rapid changes in the prescription of glasses
- Difficulty in reading especially at night

How to prevent the development of cataract?

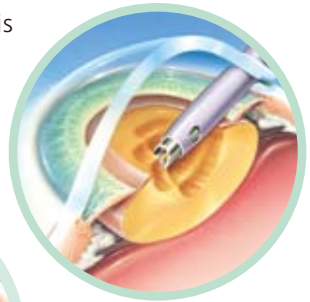
The most effective way to prevent cataract formation is to avoid direct ultraviolet light exposure to the eye. It is therefore advisable to wear UV-blocking sunglasses outdoors.

Treatment

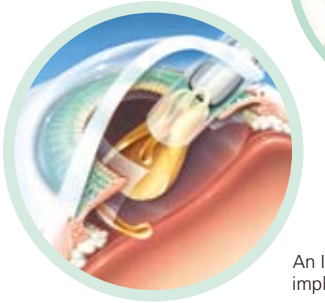
The most effective way to treat a cataract is by means of surgery. Cataract surgery is now a day procedure. Most cataract surgeries are done by local anaesthesia. The entry wound for a cataract surgery is about the size of a few 10 cents coin stacked together, and the cloudy lens is emulsified through a phaco-emulsification surgical process. The surgeon will also insert an Intra-Ocular lens implant into the eye to restore the optical properties of the human eye. Nowadays, there are different kinds of Intra-Ocular Lens to suit the different needs of patients, e.g. astigmatism, presbyopia. Most of the patients go home after surgery and need not stay in hospital.

When should surgery be done?

Surgery should be considered when cataracts cause enough loss of vision to interfere with your daily activities. It is not true that cataracts need to be "mature" before they can be removed. You must decide if you can see well enough to carry out your daily activities, drive safely, and read or watch TV in comfort. Based on your symptoms, you and your ophthalmologist should decide together when surgery is appropriate.



The cloudy lens is emulsified and extracted



An Intra-Ocular lens implant into the eye

UMP 宏康 Healthcare Group
Central Specialist Medical Centre
中環專科醫療中心

查詢電話 For enquiry, please call

3110 2785

網址 website: www.ump.com.hk