

甚麼是青光眼？

青光眼是視覺神經及視網膜神經纖維受到不可復原的損害及壞死，引致視野範圍縮窄，甚至永久失明的一種眼病；高眼壓是導致患上青光眼的風險因素之一。

成因

眼壓是眼球內水壓的指標，高眼壓的形成是由於眼球前房液體排出眼球外的管道受到阻塞，使眼內之液體聚積而導致眼壓上升，從而對視覺神經纖維造成損害。但高眼壓並不是唯一導致青光眼的原因，因為一些青光眼病患者縱使眼壓正常，但仍然會出現視力受損的問題。

青光眼的類別

任何年齡的人士都可能患上青光眼，大致可分為慢性開角型、急性閉角型、續發性和先天性幾類。

較常見而又難於發現的青光眼，大多數是慢性開角型，一般發病都在35歲以上人士，可能與遺傳有關，患者沒有明顯的病徵；病情進展較為緩慢，起初周邊視力會受到影響，期後會延至中央；雖然沒有根治的辦法，但適當的治療可有效控制病情。

急性閉角型青光眼患者的前房液出口在短期內閉塞引致眼壓迅速急升，患者會出現的症狀包括視力模糊、燈光出現彩虹光環、眼睛劇痛、頭痛及嘔吐等症狀。患者應盡快接受治療減低眼壓，激光或外科手術可幫助避免復發。

續發性青光眼由其他眼疾或藥物的副作用引起，如長期使用類固醇及後期白內障、虹膜發炎等，患者需要接受治療減低眼壓及治理這些眼疾。

先天性青光眼患者是剛出生的嬰孩，病徵是不正常地流眼水、畏光和眼角膜直徑較正常大，患者必須盡快接受手術治療。



正常



中期



後期

預防

青光眼所引起的視覺損害是不可復原的，如及早作出診斷及接受治療，一般是可以控制和改善病情。週年詳細的眼睛保健檢查，特別是一些高危人士例如糖尿病患者及有嚴重近視的人，尤為重要。



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青光眼 Glaucoma

青光眼
Glaucoma

飛蚊症
Floaters

糖尿眼
Diabetic Eye
Disease

視網膜
脫落
Retinal
Detachment

斜視
Strabismus

老年性
黃斑點
退化
Age related
macular
degeneration

常見
眼睛
疾病

Common Eye
Diseases

What is Glaucoma?

Glaucoma is an eye disease in which the optic nerve and the nerve fiber in retina being damaged and irreversibly which causes a narrowing in visual field or even permanent visual loss. High intraocular pressure is one of the risk factor of Glaucoma.

Causes

Intraocular Pressure (IOP) is an indicator of the fluid pressure inside the eye. High IOP forms due to the blockage of the drainage system which drains the fluid in the aqueous humor in the eye which causes the damage in the optic nerve. However, the high IOP is not the only risk factor in causing Glaucoma but others are also exist because even people with "normal" levels of pressure can experience vision loss from glaucoma.



Normal



Moderate



Advance

Types of Glaucoma

Glaucoma can occur in any age. It can be mainly divided into four subtypes namely Chronic Open Angle, Acute Close Angle, Secondary and Congenital.

Chronic Open Angle Glaucoma is a more common and hard to detect. It develops with advancing age and usually appears in age over 35 and maybe genetically predisposed. No obvious sign and symptoms in early stage and its development usually rather slow. Peripheral vision will be affected in the early onset and affected the central vision at later stage. Some patient may experience some swollen sensation in the eye, halo when looking at lights. Although it cannot be cured, it can be controlled with appropriate treatment.

Acute Close Angle Glaucoma is taken place when the aqueous drainage channels are blocked within a very short period of time which leads to sudden and significant rise of intraocular pressure. Patient may experience blurred vision, halo, aching pain in the eye, headache and nausea etc. Immediate treatment is imperative to lower the eye pressure inside. Laser or surgical treatment deems to be necessary to prevent recurrence.

Secondary Glaucoma occurs due to other eye diseases or drug induced such as chronic steroid use and mature cataract and iritis etc. Treatment of both glaucoma and the underlying causing eye diseases are necessary.

Congenital Glaucoma occurs in newborn. It appears with watery red eyes, high sensitivity to light and enlarge in cornea diameter. Immediate surgical treatment is necessary.

Prevention

Vision loss caused by Glaucoma is irreversible. Early detection and treatment is crucial to control and improve the condition. Annual comprehensive eye screening is particular important for those high risk group such as diabetes and person with serious shortsightedness.



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