

## 甚麼是視網膜脫落？

視網膜位於眼球內部，是一塊滿佈視覺神經細胞的組織，當光線進入眼睛並投射在視網膜上，影像訊號便會隨即經視神經傳送至大腦，產生視覺。當視網膜與基層分開並移動正常位置，便稱為視網膜脫落。如不及時治療，可能導致永久視覺損失。



視網膜脫落

## 視網膜脫落的徵狀

徵狀包括失去部份視野，或如一幅簾幕蓋於眼前，出現水影及視力突然下降等。但在視網膜未開始脫落前，患者可能會看見許多形狀不一的小點（俗稱「飛蚊」）、視野邊緣出現閃光或水影等先兆。

## 視網膜脫落的種類

除非眼睛或頭部受到嚴重創傷，否則視網膜是不會無故脫落的，大多患者都因為眼睛早已出現毛病，而引致視網膜脫落這結果。

視網膜脫落的種類

- (1) 裂孔性視網膜脫落：視網膜破孔是發病的主要成因。和深近視、視網膜薄和玻璃體液化等有關。
- (2) 牽引性視網膜脫落：由於玻璃體增殖性變化而引起。如增殖性糖尿病、視網膜病變等。
- (3) 滲出性視網膜脫落：由於視網膜及脈絡膜發炎反應引起滲出物堆積於視網膜下所造成。

## 甚麼人容易有視網膜脫落？

雖然任何人都可能患上視網膜脫落，但有眼睛問題如視網膜薄弱、深近視、曾經嚴重碰撞眼睛、頭部或身體有毛病如糖尿病的人會增加風險。

## 如何治療視網膜脫落

這是眼科中比較複雜的手術，一些患者可能需要進行多次手術方可見效。手術可分兩種，第一種是在眼球外面進行，在鞏膜外放上一個矽酮圈或墊子，並用冷凍療法將裂孔穩固。第二種則在眼球內進行，先用激光或用冷凍療法把裂孔穩固，然後用氣體打入眼球內壓平視網膜，由於氣體會向上升，病人需要側頭、俯時也須保持同一姿勢，並維持約一星期方見成效。

## 總結

視網膜脫落是一種十分嚴重的眼疾，若不加以治理，病人很可能因此失明。視網膜脫落可以隨時病發，如屬高風險一族，便應定期作全面的眼睛和視覺檢查，以便盡早發現眼睛毛病及早跟進，始終預防勝於治療。



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# 視網膜脫落 Retinal Detachment

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 Retinal Detachment?

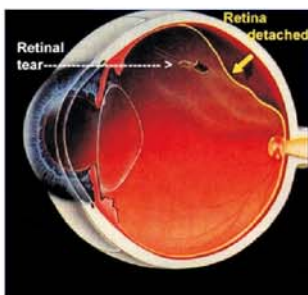
The retina is a light-sensitive layer of tissue that lay inside the eye. It receives light and sends visual messages through the optic nerve to the brain. When the retina detaches, it is lifted or pulled from its normal position. If not promptly treated, retinal detachment can cause permanent vision loss.



Retinal Detachment

## What are the symptom of retinal detachment?

Symptoms include partial visual field loss or distortion, appearance of a curtain cover the field of vision and vision drop suddenly. Other symptoms such as increase in the number of floaters and/or light flashes at the peripheralfield may be present before retina detach.



## What are the different types of retinal detachment?

A healthy eye's retina wouldn't detach unless the eye or head have severe trauma. Retinal detachment is usually the result of some pre-existing eye disease. There are three different types of retinal detachment:

- (1) Rhegmatogenous: A hole or break in the retina causes it to separate from the base of the retina, and fill with fluid. It is mostly related to severe shortsightedness, thin retina and vitreous degeneration.
- (2) Tractional: In this type of detachment, scar tissue on the retina's surface contracts and causes it to separate from the retinal base. Proliferative diabetic retinopathy is the usual cause.
- (3) Exudative: Frequently caused by retinal diseases, including inflammatory disorders and injury/trauma to the eye. In this type, fluid leaks into the area underneath the retina (subretinal).

## Who is at risk for retinal detachment?

Although anyone can experience a retinal detachment, people with certain eye conditions are at increased risk. Some examples of these conditions include those with thinning of the retina, severe shortsightedness, positive family history, injuries to the eye or head can also cause retinal detachment.

## How is retinal detachment treated?

Retinal detachment is a serious situation and its repair surgery is complicated. Some of the patients may need more than one operation. There are two main types of surgery: The first is Localized Scleral Buckling, by the insertion of a silicone rubber implant onto the sclera to flat the retina then apply cryotherapy to the retinal breaks. Second one is the Pneumatic Retinopexy which uses laser or cryotherapy to treat the break then inject intravitreal gas bubble to seal the retinal break and reattach the retina, patient may need to head title or face down so that this posture let the bubble seal the break. Patient is required to maintain that posture normally for a week, even in eating or sleeping.

## Conclusion

The retinal detachment is a kind of serious eye disease. If not treated promptly, it can cause permanent vision loss. To prevent retinal detachment, anyone in the risk groups should have regular eye and vision examination for early detection and treatment of any abnormal eye conditions.



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