

## 什麼是斜視

當兩隻眼睛的視線不能同時對準一個目標，其中一隻眼球的視線出現偏差，雙眼便不能合作運用，這稱之為斜視。斜視有很多種，以眼球偏差的方向來分類，最常見的有內斜視和外斜視，而有少數患者一隻眼球會偏向上、下、向內轉或向外轉。出現偏差的眼睛可以是右、左或交替性的。除此之外，斜視再分類為假性、隱性、顯性和間歇性等不同種類。

## 成因

先天性斜視的成因大多是眼眶、頭骨或眼外肌發育異常所引起，屈光問題如遠視眼和鴛鴦眼也可能是成因之一；引起後天性斜視的因素有很多，例如因意外令眼球或腦部受創，控制眼外肌的神經線出現毛病，眼外肌癱瘓，腦部疾病如腦積水、中風，甲狀腺毛病等都會引致斜視。



內斜視



外斜視

## 斜視的類別

理論上兩眼視線不一致，即是眼球各自望向不同東西，便會出現複視(一件物件看成兩件)，後天性斜視的患者大多會出現這徵狀。相反，有很多先天性斜視的患者本身卻感覺不到有複視的問題，這是由於幼兒的視覺尚未發展，斜視患者為了避免複視的情況出現，他們的大腦便會主動抑壓斜視眼所接收之影像，這樣複視當然不會出現，不過亦同時喪失雙眼共視的機能及立體感，這樣也構成視覺發展的重大障礙。而斜視眼的影像長期受到抑壓，容易導致另一種眼睛毛病——弱視的形成。也有斜視的患者，會不自覺地側頭、仰視或俯視，這也是為了減少雙眼視線偏差的幅度。雖然從外觀上能看見大部分患者的眼球有偏向一旁的徵狀，但我們不能只單憑外觀來辨別是否患上斜視眼，因為角度偏差較少或間歇性斜視是難於發現的；而很多只因為面形輪廓比例的問題，卻被誤以為是斜視眼，這俗稱假鬥雞。

## 治療

先天性斜視若能夠在視覺機能發育完畢前(一般十歲前)及早發現，並給予適當治療，大部分患者都能夠回復正常的視覺功能。我們可以利用鏡片、稜鏡、視覺功能訓練、手術或綜合各種方法妥善治療。若同時患有弱視，便必須一起治療。

請緊記，斜視是不會隨年紀長大而自然痊癒；戴眼鏡也只能夠改善純粹因深遠視所引起的斜視；遮眼是治療弱視，而不是斜視；斜視手術在外觀上對成人患者有很大幫助，但視覺能力並不一定會因此回復。因此家長應該盡早帶子女作詳細的眼睛及視覺功能檢查，一旦發現患有斜視，便能及時作出適當的跟進和治療。



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# 斜視 Strabismus

青光眼  
Glaucoma

飛蚊症  
Floaters

糖尿眼  
Diabetic Eye  
Disease

視網膜  
脫落  
Retinal  
Detachment

常見  
眼睛  
疾病

Common Eye  
Diseases

斜視  
Strabismus

老年性  
黃斑點  
退化  
Age related  
macular  
degeneration

## What is Strabismus

When both eyes cannot align on the same object and both eyes uncoordinated with each other due to misalignment of one of the eyes, it is called Strabismus. There are many types of Strabismus. If we divide them by the direction of the misalignment, both convergence and divergence squint are the most common. In rare condition, the angle of deviated eye may turn up, down, in-cyclo or ex-cyclo. The deviated eye can be occurred in left, right eye or alternatively. Besides, it can be subdivided into further subtypes such as pseudo, recessive, dominant, intermittent.....etc.

## Causes

The causes of congenital strabismus are mostly due to the abnormal development of the orbit, skull or the extraocular muscles. Refractive error such as farsightedness and anisometropia (large difference in refractive errors between eyes) may also be part of the causes. Apart from congenital, other factors such as the eye or brain trauma, nerve of extraocular muscle disorder, extraocular muscle paralysis, brain disorder such as cerebral edema and stroke and other conditions like thyroid problem can also lead to acquired Strabismus.



**Esotropia**



**Exotropia**

## Symptoms

Theoretically, when both eyes fail to align, i.e., each eye are looking at different objects, double vision will occur (called Binocular Diplopia), it is common to the acquired strabismus patients. On the contrary, many congenital strabismus patients will not suffer from the double vision problem. It is because their brain will try to ignore the signal sent by the deviated eye to eliminate the double vision ever since when they were young, their visual system had not yet fully developed. Despite they do not have the double vision problem, patients will lose binocular vision and Stereopsis (3D perception). It is a serious obstruction in their visual system development. Owing to the long-term suppression of the signal from the deviated eye, it will easily lead to another problem called amblyopia (lazy eye). Some patients may constantly tilt their head aside, face upward or downward in order to minimize the degree of deviation. Although most strabismus patients will have one eye deviated and which can be easily seen from their outlook, it cannot be used to confirm its diagnosis because for patient with minor deviation or intermittent strabismus, it will be difficult to detect by its appearance. Sometimes, the ratio of the facial features such as the distance between the eyes might mislead to the Strabismus condition. It is called Pseudosquint.

## Treatment

If congenital strabismus can be detected with appropriate treatment offered before the visual system of patient fully developed (usually before age 10), most patients can regain their normal eyesight completely. Treatment may involve eyeglasses, prism, visual training exercise, surgical procedure or an integrated process from the treatments on the above. If amblyopia exists, it should be treated simultaneously.

Please do not forget!! Strabismus will not disappear naturally as grown in age. Wearing glasses can only help to Strabismus caused by certain kinds of refractive error only. Eye pad covering can benefit only amblyopia but not strabismus. Surgical treatment can improve the appearance of adult strabismus patient but not necessarily to their visual ability. Hence, a comprehensive eye and visual examination of your child should be performed as early as possible. If strabismus is detected, appropriate treatment and follow up can be conducted immediately.



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