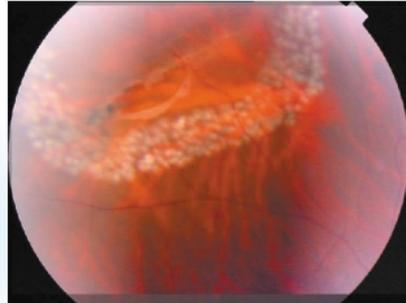


laser treatment Floaters Flashes



Laser treatment for retinal hole
以激光治療視網膜洞穿

視網膜脫離之治理

已脫離之視網膜必需以外科手術矯正。此種手術是一種大手術。手術的要旨大致是將一些矽膠條置於鞏膜外直接堵塞視網膜之破洞，繼而以冷凍或激光將破洞封好以達致已脫離之視網膜再度黏合。需要時可能要附加玻璃體切除或其他手術（如眼球內打氣體或油劑等），使黏合過程順利及視網膜平服。

不少病人經手術矯正已脫離之視網膜後得回良好之視力，足以使病人返回工作崗位或行動自如。唯其成效視乎病發時視網膜脫離之幅度，脫離時間之長久性，視網膜脫離之複雜性等等。

For any enquiry

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Floaters & Flashes 「飛蚊」和「閃光」

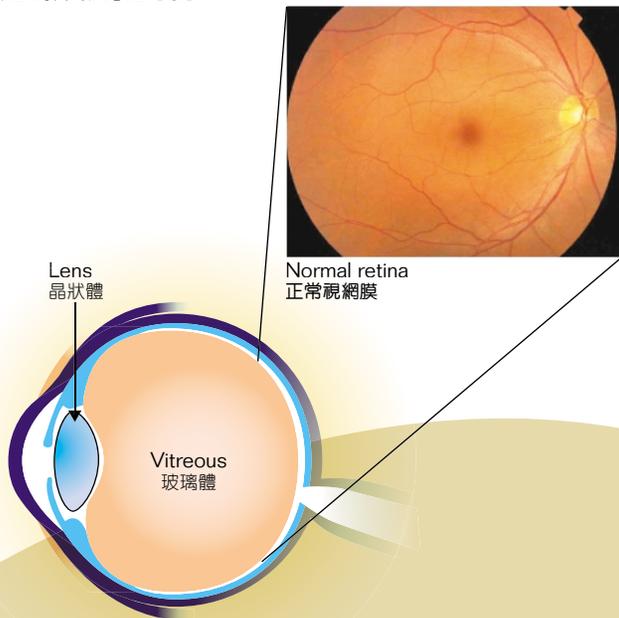


"Floaters" and "Flashes"

"Floaters" is a symptom, not a particular disease entity. It appears as a tiny spot, a short line segment, a circle, or a net floating around, sometimes following with the gaze. Floaters would be more prominent under a white background, like a plain wall or the sky. Any mechanical pressure or traction on the retina may cause the retina to have irregular discharges, resulting in visual sensation of "flashes".

「飛蚊」和「閃光」

「飛蚊」是一個病徵，而不是一種特殊的病。患者通常會見到點、線或網狀的黑影。它們有時會隨著患者的視線而移動，有時會自行飄來飄去。如望向白牆或天空，飛蚊會更明顯。當視網膜受到壓力或牽引就可能產生不規則的視覺反應，引致看到「閃光」的感覺。



What causes "Floaters"?

Any opacity in the eye may cast a shadow onto the retina, causing "floaters".

In a normal eye, there is a clear jelly-like substance, called "vitreous". "Floaters" may be caused by the opacities of the vitreous resulting from aging process. They are harmless in the absence of other pathologies. Short-sighted people have higher chances of seeing floaters.

Floaters can also be the prodromal symptom of the detachment of retina. Such patients may also have "flashes", blurring of vision, visual field defect, or seeing distorted image.

The third reason is "vitreous haemorrhage", which means bleeding in the vitreous. It will occur, for example, in diabetic patients with new and fragile vessels growing on the retina as a result of insufficient oxygenation of the retina, when these vessels rupture and bleed.

成因

任何眼睛內不透明的物質都可能做成視網膜前的陰影，引致飛蚊。我們眼球內有一清澈透明的膠狀物質，稱為玻璃體。隨著年紀的老化，或近視的關係，會出現玻璃體退化，從而形成飄浮的雜質，患者便會見到飛蚊的現象。

飛蚊亦是視網膜洞穿或脫落之先兆。這類病人可能有其他先兆如看到閃光或物體變形等。

第三個原因是玻璃體內出血。例如在糖尿病患者的眼睛內，如果有新生血管，就比較容易出血。

You need to know

"Floaters" will not disappear. In case of normal aging, they are harmless. But in case of sudden increase in amount of floaters, seeing flashes or distorted images suddenly, and when the vision suddenly blurs, prompt seeking of doctors' assessment is advised because it can be the symptoms heralding retinal detachment, or there is already vitreous hemorrhage.

注意

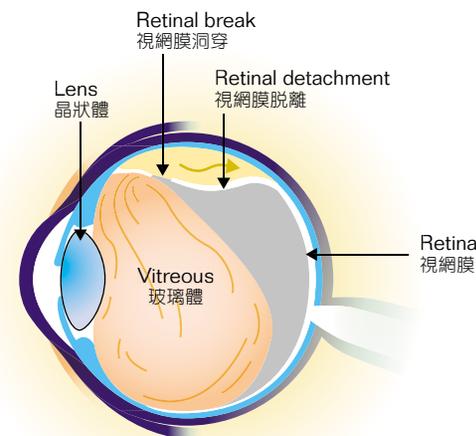
一般的飛蚊是不會自行散去的。如果只是普通退化就不用擔心。如果飛蚊突然大量出現或者比以前突然增多，突然見到閃光，看到的物體變形或部分視野模糊，或者視力突然變壞，就要立即就醫，因為視網膜可能已經或者即將脫落，或者眼內已經出血。

Retinal Detachment

The retina is a thin, light-sensitive tissue that lines the inside back portion of the eye. Like the film in a camera, the retina is responsible for creating the images that one sees.

什麼是「視網膜脫離」

視網膜是眼球內後面部份的一片很薄的感光細胞組織。它的功能就像相機內的菲林片一樣負責塑造所看見的視覺影像，繼而傳至視神經而入大腦。



In most cases retinal detachment is caused by one or more breaks in the retina which results in separation of the retina from the back of the eye. Since the detached retina is removed from its blood supply and source of nutrition, it will degenerate and will not function properly; the vision will be impaired.

通常來說視網膜脫離是由於視網膜有一個或以上之破洞引致視網膜從眼球內剝落。由於剝離之視網膜得不到血液之營養，繼而退化及失其功能，視力可能因此嚴重受損而導致失明。