

Aging can bring about decreased visual acuity and other eye disorders or diseases. By knowing more about different eye problems and adopting proper eye care, we can keep our eyes healthy as we grow old.

### Common Eye Disorders and Disease

- **Refractive Errors (including: Myopia, Hyperopia, Astigmatism, Presbyopia)**

It means that when light rays entering the eye can't be focused onto the surface of the retina which leads to the formation of blurred image.

- **Age-Related Macular Degeneration**

It is a degenerative disease affecting the macula of elderly people, which can be dry or wet form.

- **Cataracts**

It is the opacification of the transparent lens of an eye which is responsible for focusing.

- **Diabetic Retinopathy**

Diabetic mellitus causes damage to the retinal microvasculature, leading to hypoxia and ischemia. In severe case, this can lead to retinal edema and abnormal fragile vessels formation. These fragile vessels bleed easily resulting in vitreous haemorrhage. Subsequently new fibrous tissue formation may induce retinal break or tractional retinal detachment.

- **Glaucoma**

Glaucoma is a disease of the optic nerve. Progressive irreversible reduction in visual acuity, visual field loss and blindness.



### Important Symptoms to be Alert

- Eye pain.
- Blurred vision.
- Partial loss of field.
- Sudden appearance of large amounts of floaters or black spots in the visual field.
- Dry eyes with itching or burning.
- Difficulty focusing on near or distant objects.
- Double vision.
- Unusual sensitivity to light.
- The transparent part of the eye looks cloudy.
- Eyes become watery, with persistent discharge or crust.

### CARE TIPS TO PROTECT YOUR EYES

- Do not use public towel or hands to rub the eyes.
- Keep a balanced diet.
- Wear UV-protection sunglasses to protect your eyes.
- Have adequate, even and soft lighting or read under natural light.
- Make sure lighting is sufficient when watching TV and using computer.
- When the eyes feel tired, take a break. Look at some distant objects or close your eyes.
- Avoid smoking.
- Have regular eye exams
- See your eye doctor immediately if you notice any eye problems

Sources:

- [Department of Health of HKSAR](#)
- [Centers for Disease Control and Prevention](#)
- [Harvard Health Publishing: Harvard Medical School](#)

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隨著年紀的增長，眼睛的組織會漸漸退化，各種疾病也可能會出現。多認識各種眼睛疾病的成因及實踐護眼之道，有助我們保護眼睛的健康。

### 常見的眼睛疾病

- **視力問題(包括:近視、遠視、散光 and 老花)**  
是指光線進入眼球後，影像不能聚焦於視網膜上，以致視力模糊。
- **老年黃斑病變**  
是一種長者常見的眼疾，成因是視網膜裏黃斑點的細胞出現退化，分為乾性和濕性兩種類型。
- **白內障**  
是眼內用以聚焦的晶體由透明變得混濁，影像模糊不清，令視力下降。
- **糖尿病視網膜病變**  
因糖尿病引致視網膜微血管產生病變，導致視網膜缺氧及缺血。情況嚴重會引致視網膜水腫和產生脆弱新生血管。這些脆弱的血管容易出血引致纖維組織形成，繼而令玻璃體收縮，引起視網膜穿孔、剝落或牽引性視網膜脫離。
- **青光眼**  
是一種視覺神經的疾病。如視神經持續受損，會引致無法挽回的視力減退、視野收窄，甚至失明。



### 不可忽視的警告訊號

- 眼睛疼痛
- 視力模糊
- 失去部分或周邊視力
- 出現大量飛蚊或視野中的黑點
- 眼睛乾涸，有發癢或灼燒感
- 難以聚焦於近或遠的物體
- 雙重影像
- 對光過於敏感
- 眼睛的透明部分看起來渾濁
- 眼睛變得水汪汪，有持續的分泌物或結痂

### 護眼小貼士

- 不要用公共毛巾或用手擦眼。
- 注意均衡飲食。
- 佩戴防紫外線太陽鏡保護眼睛。
- 閱讀時，要有充足、均衡、穩定柔和的燈光或天然光線。
- 看電視和使用電腦時要確保光線充足。
- 眼睛疲倦時要稍作休息，可遠望或閉目養神。
- 避免吸煙。
- 定期做眼睛檢查。
- 如果您發現任何眼睛問題，盡早諮詢眼科醫生。

資料來源:

- [Department of Health of HKSAR](#)
- [Centers for Disease Control and Prevention](#)
- [Harvard Health Publishing: Harvard Medical School](#)

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