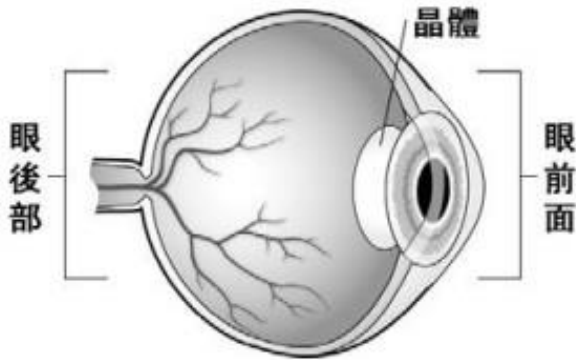




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甚麼是飛蚊症?

眼前出現如蚊蟲般移動的小黑點 / 影或懸浮物。

飛蚊症的成因?

在眼睛裡，有一種含有纖維的凝膠液體，叫做玻璃體。隨着年齡的增長，玻璃體變成液體狀。玻璃體內的纖維變成小黑點並積聚。當光線進入視網膜時，會產生影像，稱為「飛蚊症」。

原因:

- 與年齡有關的眼睛變化：玻璃體凝膠收縮和形成液體狀擋住了光線。它們在視網膜上產生影像
- 眼底發炎：葡萄膜層發炎。玻璃體中的炎性碎片被稱為飛蚊
- 眼內出血：由糖尿病、高血壓、血管堵塞和損傷引起
- 視網膜撕裂：導致視網膜脫落
- 眼科手術和藥物治療：形成氣泡

症狀

- 患者通常見到點、線或者網狀的黑影。它們會隨著患者的眼球轉動而移動，如同蚊子在眼前飛舞般。尤其是當患者望向白色的牆壁或天空時會特別明顯。
- 特別情況下，飛蚊症是視網膜脫落之先兆，患者除了看見飛蚊外，還可能看見閃光或物體變形等。

治療

飛蚊本身是沒有危險的，也不需要特別的治療方法。一般來說飛蚊症會隨着時間變得沒有那麼明顯。患者需自行留意飛蚊的情況，一旦出現以下病徵，請及早求診。

- 飛蚊的數量突然增加變密
- 突然見到閃光出現
- 視物變形
- 視力模糊變壞

眼科醫生會幫病人檢查視網膜用以確定飛蚊症的原因。

如果只是一般退化是不用擔心的；若有視網膜脫落危機或玻璃體出血，醫生會建議患者做手術或激光治療。

預防

- 控制血壓和血糖
- 遵循健康的飲食
- 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:

- [Mayo Clinic](https://www.mayoclinic.org)
- [Harvard Health Publishing: Harvard Medical School](https://www.harvard.edu/health-pub/)

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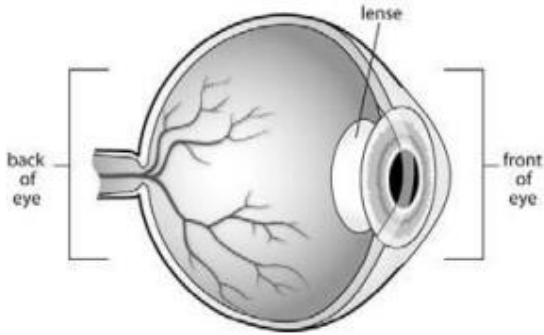
Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



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What are Eye Floaters?

Floaters are small moving spots/shapes/shadows that appear in the visual field.

How do eye floaters form?

In the eyes, there is a fiber-containing gel like fluid called the vitreous body. As you age, the vitreous becomes more liquidly. The fibers within the vitreous become small particles and clump together. When the light goes into the retina, it makes the shadows that are what we call floaters.

Causes :

- Age-related eye changes: The shrinkage and liquefied vitreous block the light. They cast shadows on the retina.
- Inflammation in the back of the eye: The layers of the uvea are inflamed. The inflammatory debris in the vitreous are called floaters.
- Bleeding in the eye: Caused by diabetes, hypertension, blocked blood vessels and injury.
- Torn Retina: Leads to retinal detachment.
- Eye surgeries and medication: Forms air bubbles.

Signs and Symptoms:

- Something floating like tiny spot, shot line segment, circle or a net can be seen by patient. The floater may follow the patient's gaze and it may become more prominent when patient looks at white background or the sky.
- Occasionally floater can be the symptom of retinal detachment. Patient may see floaters, flashes, or distorted images.

Treatment:

Floater itself is harmless and no treatment is needed and usually it will become less obvious with time.

However, if there is sudden increase of

- Floaters
- Flashes
- Occurrences of distorted images
- Blurred vision

Prompt medical attention is necessary.

The ophthalmologist will examine and assess the causes of floaters. In case of retinal detachment or vitreous haemorrhage, patient may need surgery or laser Treatment.

Preventions:

- Control blood pressure and blood glucose
- Follow a healthy diet
- Have regular eye exams

Sources:

- [Mayo clinic](#)
- [Harvard Health Publishing: Harvard Medical School](#)

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