兒童控制近視方案

Myopia Control

在香港的年輕群體中，近視是一個越來越普遍的視力問題。現代醫療技術提供了多種方法來控制近視，其中三個最常見且有效的技術是光學離焦鏡片、角膜塑形鏡和低濃度阿托品眼藥水。

Myopia is an increasingly common vision problem among young people in Hong Kong. Modern medical technology provides a variety of methods to control progression of myopia, three of the most common and effective technologies are Optical Defocus Lenses, Orthokeratology Lenses, and Low-concentration Atropine eye drops.

近視的影響
Effects of Myopia

影響學習

近視若未能好好矯正，視力模糊會影響學習，使閱讀困難，導致學習成績。

If myopia is not properly corrected, blurred vision will affect learning, make reading difficult, and lead to poor academic performance.

影響生活

近視會影響日常生活，例如運動、玩耍等，降低生活質素。

Myopia will affect daily life, such as sports, playing, etc., and reduce the quality of life.

增加風險

深度近視患者容易患上眼部疾病，例如青光眼、白內障、黃斑點病變等。

High myopia is usually an underlying cause for eye diseases such as glaucoma, cataracts and macular degeneration, etc.

心理和社交影響

嚴重近視問題可能導致自信心下降，特別是在青少年中，可能影響社交互動。

Severe myopia can lead to decreased self-confidence, especially in teenagers, and can affect social interactions.

光學離焦鏡片計設

Optical Defocus Lens Design

分區設計

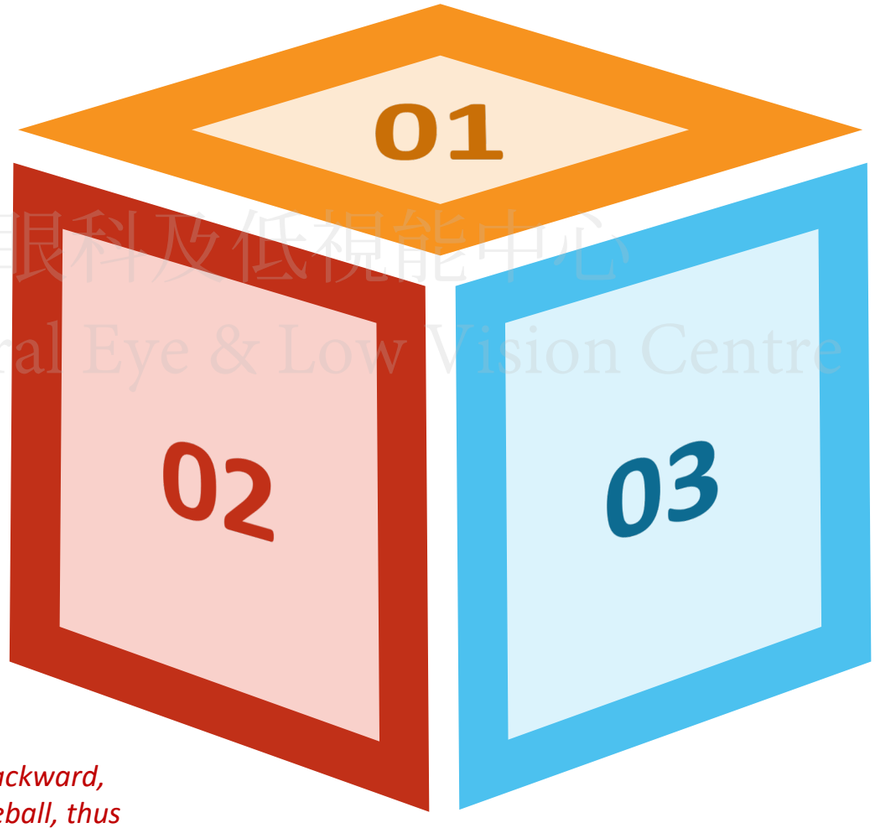
鏡片由多個同心的環狀光學區域組成,中央區域提供清晰的視力，周圍環狀區域則產生周邊散光焦點，引導眼球漸進式地調整。

The lens is composed of multiple concentric annular optical areas. The central area provides clear vision, while the surrounding annular area produces peripheral defocus, guiding the eyeball to progressively adjust.

調節視覺焦點

鏡片能夠將焦點稍微向後移動，抑制眼球進一步延長,從而控制近視的發展。這種技術通過調節視覺焦點來防止近視惡化。

The lens can move the focus slightly backward, inhibiting further elongation of the eyeball, thus controlling the development of myopia. This technology prevents myopia from getting worse by adjusting the focus of vision.



減緩眼軸延長速度

鏡片可減緩眼球軸長的增長，從而抑制近視的進展。這對於兒童尤其有效，能夠預防近視的進一步加深。

Lenses can slow down the growth of the axial length of the eyeball, thereby inhibiting the progression of myopia. This is especially effective for children and can prevent further progression of myopia.

角膜塑型鏡
Orthokeratology (Ortho K)

角膜重塑

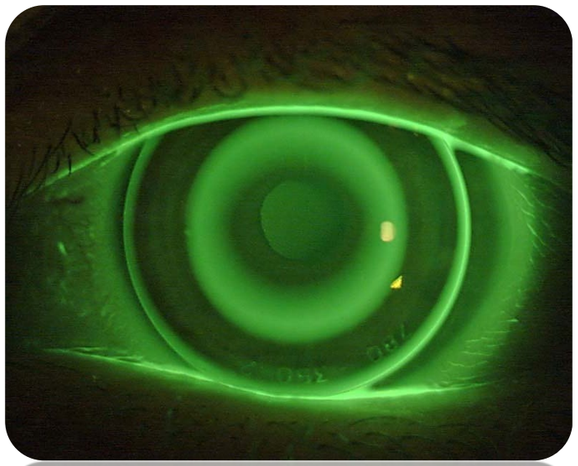
Ortho K 利用特製的隱形眼鏡暫時重塑角膜形狀,使光線能夠更好地聚焦在視網膜上。

Ortho K uses special contact lenses to temporarily reshape the cornea so that light can better focus on the retina.

長期效果

通過持續使用Ortho K 隱形眼鏡,角膜形狀的改變可持續數小時甚至數天,為患者帶來持久的視力矯正效果。

With continued use of Ortho K contact lenses, changes in the shape of the cornea can last for hours or even days, giving patients long-lasting vision correction.



近視矯正

這種角膜重塑過程可以暫時矯正近視,使患者在白天無需戴眼鏡就能擁有清晰的視力。

This corneal reshaping process can temporarily correct myopia, allowing patients to have clear vision during the day without wearing glasses.

低濃度阿托品眼藥水

Low-concentration Atropine eye drops

- 有研究指出這藥物會抑制眼睛纖維組織生長，令眼軸增長速度減慢
- 需要每天使用眼藥水來維持控制近視效果
- **本中心暫時並未提供阿托品眼藥水作控制近視用途**

- Some studies have shown that this drug can inhibit the growth of fibrous tissue in the eye and slow down the growth rate of the axial length of the eye
- Eye drops need to be used daily to maintain myopia control
- Our center does not provide atropine eye drops for myopia control

控制近視方案比較

方法	光學離焦鏡片	角膜塑形鏡	低濃度阿托品眼藥水
原理	遠視差矯正	角膜塑形	藥物作用
優點	佩戴舒適，安全性高	白天無需佩戴眼鏡	方便使用
缺點	需要定期更換鏡片，價格較高	需要適應期，需定期清潔鏡片，價格較高	可能存在副作用，需要醫生評估

Myopia Control Methods Comparison

Method	Optical Defocus	Ortho K	Low Concentration Atropine
Principle	Correction of optical defocus	Reshape cornea	Drug reaction
Pros	Comfortable to wear and high safety	No need to wear glasses in day time	Convenient
Cons	Lenses need to be replaced regularly and are more expensive	It requires an adaptation period, the lenses need to be cleaned regularly, and the price is higher	There may be side effects and need to be evaluated by a doctor

建議 Suggestions

專業評估

帶孩子到眼科中心進行專業檢查，由視光師評估近視程度、眼部健康狀況，並根據情況選擇方案。

溝通協商

與孩子溝通，了解孩子的意願和需求，共同選擇適合方案。

定期檢查

無論選擇哪一種方案，都必須定期回到眼科專業人員處進行視力檢查，以監察近視的發展情況，並適時調整治療方案。

Take your child to an eye center for a professional examination. The optometrist will evaluate the degree of myopia and eye health, and choose a plan based on the situation.

Communicate with your children, understand their wishes and needs, and choose a suitable plan together.

No matter which plan you choose, you need to return to your eye care practitioners for regular check-ups, monitor the development of myopia, and adjust the plan in a timely manner.