

4 Treatment of Cataract: Phacoemulsification 治療：白內障超聲乳化摘除術

Surgery is the only treatment option for cataract. The standard operation is that of Phacoemulsification with intraocular lens implantation. Through a very small incision (less than 2.8mm), the cataract is removed using an ultrasonic probe. An appropriate foldable intraocular lens is then inserted.

This operation normally takes from 20 to 30 minutes, but may not be suitable for very advanced cataracts due to extreme lens density. Following surgery, the patient may need one to seven days to recover, and eye drops will be necessary for a few weeks.

手術治療乃唯一可以清除白內障的方法。利用超聲波乳化儀器，通過一個小於2.8毫米的微切口抽出白內障，接著植入合適的可摺疊人工晶體。此即為「白內障超聲波乳化摘除術」結合人工晶體植入，亦為現時治療白內障的標準手術，唯不適合病情較嚴重（即白內障已「成熟」）的患者。

一般而言，整個手術過程需時約二十至三十分鐘，康復期約一至七天。手術後數星期內，病人需遵照醫生囑咐，接受眼藥水治療。

4 Risks Associated with Cataract Surgery 手術風險

Cataract surgery has a success rate of greater than 95%. The most serious risk is that of infection, which has an occurrence rate of between one in every 2000 to 3000 cases, however, a good outcome can still be obtained by prompt vitreoretinal ophthalmology.

Less serious complications include, a transient rise of intraocular pressure, discrepancies in the power of the intraocular lens, and wound problems.

白內障手術成功率達九成半以上。最嚴重的手術風險乃受感染，唯機會率只有約二千至三千分之一，且及時醫治即可順利康復。其他較輕微的後遺症包括眼壓高、人工晶體度數偏差、傷口癒合出現問題等，皆可妥善處理或治療。

Map 路線圖



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Phacoemulsification 乳化白內障摘除術

- Eye Clinic
眼科診所



4 Cataract 白內障

Cataract is one of the reversible causes of blindness in Hong Kong. When there is a significant decrease in vision that affects your work or daily activities, cataract extraction should be considered. It is not necessary to wait until the cataract becomes 'mature'. Surgical risks do increase as the cataract matures.

Many problems relating to the eye and vision, including cataract, have no obvious signs or symptoms. It is recommended that everyone have a complete eye examination every one to three years, depending on age, risk factors, and physical condition. Early diagnosis and treatment of eye and vision problems are important for maintaining good vision and eye health, and in preventing loss of vision.

白內障是一種可以致盲的眼疾。不過，患者可以通過手術治療重拾視力。許多人以為須待白內障「成熟」後才能摘除，事實不然，因為手術風險會隨著其「成熟」程度而提高。故此，當視力明顯下降，甚至影響工作或日常生活時，患者宜及早考慮接受手術治療。

白內障在早期不一定有明顯徵狀—許多眼科疾病亦如是，故此，建議大家視乎年齡、風險因素和身體狀況，每一至三年接受一次全面眼科檢查，以及早發現眼睛或視力的毛病，並儘早接受適當治療。此舉不但有助維護良好的視力和眼睛健康，更有可能避免失去視力。



4 What is Cataract? 甚麼是白內障？

Cataract is a clouding of the eye's natural lens. It blocks the passage of light to the retina, causing a deterioration of vision. Cataract can be complicated by the development of acute glaucoma, leading to a sudden onset of headaches, painful eyes, and vomiting. Should any of these symptoms occur, you should seek urgent medical help.

白內障是指眼球內的晶體變得混濁，無法折射光線至視網膜，令視線變得模糊，視力下降。除此以外，白內障還有機會演變為急性青光眼，引起頭痛、眼睛劇痛、作悶和嘔吐。如遇此情況，必須立即接受治療。

4 Causes 成因

Most Cataracts are due to a degeneration of the lens with ageing. The following factors can increase the risk of developing cataracts:

- + Diabetes
- + Ocular trauma
- + Long term usage of steroids
- + High myopia (over 600 degrees)
- + Inherited predisposition

隨著年齡增長，晶體會逐漸老化，此亦為白內障的主要成因。唯下列因素會增加患白內障的風險：

- + 糖尿病
- + 外來創傷
- + 長期服用藥物（例如類固醇）
- + 病態性深近視（近視超過600度）
- + 先天遺傳

4 Symptoms 病徵

Symptoms of an early cataract may not be obvious initially, but as the cloudiness increases, the symptoms become more apparent. Significant symptoms are:

- + Blurring of vision
- + Decrease in color appreciation
- + Loss of contrast sensitivity
- + Photophobia (discomfort, and at times pain, due to glare and bright lights)
- + Tired eyes

在初期，白內障不一定有明顯症狀。但隨著眼球的晶體愈變混濁，病徵會逐漸浮現和變得明顯。其病徵包括：

- + 事物模糊不清
- + 色彩暗淡
- + 光暗對比度降低
- + 畏光（眼睛接觸猛烈明亮的光線後感到不適和痛楚）
- + 眼睛容易疲倦

