

Convergent squint Amblyopia Strabismus Curable



Treatment

Any eye disease that is interfering with the vision has to be corrected first. Then the child's full spectacle correction should be worn. After that, if the vision is still unsatisfactory, then occlusion therapy is started. This is done by wearing a patch on the good eye for a certain amount of time each day, to force the brain to use the weaker eye. Gradually the vision will improve. This treatment should be supervised by ophthalmologists as over treatment can have detrimental result to the good eye.

治療方法

任何阻礙視力的眼疾必需先矯正。接著小孩亦要配戴足度數的眼鏡。如視力仍不達標準，便需要進行遮蓋眼睛的治療。這個治療方法是每天也把視力好的眼睛遮蓋著特定的時間，以強迫腦部使用那較弱的眼睛。漸漸地，視力便會有所改善。正因為過度遮蓋眼睛會對好的眼睛做成影響，所以這個治療方法必須由眼科醫生跟進。



spectacle correction to help improve vision
佩帶眼鏡以幫助矯正視力問題



patch on the good eye to strengthen the weaker eye
遮蓋著視力好的眼睛，以改善弱視的眼睛

Early detection is the key

Amblyopia is quite reversible when detected early. Therefore our eye doctors at St. Teresa's Hospital recommend that all children should have a vision check by an ophthalmologist at around 3-4 years of age.

及早發現的重要

弱視如及早發現是可以治癒的。因此聖德肋撒醫院眼科及矯正視力中心的眼科醫生均建議小孩在三至四歲時應作出視力檢查。

For any enquiry

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Vision Problems in Children

小童視力問題

Vision problems in children are **CURABLE**, but **EARLY** detection is the key. Before 8 years old.

小童視力問題如及早發現是可以治癒的，但必須在八歲前。

Amblyopia

When we are born, our visual system is not completely mature yet. That is why babies do not start to focus on objects until about 6 months of age. Our brain needs to receive a clear image from both eyes in order to develop vision. If a condition exists, early in infancy, which blurs the image from one or both eyes, then vision in that eye will not develop properly. This is known as amblyopia or lazy eye.

This critical development period is up to 7-8 years old only. After this, the visual system becomes "fixed", and amblyopia may therefore be irreversible. It is therefore vital that any visual problems in children be detected before this age to have a chance for full recovery, the earlier the better.

弱視

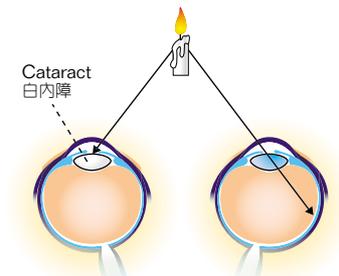
當我們出生時，我們的視力系統尚未發展成熟。因此嬰兒在六個月大前還未懂得如何把物件對焦。要視覺得以發展，腦袋接收到雙眼清晰的影像是極為重要的。如在幼兒時期因某些疾病而導致單眼或雙眼接收不到清晰的影像，該眼睛便不能正常地發展。一般稱為弱視或惰性眼。

眼睛發育最關鍵性的時間是七至八歲前。過了這個階段，視覺系統便會穩定起來，弱視情況亦因此而變得無法根治。因此在七至八歲前及早發現視力上的問題是非常重要的，好使視力能得到全面康復的機會。

What causes Amblyopia?

Any condition that interferes with the transmission of a clear image from the eye to the brain may cause amblyopia. Obvious causes include congenital cataracts, congenital ptosis, and corneal scarring. Less obvious causes include refractive errors such as high myopia, high hypermetropia and high astigmatism.

Strabismus may also cause amblyopia. This condition occurs when one eye is looking at an object and the other eye is looking somewhere else. The other eye could be looking in (convergent squint), looking out (divergent squint), or even looking up or down (vertical squint). A squint, when acquired as an adult, causes double vision. However in children, the brain prevents confusion by quickly suppressing the image from one eye, therefore the child does not complain of double vision. If left uncorrected, that eye will soon develop amblyopia.



Congenital cataract blocks the light entering the eye and causing amblyopia
先天性白內障令光線無法進入眼睛，引起弱視

弱視的成因

任何阻礙雙眼傳送清晰影像到大腦的情況都是導致弱視的因素。眼疾如先天性白內障、先天性眼皮下垂及角膜疤痕都是一些較為嚴重的弱視成因。而屈光不正如深近視、深遠視及深散光則是一些較為輕微的弱視成因。

斜視也會導致弱視的。斜視是一隻眼睛注視著物件，而另一隻眼睛則看著另一個地方，即是雙眼不是同時注視著同一個方向。該斜視的眼睛可能是向內(內斜視，俗稱鬥雞眼)或向外(外斜視，俗稱射里眼)，甚至是向上或向下(直向斜視)。斜視如在成年後才出現，病者會看到重影。但如在小孩時期出現，大腦會壓抑其中一隻眼睛所接收的影像，從而避免混淆的影像。小孩亦不會感受到重影的問題。這個情況如沒矯正，弱視便會出現。



convergent squint
內斜視，俗稱“鬥雞眼”



divergent squint
外斜視，俗稱“射里眼”

If my child can see okay, and there is no squint, he/she will not have amblyopia, right?

如小孩視力正常，又沒有斜視，他/她是否不會有弱視嗎？

Unfortunately, this is not true. When there is a large difference in the refractive error between the two eyes, then the brain will use the eye with the clearer image more, resulting in amblyopia. As the child can see well with one eye, he/she is quite happy and doesn't complain. Playing "pirate" games with a patch on will allow you to see if the vision in one eye is weaker than the other.



事實上，在這情況下，也可能會有弱視的。當雙眼屈光不正度數相差很遠時，腦部會偏向使用接受較清晰影像的那隻眼睛，弱視便會因應出現。正因其中一隻眼睛可以提供一個清晰的影像，小孩便不會投訴視力上的問題。當小孩在遊戲時，嘗試遮蓋一隻眼睛，便可估計到會否有一隻眼睛視力較弱。

My child tilts his/her head to one side all the time, can this be an eye problem?

小孩經常把頭往一個方向傾斜是否有問題？

Yes it can. When there is a vertical squint, it may become necessary for the child to tilt his/her head in order to compensate for it. A useful test is to patch one eye, and see if the head straightens. If it does, then there is likely to be an eye problem.

這個情況下，小孩的眼睛可能出現了問題。如小孩有直向性斜視時，他/她便會把頭往一個方向傾斜以減低出現重影的機會。其中一個有效的測試方法是遮蓋一隻眼睛，看看小孩會否不再把頭傾斜。如頭部不再傾斜，則眼睛出現問題的機會頗大。

eight
Before years old
Children Curable