理大護眼
PolyVision

PolyVision Brings You Good Vision and Healthy Eyes

看得清楚嗎？
See this clearly ?

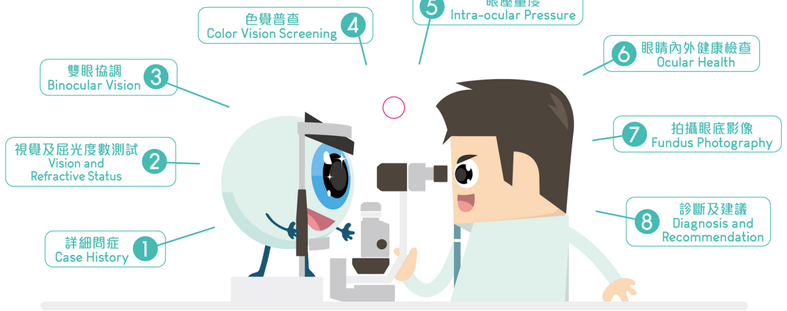
距離4米，遮左/右眼測試。視力表只作參考，並不等同全面眼科視光檢查。

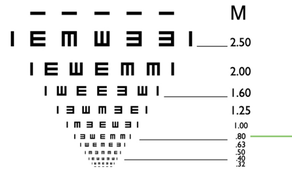
Cover your left / right eye and read the letter at 4 meters. This simple test is not equivalent to a comprehensive eye examination.

為什麼您應該定期接受「全面眼科視光檢查」？
Why You Should Have A Regular Comprehensive Eye Examination?

眼睛是我們的靈魂之窗，隨著年紀增長，雙眼亦會不斷變化，除了屈光度數上的改變，我們更關心眼睛的內外健康。
Vision is one of our most important sensory functions. Just like any other organs, the condition of our eyes changes with time. Our focus is not only on the changes in prescription but the entire visual system, including its function and health.

理大護眼轄下的眼科視光師均屬第1部份註冊，能夠使用診斷藥物作全面眼科視光檢查：
Optometrists in PolyVision are registered with the Optometrist Board under Part I registry and they are qualified to use diagnostic drugs in Comprehensive Eye Examination:



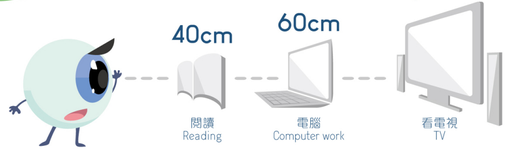


距離30厘米，遮左/右眼測試。
Cover your left / right eye and read at 30cm distance.

看得清這行嗎？
See this clearly?

好好保護眼睛
Protect Your Eyes

光線充足
Sufficient Lighting



適當視距
Proper Viewing Distance

均衡飲食
Balanced Diet

眨眼潤眼
Blink Regularly

睡眠充足
Enough Sleep

遠望休息
Take Break and Look Far

勿揉眼
Don't Rub Eyes

正確坐姿
Good Posture

防紫外線
UV Protection

戶外活動
Regular Outdoor Activities

常見症狀Check一Check　Common Symptoms Checklist

1. 眼乏、眼乾、眼澀 Tired, dry, gritty eyes
2. 視力模糊或時睛時清 Blurry / fluctuating vision
3. 對焦困難 Difficult to focus
4. 重影 Double vision
5. 畏光、對光線敏感 Sensitive to light
6. 經常揉眼、流眼水 Rubbing eyes, tearing frequently
7. 過近距離閱讀/看電視 Close reading / TV watching distance
8. 瞇眼、單眼或側頭 Squinting, covering one eye or head tilting to one side
9. 眨眼過度頻密 Excessive eye blinking
10. 閱讀時跳行跳字 Losing place when reading

了解您的眼睛
Learn About Your Eyes

近視 Myopia (near/short-sightedness)

- 因眼球過長，影像對焦在視網膜前面，看遠景物模糊不清
  Eyeball is too long, visual image is formed in front of retina and causes blurry distance vision.
- 分先天遺傳、種族和後天用眼習慣、環境等
  Partly inherited and partly due to environmental factors.

遠視 Hyperopia (far/long-sightedness)

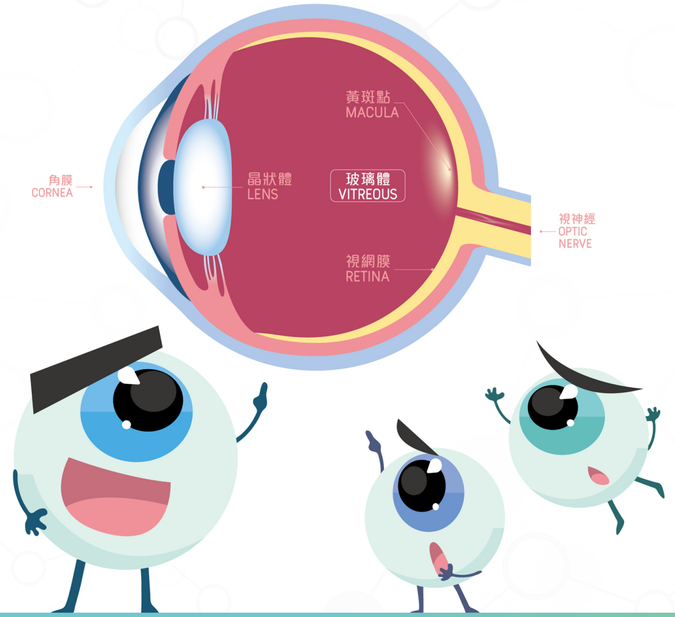
- 因眼球過短，影像對焦在視網膜後面，視乎度數及眼睛調節力，看近(甚至看遠)景物模糊不清
  Eyeball is too short, visual image is formed behind retina. Depends on person's prescription and accommodative function, it may lead to blurry vision at near or even distance.
- 多屬先天性，有機會隨年齡減淺
  Usually congenital and may decrease with age.

斜視 Strabismus (Squint)

- 因眼外肌不協調或雙眼度數偏差過大
  Caused by poor coordination of eye muscles or significant difference in refractive error.
- 視軸不平衡，雙眼望向不同方向
  Eyes are misaligned and point towards different directions.
- 分內/外、上/下、顯性/隱性斜視
  Classified into esotropia / exotropia, hypertropia / hypotropia, manifest or latent squint.

弱視 Amblyopia (懶惰眼 lazy eye)

- 因深度數、雙眼度數偏差過大或斜視
  Caused by high or significant difference in refractive errors or strabismus.
- 眼睛未能提供清晰影像，刺激腦部視覺發展或清晰影像被抑制
  No clear image to stimulate visual brain development or clear image is suppressed.
- 即使配戴正確度數的眼鏡，視物仍模糊不清
  Cannot achieve clear vision even with aid of glasses.
- 多出現在一邊眼睛，不易察覺，延誤處理可引致永久弱視
  Normally affect one eye only, often goes undetected and delay in treatment may lead to permanent impairment.



飛蚊症 Floaters

- 因玻璃體變得混濁或有飄浮物
  Small floating debris in vitreous humour.
- 不同形狀或大小的黑點或暗影在眼前浮動
  Different shapes and sizes, e.g. tiny shadowy dots or strands.
- 看見大量「飛蚊」或持續性「閃光」，亦可能是視網膜裂孔、脫落等嚴重眼疾的先兆
  Sudden increase of floaters and/or flashes may be sign of retina breaks or detachment.

白內障 Cataract

- 因年齡增長、紫外線、疾病、創傷等
  Cause by ageing, UV, diseases, injury, etc.
- 晶狀體變得混濁、不透明
  Lens becomes cloudy and not transparent.
- 視覺逐漸模糊、出現光圈、顏色暗淡、畏光等
  Blurry vision, glare, reduced color perception, sensitive to light, etc.

黃斑病變 Macular Degeneration

- 因年齡增長、遺傳、吸煙等
  Associated with aging, family history, smoking etc.
- 黃斑逐漸退化、出現滲漏、出血
  Gradual degeneration of macular region, blood vessels leakage or bleeding.
- 中央視力模糊、彎曲、變形、暗點、視力驟降，嚴重可致盲
  Blurry and distorted central vision, sudden vision loss, or eventually blindness.

青光眼 Glaucoma

- 分急性(視力突減、眼紅、眼痛)、慢性(病徵不明顯)
  Classified into acute glaucoma (sudden vision loss, red and painful eye) or chronic glaucoma (no obvious symptoms).
- 視神經受損、視野收窄、視力下降，嚴重可致盲
  Optic nerve damage, visual field and vision loss, or eventually blindness.

一站式優質護眼服務
One-Stop Quality Eyecare Service

全面眼科視光檢查 Comprehensive Eye Examination
青光眼檢查 Glaucoma Examination
糖尿眼檢查 Diabetes Eye Examination
角膜矯形 Orthokeratology
學習視覺檢查 School Vision Assessment
兒童視覺訓練 Children Vision Training
色覺檢查 Color Vision Testing
視野檢查 Visual Field Testing
眼球結構斷層掃描 Cross-sectional Ocular Scan (Optical Coherence Tomography)
可溶性淚管塞 Dissolvable Punctal Plug Occlusion
隱形眼鏡驗配及跟進護理 Contact Lens Fitting and Aftercare
眼鏡及太陽眼鏡驗配 Optical Dispensing of Spectacles and Sunglasses

理大護眼
PolyVision

理大護眼(銅鑼灣)中心
PolyVision Eyecare (Causeway Bay) Centre
香港銅鑼灣勿地臣街1號
時代廣場1座1703–1705室
Room 1703–1705, Tower One,
Times Square, 1 Matheson Street,
Causeway Bay, Hong Kong
電話 Tel: 2866 9660

理大護眼(太古)中心
PolyVision Eyecare (Taikoo) Centre
香港鰂魚涌康山道1號
康怡廣場辦公大樓1201–1203室
Room 1201–1203, Kornhill Plaza Office Tower,
1 Kornhill Road, Quarry Bay, Hong Kong
電話 Tel: 2377 9660

理大護眼(尖沙咀)中心
PolyVision Eyecare (Tsimshatsui) Centre
九龍尖沙咀廣東道5號
海港城海洋中心1217–1218室
Room 1217–1218, Ocean Centre, Harbour City,
5 Canton Road, Tsim Sha Tsui, Kowloon
電話 Tel: 2750 9660

理大護眼(旺角)中心
PolyVision Eyecare (Mongkok) Centre
九龍旺角彌敦道639號
雅蘭中心辦公樓1期2102–2105室
Room 2102–2105, Office Tower One, Grand Plaza,
639 Nathan Road, Mongkok, Kowloon
電話 Tel: 2780 9660

理大護眼(沙田)中心
PolyVision Eyecare (Shatin) Centre
新界沙田白鶴汀街10–18號
新城市商業大廈810–812室
Room 810–812, New Town Tower,
10–18 Pak Hok Ting Street, Shatin, New Territories
電話 Tel: 2153 9660

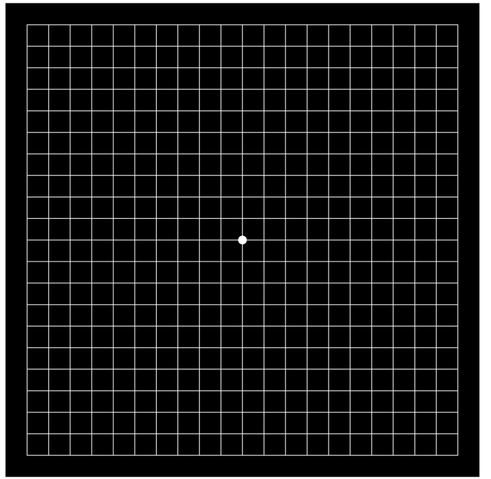
服務時間 Service Hours

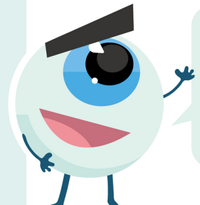
星期一至五 Monday – Friday	10:00 – 19:00
星期六 Saturday	09:00 – 18:00
星期日 Sunday	14:00 – 18:00

公眾假期休息 Closed on Public Holiday

www.polyvision.com.hk

黃斑病變阿姆斯勒柵格檢查
Amsler Grid Test for Macular Degeneration





距離30厘米，遮左/右眼，凝視中心白點
(如有需要請配戴閱讀眼鏡)。
感覺方格線條有否出現扭曲、斷裂、
變形、模糊、暗點或空缺。
Cover your left / right eye and hold this at
30cm distance from your eyes. While
focusing on the central dot,
look for any wavy, blurry lines and check for
missing areas, lines and corners.
(Wear reading glasses if needed.)

ISO 9001 : 2015
Certificate No.: CC 5121