

理大護眼
PolyVision

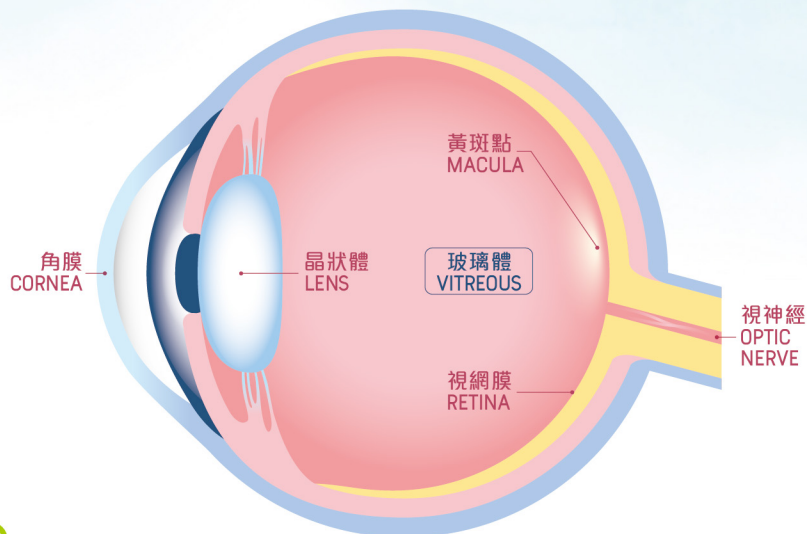
PolyVision Brings You Good Vision and Healthy Eyes



為近視減速

Slowing Myopia Progression

了解您的眼睛 Learn About Your Eyes



近視 Myopia

- 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.
- 先天遺傳、種族和後天用眼習慣、環境等
Partly inherited and partly due to environmental factors.
- 深近視增眼疾風險：視網膜裂孔、脫落、飛蚊症、白內障、黃斑病變、青光眼
High myopia increase risk of eye diseases: retinal breaks or detachment, floaters, cataract, macular degeneration, glaucoma

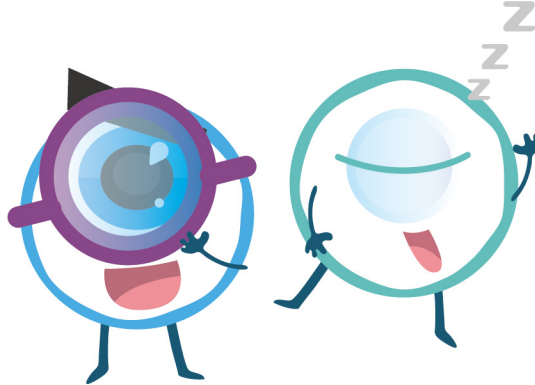


近視控制 Myopia Control



近視控制光學鏡片 Myopia Control Spectacle Lens

- 漸進、雙光、光學離焦
Multi-focus, Bifocal, Defocus
- 減低眼球調節遲滯、
光學離焦方法，以抑制眼球增長
Reduce accommodation lag,
optical defocus method
to inhibit excessive eye growth
- 全日配戴，同時矯正視力*
Wear all day and correct vision*
- 非入侵性，相對安全
Non-invasive, relatively safe



角膜矯形 Orthokeratology

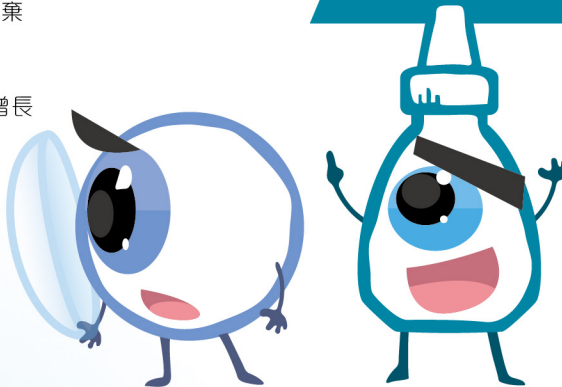


- 特製透氧硬鏡，重塑角膜弧度
Reshape cornea by rigid gas
permeable contact lens
- 周邊近視離焦方法，以抑制眼球增長
Peripheral myopic defocus method to
inhibit excessive eye growth
- 通常夜間睡眠時配戴，早上除下
Usually wear during sleep,
remove in the morning
- 暫時性矯正視力*，免卻日間戴
眼鏡（或輔以眼鏡補足）
Temporarily correct vision to eliminate
need of wearing glasses in daytime*
(or need glasses prescription for
residual refractive error)
- 須嚴守清潔衛生，減低風險
Strictly keep good hygiene to reduce risks



近視控制即棄軟性隱形眼鏡 Soft Disposable Myopia Control Contact Lens

- 特別設計軟鏡，每日或每3個月即棄
Specially designed soft lens,
daily or trimonthly disposable
- 周邊近視離焦方法，以抑制眼球增長
Peripheral myopic defocus method
to inhibit excessive eye growth
- 日間配戴，同時矯正視力*，
除後才需戴回眼鏡
Wear in daytime and correct vision*.
wear glasses after removal
- 須嚴守清潔衛生，減低風險
Strictly keep good hygiene to
reduce risks

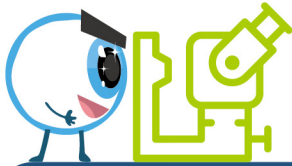


阿托品眼藥水 Atropine Eye Drops



- 眼科專科醫生處方
Prescribed by ophthalmologists
- 低濃度(0.05%、0.025%、0.01%)
Low concentrations
(0.05%, 0.025%, 0.01%)
- 抑制眼球增長
Inhibit excessive eye growth
- 通常夜間滴用，日間輔以眼鏡
Usually apply at night, with aid of
supplementary glasses in daytime
- 平衡效用與副作用(畏光、看近模糊)
Balance between effectiveness and
side effects (photophobia, blurry near vision)

* 有度数限制 Limited prescription range
成效因人而異，必須定期覆檢或/及更換鏡片 Results vary from person to person, regular follow up and/or lens replacement is needed
資料僅供參考，詳情建議諮詢專業團隊 Information is for reference only. Suggest consulting professional team for details



專業評估成控近視關鍵

Professional assessment is critical to myopia control

- 年齡 Age
- 種族 Ethnicity
- 家庭近視病歷
Family history of myopia
- 戶外活動時數
Time spent outdoors
- 近距離工作時數
Time spent on near work
- 屈光度數 Refractive error
- 近視增長 Progression of myopia
- 眼軸長度 Eye's axial length
- 眼肌發展 (如斜視、對焦)
Eye muscle development
(e.g. strabismus, accommodation)
- 瞳孔大小 Pupil size
- 角膜健康 (如敏感、發炎)
Corneal health (e.g. allergy, inflammation)
- 視覺習慣 (如視物角度、眼睛追視、頭部轉向)
Visual behaviour
(e.g. viewing angle, eye tracking, head tilting)
- 日常生活及學習需要
Daily life & learning needs

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

香港鯉魚涌康山道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

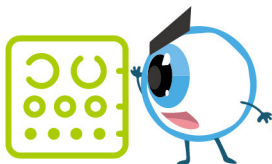
九龍旺角彌敦道639號
雅蘭中心辦公樓1期2102-2105室
Room 2102-2105, Office Tower One, Grand Plaza,
639 Nathan Road, Mongkok, Kowloon
電話 Tel: 2780 9660

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

理大護眼(荃灣)中心 PolyVision Eyecare (Tsuen Wan) Centre

新界荃灣眾安街68號
荃灣千色匯1期2301-02及07-08室
Room 2301-02 & 07-08, KOLOUR • Tsuen Wan I,
68 Chung On Street, Tsuen Wan, New Territories
電話 Tel: 2245 9660



護眼小貼士 TIPS



適當視距
Proper Viewing
Distance



勿玩手機
Minimize
Mobile Use

遠望休息
Take Break and
Look Far



每30分鐘
Every 30 mins

睡眠充足
Enough Sleep

勿揉眼
No Eyes
Rubbing



西蘭花、
粟米·紅蘿蔔
Broccoli,
Corn, Carrot

戶外活動
Regular Outdoor
Activities



均衡飲食
Balanced Diet



防紫外線
UV
Protection