



佛教慈濟綜合醫院
Buddhist Tzu Chi General Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

認識白內障 及白內障手術

Understanding cataract and cataract surgery

佛教慈濟綜合醫院
Buddhist Tzu Chi General Hospital

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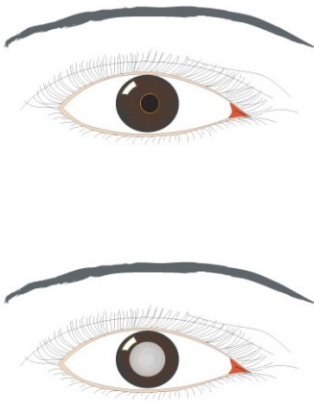
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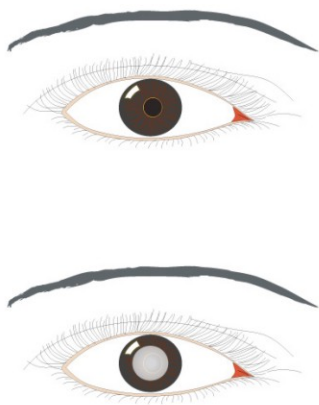
What is cataract?

When light passes through the cornea and the lens in your eye, then focuses and projects onto the retina, you are able to see the colorful world. Once your lens becomes opaque and light cannot enter your eyes, you experience visual disturbances or even the inability to see objects. This opacity, known as a cataract, is among the most common of eye diseases.



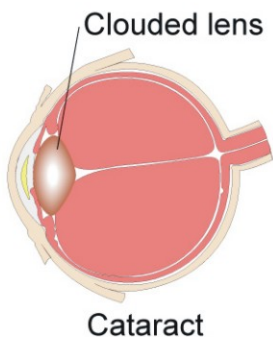
何謂白內障？

當光線能夠從您眼睛的角膜穿過水晶體聚焦而投射在視網膜上，您就能看到五彩繽紛的世界。一但您的水晶體變混濁了，光線無法進入您的眼睛時，您會感覺到視力模糊，甚至看不見物體。此時混濁的水晶體稱為白內障，也是眼科最常見的疾病之一。



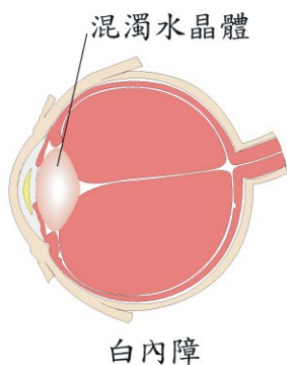
Factors causing cataracts

There are many causes for cataracts and most are related to normal aging or other eye diseases. The age of onset ranges from 40 to 80 years. Generally, people experience cataracts after they turn 50 to 60 years old. Both eyes are usually affected but sometimes the cataract is more severe in one eye. Tens of thousands of people receive surgical treatment each year for cataracts. Since cataracts are a major cause of blindness, you should not ignore them.



形成白內障的原因

白內障形成的原因很多，大部分是正常的老化的關係，或其他眼科疾病所引起。發生的年齡40歲至80歲都有。一般人在50-60歲以後即開始會有白內障的發生。通常是兩眼同時發生，其中有些一眼會比另外一眼嚴重。每年約有數萬人手術治療。但它也常是造成失明的主要因素之一，所以您不得不加以注意。





Symptoms of cataracts

The initial symptoms are visual disturbances and photophobia, so that objects become dimmy, yellow or deformed. Sometimes, the problem becomes worse when there is a flash, especially at night when a car driving toward you flashes a high beam. In late stage of cataract, vision becomes blurred. If the cataract continues to progress, it will ultimately result in sight loss.



白內障的症狀

初期常見的症狀有視力模糊，怕光，所看到的物體較暗、或呈黃色，甚至變形。有時會有強烈的閃光，尤其在晚上開車，對方有車照射時，更覺得難過。白內障晚期則視覺呈現霧化，看東西有如霧裏看花。如果白內障繼續的進行，最後即會失明。





Diagnosis of cataracts

In general, a cataract cannot be diagnosed by direct extraocular inspection. To diagnose cataracts, ophthalmologists use devices such as slit-lamp, tonometry, ultrasound, automatic computer optometry, and color-coded computer-assisted corneal topography to help confirm the shape, size and location of the opaque lens. Once a cataract is diagnosed, regular examination and care is required every 3 to 6 months.



白內障的診斷

一般而言，白內障無法由眼外直接觀察診斷。眼科醫師診斷白內障時，會借助儀器的輔助，如裂隙燈、眼壓計、超音波儀、自動電腦驗光機、彩色電腦角膜地圖等等，來確定水晶體混濁的形狀、大小及位置。一但診斷出有白內障時，就必須定期檢查及保養（每3至6個月）。





Treatment for cataracts

There is no satisfactory medication or food for treating cataracts. The only effective treatment is surgical removal of the cataract.



白內障的治療

至目前為止並沒有令人滿意的藥物或食物能治療白內障，唯一確實有效治療方法就是手術治療將混濁的水晶體（白內障）摘除。





Timing of cataract surgery

When cataracts affect your daily life or work, please arrange for cataract surgery with your ophthalmologist. At present, the surgery lasts about an hour. It is a safe, effective procedure with a very high success rate.



Can I see immediately after surgery?

Patients often complain that they still cannot see after the surgery. Unless an "intraocular lens" is implanted during surgery, cataract surgery removes only the opaque lens. In this case, you will need to use another convex lens, such as cataract glasses, contact lenses or intraocular lens, to correct your visual acuity and allow you to see objects.



Cataract Glasses

手術後即可看得見嗎？

常有病人會抱怨為何開刀後仍然看不見呢？除非您在手術中已經植入"人工水晶體"（INTRAOCULAR LENS），不然白內障的手術是將混濁的水晶體摘除，因此開刀後您必須使用另一凸透鏡，如白內障眼鏡、隱形眼鏡或人工水晶體，來矯正視力，使您看得見物體。



白內障眼鏡

What are the pre-operative examinations and precautions?

1. Measure visual acuity, refraction, intraocular pressure, and power of intraocular lens and check the retina.
2. On the day of surgery, you can have your normal diet but avoid eating stimulating food (i.e., hot peppers, very acidic foods).
3. On the day of surgery, do not put on make-up or tie your hair on the back of your head.
4. Completely fill out and sign the consent form.

手術前有哪些 檢查及注意事項？

1. 測量視力、驗光、眼壓、及人工水晶體度數與檢查眼底視網膜。
2. 手術當天，您的飲食可如平常飲食習慣，避免吃太刺激的食物。
3. 手術當天臉部請勿化粧、勿綁髮髻於頭部後方。
4. 手術前填妥手術同意書。



Intraoperative precautions

Cataract surgery is a precise micro-surgery. It is usually performed under local anesthesia so you will be fully awake while the doctor performs the painless surgery. You should try to relax during the procedure.



手術中應注意事項

白內障手術是一種精密顯微手術，通常在局部麻醉下進行，所以您在手術過程中，完全知道醫師正在為您動手術，但不會有疼痛的感覺。因此，您必須儘可能地以輕鬆的心情來接受治療。



Post-operative precautions

1. After discharge, please take the medication according to the doctor's instructions. Iron shield should be worn to protect your eyes (As shown in the right figure). For the first three months after surgery, do not perform strenuous exercise, do not rub your eyes and do not sleep on the side with the affected eye. Avoid eye infections or long periods of reading with the head lowered. Ask family members to lift heavy objects for you.
2. For the first three weeks after surgery, use a towel to wipe your face. Do not splash water on your face, to avoid water entering the eyes and causing infection.

手術後應注意事項

1. 出院後，請按照醫師指示用藥，同時要用眼罩保護眼睛，手術後三個月內不要做劇烈運動，不要搓揉眼睛，也不要朝開刀的眼睛側睡，盡量避免眼部感染或長時間低頭閱讀，並請家人協助代勞卸取較重之物。



2. 術後三星期內暫時以毛巾擦臉，禁用水沖洗臉部，以免洗臉水流入眼睛造成感染。



3. For a month after surgery, avoid steam baths, saunas and swimming activities.
4. One week after discharge, you should return to the hospital for examination. Have regular examinations every one or two weeks.
5. After discharge, if you experience special discomfort such as intense pain, tingling or blurred vision, return to the hospital and consult with your doctor immediately.



3. 術後一個月內暫時避免蒸汽浴、三溫暖、游泳等活動。
4. 出院後第一個星期，必須回醫院檢查，而後每一至二星期定期檢查。
5. 在出院後期間，若眼睛有特別的不舒服，如強烈疼痛或刺痛，視力模糊等，應隨時回醫院找您的醫師再做檢查。





Memorandum

