



# 香港中文大學醫院 近視門診

## CUHK Medical Centre Myopia Clinic



地址 Address :

香港新界沙田澤祥街9號香港中文大學醫院2樓  
2/F, CUHK Medical Centre, 9 Chak Cheung Street, Shatin,  
New Territories, Hong Kong

服務時間 Service Hours :

星期一至五: 09:00-18:00

星期六: 09:00-13:00

星期日及公眾假期休息

Monday to Friday: 9:00AM - 6:00PM

Saturday: 9:00AM - 1:00PM

Closed on Sunday and Public Holidays

電話 Telephone : (852) 3946 6233

網址 Website :

<https://www.cuhkmc.hk/tc/special-clinics/myopia-clinic>



 CUHK Medical Centre  @cuhkmedicalcentre

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CUHKMC/H/LMC/INTRO/2024/10



近視是一個全球公共衛生議題，發病率在過去幾十年間持續攀升，實在不容忽視。現時，香港是全球近視發病率高企的地區之一。香港中文大學有研究指出，香港有超過50%的學齡兒童以及95%的大學生都患有近視，這數據足以反映近視問題在香港的普遍程度，其嚴重的情況已為社會敲響了警號。嚴重近視問題並非普通的視力模糊，它與多種危及視力的嚴重併發症有密切關係，包括早發性白內障、青光眼、視網膜脫落以及黃斑病變等。

Myopia is a worldwide public health threat with increasing prevalence in recent decades. Hong Kong is among the top regions in the world with a high incidence of myopia. A CUHK study reveals that this condition has affected more than 50% of school children and a staggering 95% of university students in Hong Kong, which shows that the situation in Hong Kong is alarming enough. More importantly, high myopia is associated with higher risk of sight-threatening complications, including pre-senile cataract, glaucoma, retinal detachment, and macular degeneration.



遺傳和環境因素與近視的形成息息相關。香港中文大學的研究發現，若父母雙方均患有近視，其子女罹患近視的風險將高出十二倍。

要知道，近視一旦形成並加深是不可逆轉的。因此，如可以在學童階段，於視力發展的關鍵時期採取有效的措施，以預防近視發展和加深尤為重要。

香港中文大學的研究團隊已發表過多個全球關注的研究，論述低濃度阿托品眼藥水如何有效預防及減慢學童的近視發展和加深，有關大型臨床研究結果亦已於主要的國際醫學期刊《美國醫學會雜誌》及《眼科》發表。

Both genetic and environmental factors contribute to the development of myopia. CUHK studies have shown that with both parents being myopic, their children will have a 12-fold risk of being myopic.

Myopia, once developed and progressed, is irreversible. Therefore, timely measures to prevent myopia onset and its progression during school age is exceedingly crucial.

CUHK researchers have published multiple world-renowned research on the effective use of low-concentration atropine eye drops for myopia prevention and control. The results of these randomised controlled trials have been published in leading international journals JAMA and Ophthalmology.

## 我們的服務 Our Services

### 兒童眼科護理服務 Children Eye Care Services

- 全面兒童眼部健康檢查

Comprehensive children eye health check-up



- 為已確診近視的兒童作出評估，減慢近視的惡化速度

Control myopia progression in children with existing myopia



- 進行近視篩查，及早識別學童近視的發病風險

Identify at risk children for the initiation of myopic prevention



中大醫院現提供3種濃度的阿托品眼藥水，包括0.05%、0.025%及0.01%的阿托品，能夠幫助不同程度的近視減緩加深，為兒童制訂個人化的治療方案，並由眼科專科醫生密切監察進度。

3 concentrations of atropine eyedrops are now available at CUHKMC - including 0.05%, 0.025%, and 0.01% atropine. These can help reduce myopia progression at varying degrees, enabling tailor made treatment for individual children, closely monitored by eye specialists.

### 成人眼科護理服務 Adult Eye Care Services



- 全面成人眼部健康檢查

Comprehensive eye health check-up

- 進行近視篩查，評估引致併發症的風險，以作出適切治療及跟進

Screening for myopia complications and provide subsequent treatment and follow up