

Glaucoma most operation trabeculectomy eye drops laser therapy Treatment of glaucoma



Glaucoma surgery

Glaucoma laser procedure or surgery may be considered when the eye pressure is not satisfactorily controlled by glaucoma eye medications.

Glaucoma laser procedure is the use of laser to improve drainage of aqueous in the eye. Recovery is usually in a few days since there is no external wound. Not all eye are suitable for laser therapy.

The most commonly performed glaucoma surgery is trabeculectomy, which is surgical creation of a small hole in the eye to facilitate drainage of aqueous. It is important to use regular eye drops and come for regular follow up after surgery. Vigorous exercise or swimming should be avoided for at least a month.

As in most operation, there is a small risk of complication like persistent low eye pressure, cataract, infection, wound problems...etc.



青光眼手術

當眼壓不能被青光眼藥水控制在理想水平，就要考慮激光治療或動手術。

激光治療是利用激光增進眼內液的流通。由於沒有傷口，一般數天就可以康復。可是，激光治療不是適合所有青光眼病人。

目前最普遍的青光眼手術是小樑切徐術。就是在眼球小樑的位置用手術做一小孔，讓眼內液更容易流出眼球，致降低眼壓的效果。手術後要使用眼藥水數星期，直致完全康復為止。視力一般會暫時模糊一至數星期。康復期間應避免游泳或做劇烈運動。像其他手術一樣，手術會存在一定風險 — 包括眼壓過低、白內障、細菌性發炎、傷口癒合問題等等.....。

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Glaucoma 青光眼



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GLAUCOMA

What is Glaucoma

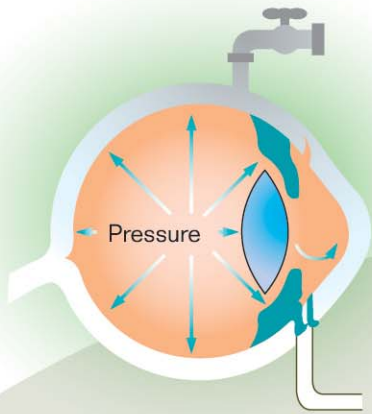
Glaucoma is optic nerve damage from eye pressure, causing blurring of vision and loss of peripheral visual field. Fluid in the eye (aqueous) is secreted from a structure inside the eye called ciliary body. Aqueous brings nutrients to other parts of the eye before leaving the eye through the trabeculum, an internal drainage structure between the cornea and sclera ("white" of the eye). Eye pressure is the pressure of aqueous inside the eye.

Primary glaucoma is high eye pressure due to natural degeneration of trabeculum. **Secondary glaucoma** is damage of trabeculum from other eye diseases, like uveitis (internal inflammation of the eye), trauma, and use of steroid...etc.

青光眼是什麼

青光眼是眼球內壓力高於視神經能承受的，引致視神經萎縮，視野和視力受損。眼球的眼內液是由睫狀體分泌出來，帶營養及氧份至眼內各組織，再經前房角的小樑組織離開眼球，回到血液裏。「眼壓」就是眼內液的壓力。

原發性青光眼是眼球內的排水組織——前房角的小樑組織——自然退化而引致的眼壓上升。**繼發性青光眼**是眼球因其他情況——如虹膜炎，創傷，類固醇藥物……等等——而引致的小樑組織阻塞所引致的眼壓上升。



Symptoms of Glaucoma

Acute glaucoma is sudden rise of eye pressure, causing redness, blurring of vision, severe eye pain, and even headache and vomiting. **Chronic glaucoma** is the "Silent Sight Killer". Optic nerve damage is slow and gradual, causing slowly progressive loss of peripheral visual field that is difficult to appreciate by patient. The patient is only alerted by loss of central vision in the late irreversible stage.

Since **optic nerve damage is irreversible, early diagnosis** is of paramount importance in the management of glaucoma. Risk factors for glaucoma include age over 40, family history of glaucoma, diabetes mellitus, hypertension, high myopia or hyperopia and long term use of steroid. Regular monitoring of eye pressure, visual field and optic nerve are strongly advised for these people.

青光眼的病症

青光眼分為急性和慢性兩種。**急性青光眼**患者的眼睛會突然出現紅、痛、視力模糊的症狀，嚴重者還會頭痛、作嘔。**慢性青光眼**卻是「無聲視力殺手」，會在患者不知不覺間破壞視神經，使視野漸漸收窄。最後才破壞中央視力，使患者到最後期才驚覺眼睛有問題。

由於視神經一旦被破壞就不能夠完全復原，因此早期青光眼的診斷是最重要的。四十歲以上、家族成員有青光眼、糖尿病、高血壓、深度近視或遠視、曾經及目前正使用類固醇的人士，就應該定期視力、眼壓、視神經、或視野。



Treatment of glaucoma

Current management of glaucoma is targeted at control of eye pressure to prevent further damage to optic nerve.

Acute glaucoma often needs laser procedure or surgery for definitive treatment. Chronic glaucoma usually responds well to topical glaucoma eye drops. Glaucoma eye drops need to be used daily for many years, in order to keep eye pressure under control. It is important to have regular assessment by your eye doctor.

青光眼的治療

現時最有效的方法是將眼壓控制在安全水平，避免視神經進一步受破壞。青光眼藥物有多種，有口服藥和眼藥水。常見的青光眼藥水的副作用包括眼紅和刺痛，一般都是輕微的。

急性青光眼多要激光治療或動手術。慢性青光眼一般都可以用青光眼藥水來控制。由於青光眼藥水的作用是控制眼壓，而不是根治病因，所以青光眼藥水是要長期使用。亦要定期到眼科醫生覆診檢查，確保病情穩定。

