

護眼小貼士
Tips to PROTECT your eyes

1. 閱讀時保持至少三十厘米距離。
Keep the prints at a minimum distance of 30cm from the eyes.
2. 每二十分鐘近距離工作，如閱讀及做功課，要休息二十秒，讓眼肌看遠放鬆。
Let the eyes relax and see distant things 20 seconds after every 20 minutes near task like reading and doing homework.
3. 充足睡眠，使眼睛有充份的休息。
Adequate sleep so that the eyes could have entire rest.
4. 多進行戶外活動如行山，有助放鬆眼肌。
Outdoor activities like hiking help relax of the eyes.
5. 工作環境需保持光線充足，光線不能刺眼。
Adequate but not stinging room lighting at the working environment.
6. 避免看 閃動不定的映像，以減低頭痛及眼睛疲倦的機會。
Avoid staring at a flashing target, to reduce the chance of getting headache and eye fatigue.
7. 保持均衡飲食，多進食含豐富維他命及含抗氧化成分的食物如西蘭花及粟米等。
Keep a balanced diet. Have more intake of food rich in vitamins and anti-oxidants like broccoli and corns.

服務時間 Service Hours

星期一至三/五/六 早上10時至下午6時30分	Mon / Tue / Wed / Fri / Sat 10:00am - 6:30pm
星期四 早上10時至下午2時	Thu 10:00am - 2:00pm
星期日及公眾假期 休息	Sunday & Public Holidays Closed

服務地點 Service Location

九龍城富寧街真善美村至真樓地下15號舖
(宋皇臺站B1出口)
Shop 15, G/F, Chi Chun Lau, Chun Seen Mei Chuen,
Fu Ning Street, Kowloon City.
(Exit B1 of Sung Wong Toi station)



查詢及預約 Enquiry & Appointment

☎ 2526 5308



視光中心
Optometric Centre



播道醫院視光中心位於九龍城真善美村(播道醫院對面)，為市民提供全面視力檢查，眼睛健康評估及眼鏡驗配等服務。新店設計簡約富時代感，讓您在舒適的環境中享受優質專業的視光服務。

Evangel Hospital Optometric Centre located at Chun Seen Mei Chuen (opposite of Evangel Hospital). It provides comprehensive eye care assessments, refraction and optical dispensing services to the neighborhood. The new Centre adopts simple & modern design, providing you a comfortable environment while enjoying our professional services.



服務範圍

Our Services



- 視力測試
Visual Acuity Measurement
- 視力度數檢查
Refraction
- 眼內壓檢查
Intra-ocular Pressure Measurement
- 白內障檢查
Cataract Examination
- 雙眼協調評估
Binocular Vision Assessment
- 眼睛外部健康檢查
External Ocular Health Assessment
- 色弱
Color Vision
- 立體視力測試
Stereopsis Test
- 放瞳視力度數檢查
Cycloplegic Refraction
- 眼底攝影
Fundus Photography

常見眼睛及視力問題

Common Visual Problems

近視 Myopia
(short-sightedness)

遠視 Hyperopia
(long-sightedness)

老花 Presbyopia

散光 Astigmatism

弱視 Amblyopia (lazy eye)

斜視 Strabismus

色盲和色弱
Color Vision Deficiencies & Color Blindness

白內障 Cataract

青光眼 Glaucoma

視網膜脫落 Retinal Detachment

黃斑點 Macula