

## 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，讓眼球看遠放鬆。  
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，有助放鬆眼球。  
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. 避免看着閃動不定的映像，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.

敬請預約 By Appointment

☎ 5741 4930 (只限 WhatsApp)

### 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)



MP-CDD116Sep25v050

# 視光中心

## Optometric Centre



☎ 2711 5222  
九龍亞皆老街222號 222 Argyle Street, Kowloon  
www.evangel.org.hk

**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