浮游物，斑点和闪光

常见视觉干扰

浮游物是那些在您视野中偶尔会看到的斑点和斑块，尤其是在您看白色墙壁或浅色表面时。它们是玻璃体（充满眼球内部的透明凝胶状物质）中的颗粒和杂质投射在视网膜上的阴影导致的。

浮游物可能会让人感到烦恼，但通常是无害的。然而，它们也可能表明眼睛疾病或其他健康状况，因此始终应该由眼科医生检查。

浮游物相对常见

大多数人在一生中都见过浮游物。随着年龄的增长，玻璃体靠近视网膜的区域会收缩并变得更液化，使得颗粒和杂质更容易移动并变得更加明显。

许多人四十岁或以上会经历一种称为后部玻璃体脱离的事件。也称为PVD，当玻璃体与视网膜在视神经头部的正常附着处分离时，就会发生这种情况。

PVD后，可能会出现一个称为“Weiss Ring”（尽管不总是环状）的浮游物，并且可能显得很烦人和分散注意力。

如果您突然出现浮游物（或注意到一个以前没有的）时，您应该立即咨询眼科医生。您的眼科医生会给您的眼睛滴眼药水以放大瞳孔，因为重要的是要排除任何并发症，如视网膜脱离或视网膜裂口。放大可以让你的眼科医生获得眼睛内部的最佳视野。

不同的浮游物有不同的形状

浮游物在外观上变化很大。有些几乎看不见（为淡斑块），而有些则特别令人不安，因为它们会在视线中飘动。它们可能看起来像细丝状，细丝状网，或只是暗影。您会在天空或白色页面、墙壁或天花板上看到它们最明显。

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When you try to look at them, they dart away as your eye moves, and they may change position slightly with respect to each other after eye movement.

Act immediately if a shadow encroaches your vision.

Although common and usually harmless, floaters may indicate a serious eye problem, especially if the onset is sudden. For example, a spontaneous haemorrhage from a ruptured retinal blood vessel into the vitreous may cause the sudden appearance of floaters.

On rare occasions a posterior vitreous detachment may be accompanied by, or lead to, a retinal detachment. This is a painless event but is a medical emergency as too much of a delay in attending to a retinal detachment may lead to blindness of the eye. Be alert for any of “The 4 F’s” – flashes, floaters, “falling curtain” (a sense of a shadow encroaching in to the vision of the eye) or failing vision.

If you experience any one of these changes, particularly the “falling curtain” or shadow in your vision, contact your optometrist urgently.

Get flashing lights in your vision checked without delay

Light flashes in the eye are occasionally seen in dim light by people of any age, and usually this is nothing to worry about. These flashes however can sometimes be a warning sign of incipient retinal detachment so you should consult your optometrist without delay if flashes start to occur (usually out to the side of your visual field, and usually involving only one eye).

These flashes are quite different to those experienced by migraine sufferers who often notice shimmery lights and zig-zag patterns in their vision, sometimes followed by blind areas, either to the left or right, or centrally. A headache and a feeling of nausea may or may not follow such an episode.

In later life, migraine-like visual symptoms may be experienced by those with disease of the vascular system – in some cases they may be indicative of a TIA (transient ischaemic attack) which can indicate a risk of stroke. Any such symptoms should be investigated and your optometrist will report to your GP if concerns are held after your eye examination.

Regular Eye Exams

The NZ Association of Optometrists recommends a regular eye examination every 2 – 3 years for healthy adults. After age 65 more frequent exams are necessary to ensure early diagnosis and treatment of sight threatening conditions such as glaucoma and age-related macular degeneration (ARMD).