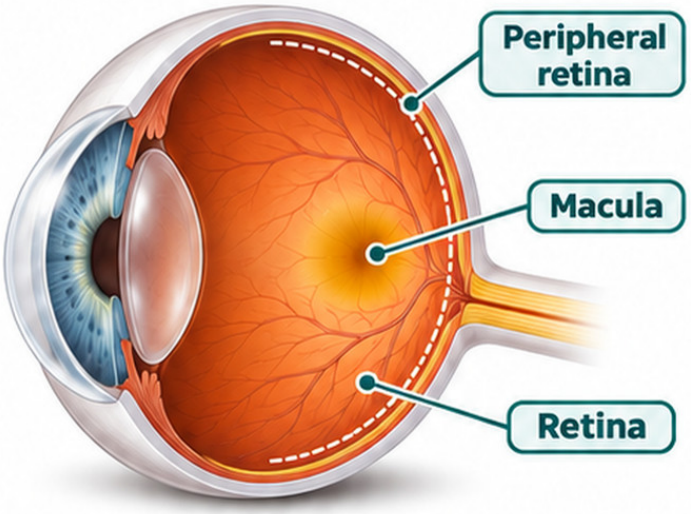
HOUSTON RETINA ASSOCIATES

Understanding the Retina and Macula

A guide to your retina, common retinal conditions, and why care is important



Retina: A thin layer of light-sensing tissue at the back of the eye that turns light into signals your brain uses to see.

Macula: The small, central part of the retina that gives you sharp, detailed vision for reading, driving, and recognizing faces.

Peripheral retina: The surrounding retina helps you see to the sides, detect movement, and see in dim light. Extensive damage may cause loss of peripheral and/or night vision.

Common Retinal Conditions We Treat

Age-Related Macular Degeneration (AMD)

A common, age-related disease that affects the macula and can cause progressive loss of central vision.

- Early/intermediate AMD is often monitored; advanced dry (geographic atrophy) or wet (neovascular) AMD may require eye injections.

Diabetic Retinopathy / Diabetic Macular Edema (DR / DME)

Changes in the retinal blood vessels from diabetes that can lead to leakage, bleeding, and retinal swelling (macular edema), which can cause blurred or decreased vision.

- Treatment may include eye injections, laser, and close monitoring.

Retinal Vein or Artery Occlusion (RVO / RAO)

A blockage of the blood flow to or from the retina that can cause sudden or gradual vision loss.

- Vein occlusions may cause retinal swelling (macular edema) treatable with injections. Artery occlusion is typically treated as a stroke-equivalent event.

Retinal Tears and Retinal Detachment

A tear or separation of the retina from the back of the eye, which can lead to serious and permanent vision loss if not treated promptly.

- Retinal tears can often be treated with laser. A retinal detachment usually requires surgery.

Seek Prompt Eye Care If You Notice:

- Sudden increase in floaters
- Flashes of light
- A shadow or curtain in your vision
- Sudden decrease in vision

Reviewed by Henry Lin, MD, PhD
www.hretina.com

Scan to view Dr. Henry Lin's profile

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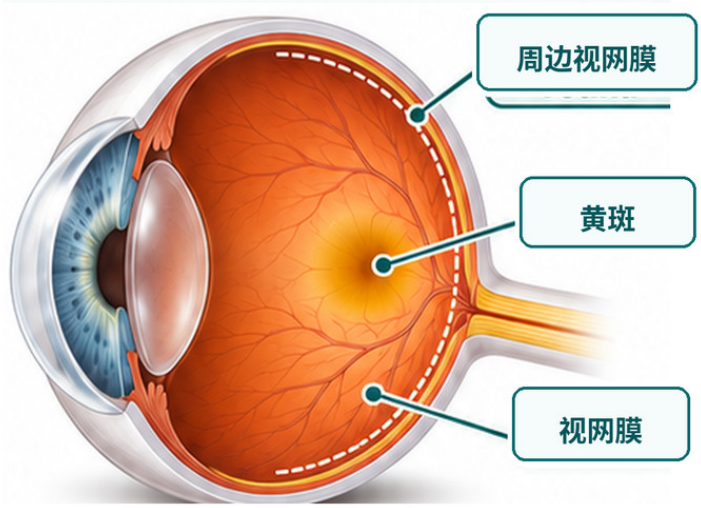
认识视网膜与黄斑

了解视网膜、常见视网膜疾病及眼睛保健的重要性



视网膜：
位于眼球后方的感光组织，将光线转化为信号并传送至大脑，让我们能够看见。

黄斑：
视网膜中央的小区域，负责阅读、开车和辨认面孔所需的清晰、精细视力。

周边视网膜：
帮助我们看见侧方、察觉移动，以及在昏暗环境中看东西。严重受损可能导致周边视野和／或夜间视力丧失。

我们治疗的常见视网膜疾病

年龄相关性黄斑变性（AMD）

一种与年龄相关的疾病，影响黄斑，可能导致中心视力逐渐下降。

- 早期／中期通常定期随访；晚期干性（地图样萎缩）或湿性（新生血管性）黄斑变性可能需要眼内注射治疗。

糖尿病视网膜病变／糖尿病黄斑水肿（DR／DME）

糖尿病可损伤视网膜血管，造成渗漏、出血和黄斑水肿，使视力模糊或下降。

- 治疗可能包括眼内注射、激光和定期随访。

视网膜静脉或动脉阻塞（RVO／RAO）

视网膜血流受阻，可能造成突然或逐渐的视力下降。

- 静脉阻塞可能引起黄斑水肿，可通过眼内注射治疗；动脉阻塞通常被视为与中风同等的紧急事件。

视网膜裂孔与视网膜脱离

视网膜出现裂孔或从眼球后壁分离，如不及时治疗，可能造成永久视力损失。

- 裂孔通常可用激光治疗；视网膜脱离通常需要手术。

如出现以下症状，请立即就医：

- 飞蚊突然大量增多
- 闪光感
- 视野出现阴影或黑幕
- 视力突然下降

内容审阅：Henry Lin 医生（MD, PhD）

www.hretina.com

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