Understanding Uveitis

Inflammation inside the eye | A guide for patients

What is uveitis?

Uveitis (yoo-vee-EYE-tis) means inflammation inside the eye. It can affect one or both eyes and may occur once, return in flares, or persist. Symptoms can include blurred vision, floaters, redness, aching, and light sensitivity. Some forms cause little or no pain. Untreated inflammation can damage vision.

Types by cause

Type	What it means
Infectious	Caused by a microorganism, such as a virus, bacterium, or parasite. Examples include herpes viruses and the organisms that cause syphilis, tuberculosis, or toxoplasmosis.
Non-infectious	Not caused by infection. May be immune-related, linked to another medical condition, or follow injury or surgery. Often no specific cause is identified ("idiopathic").

Types by location

Type	Main area involved	Common symptoms
Anterior (iritis)	Front of the eye	Pain, redness, light sensitivity; blur
Intermediate	Vitreous (gel inside the eye)	Floaters and blur; often little pain
Posterior	Retina and/or choroid at the back of the eye	Blur, floaters, or missing areas of vision; often little pain
Panuveitis	Front, middle, and back	A combination of symptoms

What testing might I need?

Your doctor checks your vision, eye pressure, and the front and back of the eye, usually with dilation. Tell your doctor about prior flares, medicines, infections or exposures, and symptoms such as joint/back pain, rashes, mouth sores, or bowel problems.

Testing is tailored to your exam and history; **not everyone needs every test**. It may include OCT scans for retinal swelling, retinal photographs or dye testing for leakage, selected blood tests (such as syphilis, TB, or HLA-B27), or chest imaging. Sometimes a small eye-fluid sample is needed to look for infection or another cause. Other specialists may help.

How is it treated?

Infectious: Treatment targets the microorganism with antiviral, antibiotic, or antiparasitic medicine. Steroids may be added under close supervision, but do not replace treatment of the infection.

Non-infectious: Steroid drops often treat anterior uveitis. Dilating drops may ease pain and help prevent the iris from sticking to the lens. Deeper or more severe inflammation may need steroid injections, implants, pills, or occasionally IV treatment. Recurrent or persistent disease may need steroid-sparing medicines, such as methotrexate, mycophenolate, or a biologic.

Follow-up matters: Use medicines and taper steroids exactly as directed. Do not restart leftover steroid drops on your own. Visits monitor inflammation, swelling, cataracts, and eye pressure; some medicines require blood tests. Feeling better does not always mean inflammation has resolved.

When should I call?

Contact your eye doctor promptly for new or worsening eye pain, redness, light sensitivity, floaters, or blurred vision. Sudden vision loss, a curtain/shadow, or new flashes with many floaters needs urgent evaluation.

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Reviewed by Henry Lin, MD, PhD

General education; follow your individual treatment plan.

認識葡萄膜炎

眼內炎症 | 患者須知

什麼是葡萄膜炎？

葡萄膜炎是指眼內發生炎症，可累及一隻或兩隻眼睛。它可能只發作一次，也可能反覆發作或持續存在。症狀包括視力模糊、飛蚊、眼紅、眼痛和怕光。有些類型疼痛很輕，甚至沒有疼痛。未經治療的炎症可能損害視力。

按病因分類

類型	含義
感染性	由病毒、細菌或寄生蟲等微生物引起。例如疱疹病毒，以及引起梅毒、結核病或弓形蟲病的微生物。
非感染性	並非由感染引起，可能與免疫反應、身體其他疾病、眼外傷或手術有關。很多患者找不到明確病因，稱為「特發性」。

按炎症部位分類

類型	主要受累部位	常見症狀
前葡萄膜炎（虹膜炎）	眼球前部	眼痛、眼紅、怕光、視力模糊
中間葡萄膜炎	玻璃體（眼內的凝膠狀物質）	飛蚊和視力模糊；常無明顯疼痛
後葡萄膜炎	眼球後部的視網膜和／或脈絡膜	視力模糊、飛蚊或視野缺損；常無明顯疼痛
全葡萄膜炎	眼球前部、中部和後部	可能同時出現上述多種症狀

可能需要哪些檢查？

醫生會檢查視力、眼壓以及眼球前後部，通常需要散瞳。請告知醫生既往發作情況、用藥、感染或相關接觸史，以及關節痛、背痛、皮疹、口腔潰瘍或腸道症狀。

檢查根據病史和眼部表現選擇，**並非每個人都需要所有檢查。**可能包括檢查視網膜水腫的 OCT 掃描、眼底照相、觀察血管滲漏的螢光造影、針對性的血液檢查（如梅毒、結核或 HLA-B27）及胸部影像。有時需抽取少量眼內液體，尋找感染或其他病因，也可能請其他專科醫生協助。

如何治療？

感染性：使用抗病毒藥、抗生素或抗寄生蟲藥，針對引起感染的微生物治療。醫生有時會在嚴密監測下加用類固醇，但類固醇不能替代抗感染治療。

非感染性：前葡萄膜炎常用類固醇滴眼液治療。散瞳滴眼液可減輕疼痛，並幫助防止虹膜與晶狀體黏連。較深部或較嚴重的炎症可能需要眼周或眼內類固醇注射、植入劑、口服藥，偶爾需靜脈用藥。反覆或持續的炎症可能需要減少類固醇依賴的藥物，例如甲氨蝶呤、嗎替麥考酚酯或生物製劑。

定期複診很重要：嚴格按醫囑用藥並逐漸減量，不要自行重新使用剩餘的類固醇滴眼液。複診可監測炎症、水腫、白內障和眼壓；部分藥物需要定期驗血。症狀改善不一定表示炎症已消退。

什麼時候應聯絡醫生？

如出現新的或加重的眼痛、眼紅、怕光、飛蚊或視力模糊，請及時聯絡眼科醫生。突然視力下降、幕簾狀遮擋或陰影，或新出現閃光並伴大量飛蚊，需要緊急就診。

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本資料僅供一般健康教育，請遵循您的個體化治療方案。

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個人資料