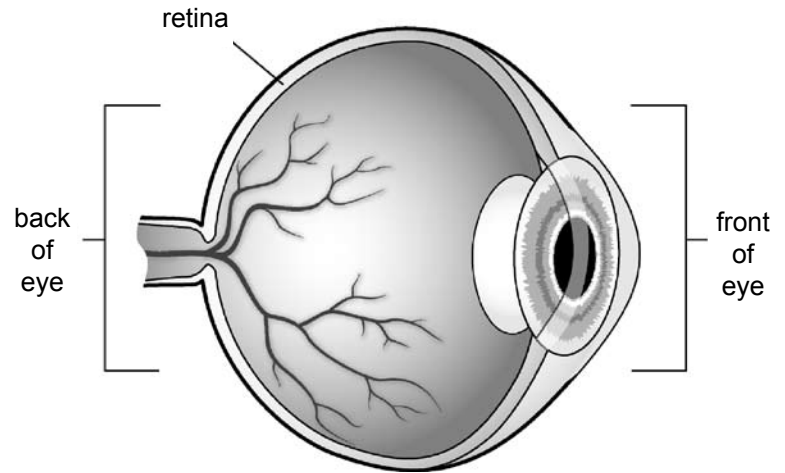


Retinal Tears and Detachment

The retina is the lining in the back of the inside of the eye. It sends messages to the brain so you can see.

When the retina pulls away from the inside of the eye, tears, holes or detachment can occur.



Signs of Retinal Tears and Detachment

Retinal tears or detachment are painless. Signs include:

- Sudden increase in floating spots in your vision
- Sudden flashes of light in one or both eyes
- A shadow or curtain over part of your vision
- Sudden blurry or decreased vision

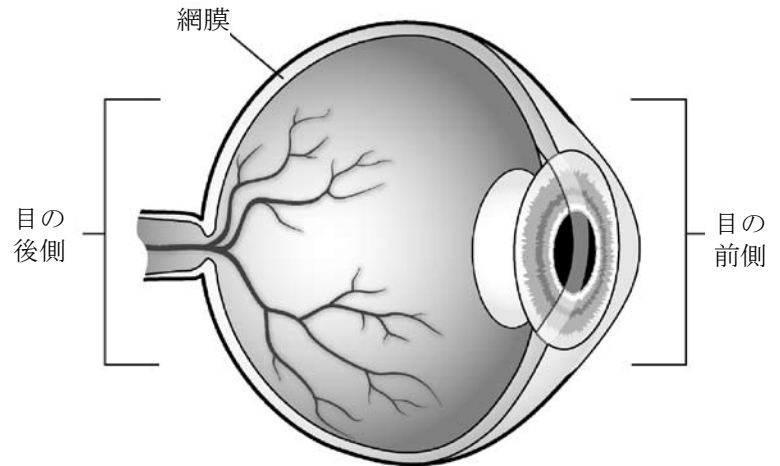
Your Care

If you have any signs, see a doctor called an ophthalmologist right away. **Retinal detachment is a medical emergency.** If not reattached quickly, permanent vision loss can occur in the affected eye. Prompt medical care and treatment can save your vision.

網膜裂傷・剥離

網膜は眼球の内側の奥に張り巡らされた膜です。目に映った情報を脳に伝達する役割を果たしています。

網膜が眼球の内側から引っ張られると、裂孔や剥離が生じる恐れがあります。



網膜裂傷・剥離の徴候

網膜の裂傷や剥離が生じて痛みを感じることはありません。兆候としては以下のようなものがあります。

- 視野に突然浮遊物が増える。
- 片目または両目で突然眩しく感じることもある。
- 視野の一部に影や幕がかかったようになる。
- 突然、目がかすんだり、視力が低下する。

対処方法

これらの症状が現れたら、すぐに眼科医を受診してください。**網膜剥離は救急疾患**です。速やかに網膜を復位させないと、発症した眼が永久的に失明する危険があります。速やかに治療を受けることで視力を救える可能性があります。

Your doctor will check your eye to find what is causing your signs. If a retinal tear, hole or detachment is found, surgery is done. If a tear or hole is treated before detachment occurs, you will likely retain most of your vision.

Treatment for small holes or tears

Small holes or tears are treated with a laser beam or a freeze treatment called cryopexy. These treatments are done in your doctor's office.

- A **laser beam** may be used to make burns around the retinal tear or hole. These burns cause scarring to secure the retina in place.
- In **cryopexy**, intense cold is used to freeze the retina around the tear. This freezes the area and causes a scar to develop. The scarring secures the retina to the eye wall.

Treatment for retinal detachment

There are three types of surgeries used to treat retinal detachment. You may need to have this done in a hospital.

- **Scleral buckling** – a tiny band is attached to the outside of the back of the eye to gently push the wall of the eye against the detached retina.
- **Vitrectomy** – a tiny incision is made in the eye. Gas is injected to push the retina against the wall of the eye.
- **Pneumatic retinopexy** – Gas is injected to cause a bubble. The gas bubble pushes the retina back into place, so it can reattach itself to the wall of the eye. You may need to maintain a certain head position for several days. The gas bubble disappears over time.

医師が発症の原因を調べます。網膜の裂孔や剥離が見つかった場合、手術が行われます。剥離に至る前に裂孔の治療が済めば、ほとんどの視力を維持できる可能性が高くなります。

小さな孔や裂傷の処置

小さな孔や裂傷にはレーザー治療や冷凍固定法と呼ばれる冷凍凝固術を実施します。これらの治療は診療所で行われます。

- **レーザー光**は網膜の裂孔の周りに照射して癒痕を作るのに使用されます。この癒痕により網膜が剥がれないように固定します。
- **冷凍凝固術**では、裂傷の周囲の網膜を超低温で凝固させます。患部を冷凍させることで癒痕を作ります。この癒痕で網膜を眼球壁に固定します。

網膜剥離の治療

網膜剥離の治療方法として 3 種類の手術があります。手術は病院で受ける必要がある場合もあります。

- **強膜バックリング** – 小さな帯を眼球の後ろの外側に取り付け、眼球壁を剥離した網膜に軽く押しつけます。
- **硝子体切除** – 眼球内部を小さく切開します。内部にガスを注入して網膜を眼球壁に押しつけます。
- **硝子体置換術** – 膨張性のガスの泡を注入します。ガスの泡が網膜を元の位置に押し返して、網膜を再び眼球壁に復位させます。この処置では、数日間にわたって頭を規定の状態に固定する必要がある場合があります。ガスの泡は時間とともに消滅します。

With all of these surgeries, either laser beam or cryopexy is used to secure the retina back in place. It may take several months following surgery to know how well your vision will improve. Results are best when treatment occurs before retinal detachment.

Talk to your doctor about your questions and concerns.

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これらの手術にレーザー治療法や冷凍固定法を併用して網膜の復位が施されます。視力の改善の程度を確認できるようになるまでに、手術後数カ月かかる場合もあります。網膜剥離に至る前に処置を施すと最良の効果を期待できます。

質問や不明な事項があれば主治医にご相談ください。

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Retinal Tears and Detachment. Japanese.