



# 过敏高峰季 回家后重点洗 这个部位



每日科普

## 高度近视人群 遭遇的“隐形危机”

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由于普遍的近距离用眼时间激增和户外活动不足,当代人群的眼球长期处于调节紧张状态,加之已有高度近视人群扩大致使的遗传患病风险提高,形成了“环境诱发一代际累积”的恶性循环。两种因素相互作用下,导致了高度近视快速蔓延。如何应对日益严峻的眼底病高发趋势,尤其是其中堪称“隐形杀手”的病理性近视牵引性黄斑病变,是当下公共卫生领域面临的艰巨挑战。

### 什么是牵引性黄斑病变

高度近视是指近视度数超过600度,或眼轴长度超过26.5毫米。其中,约50%~70%的患者因眼轴进行性增长,导致眼底结构破坏,最终进展为病理性近视。

当眼球发生轴性伸长时,黄斑正好位于眼球形变过程中的应力集中区,同时它又是我们看清细节、识别人脸和开车等所有精细视觉的绝对核心。当眼球持续轴性拉长时,黄斑区的视网膜神经层就出现分层、劈裂、裂孔,甚至局部脱离。以上过程即病理性近视牵引性黄斑病变(MTM)。

MTM早期通常无明显症状,但一旦出现看东西变形(本应笔直的线条,看上去变弯、扭曲或呈波浪状);眼前出现不会移动的黑影、灰斑;验配了度数准确的眼镜,视力仍原因不明的持续下降;看东西颜色变淡,如蒙薄雾等情况,应立即就医,避免造成永久性的中心视力丧失。

### 应对MTM的诊疗新策略

光学相干断层扫描(OCT)是诊断牵引性黄斑病变、评估分期并指导治疗决策的“金标准”。它可显示视网膜各层有无劈裂、裂孔、脱离,以及玻璃体对黄斑的牵拉状况。

现代医学对MTM的诊疗强调根据精准分期制定个体化方案:早期患者首选方案为定期密切观察,定期复查OCT;如出现了黄斑区有积液(中心凹脱离)、形成全层的黄斑裂孔,甚至出现裂孔导致了视网膜脱离时,就需要进行手术治疗,避免视力受损。

### 高度近视护眼小贴士

- 1.高度近视者需每年做一次全面的眼科检查,包括详细的眼底检查和OCT扫描。
  - 2.出现看东西变形和眼前存在固定暗影时,务必立即就诊,这是黄斑出现问题的特异表现。
  - 3.尽量避免可能让头部或眼睛受到剧烈震动冲击;控制好高血压、糖尿病等会加重眼内血管负担的疾病;避免长期熬夜和连续过度用眼。
- 定期检查、合理治疗,能最大程度地保护患者的视力,让我们从容应对高度近视挑战。

### 专家点评

重庆医科大学附属第二医院 张黎  
该文专业性强、逻辑清晰,论述环环相扣,语言平实有力,推动了高风险人群从“知晓”到“行动”,体现了科普的核心价值——防患于未然。

没完没了地打喷嚏、流鼻涕、眼睛红肿发痒……万物复苏、草长莺飞的季节,对过敏人群来说却是一场灾难。3月18日,国家卫生健康委的新闻发布会提醒,目前正处于春季花粉飘散高峰期,外出后回家要及时洗鼻子。让你过敏的到底是哪些植物?首都医科大学附属北京世纪坛医院主任医师马婷婷结合热点解读,教你科学应对花粉过敏。

### 让你过敏的不一定是“花粉”

春季最大的花粉过敏原不是花,而是树木花粉。马婷婷介绍,很多人认为花粉过敏主要是像杏花、桃花、樱花等观赏花引起,实际真正引起花粉过敏的元凶主要是空气中的风媒花。比如柏树、桦树、杨树、柳树、榆树,这些树木的特点就是它的花粉颗粒小,质量轻,非常容易随风飘散,极易吸入呼吸道诱发过敏。

春季花粉过敏一般会持续到5月,春季的一些树类花粉,导致患者出现打喷嚏、流鼻涕、流泪、鼻眼耳痒、胸闷、憋气等症状。

### 回家后重点洗这个部位

外出回家以后,建议你及时洗脸、洗鼻子,重点是冲洗鼻腔,脱掉外衣,防止把花粉带入室内。可使用生理盐水清洗鼻腔,或用热毛巾热敷、熏蒸鼻腔,但要避免过度清洁,否则可能损伤嗅觉功能。马婷婷介绍了一个清洗鼻子的方法:

- 1.配盐水 可用200毫升水(凉白开或纯净水),加入1~2克食盐。水温接近于体温,咸度略淡于眼泪,防止刺激黏膜。
- 2.洗鼻腔 俯身弯腰到水池边,将盐水少量倒入干净的手心;轻轻用鼻子把水吸入鼻腔,不要猛吸、避免呛咳。屏住呼吸2~3秒,让盐水和接触黏膜;低

头,让水自然流出或轻轻擤出。重复2~3次,两侧交替进行。也可购买配比好的品牌产品生理盐水,使用鼻腔冲洗器,根据说明书或提示进行清洗。

### 以前不过敏为啥突然过敏了

为什么有的人以前不过敏,今年却出现过敏症状?马婷婷表示,主要有两个核心因素。

●花粉暴露量增加 目前全球气候变暖,花期延长,致敏植被分布广泛,致使目前空气中的花粉暴露量持续高度提升。有一些患者原来不过敏,现在更容易过敏,他们长期累积超出人体免疫耐受阈值,从而诱发相应症状。

●个人免疫失衡 目前很多人免疫状态是失衡的,长期压力大、熬夜、感冒、劳累都会诱发免疫失衡状态,让大家对花粉产生过度免疫反应。

### 过敏季做到4点减轻不适

目前正处于春季花粉飘散高峰期,除了及时清洗鼻子,建议花粉过敏患者做好以下防护。

- ◆减少花粉高浓度时段外出 建议关注花粉浓度预报,尽量减少在花粉浓度高的时段外出,远离花草树木密集区域。
- ◆外出做好防护 如果过敏反应严重,又必须要外出,要戴好口罩、护目镜、帽子以及穿长袖衣服,可防止花粉直接接触皮肤及呼吸道,诱发过敏。
- ◆适度减少开窗 花粉浓度很高的时段,建议关闭门窗,开空气净化器,减少室内的花粉量。
- ◆不要硬扛 建议花粉季节前一到两周即可启动用药,遵医嘱全程足量用药,维持用药也可以维持到花粉季结束以后,或者经医生评估以后才可停药。

如果你在今年春季花粉期出现了相应过敏症状,建议及时到医院就诊,明确过敏原进行及时用药,规范治疗。

据生命时报

# 虫子飞进眼,千万别揉

近期,温州医科大学附属眼视光医院眼鼻/眼外伤专科病区收治了一位因虫子飞入眼睛,导致角膜真菌感染的患者。为什么一只小虫子能造成这么大的危害呢?揉眼,这个下意识的动作竟是罪魁祸首。它不仅容易导致昆虫四肢嵌入眼部组织,更会将昆虫自身携带的细菌与真菌带入眼球。除了虫子,睫毛、风沙、碎石、落叶等也是日常生活中常见的眼内异物。这些异物入眼后,我们该怎么做?

### 这些下意识动作会伤害眼睛

- 1.用力揉眼是危险的举动  
异物入眼后,由于异物对眼睛的刺激,大部分人会下意识地用手揉搓眼睛。然后,这不仅无法有效地去除异物,反而会给我们的眼睛造成二次伤害。常见的危害包括:异物划伤角膜、异物嵌入眼部组织、导致眼部感染等。
- 2.用未消毒的工具自行挑取  
利用指甲或者其他非无菌工具,自行挑取眼部异物也是常见的错误做法。使用非无菌工具,不仅极易造成眼部严重感染,甚至还会在盲目挑取深部异物时,导致角膜穿孔等严重后果。
- 3.乱滴眼药水  
此外,随意使用家里过期或者功效不明的眼药水滴眼,也是错误的做法。这样做,不仅可能会掩盖病情,还有可能加重局部损伤与炎症反应。
- 4.土方不可取  
使用自制草药汁、母乳汁滴眼,或者用舌头舔取眼睛等土方均不可取。这些方法不仅容易导致继发感染,还会干扰医生的临床判断。

### 异物入眼后的“正确打开方式”

- 1.立即停手,禁止揉眼。
- 2.轻轻闭眼或多次眨眼,利用眼睛自然分泌的泪液将异物冲洗排出。
- 3.使用无菌生理盐水或人工泪液轻轻冲洗眼睛。若以上方法无效,不要试图强行取出,应及时去医院就诊。



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