

Chiun-Ho Hou



• Current position:

- Attending physician, Department of Ophthalmology, National Taiwan University Hospital

• Specialty:

- Cataract surgery
- Refraction and Contact lens
- Refractive surgery
- Low vision

• **Education:**

- M.D., Department of Medicine, School of Medicine, National Taiwan University
- Master, Institute of Clinical Medicine, Chang Gung University
- Ph.D., Institute of Public Health, National Yang Ming Chiao Tung University

• **Career and certification:**

- Second Lieutenant Medical Officer, Beigan Branch, Army Matsu Field Hospital
- Resident Physician, Department of Ophthalmology, Chang Gung Memorial Hospital, Linkou
- Research Fellow, Refraction Division, Department of Ophthalmology, Chang Gung Memorial Hospital, Linkou
- Attending Physician, Department of

Ophthalmology, Chang Gung Memorial Hospital,
Linkou

• **Reminder from Dr. Hou:**

Cataracts are one of the most common eye diseases affecting vision. The lens loses its transparency during aging process as a result from the damage of photon energy in the surroundings; hyper oxidization, and metabolic deposit. This is cataract, and it is a normal degeneration. All people will have cataract eventually if they live long enough.

However, some prevention methods can be adopted to delay the onset or progression of cataract, such as sun protection with hat and sunglasses; intake of foods containing anti-oxidation elements, like grains and nuts.

It is not always cataract as the cause of vision

deterioration in old people. There are many diseases that cause vision problem, such as aged macular degeneration; glaucoma, corneal degeneration; optic neuropathy; diabetic retinopathy, or even brain lesion. Do visit your ophthalmologist for help when vision is decreased. A battery of thorough examinations to exclude all possible diseases is mandatory to undergo treatment in time and to save the vision.