



視力保健講座

Vision Health Lecture

當 3C 藍光紀元來臨：Z 世代的護眼對策

How Z-GEN and Minnennials protect their eyesight

114 年 4 月 18 日 (五) 10:00~12:00 AM
4/18, Friday, 10 to 12 AM

地點：健諮中心會議室 (惠蓀堂 1 樓)

Location: Health & Counseling Center Conference Room
(Hui-Sun Auditorium 1F)

參加對象：本校師生

Target audience: Faculty, staff and students



報名資訊

! This lecture is held in Chinese

「眼睛是靈魂的窗戶」—越來越多的千禧世代 / Z 世代著迷於使用不同的電子產品，例如智慧型手機、平板電腦、筆記型電腦等；導致乾眼症、視力下降與眼睛機能退化種種症狀。學習 3C 藍光世代視力保健的實用技巧，於工作讀書之時，亦可保衛自身年輕明亮的雙眼。

"The eyes are the windows to the soul" - More and more millennials and Generation Z are fascinated by using various electronic devices, such as smartphones, tablets, and laptops, which has led to symptoms like dry eyes, declining vision, and deterioration of eye function. Learning practical tips for eye care in the age of 3C blue light can help protect your youthful and bright eyes while working or studying.

李欣濃 醫師

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Dr. Li, Xin-Rong

(Bair's Eye Clinic)

學經歷 Education and Experience

中國醫學大學 醫學士

Bachelor of Medicine from China Medical University

台中榮民總醫院眼科部 主治醫師

Attending Physician, Department of Ophthalmology, Taichung Veterans General Hospital

美國南加州大學眼科中心

USC Doheny Eye Institute Research Fellow

中華民國眼科醫學會 年會課程講師

Instructor for the Annual Meeting of the Ophthalmological Society of the Republic of China

台灣白內障及屈光手術醫學會 (TSCRS) 及台灣眼科教授醫學會 屈光課程講師

Taiwan Society of Cataract and Refractive Surgery (TSCRS) and the Taiwan Ophthalmology Professors Association Refractive Course Instructor.



興健康講堂
Hsing-Health Lecture



國立中興大學
National Chung Hsing University

主辦單位：中興大學學生事務處健康及諮商中心

Organizer: Health and Counseling Center, Student Affairs Office, Chung Hsing University