

The ABCs of Eye Floaters 恼人飞蚊症知多少

As you walk down the street, tiny dots suddenly appear in your field of vision. For a moment, it seems like some tiny insects are **buzzing** past your face. But when you try to **shoo** them **away**, you realize they aren't real. Don't worry; you're not going crazy. You're probably just experiencing an ordinary phenomenon commonly known as "[eye floaters](#)."

当你走在街上的时候，几个小点突然出现在你的视野当中。顷刻间，似乎有些小虫子嗡嗡地飞过你的面前。别担心，你没有发疯，你大概只是经历一种通常称为「飞蚊症」的普通现象。

The term "eye floaters" is used to describe the medical condition [myodesposia](#). This occurs when a person starts to see floating spots in the air. Eye floaters are caused when excess **condensation** or **specks** of **debris** pass through the [vitreous jelly](#) in our eye. They can occur in just one eye or both eyes simultaneously. Although eye floaters can be **irritating**, they are usually harmless. But if they persist for long periods of time or you get them frequently, be sure to see an eye doctor because this may indicate that your [retina](#) has been damaged.

「飞蚊症」这个词汇是用来描述一种名为 **myodesopsia** 的疾病。发病时，患者开始看到一些在半空中悬浮的斑点。飞蚊症产生的原因是当眼睛有过度凝结物或是碎屑在玻璃体里移动。飞蚊症有可能只出现在单眼，或同时出现在双眼。虽然飞蚊症相当恼人，但通常是无害的。不过如果该症状持续很久或是频繁地出现，一定要去眼科作检查，因为这可能表示你的视网膜已经受损了。

So far, doctors haven't come up with any reliable methods to get rid of eye floaters. No herbs, vitamins, **medications** or **surgeries** are effective in eliminating the condition. When floaters occur, most people's first **instinct** is to rub their eyes, but this rarely helps. At this time, the best **remedy** is to be patient, leave your eyes alone, and try to ignore the **distraction**. Hopefully, your eye floaters will **fade away** over time and become less **bothersome**.

目前为止，医生还没有想出任何能完全治好飞蚊症的可靠办法。草药、维生素、药物或是手术都无法有效根除这种疾病。飞蚊症发生时，多数人的第一个本能反应都是去揉眼睛，但这个动作其实很少有帮助。此时，最好的疗法是耐心等待，先别管你的眼睛，试着忽略那些使你分心的东西。希望一段时间过后，飞蚊症会慢慢消失，变得比较没那么扰人。

— by *Jamie Blackler*

Vocabulary

ABCs: 基础知识 basic facts

buzz [bʌz] v. 嗡嗡叫

eye floaters (myodesposia) n. 飞蚊症

condensation [ˌkɒndənˈseɪʃən] n. 凝结

speck [spɛk] n. 斑点

debris [dɪˈbrɪ] n. 残骸

vitreous [`vɪtriəs] **jelly** 玻璃体

instinct [`ɪnstɪŋkt] n. 本能

remedy [`rɛmədi] n. 治疗

distraction[dɪ `strækʃən] n. 使分散注意的事物

bothersome [`bɒðə-səm] adj. 令人讨厌的

Idiom

shoo away : 用嘘声将某物赶走 drive away by crying `shoo!

fade away : 逐渐消失 become weaker