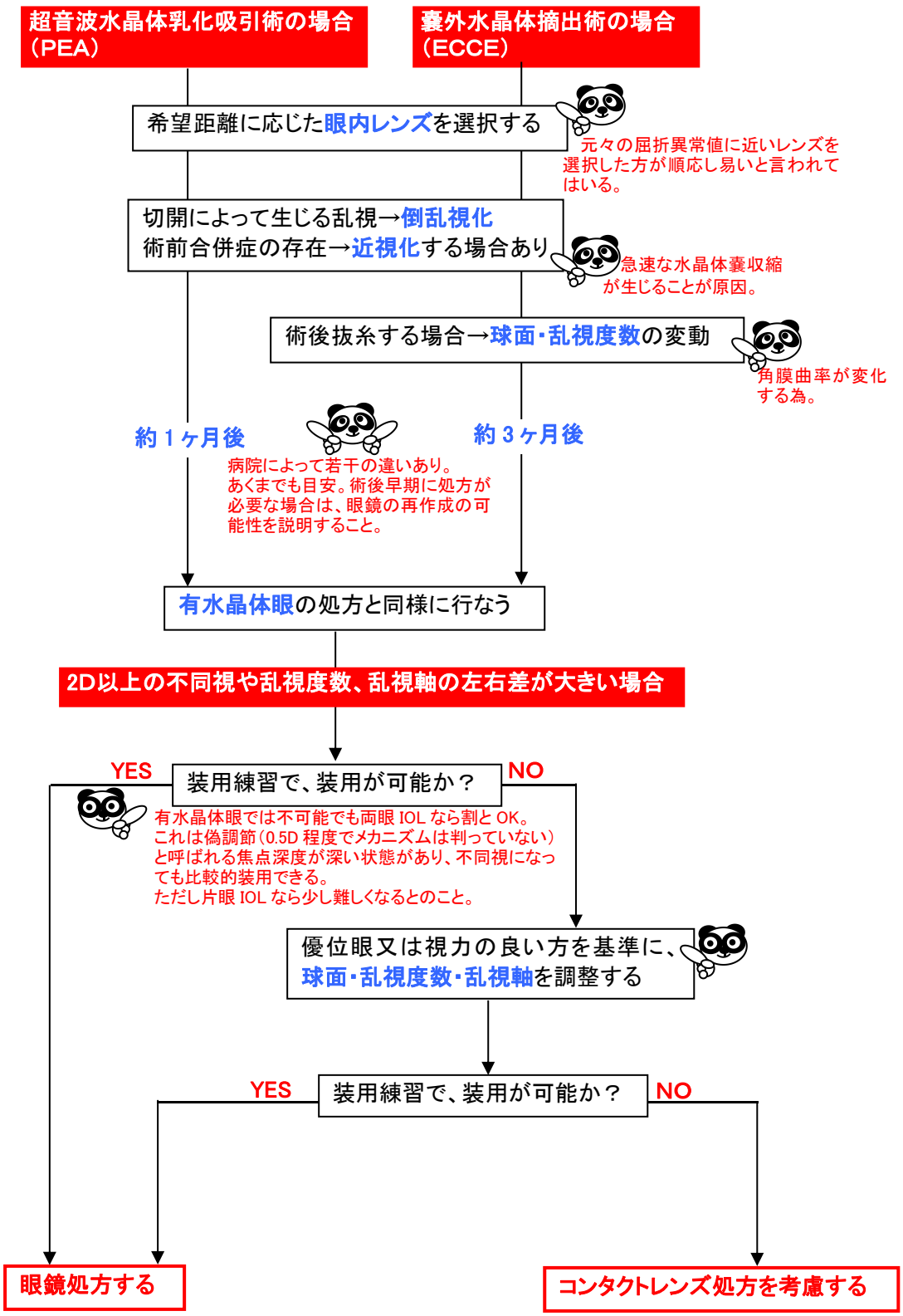成人の単焦点眼内レンズ（IOL）挿入眼の眼鏡度数決定方法例