

FRED'S VISION 瞳言

2025年·第1期 | ISSUE 1 · 2025



趁新年將光明傳世界!
Help Restore Sight with
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首個護瞳嘉年華完滿舉行
Celebrating World Sight Day
in a Fun Carnival!

沙眼令數百萬人
面臨永久失明威脅
護瞳行動全力救盲
讓患者 重見光明

Millions Of People Are At Risk Of
Permanent Blindness From Trachoma



The Fred Hollows
Foundation | 護瞳行動

瞳在香港 10 YEARS 年

總幹事的話

One Minute with Laura

親愛的護瞳行動夥伴們，新年快樂！

2024年是非凡的一年，即使全球面臨重重挑戰，我們仍然積極推動工作，取得驕人成果。在動盪不安的時局中，護瞳行動成功將各項活動和計劃恢復至疫情前的水平，為最脆弱的群體恢復視力，重見光明。對於身陷各樣危機的人來說，視力受損無疑令生活更為艱難，故此我們現時的工作比過往任何時候都更為重要。

人口老化導致眼科護理的需求不斷增加，我們正擴展不同計劃，應對這些需求。若未能投入更多資源，預計到2050年，全球將有6,100萬人面臨可避免失明的風險。幸好，護瞳行動憑藉多年經驗和穩固的合作夥伴網絡，為有需要的人扭轉命運，而這一切全賴全球支持者的慷慨捐助。

我欣然與您分享一個振奮人心的消息：越南和巴基斯坦已成功消除沙眼——一種致盲的痛苦眼疾！這項突破為2025年帶來了滿滿的希望。同時，2025年也將迎來我們香港辦事處成立10週年的重要時刻。我們期待與社區共同慶祝這個里程碑，並衷心感謝您一直以來對我們挽救視力這個使命的支持。

本期內容將帶您回顧2024年的主要成果，以及我們來年的工作重點。一如以往，如您有任何疑問，我的團隊和我隨時樂意為您解答。

祝願您新一年幸福安康，並感謝您一直以來的支持！

Greetings, Friends of The Fred Hollows Foundation - and Happy New Year!

2024 was an incredible year, marked by progress amidst global challenges. Despite ongoing upheavals, The Foundation successfully restored its activities and programs to pre-pandemic levels, which is crucial for those who are most vulnerable. Visual impairment can make life especially precarious for those caught in crises, and our work is more vital than ever.

Our expanded programs address the growing needs due to an aging population. Without more dedicated resources, it's projected that 61 million people could face avoidable blindness by 2050. Fortunately, The Foundation has the experience and network to make a lasting impact, thanks to generous supporters worldwide.

I'm thrilled to share that trachoma – a painful condition that can cause blindness – has been officially eliminated in Vietnam and Pakistan! This milestone sets a hopeful tone for 2025, which also marks the 10th anniversary of our Hong Kong office. We look forward to celebrating this milestone with our community and deeply appreciate the unwavering support for our sight-saving mission.

Inside this issue, you'll find highlights from 2024 and insights into our priorities for the coming year. As always, my team and I are here to answer any questions you may have.

Wishing you a wonderful year ahead, and thank you for your continued support!

李駿晴
香港及東盟總幹事

Laura LEE
Chief Representative – HK & ASEAN



巴基斯坦和越南成功消除沙眼 Eye disease trachoma eliminated in Pakistan & Vietnam

於2024年10月，護瞳行動取得空前突破，終於成功令沙眼在越南和巴基斯坦絕跡。

沙眼是世界上主要導致失明的傳染病，特別在缺乏乾淨水源和基本衛生設施的地區肆虐。

在埃塞俄比亞，沙眼仍然是導致失明的首要原因。護瞳行動的團隊正加緊努力，銳意徹底消除這種疾病。

沙眼輕易就能透過與患者接觸，或曾接觸過患者眼睛或鼻子的蒼蠅傳播，母親和孩童尤其容易受到感染。

多年來，護瞳行動的團隊深入醫療體系的各個層級，推動沙眼消除工作，成就了一個又一個里程碑，並將繼續全力以赴。

自2008年起，我們積極在東南亞、非洲和太平洋的17個國家推動沙眼消除行動，並在國際間扮演重要角色，致力消滅這種古老眼疾。

Last October, The Fred Hollows Foundation achieved some major breakthroughs, driving the final push to eliminate trachoma in Vietnam and Pakistan.

Trachoma is the leading infectious cause of blindness in the world, thriving in areas with limited access to water and sanitation.

In Ethiopia, where trachoma remains the leading cause of blindness in the country, The Foundation is working overtime to eliminate the disease.

The infection is easily spread through personal contact and by flies that have been in contact with people's eyes or noses. It disproportionately affects mothers and children.

Our dedicated teams have spent many years, working at every level of the health system to achieve these milestones and we continue to do so.

Since 2008, The Foundation has committed its support to trachoma elimination activities in 17 countries in Southeast Asia, Africa and the Pacific and continues to play a key role globally in eliminating this ancient disease.



前線項目工作人員檔案： 汪都醫生 | 護瞳行動全球沙眼技術顧問

Message from the field:

Dr Wondu | Global Technical Advisor on Trachoma

汪都醫生是護瞳行動駐埃塞俄比亞的全球沙眼技術顧問。沙眼這種古老的致盲眼疾，在21世紀的現代社會本應徹底消失。然而，這種疾病至今仍難以根除，汪都醫生在過去30多年來傾盡全力，期盼終有一日能使沙眼絕跡。

您在埃塞俄比亞面對哪些挑戰？ What challenges are you facing in Ethiopia?

沙眼是世界上主要導致失明的傳染病，埃塞俄比亞更是全球沙眼患者最多的國家，其中擁有超過3,000萬人口的奧羅米亞地區更是重災區。

患者多為母親，他們因重覆感染導致眼睫毛內翻（即內翻性沙眼），眼睫毛刮傷角膜引發劇痛和視力受損，若不及時治療，最終可能失明。

對於眼睫毛內翻的患者來說，每眨一次眼都受盡折磨。人每天平均眨眼超過19,000次——目睹人們承受這種本可預防和治療的疾病，令我無比痛心。

Trachoma is the leading infectious cause of blindness and my country, Ethiopia, has the highest burden of the disease in the world, particularly in the Oromia region where more than 30 million people live.

For sufferers, mostly mothers, their eye lashes turn inward (a condition known as trachomatous trichiasis) following repeated infections and scratch the clear part of the eye, resulting in severe pain and visual impairment and, if left untreated, blindness.

Every blink of the eye with in-turned eyelashes is agonising. On average, a person blinks more than 19,000 times a day – to see people suffering from this preventable and treatable disease is heart-breaking.



瞳看：埃塞俄比亞 All eyes on Ethiopia

2013年，護瞳行動勇敢迎接挑戰，在埃塞俄比亞領導全球最大的沙眼消除計劃。

在奧羅米亞地區，護瞳行動與地區衛生局和當地政府緊密合作，至今已為超過110萬人進行篩查，完成逾19萬宗手術，大幅減少了90%的積壓手術個案，讓更多患者能及時接受治療。

在這場抗擊古老疾病的戰鬥中，我們絕不會停下腳步，直至沙眼徹底消失。

為了實現這一目標，我們培訓了超過84,000名社區成員和醫護人員，以及4,500名教師和駐校醫護人員。此外，護瞳行動已分發超過1億1千萬劑抗生素。

更重要的是，我們協助推行全面的「面部衛生和環境清潔」改善策略，惠及超過500萬人，切實提升了他們的衛生環境和生活品質。

您的支持，能讓更多人擺脫沙眼的折磨，「瞳」燃光明希望。

Dr Wondu Alamayehu is The Foundation's Technical Advisor for Trachoma in Ethiopia. For more than 30 years, he's been fighting blinding trachoma – an ancient disease that should have no place in the 21st century.

護瞳行動如何應對這個危機？ How is The Foundation tackling this crisis?

護瞳行動根據世界衛生組織的建議，推行S.A.F.E.策略，即：

Surgery 手術 – 透過手術清除內翻的眼睫毛，預防失明

Antibiotics 抗生素 – 在社區廣泛派發抗生素，壓抑感染

Face washing 洗臉 – 防止蒼蠅貼近眼睛，散播感染

Environmental improvement 環境改善 – 改善社區環境，提供潔淨食水，並加強衛生

我們與政府及合作夥伴緊密合作，透過施行手術、分發抗生素、改善安全飲用水供應和完善衛生設施，以及向家庭和孩童宣傳洗手和洗臉的重要性，攜手對抗沙眼。

有賴您的支持，我們在消除沙眼的道路上已取得重要進展，並將繼續努力，直至讓這種可怕的疾病徹底成為歷史。

We work in partnership with the government and partners and tackle trachoma through surgery, distribution of antibiotics, improved access to safe water and adequate sanitation and teaching families and children about hand and face washing.

With your help, we are making inroads into eliminating trachoma and we will continue until this terrible disease is once and for all consigned to the history books.

In 2013, The Fred Hollows Foundation decided to take on the challenge of leading the world's largest trachoma elimination program in Ethiopia,

The Foundation, working with the Oromia Regional Health Bureau and local government, has screened more than 1.1 million people, performed more than 190,000 surgeries, reducing the region's surgical backlog by 90%.

But we can't stop until trachoma is eliminated in Ethiopia.

To achieve this goal, more than 84,000 community members and health workers have been trained, as well as 4,500 teachers and school health staff. In addition, more than 110 million doses of antibiotics have been distributed.

The Foundation is also helping to deliver a comprehensive F&E (face hygiene and environmental cleanliness) improvement strategy, which has benefited over 5 million people with improved hygiene and sanitation.

Your support will make a big difference in our trachoma elimination efforts.

過去兩年，薩米拉因沙眼飽受折磨。由於眼皮腫脹內翻，她每次眨眼時，內翻的眼睫毛都會刮傷角膜，引發劇烈疼痛，但比起身體的痛楚，她更害怕失明後無法照顧自己兩個年幼的兒子。

埃塞俄比亞奧羅米亞地區的德多初級醫院距離薩米拉的住處僅幾百米，儘管眼睛的不適和疼痛已讓她苦不堪言，但為了維持生計，確保家人每天都有一頓溫飽的飯菜，她只能選擇壓抑自己的痛楚，一次又一次放棄求醫的念頭，遲遲沒有去尋求治療。

沙眼是埃塞俄比亞主要導致失明的傳染病，高達7千萬人面臨失明風險，相當於香港人口總和的10倍！沙眼不僅奪去視力，更讓貧困問題雪上加霜。無數像薩米拉一樣的母親因此無法照顧孩子，家庭生計岌岌可危，孩子的未來也會蒙上陰影。

該國的奧羅米亞地區擁有超過3,000萬人口，是全球沙眼患者最多的地區。令人惋惜的是，這種本可預防和治療的疾病，卻繼續令無數人喪失視力。每一位因沙眼失明的患者背後，都是一個本不應發生的悲劇。

薩米拉 13,870,000 次 TRACHOMA made every blink 的痛楚 SEMIRA agony for

這種眼疾主要通過人際接觸傳播，尤其在飲用水和衛生設施匱乏的地區肆虐。重覆感染會導致眼睫毛內翻，刮傷角膜，引發劇痛。如果不及時治療，最終會導致失明。

白天，強烈的陽光刺得薩米拉無法抬頭走路；夜晚，眼睛的劇痛讓她連基本的家務都難以完成。她心中滿是對孩子的擔憂，害怕自己的病會讓家庭陷入困境。在當地社區，許多人認為失明是詛咒或厄運帶來的後果，這個觀念令她加倍難受。

「若果我因為這種眼疾而言了，誰來照顧我的孩子？他們的生活一定會變得無比艱難。」薩米拉滿懷憂慮說。

幸而，奧羅米亞地區衛生局的外展團隊找到薩米拉和她的家婆哈德。哈德已經與沙眼抗爭了整整15年。

在奧羅米亞地區，當地居民主要以務農為生，在接觸眼科醫療服務方面困難重重。道路情況惡劣加上交通費用高昂，讓前往更大的城市尋求治療變得遙不可及。有許多人甚至不將眼睛健康列作優先考慮。

要解決這個問題，唯一的方案就是透過外展計劃，將眼科醫療服務送到居民的家門前。護瞳行動與奧羅米亞地區衛生局和吉瑪大學緊密合作，於2022年啟動了一個為期四年的綜合眼科護理項目，讓當地居民能夠獲得急需的治療。

這項計劃還通過培訓醫療人員來提升眼科醫療系統的能力。除了讓他們學會診斷沙眼，還教會他們進行眼瞼倒睫的矯正手術。這種基礎手術僅需10到20分鐘，卻能徹底解除患者每次眨眼時因睫毛刮傷角膜所帶來的痛苦。

經醫療團隊篩查後，薩米拉旋即在第二天被安排前往德多初級醫院，由護瞳行動培訓的恩達沃醫生為她完成了眼瞼倒睫的矯正手術，終結了她長達兩年的痛苦折磨。

恩達沃表示，這個社區的沙眼患病率高企，過去一年內已完成約500宗手術。他補充說：「交通不便是女性就醫的一大障礙，德多初級醫院的病人中，不少女性需要步行至少10公里才能來到醫院接受治療和手術。」

六個月後，奧羅米亞地區衛生局的團隊再次探訪薩米拉。笑容滿面的薩米拉，向團隊訴說從失明陰霾走出來後的美好新生活。

視力恢復後，她不僅能全心全意照顧孩子，管理家務，還能到市場買菜，甚至開始工作幫補家計。

我感覺自己終於擺脫了詛咒。
I feel like I am free of a curse.



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Semira Zakir has lived with the pain of trachoma for the past two years. She was terrified by the idea of losing her sight and the impact blindness would have on her two young sons.

Although she lives just a few hundred metres from the local primary hospital at Dedo in Ethiopia's Oromia region, Semira did not seek treatment for the itching and pain she experienced in both eyes.

Semira feared surgery and making sure the family had a daily meal was a higher priority than seeking medical treatment.

Trachoma is the leading infectious cause of blindness in Ethiopia with more than 70 million people at risk.

Oromia region, where more than 30 million people live, bears the world's highest burden of this preventable and treatable disease.

Trachoma is transmitted from one person to another, particularly from children to mothers, in areas where drinking water and basic sanitation is poor.

The disease causes eyelashes to turn inward and scratch the clear part of the eye, causing severe pain, and if left untreated, blindness.

During the day, the bright sunlight left Semira unable to walk with her head up. At night, she struggled to complete household chores.

Semira worried about her children. In the local community there is a belief that blindness is caused by a curse or bad luck.

"Who would take care of my children if I became blind from this disease. Life would be incredibly tough for my children," she said.

Thankfully an outreach team from the Oromia Regional Health Bureau found Semira and her mother-in-law Hadha who has lived with trachoma for about 15 years.

In this region of Oromia, local people, who are mostly farming the land to make a living, face significant barriers to access eye health services.

Roads are in poor condition and it is expensive to travel to larger urban areas for treatment and many people don't make eye health a priority.

The only solution is to deliver services to people where they live through outreach programs managed by The Fred Hollows Foundation, Oromia Regional Health Bureau and University of Jimma.

Under a four-year comprehensive eye care project, which started in 2022, local people are receiving the treatment they need.

The program is also strengthening the eye health system by training health workers to diagnose trachoma and perform trichiasis surgery – a relatively basic 10 to 20-minute procedure.

After being screened by the medical team, Semira could access the treatment she desperately needed the next day at Dedo Primary Hospital.

Endashaw Bashir, who was trained by The Fred Hollows Foundation, performed Trachomatous Trichiasis surgery.

He said the prevalence of trachoma in this community is high and about 500 surgeries were performed in the past year.

Endashaw said a lack of transport is a major barrier for women to access the service and many of the women at the hospital have travelled a minimum of 10km to access treatment and surgery.

Six months later, a team from the Oromia Regional Health Bureau visited Semira.

With her sight restored, Semira can take full care of her children, manage the house, shop at the market and is also working to further support the family.





瞳在香港 What's Happening In Hong Kong

2024世界視覺日 百業行善 — 「瞳」救盲 World Sight Day 2024 - Every effort counts!

護瞳行動在今年10月的世界視覺日，繼續透過別開生面的方式，提高公眾關注全球及個人眼健康。我們十分高興再次邀得名人盧覓雪擔任「瞳」燃光明大使，化身油漆工人、OL、廚師、家庭主婦以及眼科醫生等各行業代表，呼籲各界支持護瞳行動挽救視力的工作。雪雪自九歲起就深度近視，直到做了矯視手術，才重獲健康視力。

全球高達4,300萬人失明，大部份可以避免或治療；但在發展較落後的地區，卻並非所有人都有機會重拾光明。我們今年發起全城捐款配對，獲贊助企業配對公眾捐贈，雙倍支持護瞳救盲工作。

為引發公眾關注眼健康的重要，我們於9月底假荃灣南豐紗廠舉辦「護瞳嘉年華」，以插畫師Sowinghong筆下的「大麻成」X護瞳小熊創意填色牆為中心打卡點，同場設有「矇眼穿針引線」、「未來點字工作坊」和「小小眼科醫生」多個攤位遊戲，向大眾傳遞預防失明的知識。我們更聯乘「大麻成」推出限量版眼鏡布，回饋善心捐款人。兩日活動共有超過1,200人參與，我們衷心感謝南豐紗廠贊助場地，和公眾積極參與。

而今年的世界視覺日順利舉行，承蒙安基國際財務規劃有限公司及中華電力有限公司慷慨支持。希望大家繼續與護瞳行動一起，為全球眼健康注入力量！

On this year's World Sight Day in October, The Fred Hollows Foundation continued to raise awareness about global eye health challenges in unique ways. We were delighted to have celebrity Michelle Loo as our World Sight Day Ambassador for the third consecutive year. She dressed up as a painter, office lady, chef, housewife, and an ophthalmologist, to demonstrate the campaign theme "Every Effort Counts."

Since the age of nine, Michelle has suffered from severe myopia, and it wasn't until she underwent corrective surgery that she regained her healthy vision. Unfortunately, not everyone has the opportunity to restore their sight through simple surgery. Globally, 43 million people are blind, and most cases are avoidable or treatable. In less developed regions, many people cannot access treatment because they face economic and other barriers.

This year, we launched a citywide donation matching campaign. Public donations will be matched by sponsoring companies, doubling the support for our sight-saving efforts.

To highlight the importance of eye health, we hosted a "World Sight Day Carnival" at The Mills at the end of September. The event featured a creative colouring wall of TAIMASING by illustrator Sowinghong, as well as interactive game booths like "Blindfolded Needle Threading", "Future Braille Workshop", and "Junior Ophthalmologist" to share with the public on blindness prevention. We also launched a limited-edition lens cloth in collaboration with TAIMASING as a token of thanks for our donors. Over two days, the event attracted over 1,200 participants. We are grateful for the venue sponsorship by The Mills and the active participation of the public.

This year's World Sight Day has been a success, thanks to the generous support of The Consolidated Marketing Group and CLP Power Hong Kong Limited. We hope everyone will continue to join hands with The Fred Hollows Foundation for better global eye health.

護瞳行動再次感謝以下企業支持2024世界視覺日：
The Fred Hollows Foundation would like to thank the following companies:

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蛇年將至 小熊利是封登場啦

Make your Lunar New Year celebrations special with our Freddy Bear Red Packets!



要令慶祝農曆新年更有新意，又點少得滿載意義的護瞳小熊利是封？只要您在2025年1月24日前捐款支持護瞳行動港幣\$150，我們便會送您一包十個可愛溫暖的小熊利是封以答謝您的支持，捐款港幣\$500可獲四包，港幣\$800捐款更會獲贈八包，與您一起傳揚新年意義！

您的捐款將協助護瞳行動在偏遠地區建立永久的眼科醫療隊伍。請即填妥以下捐款表格或掃碼網上捐款支持，蛇年傳希望！

For donation of HK\$150 made before January 24, 2025, we will send you a pack of ten cute and heartwarming Freddy Bear Red Packets. Donate HK\$500 and receive four packs; for HK\$800, you will receive eight packs, making the New Year meaningful!

Your donation will help us establish staying eye care teams in remote areas. Support now by completing donation form underneath or scan the QR code to donate online. Let's share hope in the Year of the Snake!

註：每筆捐款最多可獲8包。
Note: Maximum 8 packs per donations.

閱讀更多
Read more



RET-GEN-PNL-GD-2501



我願意捐款支持護瞳行動 I would like to support The Fred Hollows Foundation

- 每月 Monthly
- 單次 One-off
- HK\$1,000
- HK\$500
- HK\$180
- 其他 My Choice _____

捐款人資料 Donor's Information

稱謂 Title: 先生 Mr 女士 Ms 小姐 Miss

中文姓名 Name in Chinese: _____

英文姓名 Name in English: _____

地址 Address: _____

出生日期 Date of Birth (DD/MM/YY): _____

香港身份證號碼 HKID Card No: _____
(如填寫可避免紀錄重複 Optional)

電話 Mobile No: _____

電郵 E-mail: _____

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- 中文
- English

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發卡銀行 Card Issuing Bank: _____

信用卡號碼 Card No.: _____

持卡人姓名 Cardholder's Name: _____

到期日 Expiry Date (MM/YY): _____

每月捐款備註 Remarks for monthly donation:
本人授權護瞳行動每月從我的信用卡扣除指定金額，並在信用卡到期日及發行新卡後繼續，直至另行通知為止。信用卡交易通常會在當月15日或左右處理。My authorisation for The Fred Hollows Foundation (HK) Limited to debit the specified amount from my creditcard account monthly will continue after the expiry date of the credit card and with the issuance of a new card until further notice. Credit card transactions will normally be processed on or around the 15th day of the month.

持卡人簽署 Cardholder Signature: _____ 填表日期 Date (DD/MM/YY): _____

劃線支票 By Crossed Cheque

抬頭請寫 Payable to: 護瞳行動 (香港) 有限公司 或
The Fred Hollows Foundation (HK) Limited

支票號碼 Cheque No.: _____

直接存入護瞳行動戶口 By Direct Transfer

銀行 Bank: 滙豐銀行 HSBC

賬戶名稱 Account Name: 護瞳行動 (香港) 有限公司 或
The Fred Hollows Foundation (HK) Limited

戶口號碼 Account No: 848 - 423240 - 001

網上捐款
Donate Online

請連同存款收據寄回，填妥後 (1) 可用附件回郵信封寄回護瞳行動 (2) 傳真至37530523 或 (3) 電郵至 hkinfo@hollows.org
Please post your bank transfer receipt together with this donation form to us. Please return the completed form to us (1) by enclosed envelop (2) fax to 3753 0523 or (3) email

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林醫生教室
Eye Health 101 by Dr Lam



聲明：本頁內容並非醫療意見。需要專業意見，請諮詢醫生。如遇上任何眼疾，請從速諮詢專業眼科醫生意見。

DISCLAIMER: The content on this page is not intended to be medical advice. For specific medical advice, please contact your health professional.

了解飛蚊症

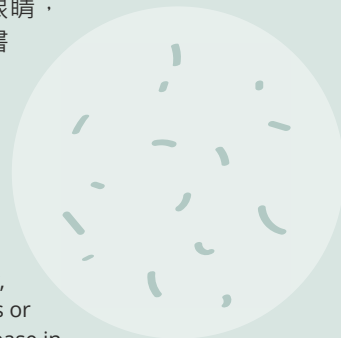
What are eye floaters?

看見蚊在飛，想拍打卻撲了空，小心可能是飛蚊症出現！當眼球中玻璃體的纖維影子投射到視網膜上，患者便會在日間看到漂浮的小黑點、線狀物或網狀物。但隨著年紀漸長，例如超過50歲，眼內的玻璃體會逐漸液化，便有機會形成玻璃體脫離，並引致視網膜撕裂或脫落，後果可以非常嚴重！如發現自己看見的漂浮物增多、或在晚間看見閃光，便應立即求醫。如視網膜受損，醫生一般會透過激光或手術治療。

高度近視和糖尿病上眼也可能引致飛蚊增多。愛護眼睛，必須定期驗眼，減少長時間盯著電子屏幕，並在看書或使用電子產品時保持適當距離，確保光線充足。

Seeing mosquitoes flying around but unable to swat them? It may be a sign of floaters in your vision. When the fibers in the vitreous humor of the eye cast shadows on the retina, you may see floating black dots, lines, or webs during the day. As we age, particularly over 50, the jelly-like substance called vitreous inside the eye can gradually liquefy, leading to vitreous detachment, which can cause retinal tears or detachment — a very serious condition. If you notice an increase in floaters or see flashes of light at night, seek medical advice immediately. It is usually treated by laser or surgery.

Floaters in people with high myopia and diabetes will definitely need an eye examination. It is recommended everyone should have regular eye checks and develop good reading habits by reducing screen time, maintaining a proper distance when reading or using electronic devices, and to ensure there is adequate lighting.



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