

HOW YOUR SUPPORT IS CHANGING LIVES

FRED'S VISION

瞳 音

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護瞳行動創辦人 Founder
霍洛教授 Prof. Fred Hollows

您怎麼捨得鐵仔失明？
YOU SAVED TIEK'S SIGHT



The Fred Hollows
Foundation | 護瞳行動

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總幹事心底話 One Minute with Laura

今年轉眼便過去了。你如何總結今年的工作呢?
How would you summarize 2021?

我覺得今年仍然挑戰重重。幸運的是在2020年我們學會了如何在疫情下調動護瞳行動的眼疾服務。當部份地區疫情稍為緩和時，我們便能局部重啟服務，繼續將希望帶給可避免失明病人。總結2021年，我們在健康地復元中。

It was as challenging as the previous year. We were fortunate to have learned a lot during 2020 on how to remain agile in providing eye care to people in need. Once the pandemic eased in some areas, we were ready to resume part of the eye health services to patients in need. I would describe 2021 as a year of healthy recovery.

你能分享一件今年最重要的事嗎?
Can you share one important thing this year?

今年在眼科發展領域最重要的，是聯合國首次認同眼疾與可持續發展息息相關，解決可避免失明有助解決貧困、男女平等和教育等問題。這對眼科發展來說是一大進步，有助護瞳行動及其他眼科組織與政府和企業等持續推進服務。因此未來幾年對我們工作發展非常關鍵。

The most important eye health development news this year was the United Nations acknowledging the close relations with ending avoidable blindness and the Sustainable Development Goals. Restoring sight can help ease the problems of poverty, gender inequity and education. This is a big step forward in eye health development which allows The Fred Hollows Foundation and other eye health organizations to work with governments and corporates to ensure no one is left behind in receiving eye health.

Laura 你有為2022年立下什麼目標嗎?
Do you have any plans for 2022?

我很高興今年家庭添了新成員！我的寶寶才幾個月大，但我已急不及待讓她感受這個世界美好的風景，到戶外享受溫暖的陽光。我希望她成為一個善良和真誠的人，就像護瞳行動創辦人霍洛教授一樣。這不止是對我自己的期許，也是我對女兒的盼望。

I am so happy to have a new member in our family. My baby girl is only a few months' old but I cannot wait to show her the beauty of the world and enjoy some sun outdoors. I want her to become a kind and genuine person, just like Prof. Fred Hollows, Founder of The Foundation. This is not only for 2022 but a lifelong wish for the baby.



李駿晴 Laura Lee
香港及東盟總幹事
Chief Representative
of HK & ASEAN



聯合國首次通過 眼健康決議 UN Agrees Plan for Eye Health for All

在護瞳行動及多個國際組織的推動下，聯合國在2021年7月首次通過決議，促請各國政府和企業採取行動，增加支援眼疾服務的撥款，特別是支援發展中國家的眼健康服務發展，確保眼睛健康能成為各國醫療系統的綜合發展部分，提升公眾對眼健康的認知，在2030年前逐步為可避免失明患者提供優質和可負擔的眼疾服務，並確保各國將眼健康納入國家實現可持續發展目標的承諾中。

有關決議將大幅改善偏遠地區的眼健康服務，並回應聯合國可持續發展目標，例如改善教育和就業機會；而在55%失明和視障人士都是女性的前提下，復明同時能為婦女賦權。畢竟視力不只是健康問題，更是社會經濟發展議題，急需不同持份者投入改善。

Following strong advocacy from many global eye health organisations including The Fred Hollows Foundation, The United Nations General Assembly has adopted the first ever resolution which commits countries of the Assembly to make eye health part of efforts to achieve Universal Health Coverage and implement integrated people-centred eye care for all by 2030. The resolution advocates for governments and corporates to increase funding to eye health and incorporate eye health as part of the national health policy.

The resolution will hopefully improve eye health services in remote areas and makes a clear link between eye health and the SDGs, highlighting the connection with goals related to education and employment. With 55% of the blind and visually impaired population women making up, ending avoidable blindness will also empower women. Eye care is more than a health issue but also related to socio-economic development, which deserves collaboration of different stakeholders.

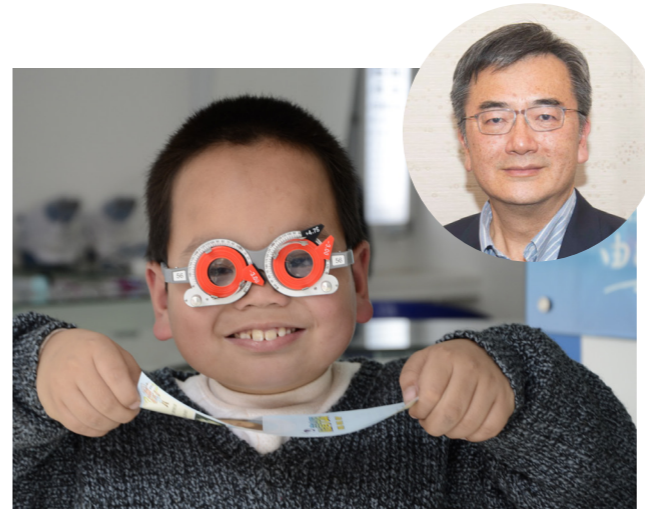
香港近視有多嚴重 How Serious is Myopia in Hong Kong

新冠疫情持續兩年，使用電腦學習或上課已成為學習的一部份。香港中文大學醫學院在2021年8月底發表調查，估計疫情令兒童使用電子產品時間增多，近視顯著加深；中國國家教育部的調查也有類似結果。中大過往研究便曾發現，香港兒童的近視率由幼稚園高班（5歲）的6.2%，升至小一（6歲）的11.4%，至小四（9歲）更急增至44.5%。

護瞳行動顧問醫生林傑人認為，健康的視力會陪伴孩子終生。他建議父母需協助子女建立保護視力的良好習慣，例如避免在燈光昏暗的地方閱讀或使用電子屏幕、坐姿要正確、每隔一段時間便把眼睛移離書本或電子產品等。家長亦應為子女建立每天在戶外活動的習慣，因為研究顯示每天至少在戶外活動40分鐘，無論到公園玩耍或輕鬆散步，都有助減慢近視加深。當然充足的睡眠，進食健康的食物、好像多進食五穀類、蔬果類食物和維他命A食物如蕃茄和紅蘿蔔，都有助眼睛健康成長。

The COVID-19 pandemic has lasted for nearly two years and homeschooling with computers has become part of the lives of many students. The Chinese University of Hong Kong (CUHK) released a survey in August 2021 which raised the alarm of increasing myopia among children. Similar results were also found by the Ministry of Education in China. A study by CUHK pointed out that 6.2% of kindergarten students (5 years old) have myopia, which jumped to 11.4% for primary one students (6 years old) and 44.5% for primary four students (9 years old).

Medical consultant of The Fred Hollows Foundation Dr Godfrey Lam said good eye health is the best lifelong gift for children. He suggested parents help children build good eye health habits, such as making sure enough lighting when reading or using electronic screens they have. They should prop themselves up when reading and so and look far away from time to time. Parents should also encourage children to exercise outdoors everyday, for at least 40 minutes which has proven to reduce the risk of children becoming short-sighted. Having enough sleep, eating healthy food such as grains, or vegetables and fruits including tomatoes and carrots to take in Vitamin A are also good for one's eyes.



改變柬埔寨的眼鏡市場 Game-Changing Model to Shape the Eyeglasses Market and Strengthen Eye Health Systems in Cambodia

配眼鏡，竟然很困難？包括近視在內的屈光不正，是全球導致可避免失明的主因之一，估計高達6,700萬人因此看不清楚。在柬埔寨，許多人因為無法配上合適的眼鏡，同時很少地方有售價價格和質量合理的眼鏡 - 這是因為公眾難以定期檢查視力，沒有需求便沒有供應，售賣眼鏡無市場！

護瞳行動與合作伙伴在柬埔寨開展服務計劃，透過研究醫療融資、增加服務，和長遠解決影響眼鏡市場等方法，增加對眼鏡的需求和供應。我們同時擴大學校眼健康項目，在16個省份建立視力中心，教育公眾配戴眼鏡的好處，及提供方便公眾定期檢查視力與獲得眼健康服務。有關計劃預計為80,000名兒童提供可負擔的眼鏡，和為30,000名生活在貧窮線以下的居民提供眼鏡津貼，建立穩定的眼健康服務和眼鏡供應。

該兩年計劃由美國國際開發署 (USAID) 支持，提供項目資金約港幣\$1,600萬 (210萬美元)，伙拍ATscale提供全球輔助技術，並由聯合國項目事務署(UNOPS)管理有關項目。

You may not be aware, but getting access to a simple pair of glasses can be difficult. Indeed refractive error including myopia is one of the main reasons leading to avoidable blindness in the world. It is estimated that over 67 million people cannot see clearly as a result. In Cambodia, a lot of people do not have the right pair of glasses, all because of the difficulty of accessing regular eye checks and services. This leads to a limited supply of affordable but high-quality eyeglasses in Cambodia.

The Fred Hollows Foundation is working closely with the Cambodian Government and other partners as part of a project to research health financing, strengthen service provision models, and address other elements that influence the market for eyeglasses. Some efforts include expanding school eye health services and establishing vision centres in 16 provinces so people can have regular eye checks and receive the eye care they need. The project is expected to provide affordable glasses to 80,000 children, and 30,000 women and men living below the poverty line will obtain subsidised glasses. More importantly, permanent access to eye health services and glasses will be created.

This US\$2.1 million 2-year project is funded by the United States Agency for International Development (USAID) in support of ATscale, the Global Partnership for Assistive Technology, and will be managed by the United Nations Office for Project Services.

您的支持使鐵仔一家綻放笑容

已經兩歲的鐵仔，見到人時會飛吻，時常笑得雙眼化成彎月。誰知道他患有先天性白內障，曾經令一家人徬徨不已。

鐵仔媽媽回憶說：「他三個月大時我們已發現他的眼珠有點混濁，也與其他孩子不一樣。當他開始學爬行時，因為不知道方向，爬得比人慢，並習慣向後爬。」小男孩得靠著觸感去辨別方向。

鐵仔的情況令人愈來愈擔心。當鐵媽知道護瞳行動的外展眼科檢查營到了他們所在的老撾村莊為村民檢查眼睛，她二话不說便抱著已九個月大的兒子前往。

幸運的是由護瞳行動培訓的眼科醫生宋齊也隨隊到達。不到40歲的宋齊是老撾博喬省唯一的眼科醫生。宋齊檢查後發現鐵仔患上遺傳性白內障，只要將混濁的晶體換成人工晶體，鐵仔便可回復視力。

要麻醉九個月大的小寶寶然後施手術並不容易。宋齊用了幾個月時間思考和準備。

手術前鐵仔因為白內障而無法看得清楚，爬行時得靠觸感尋找方向。

鐵仔的手術需分兩次進行，首先去除白內障，然後植入人工晶體。九個月大時鐵仔一隻眼先做手術。手術十分成功，鐵仔的父母鬆一口氣，他們再不需要擔心工作時要分心看顧兒子。他們可以把鐵仔交給祖父母，專心下田工作。鐵仔兩歲時另一隻眼接受手術。當宋齊為他除下手術用眼罩後，鐵仔興致勃勃，向四周的人飛吻。兩次手術，成功為他帶來視力和希望。

鐵媽說：「鐵仔現在可以見到家人了。我希望他長大後可以成為醫生。真的十分感謝大家幫忙，改變了他的未來。」

護瞳行動在老撾的項目，由像您一樣的支持者和澳洲非政府組織合作計劃 (Australian NGO Cooperation Program, ANCP) 慷慨支持。



BRIGHT FUTURE FOR TIEK

Just three months after Tiek was born in Bokeo Province Lao PDR, his parents noticed something odd: his eyes were clouded and he wasn't behaving like other children.

"When he started to crawl, he was behind the other kids because he couldn't figure out the directions – he tended to crawl backwards," his mother Kene said.

With the clouding affecting his vision, Tiek had to feel to navigate his way around.

As the clouding in his eyes grew worse, Tiek's situation deteriorated. As soon as Kene heard about a mobile eye camp led by The Fred Hollows Foundation near their village, she rushed to have Tiek's eyes checked.

Luckily for them, Dr Sonchai Heuangvilai – Bokeo's only eye doctor who was trained by The Fred Hollows Foundation – was there to diagnose Tiek's condition.

Dr Sonchai said Tiek was born with congenital cataract, a genetic disease that can cause blindness when left untreated. The only way to help Tiek was through two surgeries – the first to remove the cataract from his eyes and the second to insert intraocular lenses.

WITH THE CLOUDING AFFECTING HIS VISION, TIEK HAD TO FEEL TO NAVIGATE HIS WAY AROUND.

After months of careful preparation and planning, Tiek underwent his first surgery and it was a success.

Tiek's parents didn't have to fear for their son anymore. Now, they could work on the farm and provide for their family while Tiek's grandparents looked after him.

"Before, I couldn't focus on my work because I was extremely worried about Tiek and I needed to care for him," Kene said.

Months went by and Tiek's condition continued to improve. Soon after his second birthday, Tiek was ready for his second surgery.

Happily, the waiting game was over and the day after his surgery, Tiek had his eye patches removed. Blowing kisses and playing with his grandparents, Tiek was in good spirits – a sign that the surgery was a success.

"Now, Tiek will finally be able to see his family. When he grows up, I hope he wants to become a doctor. Thank you again for helping my son to have a bright future," Kene said.

The Lao PDR Project was supported by generous donors like you and by the Australian Government through the Australian NGO Cooperation Program (ANCP).

了解更多
To know more





「童見光明 — 童來護瞳」填色比賽

“Brighten the Future – Love Your Eyes” Colouring Competition

為響應國際防盲組織 (IAPB) 每年10月第2個星期四舉行的「世界視覺日」，護瞳行動於2021年首次舉辦「童見光明 — 童來護瞳」填色比賽，以「均衡飲食」和「定期驗眼」為主題，獲約4,800名幼稚園和初小學生熱烈參與。幼稚園組及小學組之得獎作品已選出，比賽頒獎典禮及展覽已於十月中旬世界視覺日期間順利舉行，每組冠軍作品亦已印製成護瞳行動2022年年曆卡，並送到本會各界支持者手中。

護瞳行動十分榮幸填色比賽獲得立橋人壽保險有限公司的贊助，並提供比賽頒獎典禮及展覽場地。本會同時感謝Kids Instyle贊助益智玩具禮物。

To celebrate “World Sight Day” which is held on the second Thursday each October, The Fred Hollows Foundation organized the first “Brighten the Future Colouring Competition”. Kindergarten and Junior Primary students were encouraged to colour under the theme of “balanced diet” and “regular eye check”, which attracted around 4,800 students to enrol. We conducted a presentation ceremony and exhibition in mid-October. The winning entries are featured in The Fred Hollows Foundation 2022 calendar card and sent to our supporters.

The Foundation would also like to express our thanks to Well Link Insurance, which sponsored the competition and provided the venue for the presentation ceremony and exhibition, as well as gift sponsor from Kids Instyle.

特別鳴謝 Special thanks 禮品贊助 Prizes sponsors 其他得獎作品 All Awardees



同燃希望獎 撒播希望種子

Celebrating the 2020-2021 Humanity Award Ambassadors

幫助有需要的人，並不需要坐擁龐大財富，一顆善心加點點創意，就可以在日常生活栽種希望種子。2021年同燃希望獎在疫情下順利舉行。獲頒「同燃希望卓越大使」的小學五年級生關宇澄，透過做家务賺取零用錢，再捐給慈善團體購買食物助人。「同燃希望行動大使」莊栢羽在三歲開始便投入義工服務。疫情期間他向母親請教如何使用衣車縫製布口罩，又與母親在社區中心教長者車口罩。

2022年同燃希望獎將在香港踏入第五屆，期望能繼續在社區啟發更多善行。護瞳行動創辦人霍洛教授說過：「互相幫忙是人類本有的美德」。參加同學的善心和行動，為香港帶來了希望和前行的勇氣。我們在此恭賀各位得獎同學，同時感謝所有參加者對社會的無私付出。希望同學們日後能繼續本著霍洛教授的精神，幫助身邊有需要的人。

One does not have to be wealthy to help people. Creativity plus a charitable heart can plant the seed of hope in everyday life. The Fred Hollows Foundation is proud to have launched The Humanity Award in 2021 despite the pandemic. Fifth Grader Kwan Yu-Ching was the Ambassador of Hope. She earned pocket money by doing house work, which was donated to a charity to buy food for people in need. Ambassador of Action Chong Pak-Yu started volunteering when he was three. He learned how to sew cloth masks during the pandemic and also helped his mom to teach elderly people at social centers.

It will be the fifth Humanity Award in 2022. Founder of The Foundation, Prof. Fred Hollows once said, “The basic attribute of mankind is to help one another.” The kindness of the students has brought us hope in difficult times. We would like to congratulate all the Ambassadors and applicants who have played their part in making Hong Kong a better place.

同燃希望獎詳情 More about the Humanity Award



請支持我們培訓更多眼科手術醫生 You can help training an eye surgeon like Dr Sonchai



護瞳行動認為從外地派遣醫護人員到偏遠地區，並非發展中低收入國家最理想的醫療模式。我們的工作重點，是在地訓練新一代的眼科醫療人員，期望服務地區能長遠在眼科醫療「自給自足」。老撾博喬省唯一的眼科醫生宋齊，便曾接受護瞳行動提供的獎學金，在泰國學習眼科，之後回到老撾學習和工作，幫助像封面故事的鐵仔一樣的眼疾患者。

您的捐款，可支持護瞳行動訓練更多新一代的專業眼科醫護人員。每名手術醫生能每年進行至少1,000宗眼科手術，扭轉更多病人命運。感謝您的支持！

The Fred Hollows Foundation does not believe in the fly-in-fly-out model as an ideal way to provide eye health services in low and middle income countries. Instead we focus on training the next generation of medical professionals and build sustainable eye care services in remote areas. Dr. Sonchai from Laos received scholarship from The Foundation to further his studies in Thailand and is now the only ophthalmologist in the Bokeo Province.

Your donation can provide training to eye health professionals like Dr. Sonchai who helped people with avoidable blindness like Tiek in the cover story. Each eye doctor can perform about 1,000 eye surgeries each year. Restore sight changes lives. Thanks so much for your support!



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\$500 HK\$350 HK\$180
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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, to avoid record duplication)

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通訊語言選擇 Preferred language for communication

中文 English

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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帳戶扣除指定金額，並在信用卡到期日及發行新卡後繼續，直至另行通知為止。信用卡交易總會在當月15日或左右處理。My authorisation for The Fred Hollows Foundation (HK) Limited to debit the specified amount from my credit card 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: **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: **匯豐銀行 HSBC**

賬戶名稱 Account Name: **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。Please post your bank transfer receipt together with this donation form to us. 填妥後 (1) 可用附件郵寄封套回護瞳行動 (2) 傳真至 37530523 或 (3) 電郵至 hkinfo@hollows.org. Please return the completed form to us (1) by enclosed envelope (2) fax to 3753 0523 or (3) email to hkinfo@hollows.org.

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懷孕也會影響視力？ Does pregnancy affect eye health?

荷爾蒙改變，有機會影響懷孕女性的視力，例如會對光線敏感、出現重影或視力模糊，看不清遠處的事物等。另外荷爾蒙變化亦會減少產生淚液，令眼睛感到乾燥，需要經常眨眼，情況一般待寶寶出生便會回復正常。但視力異常亦有可能是妊娠毒血症或糖尿病。若孕婦持續看到閃光、視力短暫消失或視力模糊，應盡快接受檢查。如果準媽媽忽略早期症狀，有可能出現其他更嚴重的眼睛問題，包括視網膜腫脹和出血。儘管一些情況可能是懷孕導致的短期變化，亦有機會是身體響起警號，或會帶來長遠影響，最好盡快諮詢醫生，及早應對。

Changes in hormone levels may affect the eyesight of pregnant women. Women may become sensitive to light, experience double or blurred vision where things far away become more hazy. They may also suffer from dry eyes because of reduction in tear production and need to blink often. Most symptoms will be back to normal after the baby is born.

However, pregnant women should immediately seek medical advice when seeing flashing lights, having temporary loss of vision and blurred vision, as these may be symptoms of preeclampsia. Women may also experience more serious eye problems, including retinal swelling and bleeding. While some of these changes may be due to hormonal changes, it is best to get an examination to ensure the symptoms aren't due to any underlying causes.



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794-802 Nathan Road
Kowloon

