

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

瞳·言 FRED'S VISION

您的支持改寫無數生命
HOW YOUR SUPPORT
IS CHANGING LIVES

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有種幸福叫做 「看得見」 THE JOY OF SIGHT



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Foundation | 護瞳行動

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總幹事的話 MESSAGE FROM LAURA

2023年將是我加入護瞳行動的第五年，非常榮幸能夠成為護瞳行動的一份子，為全球消除可避免失明出一分力。五年過去，我仍對護瞳行動的工作充滿熱誠及希望，並為所獲得的成果感到非常自豪，感謝有您的支持，讓護瞳行動為更多人服務，帶來光明。護瞳行動今年的各項規劃相當緊湊，我們在全球推出多個新項目，為偏遠地區建立屬於當地的永久眼健康服務，讓更多邊緣群體「瞳」燃希望。

疫情時，我們其中一個體會是加強衛生系統的重要性，並學到如何透過與社區組織合作，提升當地居民關注自己的眼睛健康。展望將來，我們會繼續致力改善亞洲地區的眼健康服務，尤其老年人、婦女、傷健人士，以及農村和偏遠地區貧困戶的眼健康需要。

護瞳行動現正密鑼緊鼓，預備推出一系列本地活動，如瞳見光明講座計劃，以提高公眾對視力健康的關注。香港人口日益老化，對長者眼健康服務的供求產生影響，因此我們今年開始將特別關注長者眼睛健康。我們正積極籌備第六屆同燃希望獎，請密切留意我們的社交媒體，獲取最新消息！

2023 will mark my fifth year at The Foundation. I'm humbled to have had the privilege of being able to help make a positive difference to so many people. I'm so proud to know that over the past 30 years, we've restored sight to more than 3 million people. I still remember the excitement and hopes I had for The Foundation when I started 5 years ago like it was yesterday. I'm so proud of what the Hong Kong team has been able to accomplish and am grateful for the tremendous support we have received from our supporters over the years. I will continue to lead with a renewed sense of vigor and passion as we lift The Foundation to new heights.

Now that the world is easing back to normal, our sight-saving work is more critical than ever to reach more vulnerable communities around the world that we weren't able to reach during the pandemic. One of the key learnings from COVID is the need to strengthen health systems and work with communities to improve their own eye health. Looking forward, our priority is to increase our presence and voice in the Asian region with a focus on empowering vulnerable groups including the elderly, women, people living with disabilities and people in rural and remote areas.

The Fred Hollows Foundation is also looking forward to celebrating the sixth Humanity Awards and launching local programs including our School Talk Program to raise awareness of avoidable blindness. This year, we will further prioritise caring for the elderly. Hong Kong is facing an increasingly ageing population and ageing can have huge impact on eye health. Follow us to see our latest events and how we can work together to restore sight for more people.



李駿晴 Laura Lee
護瞳行動香港及東盟總幹事
Chief Representative,
Hong Kong & ASEAN

瞳視：項目簡報 PROGRAM UPDATE



自 2012 年，護瞳行動與國際眼科理事會 (ICO) 設立獎學金，為發展中國家新一代的眼科醫生提供寶貴的培訓機會和支援，在其國家推動預防失明的工作。獲得獎學金的醫生學習新技術後，能與當地的眼健康專業人員分享，提升他們的眼科治療技術。

眼科醫生 Tumeer 在羅馬尼亞攻讀眼科。當 Tumeer 回到蒙古後發現當地兒童眼科醫生嚴重短缺便下定決心專攻小兒眼科，但由於蒙古沒有修讀小兒眼科的途徑，Tumeer 獲得護瞳行動的獎學金後，前往意大利的波隆那大學攻讀小兒眼科，致力幫助蒙古患有眼疾的兒童。

蒙古獨特的地理環境和極端氣候，居民難以獲得適切的眼科服務。許多人過著游牧生活，而且當地天氣乾燥，他們非常容易患有翼狀胬肉（組織增生）及角膜病變。居住於蒙古的兒童需要長途跋涉，行數千公里路前往首都烏蘭巴托，才能獲得眼科治療。

「蒙古大約有150名眼科醫生，但只有20至25名兒童眼科醫生。」她說。

她最近參與了一項惠及42,000名學童的眼科篩查項目，並正積極學習成為一名驗光導師，並立志培訓未來的眼健康工作者。

Since 2012, The Fred Hollows Foundation has partnered with the International Council of Ophthalmology (ICO) to support fellowship opportunities for ophthalmologists in developing countries. Fellowships provide valuable training for ophthalmologists and supports their work to prevent blindness around the world.

Tumeer studied ophthalmology in Romania, and on return to Mongolia she was determined to specialise in paediatric ophthalmology so she could help children suffering from vision loss in Mongolia.

There were no avenues to study paediatric ophthalmology in Mongolia, but her fortunes changed when she secured an International College of Ophthalmology (IOC) fellowship with The Fred Hollows Foundation to study at the University of Bologna in Italy.

Reflecting on working back in Mongolia, Tumeer said Mongolia's unique geography and extreme weather conditions create obstacles for people to access the eye health services they need.

"Many people have a nomadic lifestyle and the whole time they are outside so they have pterygium and corneal conditions because of the weather and the dryness," she said.

To access treatment, children from Mongolia need to travel thousands of kilometres to the capital Ulaanbaatar.

"We have in Mongolia about 150 ophthalmologists, but I think there are only 20 to 25 paediatric ophthalmologists."

Tumeer is determined to play her part in promoting better eye health in Mongolia. She recently completed an eye screening project reaching 42,000 school children and is studying to become a master refractionist so she can train future generations of eye health workers.



瞳看世界：老撾

護瞳行動在全球超過 25 個國家為眼疾患者提供服務。由成立至今，已協助逾 300 萬人恢復視力。今期我們為您介紹我們其中一個服務國家：老撾。

護瞳行動於2008年在老撾開展工作，力求消滅可避免的失明。老撾的人口約有700萬，國土位於內陸，面積不大，而且因為貧窮，醫療資源十分緊拙，投放在公共醫療的開支並不足夠。老撾的地勢遍佈高山，不少地區難以到達，而每十個老撾人中，就有超過八個居於農村和偏遠地區，約五分之一人居於沒有鋪設道路的地區，醫療服務難以到達。因此老撾的醫療服務甚為落後，有質素的眼科護理人員並不足夠。


當地偏遠地區的失明率估計高達5%。女性失明的比例更較男性高出一倍。白內障是致盲主因，當地約有1萬6千人患有白內障，他們只需簡單的白內障手術便可恢復視力。然而，白內障手術的觸及率非常低，僅為53.7%。


30年前，老撾只有一位眼科醫生和三位白內障手術醫生，全部均在首都萬象工作。時至今日，老撾已有 29 位眼科醫生，比例約為每 34 萬人有一位眼科醫生。但老撾全國 17 個省之中，有不少仍然未有眼科醫生，有些甚至連基本的眼疾醫療服務也沒有。香港估計每約2萬人就有一位眼科醫生，老撾缺乏眼科醫生情況相當嚴峻。


自2008年開始，護瞳行動一直與老撾政府和各省的衛生部門合作，為偏遠地區提供眼科醫療服務，以及加深社區對眼科健康和可避免失明的認識。目前護瞳行動在老撾為11個省近100萬人提供健康教育、基本篩查、轉介治療和眼健康醫療服務。

作為護瞳行動「可持續綜合眼科護理項目」的一部分，我們亦在烏多姆賽省醫院建造了一個眼科專科部門。它既是外科中心，也是區域眼科醫護人員的培訓基地。

2021在老撾的成就 Results in Lao PDR:

 23,707 人獲得篩查 PEOPLE SCREENED

 22,817 宗眼疾治療和手術 EYE OPERATIONS AND TREATMENTS PERFORMED

 678 宗白內障手術 CATARACT OPERATIONS

 22,139 宗其他眼疾和改善視力的治療 OTHER SIGHT SAVING OR IMPROVING INTERVENTIONS



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給沙里一份「看得見」的禮物

THE GIFT OF A BRIGHT FUTURE FOR SALID

沙里出生時十分健康，可是在成長過程中，媽媽阿屏發現他觀察身邊事物時，舉止有些奇怪。「當他四處走動時，會糊里糊塗地邊摸邊走，有時他會抓到附近的東西，有時卻不能。他甚至會用嗅覺來辨別身邊的人，包括我。」阿屏感慨地憶述沙里三歲時的狀況。

在老撾許多偏遠的村莊裡，人們仍然迷信鬼魂會帶來疾病。身為農民的阿屏，靠耕種來勉強維持家庭生計，連港幣3毫都難以拿出，根本無法負擔兒子的醫療費用。她唯有獻上祭品，祈求沙里乳白而渾濁的雙眼能夠得到治療，在絕望中努力嘗試為兒子找出路。種種無力感，讓她看不見前路。作為母親，阿屏的願望很簡單，她只祈求沙里擁有健康的視力，可以與其他小朋友一樣開心上學，活出精彩的未來。

幸而在疫情期間社區醫護人員到阿屏的村莊為居民注射新型冠狀病毒(COVID-19)疫苗，及時發現沙里患有白內障，並立即轉介沙里的個案予護瞳行動，安排沙里在護瞳行動的合作夥伴 Oudomxay 眼科醫院接受手術治療。Senglar 醫生一看就知道沙里雙眼患有白內障，急需手術移除眼睛裡渾濁的晶狀體。

阿屏起初對手術猶豫不決，擔心手術等於要切除兒子的眼球。Senglar 醫生拿出手機裡的照片和短片，耐心地向阿屏解釋手術過程，包括移除渾濁的晶體，然後植入人工晶體代替，給予她希望和信心。

手術非常順利。當沙里脫下手術用的保護眼罩，阿屏的喜悅實在難以筆墨形容。半天後，沙里已經在跳躍和玩耍了。

阿屏說：「多謝護瞳行動為沙里重拾光明！我會好好照顧他，他現在能看見東西，我就可以安心去農場工作了。」

25-year-old Pheang from Oudomxay, is praying to find a cure for her three-year-old son Salid. Salid was born a healthy baby; however growing up, Pheang noticed something odd with his vision. "When he walks around, he would reach out his hands to navigate. Sometimes he can grab things, sometimes he would miss them. He would use his sense of smell to identify people."

In many remote villages in Lao PDR, people believe that spirits cause diseases when they are upset. Pheang was so desperate to find a cure that she offered sacrifices in the hope it would appease the spirits.

Pheang does not have regular income. Paying a visit to the doctor and buying medicine was not an option. "I do not have money, not even five hundred kip (around HK\$0.30). We are too poor to get medical treatment in town."

Pheang had sacrificed many things including her time to work at the farm because she had to take care of Salid. When health workers came to their area to provide COVID-19 vaccines, Pheang asked them to check her son's condition. She learned that Salid needed medical treatment, otherwise, he could be blind for life.

They were referred to the eye doctors at Oudomxay Eye Hospital, a long-time partner of The Fred Hollows Foundation. Dr Senglar immediately knew that Salid had cataract, and that she needs to remove the damaged lenses through surgery.

Dr Senglar was aware of the beliefs that people have around spirits and sacrifices, and she knew that Pheang had given up after many unsuccessful attempts. She gave her hope and assurance by showing photos and videos from her phone to patiently explain the procedure to Pheang, who had thought that surgery meant that her son's eyeballs would be removed.

The procedure went very well, which means that some of his mother's burdens will be lifted now that Salid can see. Pheang was overjoyed when her son's patches were taken off. By the afternoon, Salid was already jumping and playing.

"I am so grateful and I would like to thank the doctors, and everyone involved in my son's eye surgery. I will be less worried when I go to the farm now that he can see. I will take good care of him," she said.



了解沙里更多
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瞳在香港 WHAT'S HAPPENING IN HONG KONG

2022年「世界視覺日」 World Sight Day 2022: Love Your Eyes



護瞳行動為響應國際防盲組織 (IAPB) 每年十月第二個星期四舉行的「世界視覺日」，護瞳行動舉辦了「童見光明－童來護瞳」填色比賽以及「世界視覺日捐款配對」，以培養下一代愛護眼睛的好習慣及鼓勵社會大眾關注眼睛健康。

全賴各界的支持，世界視覺日配對活動相當成功，善款將令數以千對眼睛重見光明。感謝您支持護瞳行動，我們將會繼續為全球超過25個國家或地區的眼疾患者恢復視力，在偏遠地區建立永久的眼健康服務，令社區與病人可以自力更生，迎來持久穩定的光明生活。今年我們十分榮幸獲得一眾企業支持，在此我們致以誠摯的謝意。

In honor of World Sight Day on 13 October 2022, The Fred Hollows Foundation celebrated with the "Brighten the Future Colouring Competition" and "Double Your Impact" campaign. We would like to say a big thank you to all our supporters for being a part of this campaign. With your support, we can continue to do our work in over 25 countries across the globe and restore sight for tens of thousands of people in need. We would like to thank the following corporates for their generous support for the event.

「世界視覺日捐款配對」贊助企業：
"Double Your Impact" Corporate Sponsors:



「童見光明－童來護瞳」填色比賽贊助企業：
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《護瞳學習卡》 邊玩邊學習護眼 See, Play, Love Your Eyes



都市人長時間面對電子產品，偶爾會忘記如何呵護疲憊的雙眼。護瞳行動特製老少咸宜的《護瞳學習卡》，透過有趣的遊戲和活動，讓更多大小朋友了解護眼知識，養成護眼好習慣，踏出認識眼睛的第一步。

Looking for fun ideas on how to help your child have healthy eyes and good eye health? The Fred Hollows Foundation is excited to release the Fred's Activity Card Set, an interactive game for parents and children to learn how to care for your eyes and gain knowledge about eye health.

活動卡套裝包括:

- 七款精心設計以護眼為主題的學習卡
- 活動後討論指引
- 必讀眼科小貼士

Included in the set:

- 7 interactive games you can enjoy with friends and family
- Discussion guide for each game / activity
- Useful eye care tips

護瞳小熊來到香港 Freddy Bear has landed in Hong Kong



「護瞳小熊Freddy Bear」由護瞳行動澳洲總部設計，並以護瞳行動創辦人兼眼科醫生－霍洛教授為藍本。它穿著一身淡藍色眼科醫生手術服，並戴著霍洛教授標誌性的眼鏡，宣揚無私助人復明的大愛精神，並讓大家一起延續霍洛教授的夢想－在發展中國家建立可持續的眼科服務。

記得密切留意護瞳行動的Facebook 看看護瞳小熊Freddy Bear會去香港哪個角落探索美景！

Meet the cute and cuddly Freddy Bear! It is a new initiative of The Fred Hollows Foundation, created to carry on Fred's legacy and helping people to see a brighter future.

Stay tuned to our Facebook page to find out what adventures Freddy Bear has in Hong Kong!



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給她視力，給她轉化 She Sees, She Transforms

女性佔失明人士的55%，大部分住在中低收入國家，她們較男性患上失明或視力障礙的機會更高出1.3倍。在不少偏遠落後地區，男女不平等問題仍然嚴重，男性大多數會控制家中的財政大權，如女性患上眼疾，亦缺乏資源支付交通和醫療費用去醫治。有些時候，就算女性並不是眼疾患者，她們都不成比例地受到失明和視力障礙影響。因著女性的社會角色及地位，她們常被要求放棄學業或工作，留在家裡照顧失明的親人，因而限制了發展能力的機會。

為女性治理可以避免的失明，可以改善她們的心理健康、教育機會、工作前景和社區參與。減少女性失明和視力障礙，是女性重獲新生命的起點，也是向消除全球可避免失明邁進一大步。護瞳行動矢志幫助女性重拾光明，為她們提供基本的眼科服務、訓練女性醫護人員，確保住在偏遠地方的女性能恢復視力，改寫命運，燃起生命希望。

At least 55 per cent of the world's blind are women and most live in low and middle income countries. Women are also 1.3 times more likely to be blind or vision impaired than men. Due to gender imbalance in many communities, men control the family finances, and their medical needs are prioritised. Women who suffer from avoidable blindness often cannot afford the travel and medical costs of treatment. Even women and girls who do not have eye problems themselves can be disproportionately affected by blindness as they are the ones who most often have to leave school or stop working to care for blind relatives. When we restore sight to women, we not only improve their lives, but we also improve their mental health, educational attainment, employability and their capacity to participate actively in society.

The Fred Hollows Foundation is committed to closing the gender gap in avoidable blindness and unlocking the potential of millions of women and girls. We know that when we restore sight to women and girls, train female health workers, nurses and doctors, we transform lives.



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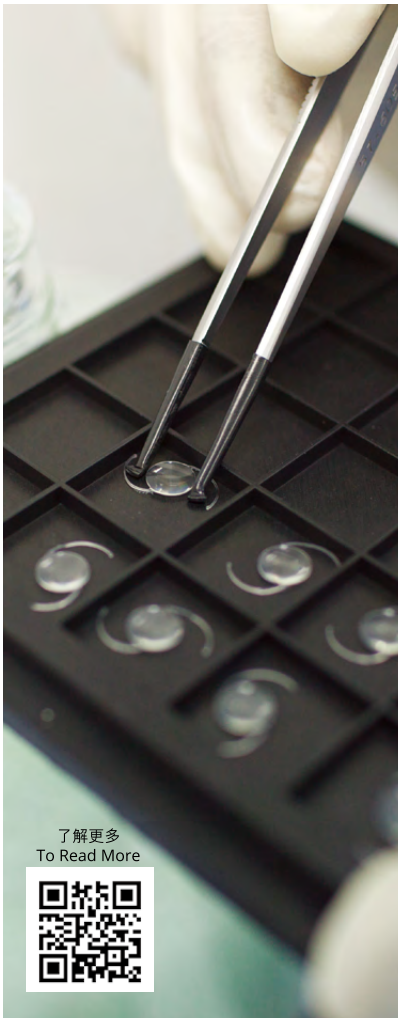
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關於人工晶體的 5 樣小知識

5 FUN FACTS ABOUT IOLS



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白內障只需一個20分鐘的簡單手術，就能治癒。手術過程會移除渾濁的晶體組織，然後植入人工晶體 (IOL) 代替原本的自然晶體。手術用的人工晶體價格非常昂貴，令中低收入國家病人難以接觸到白內障手術。護瞳行動創辦人霍洛教授的理想，是在全球提供價格廉宜的人工晶體。護瞳行動成立初期的工作之一，就是在厄立特里亞和尼泊爾設立人工晶體生產廠房，以減省發展中國家進行白內障手術的成本。時至今日，工廠已生產了超過800萬件晶體，發銷至50多個國家。

1. 什麼是人工晶體?

人工晶體 (Intraocular Lens) 是放在眼睛內部的晶狀體。它是一塊薄薄的膠片，用於白內障手術，來代替眼睛的渾濁自然晶狀體。

2. 人工晶體的功能是什麼?

人工晶體用於白內障手術，幫助患者恢復視力。

3. 人工晶體有哪些不同類型?

如眼鏡片，人工晶體亦有多款迎合不同人的需求。包括：非球面、散光矯正型、單焦點及全方位廣視型。

4. 人工晶體能用多久?

人工晶體最美妙之處，是它可以永久使用，持續一生！

5. 人工晶體如何保持在原位?

在白內障手術期間，醫生會在角膜表面切開一個切口，然後切開晶體的前囊，摘除渾濁自然晶狀體，留下晶狀體後囊袋以放置人工晶狀體。這技術能確保人工晶體可以保持在水晶體囊袋內。

When Fred first began his vision of ending avoidable blindness, intraocular lens (IOL) were very expensive to produce. However, Fred put the pieces in place to create state-of-the-art intraocular lens factories in Nepal and Eritrea. Low cost IOLs from these factories have played a significant role in making affordable cataract surgery possible in low- and middle-income countries. The factories have produced over 8 million lenses, which are distributed to more than 50 countries.

1. What is an intraocular lens?

The natural lens in the eye becomes cloudy as we age or if the eye is injured. This cloudiness in the lens is called a cataract. With cataract surgery, this cloudy lens can be removed and replaced with a clear artificial lens called an intraocular lens (IOL) to restore vision.

2. What is the purpose of an intraocular lens?

IOLs are most commonly used for vision restoration in cataract surgery.

3. What are the different types of intraocular lens?

Just like glasses, there are a range of lenses used in IOLs to meet the needs of each patient, such as, aspheric, toric, monofocal and multifocal.

4. How long does an intraocular lens last?

The best part about IOLs is that they can last for a person's entire lifetime!

5. How does an intraocular lens stay in place?

The IOL is often inserted during cataract surgery into the eye's capsular bag, a sack-like structure that once housed the clouded lens. This ensures that the lens can stay in place.



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