



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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## 拯救兒童眼疾 刻不容緩

## THE FIGHT AGAINST CHILDHOOD BLINDNESS



The Fred Hollows  
Foundation | 護瞳行動

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# 總幹事的話

## MESSAGE FROM LAURA

2023年是護瞳行動在香港設立辦事處的第八年。自2015年起，我們不斷致力消除可避免失明，為有需要人士提供優質眼科健康服務。這些年來，護瞳行動樹立了多個重要的里程碑，這些成就有賴於各界善長仁翁的鼎力支持。過往八年，我們透過在本地舉辦各種活動，旨在讓更多香港人了解到失明是可避免的；活動包括舉行學校講座接觸超過2,000名學生，以及籌辦「同燃希望獎」和「世界視覺日」等接觸超過40萬香港人。

今年，我很高興宣布，護瞳行動即將推出一個全新的本地計劃，目標為超過100名無家者、低收入及難以負擔看專科醫生的弱勢群體，安排眼疾篩查服務、分發眼鏡及護眼講座。我們相信，是次計劃將有助加強本地基層人士對關注眼睛健康的意識，也能避免更多人失明。

此外，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」，護瞳行動將於9月舉辦第三屆「童見光明 - 童來護瞳」填色比賽，以「睛靈眼睛，畫出睛瞳年」為主題，鼓勵兒童學習有關眼部健康的知識。今年的世界視覺日，護瞳行動再次舉行「善款配對」特別活動，您捐多少，贊助企業同樣捐多少，善款倍增讓更多人受惠——幫助更多眼疾患者復明，訓練更多在地眼科醫護，建立他們的自助能力。我們期望屆時能得到您的支持，繼續與我們瞳行，共同杜絕可避免失明，為遍遠地區可避免失明患者送上扭轉人生的機會。

This year marks the 8th anniversary of The Fred Hollows Foundation in Hong Kong. Since 2015, I am proud to say that we have achieved many significant milestones and received tremendous support from our donors and supporters. Over the past 8 years, we have been able to reach tens of thousands of Hong Kong people through our local activities, including over 2000 school students through our School Talk program and over 400,000 Hong Kong people through Humanity Awards and World Sight Day campaign.

In Hong Kong, we are excited to announce the launch of our new local program to raise awareness about the importance of eye health in Hong Kong. This program will focus on educating disadvantaged communities including the homeless community about common eye conditions through eye health talks, eye screening and glasses dispensation. We believe that this program will make a significant impact in promoting eye health in the local community.

In addition, we have several exciting events coming up to mark World Sight Day, which is celebrated on the second Thursday in October each year. One of these events is our annual coloring competition for children, which will encourage them to learn about eye health. We are also proud to launch the World Sight Day donation matching campaign for a chance for companies and the public to double their impact in support of our programs to end avoidable blindness in remote areas of the world. With the continued support of our donors and supporters, I am confident that we can continue to make a real difference in the lives of those we serve.



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

# 瞳視：項目簡報

## PROGRAM UPDATE

### 最後階段！越南沙眼情況快要絕跡了！

## VIETNAM ON HOME STRETCH TO ELIMINATING TRACHOMA



沙眼是由細菌感染所引致的眼疾，更是世界上主要導致失明的原因之一。全賴各方的努力和您的支持，越南正在進入消除沙眼的最後一個階段。

2022年，護瞳行動的醫療專家團隊展開了一項重要任務，就是到越南偏遠的河江省尋找沙眼的跡象，並進行調查。

這項調查由越南國家眼科醫院、河江省眼科醫院與護瞳行動一同合作進行，這一步為確認越南最終是否成功消除沙眼這個公共衛生問題。

調查結果顯示，越南終於快要成功消除沙眼。這對越南來說是巨大的進展，因為在1990年代時，沙眼在當地依然十分肆虐。

河江眼科醫院的眼科醫師何安寧醫生 (Dr Ninh Van Hien) 非常樂觀地說：「按照世界衛生組織 (WHO) 的指引，我們有望很快可宣布沙眼在越南已完全消除。在過去的十年為消除沙眼而付出的努力，對河江的人民來說意義重大，當地眼科護理服務的質量因而得到改善，越南人民的生活亦逐漸進步。」

There is a growing sense of optimism among health professionals that Vietnam has finally eliminated trachoma, the world's leading infectious cause of blindness.

In 2022, a team of medical experts embarked on an important mission to look for signs of the disease and conduct a survey in Vietnam's remote Ha Giang Province.

The survey, carried out by the Vietnam National Eye Hospital and Ha Giang Provincial Eye Hospital in partnership with The Fred Hollows Foundation, was one of the final steps to ensuring that Vietnam has finally eliminated this ancient disease as a public health problem.

The results from the survey revealed that Vietnam is close to eliminating trachoma – a tremendous success given that in the 1990s it was the leading cause of avoidable blindness in Vietnam.

Dr Ninh Van Hien, an ophthalmologist from Ha Giang Eye Hospital, was filled with optimism.

"We do hope that Vietnam will soon announce the elimination of trachoma according to the procedures of the World Health Organization (WHO)," he said.

"The efforts to eliminate trachoma over the past 10 years in Ha Giang were meaningful, contributing significantly to improve the quality of eye care services for local people, and gradually improving people's lives."



了解肯亞更多  
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## 瞳看世界：肯亞

護瞳行動由成立至今，為全球超過25個地區的眼疾病患復明，並協助超過300萬人恢復視力。今期我們為您介紹護瞳行動其中一個服務國家：肯亞。

肯亞擁有豐富野生動物、文化及歷史，是一個美麗和友善熱情的國家。這裡有多樣化的文化，現代與傳統相結合，形成真正獨特的肯亞風格。

肯亞的失明和視障人口預計高達二百萬人，全國43%的失明個案都因白內障而起，可見白內障的情況相當嚴重。除此之外，全球最嚴重感染性致盲眼疾——沙眼，在肯亞亦非常肆虐，佔總失明人口的19%。在肯亞的47個縣裡，12個位處乾旱與中度乾旱地區的縣城，均有發現沙眼的蹤跡。肯亞有80%的人口住在偏遠地區，因地理位置欠佳與缺乏專業和具經驗的眼科醫療人員，令許多可避免眼疾患者要接觸基本的健康服務難若登天。

自2008年開始，護瞳行動一直與肯亞政府及不同單位在多方面積極合作，投放更多有效資源，讓公眾能方便接觸和使用眼科服務。特別針對在偏遠地區訓練能駐守的眼科團隊，在地培訓各級專業醫療人才，讓積壓的白內障個案能得以舒緩。

## 全賴我們和不同的合作夥伴與同心協力，於2022年取得了豐碩成果： IN 2022, WE RECORDED ACHIEVEMENTS IN KEY STRATEGIC AREAS:

- 230,252** 人獲得篩查 **PEOPLE SCREENED**
- 74,917** 宗眼疾治療和手術 **EYE OPERATIONS AND TREATMENTS PERFORMED, INCLUDING:**
  - 13,196** 宗白內障手術 **CATARACT OPERATIONS**
  - 49** 宗糖尿病視網膜病變治療 **DIABETIC RETINOPATHY TREATMENTS**
  - 250** 宗治療沙眼的手術 **SURGERIES TO TREAT TRACHOMA**
  - 61,422** 宗其他眼疾手術和治療 **OTHER SIGHT SAVING OR IMPROVING INTERVENTIONS**
- 237,875** 為人接受抗生素治療沙眼 **PEOPLE TREATED WITH ANTIBIOTICS FOR TRACHOMA**
- 16,578** 人接受培訓，包括**6**名手術醫生、**28**名診所醫療員、**13,821**名社區健康醫療人員 **PEOPLE TRAINED, INCLUDING 6 SURGEONS, 28 CLINIC SUPPORT STAFF AND 13,821 COMMUNITY HEALTH WORKERS**
- 596,697** 名學童和公眾提供眼健康和衛生教育 **SCHOOL CHILDREN AND COMMUNITY MEMBERS ARE EDUCATED IN EYE HEALTH AND SANITATION**

# 一個簡單的手術， 可同時改寫兩兄弟的命運

# ONE SURGERY GIVES TWO BOYS A NEW CHANCE



深入閱讀大衛的故事  
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七歲的大衛生於肯亞，夢想成為飛行員。活力充沛的他平日熱愛踢足球。

但兩年前，大衛不幸患上白內障，慢慢開始奪去他的視力，一般行路上學也成問題，更遑論踢足球時甚至看不到足球。四歲的弟弟阿布擔當起照顧者，牽著哥哥的手為他引路，以確保他不會跌倒或迷路。患上白內障，不但對於大衛的日常造成巨大的影響，弟弟的生活亦同時受到限制。

大衛的父親森姆在大衛五歲的時候發現他的眼睛有問題。但由於家裏經濟非常拮据，根本無法負擔交通費帶大衛到兩個多小時車程之外的沙巴亞眼科醫院 (Sabatia Eye Hospital) 做檢查。

絕望之際，護瞳行動的社區衛生人員找到了大衛的個案，並向他伸出援手，為他安排交通及手術。

當天共有14位兒童在沙巴亞眼科醫院接受復明手術，大衛是其中之一。

當大衛接受手術時，爸爸森姆心急如焚期望著他的愛子很快可以再次看到七彩世界。

手術非常成功，森姆亦終於能鬆一口氣，放下心頭大石。

手術後第二天，當醫生為大衛除下手術眼罩，用手電筒檢查他的眼睛時，大衛的嘴角忍不住泛起微笑，因他終於能再次重見光明。

不僅是大衛的生命完全改變了，他的弟弟阿布也不用每天照顧哥哥，忙著擔心他的安危。他們現在能一起安心上學了，更不用依賴著弟弟引路，讓家人放心。

在布西亞縣的上小學的大衛，告訴我們他很開心能像其他孩子一樣上學讀書，他在課堂上亦十分專注。

手術後的大衛，現在能看清楚足球，能每天開開心心踢球去。重新看見的他，如今在足球場上更是一個銳不可擋的小足球員！

爸爸森姆說：「謝謝護瞳行動來幫助我們。醫護人員曾說，如果大衛得不到及時的治療，他的視力會永久受損。若不是護瞳行動為大衛安排交通和手術，我真的不知道該怎麼辦。」

「我希望大衛長大後能夠找到一份好工作，這樣他就可以擺脫困境，擁抱更好的未來。我相信這也是每個父母的心願。我希望他能夢想成真成為一名出色的飛行員。」

在肯亞，許多像大衛一樣的孩子，默默期待著一個手術能為他們恢復光明，扭轉命運。醫治兒童失明的時間非常短暫，我們必須在兒童開始失去視力時盡快找到他們，否則時間一拖再拖，再醫治也只是徒勞。

When you meet 7-year-old David, you can't help but smile.

Today, he is a happy boy who loves football and has dreams of becoming a pilot. But two years ago, David had cataract and relied on his younger brother Bramwell to guide him.

Bramwell, who was then 4, went everywhere with David to ensure he didn't fall or get lost around his family's small home in remote Busia County, 450km northwest of Nairobi.

The boys' father Samuel said the family first noticed David's eye problems before he turned 5.

But without the funds to take David to Sabatia Eye Hospital – more than two hours' drive away – they could not get him help. David's vision loss meant that he could not go to school and it also held his little brother back.

Luckily a community health worker, trained by The Fred Hollows Foundation, found David and was able to organise help.

David was among 14 children who had life-changing surgery in one day at Sabatia, The Fred Hollows Foundation's long term partner hospital.

While David underwent surgery, Samuel paced anxiously,

hopeful that his little boy would soon be able to see.

The next morning, as the patches were removed and the doctor shined a torch in his eyes, David smiled and was able to follow the light. The surgery opened up new possibilities to David and Bramwell, who can both go to school.

David attends primary school in Busia County and told The Foundation he was enjoying the new experience, just like the other children.

He has become an unstoppable force on the football field, the eye surgery revealing his gift.

Samuel said that he does not know what his family would have done without The Foundation and its supporters.

"You were able to come in and help us. And they even warned me if he doesn't get medical attention, his eyesight will continue deteriorating. If it wasn't for The Fred Hollows Foundation catering for David's surgery, I don't know what I could have done," Samuel said.

"Because of our situation, I want David to get a good job so he can leave the situation and put him to another level. That's a wish for every parent. I want him to be a pilot."



2023年《同燃希望獎》將在香港踏入第六屆，期望能獎項傳承護瞳行動創辦人霍洛教授 (Professor Fred Hollows) 助人自助的信念，啟發社會更多善行。今屆《同燃希望獎》參加項目繁多，成績令人鼓舞。今屆共有67間學校、超過380名學生參加。頒獎禮已在7月4日舉行，以嘉許39名熱心回饋社會的學生。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。今年我們十分榮幸獲得以下企業支持，在此我們致以衷心謝意。

The Fred Hollows Humanity Award steps into its sixth year. Founder of The Foundation, Prof Fred Hollows once said: "The basic attribute of mankind is to help one another." The Humanity Awards recognises primary 4-6 students who follow in Fred's footsteps by making a positive difference in their community. Over 60 schools with more than 380 students participated in this year's awards, and 39 outstanding students were recognised for their dedication to the community. A big round of applause to all the ambassadors and applicants who have played their part in making a difference to Hong Kong. We would also like to thank the following corporates for their generous support to the event this year.



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#### 2023年同燃希望獎贊助 The Humanity Award Sponsors

護瞳希望贊助： Hope Sponsor: **REVGPR**  
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特別鳴謝： Special thanks to: **matilda International Hospital** **香港車主會** **司公成工**



(依英文字母排列 Names in alphabetical order)

## 慶祝護瞳行動在大中華區成立25周年 CELEBRATING 25 YEARS OF PROGRAM WORK IN THE GREATER CHINA REGION



為慶祝護瞳行動在大中華區成立25周年，我們於6月16日在澳洲駐香港及澳門總領事華德女士 (Ms Elizabeth Ward) 主持下，在總領事官邸舉行慶祝酒會。護瞳行動總監韋思瀚 (Ian Wishart)、創辦人兒子卡姆·霍洛醫生 (Dr Cam Hollows)、我們的合作夥伴以及澳洲和中國商業和文化界的知名人士均特意參加此次活動。在此，我們再次感謝總領事對護瞳行動的慷慨支持，並期待未來一起攜手努力為全球可避免失明人士帶來改變。

The Australian Consul General in Hong Kong and Macau Ms Elizabeth Ward hosted a special event to celebrate 25 years of The Fred Hollows Foundation in the Greater China region at the Consul General's residence. We were joined by distinguished guests and prominent members of the Australian and Chinese business and cultural communities. We would like to express our heartfelt thank you to the Consul General for their generous support as the Patron of The Fred Hollows Foundation Hong Kong. We look forward to working together to make a difference and bring hope to those who need it most.

## 商界鼎力支持 一瞳為全球復明出一分力 JOINING HANDS WITH HSBC TO END AVOIDABLE BLINDNESS



今年五月，護瞳行動應邀參加由匯豐銀行 Employee Resource Group Ability HK 舉辦的 Global Accessibility Awareness Day #GAAD，透過各項互動遊戲讓參與者了解關於消除可避免失明。通過各項活動，本地及全球超過 28,000 多名匯豐銀行員工認識到護瞳行動，所籌得善款捐贈予護瞳行動全球復明的工作。

此次合作是護瞳行動的企業合作計劃的一部分，旨在與志同道合的組織建立長期關係，一起向消除可避免失明邁進一步。護瞳行動誠邀有意回饋社會的香港以至亞洲企業成為「護瞳之友」，與我們共同在全球消除可避免失明，同時讓企業有效回饋社會，創造改變，推動企業社會責任，展現對社會的關懷。護瞳之友企業夥伴計劃可以為參與機構設計適合的社會企業責任活動，提升機構員工的參與度，建立品牌形象和加強社會影響力。如貴公司有任何查詢，請致電 3614-6240 / 電郵至 [hkinfo@hollows.org](mailto:hkinfo@hollows.org) 了解更多。

This May, The Fred Hollows Foundation and HSBC joined forces to promote the importance of avoidable blindness and eye health among HSBC employees organized by the Employee Resource Group Ability HK, to celebrate the Global Accessibility Awareness Day #GAAD at the HSBC premises. More than 28,000+ HSBC employees were reached locally and globally through the activities, and a generous donation was raised to support The Foundation's sight-saving work. This partnership is part of The Fred Hollows Foundation's corporate partnership program, which can help corporates to build positive brand awareness, employee engagement and give companies a competitive advantage. Through strategic, long-term, and mutually-beneficial partnerships, The Fred Hollows Foundation can help you address your business challenges and strategic objectives. If you would like to discuss how we can co-design a meaningful partnership with your business, contact us at 3614-6240 / [hkinfo@hollows.org](mailto:hkinfo@hollows.org) to find out more.

特別鳴謝：  
Special thanks to:



## 多一份支持 多一份光明的可能 HELP RESTORE SIGHT FOR SOMEONE LIKE DAVID

全球有高達140萬兒童失明，四分之三的失明孩子均集中在非洲和亞洲國家。發展中國家普遍欠缺基本眼科醫療，處理失明問題時經驗不足。兒童失明成因包括麻疹角膜炎、沙眼和內障。及早發現並介入治療兒童失明至關重要。如孩子於十歲(大腦發育完成)前缺乏視覺刺激，長大後即使接受手術或治療亦不可能逆轉失明。為了避免眼疾的禍害，令兒童失去視力，必須及早為兒童檢查，並提供所需的專科護理。幸運的是，一半的兒童失明是可以治療的。在您的支持下，護瞳行動定可為更多像大衛般患上可避免失明的孩子，瞳燃更多光明希望。



Globally, 1.4 million children are blind, with three-quarters of them concentrated in African and Asian countries. Developing countries generally lack basic eye care and have little experience in treating preventable blindness. In developing countries, childhood blindness is caused by a number of reasons: corneal scarring from measles, Vitamin A deficiency, retinopathy of prematurity, trachoma and cataract. Early intervention for diseases like cataract and trachoma is critical to correct vision loss in children. A child's brain development is almost complete by 10 years of age. When a child has poor vision, the lack of normal visual stimulation limits the brain's ability to process visual stimuli. To combat the devastating effects of vision loss in children, early detection and appropriate specialist care is essential. Luckily half of childhood blindness is treatable or preventable. With your support, The Foundation can give children like David a brighter future.



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RET-GEN-PNL-GD-2307

## 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
- 其他 My Choice \_\_\_\_\_

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中文姓名 Name in Chinese: \_\_\_\_\_

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地址 Address: \_\_\_\_\_

出生日期 Date of Birth (DD/MM/YY): \_\_\_\_\_

香港身份證號碼 HKID Card No: \_\_\_\_\_  
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# 「瞳」卡姆·霍洛醫生傾下計

# Meet Dr Cam Hollows



今年六月，霍洛教授的兒子——卡姆·霍洛醫生 (Dr Cam Hollows) 第一次來到香港探訪護瞳行動香港。爸爸的偉大事蹟伴隨著卡姆成長，啟發了他對醫學的興趣及履行人道主義的使命。卡姆除了是一名位於澳洲新南威爾斯州的家庭醫生，他也密切參與護瞳行動的工作。

**你的父親教給你最重要的一件事是什麼，並影響你從事醫學工作？**

爸爸的一生克盡己職，永不退縮，致力讓消滅可避免失明的願望可成真。我自小就親眼目睹護瞳行動在我們家裡的餐桌上誕生。爸爸和媽媽聯同眾多朋友和同事攜手合作，於1992年創立了護瞳行動，令人人不論貧富，都有機會獲得可負擔和優質的眼科護理服務。我從小到大被父親的助人之心得影響，現在我長大了也希望能繼續燃亮父親的夢想，薪火相傳。作為一名醫生的我希望像父親一樣，為不同的人帶來無價的健康。

**你想對我們在香港的支持者說什麼？**

我要感謝香港的支持者對護瞳行動的支持。因為有您的支持，護瞳行動在過去30年才可在全球超過25個國家提供服務，為超過300萬人恢復視力，重見光明。感謝您與我們一路「瞳」行，延續我父親的夢想，使更多人重見光明，重拾希望！

In June, Dr Cam Hollows, son of Professor Fred Hollows and Gabi Hollows, visited Hong Kong for the first time and sat down with us to discuss his life and his father. As a GP based in regional Australia, he grew up with people who continued Fred's work. He is continually inspired by his parents' efforts and his father's dream of ending avoidable blindness. Cam remains closely involved with The Fred Hollows Foundation today.

**What is one thing that your father taught you that continues to inspire you today and influenced you to work in medicine?**

He was a doctor who restored sight, a champion for the disadvantaged, and an advocate who demanded better. As a young boy, I witnessed the birth of The Fred Hollows Foundation. I grew up surrounded by the people who continued Fred's work and I have been continually inspired by my father's dream of ending avoidable blindness. My father also inspired me to fight for issues of health and social justice from a very young age. By becoming a doctor, I hope to make a positive impact on people like my dad did.

**Is there anything you would like to say to our supporters in Hong Kong?**

I would like to thank our supporters in Hong Kong for their support of The Foundation. Your support allows us to be able to continue our sight-saving work in over 25 countries worldwide and restore sight to over 3 million people. Thank you for joining us on our journey to continue the legacy of my father's work and give more people the gift of sight!



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