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Foundation | 護瞳行動

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姆巴魯庫得以  
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YOU brought back  
Mbaruku's **sight!**



# 瞳言 FRED'S VISION

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## 林傑人醫生的話 Message from Dr Godfrey Lam

作為護瞳行動香港辦公室的顧問醫生，我見證著護瞳行動在過去九年的努力和貢獻。在這九年間，您們是不可或缺的一部份。我謹代表護瞳行動衷心感激您們對我們的慷慨支持。

我會持續支持護瞳行動這麼多年，是因為認同護瞳行動的救盲方針。護瞳行動不僅幫助個別眼疾患者恢復視力，更注重建立長遠和可持續的醫療系統。他們致力於培訓當地眼科醫護人員的自助能力，希望有一天他們能夠不再依賴外援，實現自給自足。正所謂「授人以漁」，在地訓練各級醫護人員，包括手術醫生、護士、社區健康人員和教師，是對社區的承諾和長遠投資。而這些長遠的專案，很需要您長期支援，為一整個社區的教育、公共衛生系統，帶來根本性的改變。

您的持續每月的捐助，讓我們能夠深耕細作，投資人才和創新科技，與醫療伙伴共同發展以人為本的綜合眼健康服務，從而長遠地幫助社區實現可持續發展。

再次感謝您成為我們最強的后盾。有您慷慨解囊和支持，護瞳行動服務超過25個國家和地區，令當地社區與病人獲得自助能力，迎來持久穩定的光明生活。

林傑人眼科醫生  
護瞳行動香港顧問委員會成員

Over the past 9 years, I have witnessed the incredible contribution and efforts that The Fred Hollows Foundation Hong Kong has made. This would not have been possible without your support. I want to thank you for your unwavering support and what this means to our community at The Foundation.

The reason why I have been a supporter for so many years is because The Foundation not only restores sight, but focuses on building local capacity by training a new generation of local eye health professionals. As the saying goes, "Give a man a fish, and you feed him for a day; teach a man to fish, and you feed him for a lifetime." Training local healthcare professionals at all levels, including surgeons, nurses, community health workers, and teachers can enable countries to be equipped with the skills and resources necessary to look after the eye health needs of their communities. This long-term vision relies greatly on your long-term support to bring fundamental improvements to the public health sectors of the community.

Your ongoing monthly support is crucial to help us in our long-term development, enabling us to invest in the eye health workforce and innovative technologies, strengthen healthcare systems, and work with our partners to develop integrated people centred eye care that contributes to the sustainable development of the community.

Once again, thank you for being our firm supporter. It is through your generous contribution and support that The Foundation can continue to work in over 25 countries to create sustainable change and rewrite the lives of countless individuals.

Dr Godfrey Lam, Ophthalmologist  
Member of the Advisory Committee of  
The Fred Hollows Foundation Hong Kong

## 前線項目工作人員檔案 Message from the field

來自肯亞的馬克麥納 ( Mark Maina ) 在2010年開始成為護瞳行動的一分子，目前於肯亞辦公室擔任全球傳訊顧問，與我們的項目工作人員和合作夥伴緊密合作，收集我們在實地進行的救盲工作並向支持者匯報。讓我們來了解馬克在肯亞的工作：



Mark Maina has been working with The Fred Hollows Foundation since 2010. Based in Kenya as a Global Communications Advisor, Mark works closely with our frontline staff and partners to collect stories about our crucial sight-restoring work. Learn more about Mark's stories from the field.

### 你可以分享在護瞳行動的工作經驗嗎？ What is your experience working at The Foundation?

當初加入護瞳行動的時候，我是一名兼職清潔工，每週上班兩天。後來，我的工作表現受到賞識，獲得晉升機會，為肯亞辦公室全職接待員。那時候除了工作和上夜校外，我開始利用空餘時間，透過攝影和寫作去記錄一些鼓舞人心的故事。後來我報讀了發展傳播學學位，儘管半工讀的過程並不容易，但我堅持下來了，並向護瞳行動申請傳播主任一職。在過去十四年，我盡自己所長，讓公眾更了解發展中國家對眼科服務的需求。

I started working at The Foundation as a cleaner twice a week. My dedication led to a promotion as the full-time office receptionist. Balancing work and evening classes, I began capturing moments through photos and writing compelling stories. I then enrolled in a degree in development communications. The journey to balance work and studies wasn't easy, but I persevered. I applied for a communication officer role in Kenya, which I successfully landed. Over the past 14 years, I have dedicated myself tirelessly, leveraging my abilities to amplify the voices of marginalised communities.

在社區實地工作的日常是怎樣的？  
What is a typical day like working in the field?

我習慣以檢查拍攝器材和安全簡報來迎接每天的早晨。然後會前往各個外展眼科篩查營，訪談受助人士，深入了解每個復明個案的背後辛酸的故事。透過這些日常，我漸漸體會到照相機不只是一件冷冰冰的工具，它還是連接世界和發展中國家的窗口。尤其每當孩子們成功接受白內障手術，看到他們眼裏閃耀著希望的火花，我的內心都會生起難以言喻的喜悅。

I usually start my early morning with equipment checks and safety briefings. I then head out to various sites and eye screening camps to collect stories and interact with beneficiaries. I have come also to realise that my camera is more than a tool; it has become a window to the soul of the community. My heart is overjoyed, especially when I see the spark in the children's eyes after a successful cataract surgery.

### 在護瞳行動工作，你最喜歡的是什麼？ What do you love most about working at The Foundation?

己為人父的我，感受最深又為之喜悅的，就是能見證孩子在眼部手術成功後，生活得到重大改善。他們恢復視力，可以重返校園、追求夢想，是多麼令人感動。而看到我們的眼科醫療工作者每天都致力服務社區，他們的專業和熱情，亦深深鼓舞著我，讓我更加熱愛和肯定護瞳行動項目的工作。

As a parent, I am filled with immense joy witnessing the transformation in a child's life after a successful eye operation. The ability for them to see again and pursue their dreams by going to school is truly heart-warming. Also, the dedication and passion displayed by our eye health workers in serving their communities inspires me every day. It is moments like these that reaffirm my love for the work we do in this organisation.



柏天男  
Adam Pak

## 認識護瞳大使柏天男 Meet The Fred Hollows Foundation's Ambassador, Adam Pak

香港演員柏天男 ( Adam ) 今年成為「護瞳大使」。Adam 向來身體力行支持慈善，他希望藉著擔任「護瞳大使」，推廣眼健康的重要性，讓大眾了解全球可避免失明的問題。

Hong Kong actor Adam Pak has joined The Fred Hollows Foundation as a celebrity ambassador. Adam has always been actively involved in charitable causes, and hopes to leverage his role as ambassador to promote the importance of eye health and raise awareness about the global issue of avoidable blindness.

### 你為什麼覺得健康的視力那麼重要？

我相信，眼睛健康的重要性很常被低估了。眼睛是一道窗戶，讓我們認識世界。每天一睜開雙眼，就能看到晨光，是多麼珍貴的祝福。我無法想象如果無法看到晨光，生活會變成什麼樣子；同時我也明白，幫助受視障影響的人有多重要和迫切。透過與護瞳行動同心合力，藉著堅定的承諾和關懷，幫助眼疾病人重見光明。每一分貢獻，都有助救盲，讓每個人有機會去體驗世界之美。

### 你有什麼話想對護瞳行動的支持者說？

我衷心感謝護瞳行動的各位支持者。而我能夠參與這個極富意義的活動，並有機會伸出援手幫助有需要的人，感到非常榮幸。目前，全球約11億人的生活因視力障礙而受影響，當中4,300萬人更已失去視力。如果沒有合作夥伴、支持者和有心人的支持，受眼疾影響的人數在未來三十年將急劇增長。

### Why is eye health so important?

Personally, I believe a simple healthy pair of eyes is often undervalued. Our eyes provide us with one of the most primary perceptions of the world. Having the ability to see the first light everyday is a rare blessing. I simply cannot fathom what life would be like without the ability to see that first light. It serves as a powerful reminder of the urgency and importance of our collective efforts to support those affected by visual impairment. Together, through our unwavering commitment and compassion for The Fred Hollows Foundation, we can make a difference and restore the precious gift of sight to those in need. Every contribution, no matter how small, brings us one step closer to a world where everyone can experience the beauty and wonder of the visual world.

### What would you like to say to our supporters?

I would like to express my deepest gratitude to everyone who has continued to support The Fred Hollows Foundation. I am truly honoured to play my part in this profoundly meaningful cause that aims to extend a helping hand to those in their time of need. At present, there are more than 43 million people worldwide who are blind, and 1.1 billion people are living with the consequences of blindness and vision loss because they do not have access to eye care services. Without the support of dedicated partners, supporters and selfless individuals, these numbers are bound to increase exponentially over the next three decades.

## 瞳看：肯亞 All Eyes on Kenya



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，投放更多資源讓公眾能方便接觸和使用眼科服務。全賴不同的合作夥伴與我們同心協力，2023年裏我們取得了以下豐碩成果：

- 為 515,344 人提供眼疾篩查服務
- 進行了 136,218 宗眼疾治療和手術
- 為 262,742 人提供抗生素治療沙眼
- 培訓了 8,942 人，包括手術醫生、診所醫療人員、社區衛生工作者及教育工作者
- 為 529,613 名學童和公眾提供眼健康和衛生教育
- 分發了 16,287 副眼鏡
- 為 31 所設施提供醫療設備

Since 2008, The Fred Hollows Foundation has been working with the Government of Kenya and our partners to support the delivery of equitable and sustained improvements in eye health. Thanks to some great work with our partners, we recorded achievements in key strategic areas. In 2023 The Foundation:

- Screened 515,344 people
- Performed 136,218 eye operations and treatments
- Treated 262,742 people with antibiotics for trachoma
- Trained 8,942 people, including surgeons, clinic support staff, community health workers and educators
- Educated 529,613 school children and community members in eye health and sanitation
- Distributed 16,287 pairs of glasses
- Equipped 31 medical facilities, training centres, schools and other facilities

# 您的慷慨， 讓姆巴魯庫重拾「睛」彩童年 Mbaruku kicks goals thanks to eye surgery

我希望能像其他孩子一樣玩耍。  
I wish I could play like other kids.

「我希望能像其他孩子一樣玩耍。」在孩子們踢足球的平常嬉笑聲中，小男孩姆巴魯庫 (Mbaruku)，低聲對他的母親許下平凡卻難以實現的願望。來自肯亞的姆巴魯庫今年 10 歲，視力不佳，成績不好，不得不留級。半盲的姆巴魯庫被迫留在家中，全靠母親看顧，每天最多只能在樹蔭下閒晃。雖然姆巴魯庫最喜歡踢足球，但由於視力太差，在球場上會跑錯方向，亦難以閃避飛來的球，經常被球砸中頭，其他小孩都不太願意與他一起玩耍。

姆巴魯庫在上幼稚園時已有視力問題。幼小的姆巴魯庫在家中尋找東西的時候，總要眯起眼睛。他母親穆亞容 (Mwajungu) 憶述：「當初，我以為小孩的眼睛還在發育，不覺得這是什麼大問題。」然而，隨著姆巴魯庫成長，學校的老師們開始投訴，甚至在成績表寫上評語，說姆巴魯庫不願去讀黑板上的內容，是個傲慢的學生。

「我無法理解，因為我從來未見過我兒子表現傲慢。儘管姆巴魯庫經常眯起眼睛，但他一直很守紀律，是個活潑的男孩。」由於對老師們的評語感到擔憂，穆亞容帶了兒子去見眼科醫生。醫生告訴她，姆巴魯庫的雙眼要進行白內障手術，費用為 4 萬肯亞先令 (約 2,200 港元)。育有兩個孩子的單親媽媽，穆亞容實在無法支付手術費。

儘管處境艱難，她從未放棄自己的兒子。在偶然的機會下，一位社區衛生工作者向穆亞容介紹了護瞳行動，並可為她兒子提供白內障手術。穆亞容一開始感到懷疑，但當她意識到真有其事的時候，就帶了姆巴魯庫去醫院接受治療。

由於您的慷慨捐助，護瞳行動得以資助姆巴魯庫進行白內障手術，讓他能清楚看見世界。現在他可以和朋友一起踢足球，回到學校上課，並當媽媽的小助手。

穆亞容對您的支持表示衷心感謝。兒子能重拾正常生活，令她感到非常欣慰。穆亞容言道：「姆巴魯庫恢復了視力，我感到非常快樂。因為有護瞳行動的幫助，我的兒子前途有了希望。我相信，他能上學，可以為自己建立一個美好的未來。」



"I wish I could play like other kids." These are the words Kenyan boy Mbaruku whispers to his mother as they hear the voices of kids playing football in their neighbourhood. Mbaruku is 10 years old and his poor eyesight meant he had to repeat a year of school. Mbaruku's partial blindness forced him to stay at home, hanging out under the shade of a tree under the watchful eye of his mother. Mbaruku's favourite sport is football. But because of his poor vision, he would run in the wrong direction and often get hit on the head by the ball. This meant other kids rarely let him join any matches.

His vision issues began when he started nursery school. From a young age, he would squint his eyes when trying to find anything in the house. "At first, I thought his eyes were still developing and it wasn't of much concern to me," Mbaruku's mother Mwajungu said. However, as he grew, the teachers at Mbaruku's school would complain and even write on his report card that he was an arrogant student who wouldn't read anything on the blackboard.

"I couldn't understand because I never saw my son in that light. Mbaruku has always been a disciplined and playful boy, despite him squinting a lot." Concerned by the teachers' comments, Mwajungu took her son to an ophthalmologist who told her Mbaruku would need bilateral cataract surgery at a cost of 40,000 Kenyan shillings (approximately HK\$2,200). Being a single mother of two, Mwajungu couldn't afford the surgery.

Despite her situation, she never gave up on her quest to get her son the help he needed. By chance, a community health worker told Mwajungu about The Fred Hollows Foundation. She thought the offer was too good to be true, but realised it was real and took Mbaruku to the hospital.

Because of your generosity, The Fred Hollows Foundation was able to fund Mbaruku's successful cataract surgery, restoring his sight. He can now play football with his friends, return to school and help his mum.

Mwajungu says that thanks to your support, she now has peace of mind. "With his vision restored, I am more than happy," Mwajungu says. "My son has a future courtesy of The Foundation. I am confident that he can get to school and build a future for himself."

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## 2024年同燃希望獎 Humanity Award 2024

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《同燃希望獎》今年已踏入第七屆，我們繼續傳承「護瞳行動」創辦人霍洛教授 (Professor Fred Hollows) 「助人自助」的信念，鼓勵學童多留意及幫助身邊有需要的群體。今年的活動不論參與人數、項目數量均再創新高，有75間學校及超過500名學生參加，可見學生的助人精神已轉化成他們的行動力，以行動關懷社會有需要的人士和群體。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，亦感謝各參與企業的慷慨支持。

《同燃希望獎》今年嘉許71名熱心服務社會的小學生。獲嘉許項目包括自發建立眼睛健康活動、關注情緒健康製作正面肯定句卡片、製作環保可食用保鮮紙等項目，為弱勢社群緩手，用他們的方法貢獻社會。



2024年《同燃希望獎》很榮幸獲得 K11 Nature Discovery Park 贊助頒獎禮場地。得獎者更可參觀園區內多種稀有、熱帶或本土獨有的植物。

The Fred Hollows Humanity Award stepped into its seventh year in 2024. The Award continues the spirit of Professor Fred Hollows, encouraging students to follow Fred's footsteps by taking action to help people help themselves. Over 75 schools with more than 500 students participated in this year's award, and 71 outstanding students were recognised for their dedication to the community. This year's recipients included 13 students who initiated a school eye health awareness campaign while others were recognised for promoting emotional well-being by creating positive affirmation cards, producing environmentally friendly edible food wraps, and other projects aimed at helping vulnerable communities. We would like to give 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 our corporate sponsors for their generous support.

This year, The Humanity Award Presentation Ceremony was held at K11 Nature Discovery Park. Students were able to take a tour around the park and see the variety of rare tropical and native plants.

### 2024年同燃希望獎贊助 The Humanity Award Sponsors

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## 與社區兒童分享眼科知識 Promoting eye health in local schools



早前護瞳行動團隊舉辦一場《瞳見光明講座》。通過有趣的遊戲及講談，分享全球及香港眼疾情況，讓同學認識到可避免失明及護眼知識，大家反應熱烈，獲益良多。我們誠意邀請中學、小學及幼稚園參與《瞳見光明講座計劃》。護瞳行動會根據學校的需要，提供相應內容，包括全球眼疾情況、故事實例分享、國際非牟利組織的工作情況、眼健康知識分享等。

歡迎與我們聯絡了解更多：電話 36146240 / 電郵 hkinfo@hollows.org

Our team recently organised a school talk to discuss global and local eye health issues, raising awareness about avoidable blindness and providing eye care tips. The students responded enthusiastically and gained valuable knowledge. We sincerely invite schools and kindergartens to book a talk with The Fred Hollows Foundation to learn more about the issue of avoidable blindness and how to take care of your vision. We will tailor the content according to the school's needs and share real life stories and games.

Contact us for more information: Phone: 36146240 / Email: hkinfo@hollows.org

## 與護瞳行動一起培訓社區醫療人員 Empower more community eye health heroes

社區醫療人員是把病人與眼科健康服務聯繫起來的重要一員。護瞳行動其中的重點工作是在地訓練社區醫療人員，讓他們深入社區診斷病人的各種眼疾，然後轉介他們到診所、醫院和接受眼科醫生診治。這些初步的診症不可或缺，可以在眼疾損害視力之前，預先發現問題所在，盡快安排治療。

來自肯亞的哈米迪 (Hemedi)，在誇萊眼科中心 (Kwale Eye Centre) 當一名社區護理員，負責提供健康服務、疾病預防、治療和護理。哈米迪每天逐家逐戶探訪，尋找眼疾患者，然後轉介他們到護瞳行動的合作醫院接受診治。哈米迪也會安排眼健康的教育和篩查服務、跟進病人狀況等。您的捐款，可讓護瞳行動訓練更多專業眼科護理人員，扭轉更多病人命運！

Community health workers are a vital link between patients and eye health services. One of the key focuses at The Fred Hollows Foundation is training community health workers, who visit communities, diagnosing a range of medical conditions and referring people to medical clinics, hospitals and doctors. Initial consultations are essential in identifying potentially damaging eye health issues before they become critical.

Hemedi works as a community health worker at Kwale Eye Centre in Kenya. Hemedi's work involves going door-to-door on household visits, identifying eye health patients and referring them to The Foundation's partner hospitals for interventions. He also focuses on providing eye health education, screening, and follow-up visits. Your donation can provide training to more eye health workers like Hemedi who helps people with avoidable blindness. Restoring sight can change lives.



RET-GEN-PNL-GD-2407

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

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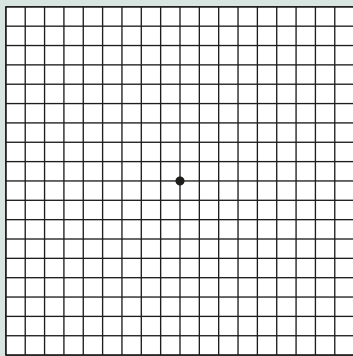


# 林醫生教室：了解老年黃斑病變

## Eye Health 101 by Dr Lam: What is age-related macular degeneration?

老年黃斑病變是視網膜退化病變引致中央視力逐步受損的眼疾，分為乾性和濕性兩種類型。黃斑位於視網膜中央，負責提供清晰的中央視野，隨著年齡增長，黃斑逐漸萎縮及退化會令視力中央變得模糊、變型，最後導致失明。

Age-related macular degeneration is a common eye disease that gradually impairs the central vision and can be classified into dry and wet form. The macula, located in the center of the retina, is responsible for providing clear central vision. When the macula is damaged, central vision becomes blurred, distorted, and can eventually lead to blindness.



阿莫斯勒柵格檢查是一個快速的自我檢查老年黃斑病變的方法。

1. 把方格表放在眼前 30 厘米之距離光線要清晰及平均。
2. 如戴眼鏡者，先配戴原有的眼鏡進行測試。
3. 先用手蓋著左眼，右眼凝視方格表中心黑點。
4. 重複步驟 1 至 3 檢查左眼。
5. 當凝視中心黑點時，發現方格表中心出現空缺或曲線，就可能是黃斑出現毛病，請儘快找眼科醫生作詳細檢查。

The Amsler grid test is a quick self-examination method for detecting macular degeneration. Follow these steps below:

1. Place the grid chart 30 cm away, ensuring clear and even lighting
2. If you wear glasses, put on your reading glasses before conducting the test.
3. Cover one eye with your hand and fix your gaze on the central point of the grid chart. Observe if there are any distortions or missing areas near the central point.
4. Repeat steps 1 and 3 to examine the other eye.
5. If you notice any gaps or distortions in the central area of the grid chart, it could be a sign of an underlying issue with your retina and it is important to seek prompt consultation with an ophthalmologist.

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。

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