

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

HOW YOUR SUPPORT IS CHANGING LIVES

FRED'S VISION

瞳 · 言

2020年第二期
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為黑夜
點起明亮的光

A LITTLE GIRL'S FUTURE
TRANSFORMED



The Fred Hollows
Foundation | 護瞳行動

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總幹事心底話

One Minute with Laura

你覺得2020年有什麼特別呢？

What is so significant about 2020?

我相信每個人都會記得2020年，著實影響著每個人的生活。我們特別記掛遠方的病人。護瞳行動是一個韌力非凡的組織，相信有賴支持者的援助，我們定必能應付今後的挑戰。

Everyone will remember 2020 because it changed every aspect of our lives. Our thoughts are with all those who have been affected, especially our eye patients. The Fred Hollows Foundation is a remarkably resilient organisation. Thanks to your support I'm confident we will be able to navigate through this challenging period.

若護瞳行動創辦人霍洛教授仍然在生，你覺得他在今時今日會如何應對呢？

If the Founder of The Fred Hollows Foundation Prof. Fred Hollows was still alive, what would he do?

霍洛是一個人道主義者，他曾經說過「互相幫忙是人類本有的美德」，相信他一定會實踐自己的信念。雖然好多事情我們都無法控制，但我們可以控制如何對待他人，不論大事小事，特別是我們周遭最脆弱的一群。

Fred was a humanitarian and he once said "The basic attribute of mankind is to look after each other". I am sure he would be speaking out loud with this message. Whilst there are things we cannot control, we can control how we treat and help each other, especially the most vulnerable among us – locally, and around the world, in big and small ways.

現在我們最應該做的是什麼呢？

What is the most important thing we should do now?

當然是分享好消息！我們千萬不要忘記發生在身邊的好人好事。對護瞳行動來說去年最高興的，就是我們在全球為420萬人篩查視力、為68,293人主動提供眼健康培訓，以及向230萬學童和社區人士提供眼健康教育。這全都因為您的支持，謝謝您！

Remember that there is good in the world and share this good news! We have achieved amazing results in helping people to restore sight last year. We screened 4.2 million people, trained 68,293 people and more than 2.3 million school children and community members received eye health education. It's all because of you, our supporters. Thank you!



新冠肺炎下的眼科醫護

Nurses Under COVID-19

新冠肺炎影響著社會上每個人，不分階層也不分種族。這大半年來，全球只有一個希望：就是疫情能盡早過去，大家回復正常生活。護瞳行動在全球25個國家的眼疾服務，也無奈受到影響。我們在肯亞、菲律賓、巴基斯坦等的伙伴醫院，在澳洲非政府組織合作計劃(ANCP)的支持下，調撥項目資源向醫療伙伴提供個人保護裝備外，許多眼科醫護也被調到抗疫前線照顧病人，並沒有因為眼疾病人減少而賦閒下來。我們的醫護都希望能盡快回到眼科的前線，正如其中一位護士說：「在眼科診所工作非常愉快，每次見到病人在手術後重拾光明，都教我感觸良多。」我們亦時常心繫各地的眼疾病人，因為當經濟下滑，首當其衝受到影響的就是最基層的人。有著大家持續不斷的捐助，我們已在各處建立了強大的醫療隊伍。一旦疫情緩和，我們便會立即評估重開受影響服務的可行性，源源不絕為人送上光明。

The outbreak of coronavirus is affecting everyone regardless of social status and ethnicity. For the past few months, we have all hoped this pandemic will end and we can all go back to our normal lives. Eye health services supported by The Fred Hollows Foundation were also postponed in many of the countries where we work. The Foundation has supported the procurement of personal protective equipment for our partners, many of whom have been redeployed to help with the pandemic. Although fewer patients are visiting hospitals, one of the eye nurses trained by The Foundation said: "I am still looking forward to serving my eye patients. Working at the eye clinic makes me happy, and it touches me deeply, especially when I see patients after their operation." Our hearts are also with our patients around the world because people in the most disadvantaged communities are often hit the hardest. Fortunately because of the strong support from our donors, The Foundation has strengthened the health systems in the countries where we work. Once the pandemic passes, we will evaluate the best time to resume eye health services which have been affected.

JC Happiness X Crisathena 籌款為護瞳

Raising Fund for Sight Restoration

由活躍商界的胡曦文博士 (Christy) 和 J Rodarick Corporation 羅御軒 (Joseph) 成立的JC Happiness慈善基金會積極行善。Christy 創立的美妝品牌Crisathena閃亮唇膏推出首個慈善項目，部份收益捐助予護瞳行動，在全球「瞳」燃希望，盡顯企業社會責任。項目啟動禮更邀得知名藝人溫碧霞等一眾名人出席，令活動更閃閃生輝。

The JC Happiness Charity Foundation is supporting The Fred Hollows Foundation by donating proceeds from a newly launched lipstick line. Co-founded by Dr Christy Wo and entrepreneur Joseph Rodarick Law, The JC Happiness Charity Foundation aims to bring joy, wisdom and peace to the world and shares The Foundation's mission to end avoidable blindness for those in need. The launch party was graced by celebrities including actress Irene Wan, which increased awareness about our efforts to restore sight to those who most need it.



羅興亞難民眼科 手術室投入服務

Fred Hollows Operating Theatre boosts cataract surgeries

護瞳行動在孟加拉考克斯巴扎爾 (Cox's Bazar) 的服務有新進展。我們在拜圖什·沙拉夫 (Bautush Sharaf) 眼科醫院開設新的手術室投入服務，讓當地醫生每週增加至少100宗白內障手術，同時服務羅興亞難民和當地居民。

2017年底超過100萬羅興亞人為逃離屠殺，離開家園遷徙至孟加拉，令考克斯巴扎爾成為全球最大和人口增長最快的難民營。不幸的是護瞳行動發現當中有數千人失明，超過50,000難民需要眼疾手術。

難民的處境非常艱難，部份人更需要同時承受失明的痛苦。護瞳行動遂呼籲各界支持者支援在難民營內建立眼疾外科診所。公眾反應熱烈，全賴來自世界各地捐款者的熱心援助，眼科醫院的「護瞳行動眼疾手術室」最終投入服務，幫助更多人恢復視力。

The Fred Hollows Foundation has opened a new operating theatre at Bautush Sharaf Eye Hospital in Cox's Bazar, Bangladesh. This means that local doctors can increase the number of cataract surgeries by at least 100 every week, restoring sight to both Rohingya refugees and local Bangladeshi residents.

More than one million people fled violence and persecution into the largest and fastest growing refugee camp in the world, near Cox's Bazar. Thousands of these refugees were also blind. Last year, The Foundation asked supporters to help us build a fully-functioning surgical clinic.

We have renovated the space for the new operating theatre and provided all of the equipment to get it up and running. This means there are now four locations where eye screening for Rohingya refugees are held.

The refugees' situation is already harrowing, but imagine fleeing in fear whilst also being blind. We knew we needed to help. We are grateful to our donors for their amazing support.

為黑夜點起明亮的光

小夜的名字，暗喻著她的命運。

五歲的小夜坐在小屋的地板上。屋子是她祖母的，陳設簡陋，坐落在非洲國家肯亞西部的米戈利。小夜非常渴望上學，志願是成為老師，但這一切都可能落空。因為小夜天生雙眼患白內障而失明，她可以看到一點點光，但除此之外，小夜的世界就像她的名字一樣，漆黑一片。

小女孩的家附近有一間醫院，可是卻無法提供兒童眼疾手術。如果小夜要重拾視力，她便要到五個小時車程以外的沙巴西亞眼科醫院。

小夜父親說：「我怎麼去醫院呢？我們根本沒有錢。」他們一家共有六個孩子，年齡由兩到十歲，其中兩個是小夜媽媽的外甥，他們都是孤兒。

小夜要和祖母同住，因為家裡窮得無法再照顧一個失明的孩子。她的父母要日以繼夜工作，維持生計。

就在以為黑暗要籠罩小夜整个人生的時候，護瞳行動的眼疾外展隊伍來到他們的村落，並告之小夜一家，能安排小夜到沙巴西亞眼科醫院，接受白內障手術。

手術第二天，醫生為小夜揭開紗布，光明最終驅走了黑暗。小夜能夠看得見了。她的父親說：「我真的非常感恩，小夜能接受治療，並且最終看得見。」兩父女一邊唱歌，一邊感謝大家的幫忙。

他續說：「小夜能看得見，全靠有心人從口袋裏掏出他們所擁有的來幫我們。我實在太高興了，單靠我自己，根本無法負擔手術費。但因為你們，我的女兒才能恢復視力。我相信她也同樣非常歡欣。」

小夜回到家裡，在小屋子裏跳來跳去，又和其他小孩子一起玩耍。任誰也看得出她有多興奮。手術前小夜從來沒法摸清家裡的路，甚至在家附近迷路。現在她連小河也能輕易跳過。

爸爸說：「她一定能成為出色的老師，甚至是校長！這似乎是她的命運呢。我相信她很快便能上學，好好學習，打好基礎成為傑出的老師！」光明的未來，似乎已蓋過黑夜的詛咒。

像白內障一樣的眼疾，如果拖延治理，有可能引致永久失明，這對孩童的影響尤其深遠。您的捐助，能讓我們盡快找出需要接受手術的病人、特別是小孩子。您的幫助不單止會為他們恢復視力，為孩子創造美好的未來，更可以為不同家庭送上快樂。



New hope dawns for Night

Night sits on the floor in the dark in her grandparents' small house in remote Migori county in Kenya. The five year old is desperate to go to school with the other children. She wants to be a teacher.

But Night has bilateral cataract. She can see light, but not much more.

The hospital closest to Night's home does not do eye surgery for children, so her parents Deborah and Steven were told to take Night to Sabatia Eye Hospital. But Sabatia is more than five hours from their home.

"I haven't been able to go to the hospital, Sabatia, because of finances," Stephen said. Life is difficult for Stephen and Deborah raising six young children, four of their own as well as Deborah's two orphaned nephews, aged two to 10.

Night has to stay with her grandmother because her parents can't care for their blind child and the other five children while trying to work.

The family was overwhelmed when a community health worker trained by The Fred Hollows Foundation visited Night's village and told them their little girl could get help.

At the hospital Night clings to her dad, who is smiling and happy.

"I had a lot of faith. She is there to get treatment and eventually she will be able to see," Stephen said.

The next morning Night is hesitant as her patches are removed. It is clear she can see. Soon Night and Stephen are singing and giving thanks.

"I am more than grateful to all those who went deep in their pockets in order to help my daughter have her eyesight restored," Stephen said.

"I am overjoyed because I knew I couldn't afford the cost of surgery. But because of you, my daughter is able to see and she is equally happy."

Back at home, Night is the centre of the action, running and playing with her brothers, sisters and cousins.

"On our way back she was jumping and very joyous. She could find her way unlike before. She used to get lost. But now she is able to maneuver and even cross small streams.

"She will be a very prominent teacher. Probably a head teacher or a principal because it seems like that's her calling. I am sure with a good foundation she will end up being the teacher that she aspires to be."

If left untreated for long, diseases like cataract can cause permanent blindness, especially in children. But you can help us get to people sooner with your donation – not just to restore their sight but also to restore their hope for a better future.

了解更多
To know more



護瞳行動在港成立五週年 感謝伙伴們支持 Celebrating The Foundation's 5th birthday in Hong Kong

護瞳行動在2020年，慶祝成立香港辦公室五週年。此時此刻，既特別又挑戰重重。在面向將來，繼續為人帶來光明的工作，我們同時感謝過去與我們渡過每個特別時刻的伙伴們。

The Fred Hollows Foundation celebrates the 5th birthday of its Hong Kong office in 2020. It is a very special and yet challenging moment. While we are looking forward to helping restore sight to more people, we are also looking back to thank our partners who have been supporting us without reservations throughout this journey.



嘉民集團是護瞳行動的創始伙伴。我們剛在香港起步的時候有賴嘉民提供辦公空間，往後嘉民的支持，更延伸至我們在中國河北、甘肅和廣西省的項目，以及透過公司每年的旗艦項目 - 嘉民領達慈善跑，籌款支援護瞳行動的復明工作。

嘉民慈善基金會負責人 Jo Cameron說：「嘉民集團一直致力為慈善伙伴和社區提供切實的支援，幫助更多人、為社區帶來具體的改變。」

「護瞳行動為人恢復視力、重拾光明，正正為無數生命帶來巨大轉變，並協助社區建設護眼力量。護瞳行動與我們的理念一致，立足澳洲，並在全世界帶來正面的轉變。」

Goodman is a founding corporate partner of The Fred Hollows Foundation in Hong Kong. In the initial days of The Foundation's establishment, Goodman donated office space for our fledgling team. This support expanded to sponsorship of The Fred Hollows Foundation projects in Hebei, Gansu and Guangxi Provinces, China, and also including The Fred Hollows Foundation as a charity partner of its flagship fundraising event, the annual Goodman Magic Mile Ramp Run.

Head of the Goodman Foundation, Jo Cameron said: "For our charity partners and the wider community, we provide support that enables them to help as many people as possible which in turn makes a tangible difference to the communities we operate in."

"The Fred Hollows Foundation has a great reputation for making a tangible difference to so many people by addressing avoidable blindness and building the capacity and capability of the community in eye health. We love that The Fred Hollows Foundation shares many of our values and is an Australian organisation expanding its expertise into other locations around the world – just like us here at Goodman Group."

細閱訪問
Read more



鍾智明(阿Ming)出生時因為早產，雙眼看不見，但這無阻他成為一個健康和正面的人。阿Ming是護瞳行動的老拍檔。早在護瞳行動在香港成立之初，我們已與阿Ming連繫上。

阿Ming雖然看不見，但他的生活與一般香港人一樣多姿多彩。平日他會跟朋友品嚐美食、行山等；夏天會去游泳和到戲院欣賞電影，甚至和朋友一起到外國旅行。他曾與護瞳行動一起到幼稚園、中小學和企業，分享身為失明人在香港的生活點滴和經歷。

「我最記得去幼稚園舉行講座，小朋友們都好聰明。他們會問我很有趣的問題，例如我是如何洗澡的、發夢的時候會看見什麼和如何用耳朵代替眼睛等。」

阿Ming笑指自己是護瞳行動「第一代合作伙伴」。對於住在發展中國家的失明人，他認為：「他們住在偏遠山區，上學比我們困難，可能要整天留在家，沒有電腦及不懂點字。如果他們能看得見，便不用留在家，甚至可以到較遠的地方求學，改變生命。」阿Ming希望在未來的日子，護瞳行動能讓更多企業了解機構的工作和舉辦更多分享活動，認識香港視障朋友的情況，也能幫助遠方的失明人士重拾視力。

Ming Chung has been a partner supporting the work of The Fred Hollows Foundation since the very beginning.

Born blind due to premature birth, Ming is no different from any other Hongkongers. He likes great food, hiking, swimming; and travels with his friends during holidays. Ming has supported The Foundation at kindergarten, schools and corporates. He especially enjoyed the questions asked by young students. "I remember some of them asked how I took a shower, what do I see in dreams and how I use my ears as my eyes."

He said while blind people in Hong Kong still face a lot of difficulties, those faced by blind people in developing countries are much bigger.

"Most of the world's population live in remote areas. They are not as well off and fortunate as we are. They need to stay at home all day without the chance to learn using computers or braille. If The Foundation can restore sight for them, they don't have to stay at home and pursue education further away from home. Public help to The Foundation is very important in making this happen."



您的支持極為重要 Why your help is so important

今年全球社會仍在適應肺炎疫情對生活和經濟的沖擊。護瞳行動的服務雖然同時受到疫情影響，但我們在各國的醫療隊伍仍會時刻緊守崗位。這個艱難的時刻，護瞳行動需要您持續的鼓勵和支持。只需每日港幣6元，您便可以每月為1名病人送上眼科手術，回復光明！

While the world is adapting to impacts from COVID-19, it is the same for The Fred Hollows Foundation. Many of our services have been delayed but our medical partners have held fast to their positions. We need your support now more than ever. There are millions of people around the world whose lives are severely impacted by avoidable blindness and they need our help, and our sight-saving work will continue. Donate HK\$6 per day to provide sight-saving surgery to one person every month. Act now to donate. We cannot thank you enough.



The Fred Hollows
Foundation | 護瞳行動

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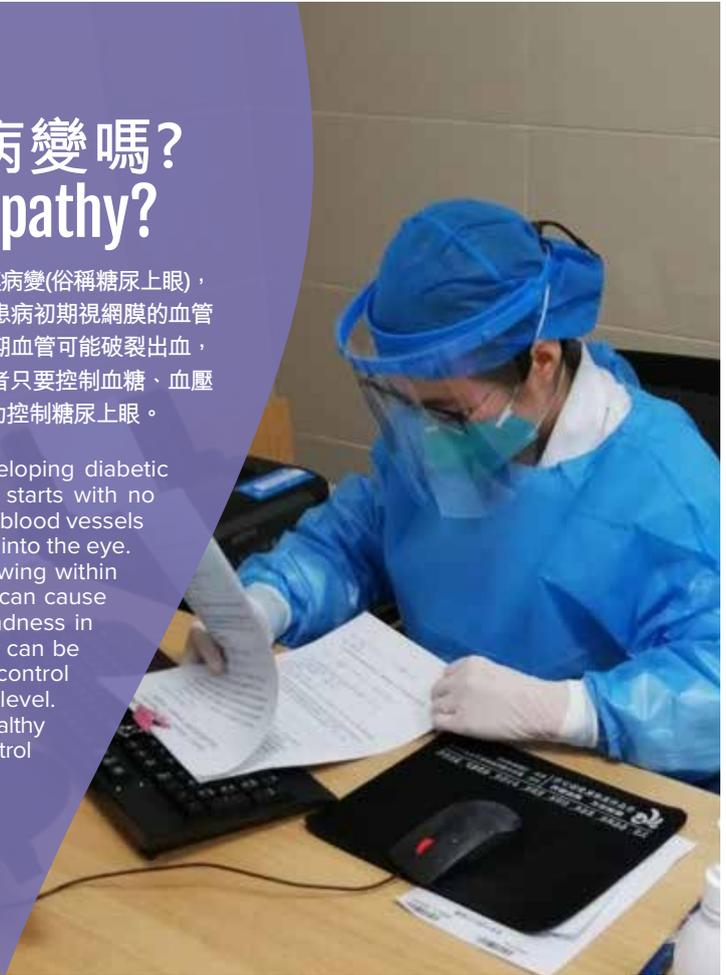




我有糖尿病視網膜病變嗎？ Do I have diabetic retinopathy?

如果您已患上糖尿病5-20年，就有可能出現糖尿病視網膜病變(俗稱糖尿上眼)，必須定期覆診檢查眼睛。糖尿上眼最初並無任何病徵，患病初期視網膜的血管壁會衰弱，令液體和血液滲入眼球，導致視力模糊。後期血管可能破裂出血，嚴重的話會引致失明。糖尿上眼的預防率高達98%。患者只要控制血糖、血壓及血脂，保持健康均衡飲食，並配合運動，便有機會成功控制糖尿上眼。

Everyone who develops diabetes is at risk of developing diabetic retinopathy. It commonly occurs in both eyes and starts with no visual symptoms. In the early stages, the walls of the blood vessels in the retina weaken, causing fluid and blood to leak into the eye. It can progress, with fragile new blood vessels growing within the retina which can rupture easily and bleed. This can cause a catastrophic drop in vision and subsequently blindness in the worst scenario. But 98% of diabetic retinopathy can be prevented if detected early. Patients should work to control their blood sugar level and monitor their cholesterol level. Behavioural change through lifestyle choices – like healthy eating, weight control and regular exercise – help control these risk factors.



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