

HOW YOUR SUPPORT IS CHANGING LIVES

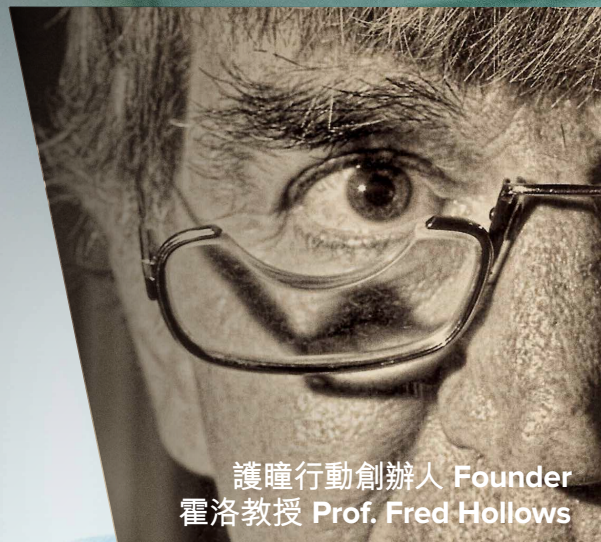
# FRED'S VISION

# 瞳 言

2022年第一期  
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尼泊爾察旺  
因為「頑皮」看不見？

BLINDNESS AFFECTS  
CHAWAN'S EDUCATION



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



The Fred Hollows  
Foundation | 護瞳行動

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# 總幹事心底話 One Minute with Laura

今年護瞳行動的工作有什麼特別呢？  
Can you tell us one special thing about The Fred Hollows Foundation this year?

儘管2021年挑戰重重，護瞳行動仍能透過科技應對社交距離的局限，遙距訓練醫護人員，與有需要的患者溝通。今年我們仍然會繼續在嚴守安全措施下，莫忘為人恢復視力、帶來光明希望的初衷，讓患者重拾生活質素、尊嚴和自力更生。

今年我們的工作別具意義，因為2022年是護瞳行動成立30週年。我特別想感謝支持者，為受訓醫護和可避免失明病人成就一段奇妙旅程。

Even though it has been difficult, The Foundation was able to achieve a lot in 2021 by training medical workers using communications technology and reaching those in need despite social distancing limitations. This year, we aim to further adapt our activities and work within restrictions to restore sight to more people, and enable the vulnerable people who are blind to regain quality of life, independence and livelihoods.

This reaffirmation of The Foundation's goals and our innovative approaches are timely as we celebrate our 30 year anniversary in 2022. I would like to take this opportunity to thank our supporters, staff and patients for this incredible journey.

你認為公眾如何可以為消除可避免失明出一分力？  
How can the public play a part to end avoidable blindness?

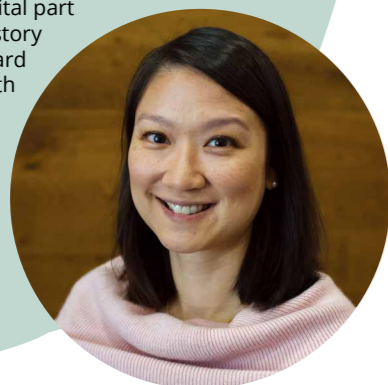
現今科技發達，每個人都可以創造改變。身為地球村的一員，我們應當合力幫助有需要人士。正如護瞳行動創辦人霍洛教授所言：「互相幫忙是人類本有的美德。」您一分一毫的捐助，時刻都在支援全球消除可避免失明。您也可以追蹤和分享護瞳訊息，讓更多人關注可避免失明，了解如何照顧自己和身邊人的眼健康，避免出現能夠治理的視障。

We ALL have the ability to make a positive difference and we have a shared responsibility to help those in need in the global community. As Professor Hollows famously said, "The basic attribute of mankind is to look after each other". By making a donation - whatever amount - you can help The Fred Hollows Foundation to end avoidable blindness and change individual lives. By following and sharing our news and eye health facts, you can keep avoidable blindness on the public agenda. By reading and disseminating eye health information, you can help people look after their vision and protect the eyesight of the next generation.

Laura你有什麼話想對我們的支持者說呢？  
Is there anything you would like to say to our supporters?

感謝您一直對護瞳行動的信心和信任！您是我們成長和成功重要的一員，希望您能繼續支持護瞳工作。如您對我們工作有什麼意見，請隨時與我們聯絡。祝您在2022年「視視順利」！

Thank you for your confidence and faith in us throughout the years! You have been a vital part of The Foundation's growth story and success, and I look forward to continuing our journey with you. Have a wonderful 2022!



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



## 全球眼健康 未來十年如何推進 Global eye health in the next 10 years

隨著人口增加和老化，加上現代生活習慣改變導致慢性疾病頻生，如何改善眼疾醫療，讓不同年齡層的人都能獲得針對性的服務，實在刻不容緩。眼疾服務對許多中低收入國家來說仍然奢侈。全球10億患有視力障礙的人，九成住在這些國家；而婦女、農村人口、長者和少數族裔，則是主要的失明和視障患者。

國際防盲協會推動新的十年計劃「2030在望」，落實以人為本的眼健康服務，將服務納入現有的醫療系統，並鼓勵公眾為自己的眼健康負責。健康視力有助患者就業和接受教育，盡展個人才華，減少貧窮，長遠達致聯合國可持續發展目標。

「2030在望」計劃去年底已於中國在護瞳行動與全國防盲技術指導組合作下率先落實，並將於2022年第一季在杜拜推展。護瞳行動是國際防盲協會的會員，有份落實計劃和推動眼疾服務在全球的發展。我們期待您繼續支持，與我們一起為更多人帶來光明和希望。

Population growth and aging, along with lifestyle changes and increases in non-communicable diseases such as diabetes are leading to an increase in demand for medical services. Eye care services are still under-resourced for many people in low and middle income countries. Of the 1.1 billion living with sight loss, 90% live in these countries. Women, rural populations, older people and ethnic minorities are people who are heavily impacted.

The International Agency for the Prevention of Blindness has launched "2030 IN SIGHT", a plan to push forward people-centered eye care and to make the services inclusive and affordable for everyone. It also encourages people to take care of their own eye health so that everyone can achieve their full potential. All the efforts can help reduce poverty and achieve the United Nations' Sustainable Development Goals.

IAPB launched 2030 IN SIGHT in China in late 2021 partnering with National Committee for the Prevention of Blindness (NPBLC) and The Fred Hollows Foundation. We are a member of IAPB and work together with the eye health community to continuously improve provision of services around the world. We look forward to continuing to partner with you to restore sight and change lives for many more people.

## 氣候變化為何也會 影響眼睛健康

### Why immediate action on climate matters to eye health for all

氣候變化愈加嚴重，也會影響公眾健康。極端氣候令病毒肆虐，加劇空氣污染。醫療系統每年的溫室氣體排放佔全球的4.4%，相等於514座煤電廠的排放。環境問題，也與醫療息息相關。

有初期研究顯示，氣候變化伴隨而來的高溫與低降雨量，有機會引發沙眼，特別影響貧窮和弱勢社群。同時全球暖化破壞臭氧層，增加進入地球的紫外線，或會加劇白內障出現。風暴等極端天氣，則會破壞醫療設施，影響藥物供應和正常醫療服務。

自然災害和眼疾同時影響欠缺防禦能力的中低收入國家，特別是社會低下階層和婦女。他們一般缺乏應變能力，只能兵來將擋。若能為弱勢社群解決視力障礙，有助低下階層和婦女對抗貧困和氣候災害，打破他們身陷社會、經濟、環境和健康危機的惡性循環。

Climate change is serious and affects public health. Extreme weather is leading to easier spread of viruses and aggravates air pollution. The health sector accounts for 4.4% of the world's carbon emission which equates to the emissions from 514 coal power plants. Environment and health are undoubtedly interrelated.

Research shows that high temperatures and low rainfall are likely to increase the incidence of trachoma infections, which particularly affect the poor and vulnerable groups. Global warming is depleting the ozone layer, and rising UV exposure may lead to as many as 200,000 additional cases of cataract by 2050. Extreme weather events and natural disasters will lead to an increase in acute weather and disrupt eye health delivery.

Natural disasters and eye diseases have a great impact on low and middle income countries, especially the low income earners and women. Very often these groups are also the ones suffering vision impairment and they are at significantly high risk of injury or death in a climate emergency because their mobility is hampered. Restoring sight in these countries can help vulnerable people to escape poverty and climate hazards, and disrupt the cause-and-effect cycle that perpetuates the socioeconomic, environmental and health problems.



原住民 - 一個不常聽到的名字 | 3

## 原住民 - 一個不常 聽到的名字 How eye health can empower indigenous communities

哪裡有原住民？世界各地共有 3.7 至 5 億原住民，佔世界人口的 5%，分佈在 90 多個國家。但他們經常不成比例地受極端貧窮影響，難以接觸醫療和教育等服務。對原住民的歧視，在眼科也不例外。

在主流城市適用的方法，不一定能回應原住民的眼疾需要。因此我們在菲律賓、肯亞和澳洲原住民部落推動服務時，要進行實地研究原住民的眼疾知識和態度，才能針對性地開展服務。透過與部落領袖溝通，加強與當地機構合作，減低患者求醫的戒心。

原住民一般住在離大城市較遠的地方，求醫時需要長途跋涉，患者須考慮交通和食宿費。因此護瞳行動會與當地團體合作提供費用補貼，鼓勵他們接受眼疾服務。而培訓醫護有關原住民的文化，則能消除無意識的偏見和歧視。每一個服務的小節，都值得我們關注。

There are between 370 to 500 million Indigenous Peoples across more than 90 countries worldwide. They often face discrimination and poverty and are disproportionately unable to access health care and education. The discrimination also happens in eye care.

What works in cities may not answer the eye health needs of these indigeneous communities. When we work with these communities in the places like Philippines, Kenya and Australia, we have to break the assumptions by doing research on the ground to learn about the needs and attitude of the people before carrying out any services. Through working with community leaders we can also increase the confidence of people in receiving the services.

Indigenous peoples often need to travel long distances for health services. Out-of-pocket costs such as transport, food, and lost income can make them hesitant to seek help. The Foundation thus worked with local partners to support these out-of-pocket costs and encourage the use of eye health services to help end avoidable blindness.

# 兒子頑皮，竟因為 看不見？

當孩子在學校成績不好，沒有留心聽課，那是因為他頑皮，還是與書本無緣？父母有沒有想過，其實是孩子的視力出了問題？

有一段日子，尼泊爾男孩察旺的父母都覺得兒子懶惰又頑皮，既不肯做家務，學校的功課也追不上。父母叫他做的事都沒有完成。親子之間的誤解，持續了三年。

直至一天學校來了眼疾篩查隊，護瞳行動的伙伴醫院替八歲的察旺檢查，才發現他兩眼都患有先天性白內障。怪不得有時察旺會整天坐在家門前發呆，連給蚊子叮也不懂驅趕。

察旺的父母都是農民，得知察旺患上白內障，他們一家先步行15公里穿越山脈與森林，才到得了護瞳行動伙伴醫院檢查，然後再得花3.5小時到加德滿都的Tilganga 眼科醫院 (Tilganga Institute of Ophthalmology) 接受手術。

沒有您支持護瞳行動，他們便不知道兒子的眼疾可以治理，也難以支付手術費和到醫院的交通費。察旺的手術十分成功，翌日他已經蹦蹦跳跳，與護士們鬧著玩。

**察旺爸爸感謝大家說：「我想帶他好好去看  
這個世界，學懂怎樣去幫助別人！」**

護瞳行動自成立開始，已經在尼泊爾開展工作。我們的創辦人霍洛教授與尼泊爾著名眼科醫生兼TIO的負責人魯特醫生關係密切。在過去五年，我們已為逾260萬人篩查眼疾，進行逾90萬宗手術和治療，及培訓3,496名手術醫生和社區醫護等。護瞳行動創立30年後的今天，我們仍與TIO緊密合作，並正共同在尼泊爾另一偏遠地區興建新的社區眼科醫院，擴大服務範圍，讓更多人受惠。

小孩的學習有四分之三是透過觀察及模仿的，兒童的視力發展需要外來刺激提供發展基礎，假若長時間看不見，他們腦部解讀視覺的能力將不能正常運作。同時，全球四分之三的失明孩子均集中在非洲和亞洲國家。但好消息是，每十個失明個案，有九個是可以避免的。請捐款支持更多像察旺般患上可避免失明的孩子，瞳燃光明希望，扭轉命運。



## CHANWAN CAN SEE AGAIN

Chawan Lopchan, 8, and his dad, Raj Kumar Lopchan, 26, endured a difficult 15km journey by foot through hills and jungle to access treatment at Hetauda Community Eye Hospital.

Unfortunately, Chawan's condition was complex and required treatment at Tilganga Institute of Ophthalmology (TIO) in Kathmandu. Chawan had congenital cataracts, but for the past three years his parents thought he was avoiding school work and house chores.

"We thought he was being naughty. We would tell him to do things and he wouldn't do it," Raj said.

Chawan kept attending school but he could hardly see the lessons and was falling behind in his work. Chawan's eye problems were detected at a screening camp at school and his father sought help.

Raj is a farmer and without the support of The Fred Hollows Foundation, he wouldn't be able to afford treatment for his son.

Blindness wasn't only affecting Chawan's education, but also his family's livelihood. Without sight, Chawan would spend his days sitting in the family's front yard, unable to see mosquitos biting him.

At TIO, Chawan was successfully operated on by Dr Govinda Poudyal. The team also attended to his mosquito bites.

A day after surgery, Chawan had completely come out of his shell. He was playing with the nurses and his father was doing his best to keep up with the boy's energy.

**"I want to show him the world and teach him to help other people," his father said.**

Up to 75% of children's learning and development is acquired through vision. Childhood blindness can adversely affect psychomotor, social, and emotional development. Three-quarters of the world's children who are blind live in the poorest regions of Africa and Asia, where the prevalence is high, and the child population is large. The good news is, half of all children who are blind don't need to be. Support more children with avoidable blindness like Chawan by making a donation, and turn around their lives.

了解察旺更多  
To Read More





#### 4. 捐贈生日禮物 Donate a birthday gift

城市人的物質生活已非常豐盛，每逢生日你還需要另一份禮物嗎？不如邀請為你慶祝的親朋好友，把送贈的禮物「折現」，將金錢轉贈到慈善團體，支援你心儀的慈善項目。

We are already living a very comfortable life and may not want another birthday gift on our special day? Consider celebrating your birthdays by asking your loved ones to donate their "gifts" to your favorite charity, rather than buying presents.

#### 5. 舉行展覽 Hold an exhibition

每人一部手提電話，每個人都可以是攝影之神！整理平日拍攝得來的大作，舉辦攝影展或者印刷紀念相簿，邀請親朋好友參加或購買，也是行善的好方法。

We are all masters of photography now with our mobile phones! Organize the masterpieces you have created daily into an exhibition and ask your visitors to buy them. The money can go to supporting a charitable cause.



立即建立您的籌款專頁  
Set Up your own community fundraising page now!

### 身懷絕技？ Other ways to help

你可以貢獻自己的專長，例如設計、翻譯、攝影或者網上推廣知識，協助慈善團體的運作。就如字體設計師「字裡行者」，以特色書法技巧勾劃護瞳行動創辦人霍洛教授的金句，並在環保袋上提字，以感謝新加入每月捐款者的善心。你也想一展所長，身體力行幫助護瞳行動？請隨時與我們聯絡！

Volunteering your special skills help charitable organisations run more effectively. Whether you are good at design, translation, photography or digital marketing, you can be our partner to help spread the important message of ending avoidable blindness. Calligrapher Stamestame provided free service to The Fred Hollows Foundation by designing a tote bag for us to welcome our new monthly donors who restore sight for people regularly. Don't hesitate to contact us if you think you have something to contribute!



特別鳴謝  
Special Thanks to



## 五個助人好方法 5 community fundraising ideas

生活需要儀式感，也需要向前推進的意義！在生活細節發掘到幫人的好方法，能為刻板沉悶的生活加添動力。以下是五個助人的點子，立即在日程表上劃定一個日子進行啦！

Create a sense of joy in your daily life by combining fundraising with a fun event! Help people while uplifting the vibe through the following five ways. Mark a date in your diary and start now!

### 1. 收拾與送贈 Donate Second Hand

執拾家居，挑選不再合適的衣服、舊電器和書籍等，舉行主題拍賣會，把所得款項捐給慈善團體。

The easiest way to give back is to gather clothes, books, electronic appliances and other items that you no longer need and donate them to charity. You can hold a themed auction party to sell your once beloved items and donate the proceeds to charities you support.

### 2. 舉行美食義賣 Bake Sale

美食最受朋友歡迎。無論你擅長焗曲奇或是蛋糕，你都可以請朋友光顧你的成品，更可以在不同節日訂立不同主題，舉行烘焙義賣，捐贈善款支持心儀團體。

Great food is the best tool to bone friendship. Whether you are good at baking cookies or cakes, or even throw a big feast, invite your friends to donate at your charity party. You can also create different themes!

### 3. 離開舒適圈 Leave your comfort zone

挑戰自己，由這一刻開始！無論是跑步、爬山、三項鐵人甚至剃頭改形象，挑戰自己之餘，更可以成立個人籌款專頁，讓大家見證你打破紀錄，同時為心儀的慈善團體或項目籌款。

Pick a challenge and start now! Running, hiking, joining a triathlon or even shaving all your hair can help raise funds. Set up a personal fundraising page to share with your personal fans. They would be thrilled to see you break a personal record!

# 看見， 就是希望！ There is sight, there is hope



護瞳行動榮幸獲本會顧問委員會成員兼眼科醫生林傑人粉墨登場，以30秒述說全球眼疾問題。全世界高達4,300萬人失明，每十個失明個案，有九個若及早得到眼疾服務，是可以避免的。健康的視力讓中低收入國家患者可以接受教育，尋找工作機會，改變命運。立即掃描QR CODE觀看影片，與我們一起創造希望。

The Fred Hollows Foundation is proud to feature our consultant ophthalmologist Dr. Godfrey Lam in our recent 30-second video. Over 43 million people are blind globally but 9 out of 10 cases can be avoided if discovered early. Healthy eye sight allows people in low and middle income countries to receive education, find a job, extend their potential and be independent. Scan the QR CODE now to watch the clip (Chinese only) and create hope with us together.

收看影片  
Watch Now



## 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 \_\_\_\_\_

### 捐款人資料 Donor's Information

稱謂 Title:  先生 Mr  女士 Ms  小姐 Miss

中文姓名 Name in Chinese: \_\_\_\_\_

英文姓名 Name in English: \_\_\_\_\_

地址 Address: \_\_\_\_\_

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)

電話 Mobile No: \_\_\_\_\_

電郵 E-mail: \_\_\_\_\_

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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:  
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賬戶名稱 Account Name: **The Fred Hollows Foundation (HK) Limited**

戶口號碼 Account No: **848 - 423240 - 001**

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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) 可用附件回郵信封寄回護瞳行動 (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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# 為何兒童失明在中低收入 國家十分普遍？

## Why is childhood blindness common in low and middle income countries?

中低收入國家一般缺乏眼疾服務，麻疹、瘧疾和缺乏對眼睛健康重要的維他命A等情況普遍，加劇兒童失明。當兒童失明，他們便難以接受教育，影響成年後就業，家中亦亦需要調撥人手照顧失明患者，影響家庭收入。失明成年人的失業率，在這些國家較一般人高三倍，亦較易遇到交通意外、和受情緒困擾。可幸的是，一半的兒童視力障礙，若及早發現是可以治理的。在您的支持下，護瞳行動定可為更多人帶來光明。

Childhood blindness is common in poorer countries because of a higher prevalence of risk factors for blindness – such as measles, vitamin A deficiency, and cerebral malaria – and because eye health services are inadequate or lacking in many poorer countries. Childhood blindness can adversely affect children's and emotional development. The consequences of blindness extend to the child's family as well. Adults who are blind are three times more likely to be unemployed, to be involved in a motor vehicle accident or to suffer from depression and anxiety disorders. Luckily half of childhood blindness is treatable. With your support, The Foundation is determined to end childhood blindness.



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