

HOW YOUR SUPPORT IS CHANGING LIVES

# FRED'S VISION

# 瞳 · 言

2021年第一期  
ISSUE 1 | 2021



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

陽光男孩的未來  
BRIGHT FUTURE FOR ALEXCIS



The Fred Hollows  
Foundation | 護瞳行動



[hkinfo@hollows.org](mailto:hkinfo@hollows.org)



[FredHollowsHK](https://www.facebook.com/FredHollowsHK)



[FredHollowsHK](https://www.instagram.com/FredHollowsHK)



3614 6240

# 總幹事心底話 One Minute with Laura

在新型肺炎疫情的影響下，全球過了頗為艱難的一年。在新年護瞳行動有什麼計劃為大家帶來希望呢？

**It has been a difficult year in 2020. What will The Fred Hollows Foundation do to cultivate hope in 2021?**

2021年新開始，我謹代表護瞳行動祝各位新年快樂，身體健康，萬「視」如意！

去年的確過得不容易，不過新年新氣象，護瞳行動對未來是抱有希望的。世界總會慢慢復甦，我們會一如既往，承諾在偏遠地區建立可持續的眼科服務，專注為邊緣群體帶來光明希望。

Happy New Year! First of all, I would like to take this chance to wish everyone a happy and peaceful Year of the Ox. May 2021 bring you and your loved ones good health, happiness and prosperity!

2020 was undoubtedly one of the most challenging years we have all known. Starting afresh in 2021, The Foundation looks forward with hope. As the world begins to recover, we remain committed to improving lives by restoring sight among the blind and visually impaired in vulnerable communities.

**護瞳行動在2021年有什麼新計劃呢？**

**What are the priorities for The Foundation in 2021?**

經過漫長的一年，護瞳行動會加倍努力改善貧困和邊緣社群的眼疾服務。我們會全面加強衛生醫療系統，與醫療伙伴一起發展以人為本的綜合眼健康服務，說到底眼科醫療是改善人們生命質量的服務。

This year will be significant. As The Fred Hollows Foundation continues crucial sight-saving work among the poorest and most disadvantaged, strong emphasis will be placed on strengthening eye health systems holistically. Eye care services will also be delivered in a people-centred way, placing patients at the heart of what we do.

**作為東盟總幹事，你的工作目標是什麼呢？**

**What are your guiding values in leading The Foundation in the ASEAN region?**

可避免失明是全球最受忽略的殘疾問題，單是亞洲已佔去全球30%的失明人口。估計到2050年，亞太地區約四分之一人已屆老年，特別受到與年齡有關的失明影響。因此2021年我們會積極開拓資源，改善亞洲地區的眼健康服務，希望能減少失明為社會經濟和衛生帶來的壓力。

Avoidable blindness is the world's largest unaddressed disability. Asia itself is home to 30% of the world's blind. By 2050, almost 1 in 4 people in the Asia Pacific region will be elderly and at heightened risk of blindness. Against this backdrop, we look to grow more support for needs in Asia and will be expanding our presence and voice in the Southeast Asian region in 2021.



李駿晴 Laura Lee  
香港及東盟總幹事

Chief Representative of HK & ASEAN



## 眼科服務如何在新型肺炎下運作？ Giving the Gift of Sight during a pandemic

有幸得到您的支持，護瞳行動在發展中國家的服務，得以在新型肺炎下維持有限度運作。像在柬埔寨，雖然疫情影響較輕微，但醫護人員仍然缺乏防疫物資。一些醫護人員只能發揮「創意」，例如在裂視燈上使用X光片分隔醫生和病人，以免染疫。

為維持重要的眼疾服務，護瞳行動及其他非政府組織，在柬埔寨國家眼健康計劃和澳洲非政府組織合作計劃(ANCP)支持下，為醫護人員提供口罩、面罩、酒精搓手液和護目鏡等裝備，讓醫護和病人都能在疫情下安心工作和求醫。在此我們向各支持單位和捐款者致以衷心謝意。

With your support, The Fred Hollows Foundation was able to continue sight-saving work in countries like Cambodia, during the Covid-19 pandemic. Cambodia is among a handful of countries to have effectively managed the pandemic, but protective resources were scarce. Some health workers resorted to unusual measures to minimise the risk of COVID-19, such as using X-ray films as a protective shield for slit lamps.

Recognising the need to continue important sight-saving services, The Fred Hollows Foundation and other eye health NGOs worked with Cambodia's National Program for Eye Health to adapt eye services throughout the country. We provided technical support to hospitals and donated surgical face masks, alcohol sanitisers, face shields and safety glasses. We would like to express our sincere thanks to all our donors and the support of the Australian Government through the Australian NGO Cooperation Program (ANCP).

## 世界衛生大會 聚焦 眼科發展下個十年

### World Health Assembly: Eye health critical to global health agenda

在新型肺炎的陰霾下，世界衛生組織在2020年8月通過決議，首次確立眼健康為全球需要應對的主要健康議題，將眼健康服務納入主流醫療系統，推動國家地區醫療系統建立「綜合與以人為本」的眼健康服務，特別關顧邊緣社群，例如長者、婦女、殘障和貧困人士的需要，為下個十年減少視障和失明人口做好準備。

護瞳行動總幹事韋思瀚認為，決議立下全球眼健康服務的新里程，護瞳行動會繼續在框架下推展眼健康服務，落實聯合國可持續發展目標。世界衛生組織推算全球高達22億人受視力障礙影響，但10億宗個案其實可以避免或治療。大規模的失明和視力障礙，尤其影響發展中國家的社會和經濟發展。

Amid the COVID-19 pandemic, The World Health Assembly passed a resolution in August 2020 to define eye health as a genuine global health problem for the first time, and recommend countries adopt 'integrated people-centred eye care, including preventable blindness and impaired vision'.

It also urges world leaders to commit to making eye health an integral part of mainstream health and set the agenda for eye health for the next decade. There is an urgent need to address barriers in access to eye care, particularly for the poorest and most disadvantaged in our communities – women and girls, people with disability and people living in hard to reach places.

CEO of The Fred Hollows Foundation, Ian Wishart said this was a critical milestone for the global eye health community and towards achieving the United Nations' sustainable goals. The WHO World Report on Vision outlined that at least 2.2 billion people around the world are living with blindness or vision impairment and at least one billion people are living with a condition that could have been prevented or is yet to be addressed.



## 改善工廠工人眼健康 有助提升生產力

### Eye health investments increase productivity in Vietnamese factories

員工帶病上班，為的是怕扣薪水。若帶著眼疾上班，則有機會同時拉低自己和公司的生產力。護瞳行動在越南兩家工廠推行三年計劃，調查15,000名工廠員工後發現，清晰視力有助提升工人的工作效率，並將工傷個案減半。計劃在工廠內為工人提供年度眼健康檢查，鼓勵配帶護眼罩減少意外損傷，提供驗眼設備和教授眼睛損傷急救知識等。有關項目亦改善工廠的工作環境，包括改善光源和通風系統，減少沙塵飛揚。計劃後投訴眼睛疲勞、頭痛和眼睛損傷等均告減少，工人的總生產件數提升約3%。

A Fred Hollows Foundation project researched 15,000 workers in two factories in Vietnam and found out that good eye health halves injuries. The project helped build a culture of eye health in the factories by conducting annual eye checks for workers, encouraging the wearing of goggles to foster eye protection, providing eye check tool kits and passing on first aid knowledge on eye injuries. It also worked with the factories to improve the workplace environment by installing lighting and ventilation to reduce dust.

The project saw a significant reduction in health complaints including eye strain, headache and eye injuries, which the incidence of eye injuries reduced by 50%. The average product output also increased by around 3%.

# 尋回屬於年青人的未來

青春是什麼？讀書、打球、與朋友嘻嘻哈哈，無憂無慮又一天。

14歲的阿歷是典型的海洋男孩。他爸爸說兒子在海裡游泳時最自在，因為沒有人意識到阿歷原來看不見，也不會像走在路上時輕易絆到。

阿歷在早兩、三年前開始視力模糊，寫字愈來愈不像樣，直到老師與阿歷父母說：「為什麼他不再寫字了？」阿歷也開始吃飯時看不到食物，要到處觸摸才知道碟子在哪兒，父母才意識到兒子的眼睛出了問題。阿歷熟知家裡的佈局，雖然要哥哥照顧，走動都還可以。家裡的外面是高速公路，要上學的話，便要靠哥哥帶著他，每天走一公里的路回校。阿歷曾試過給電單車撞倒，要趕送到醫院檢查。

阿歷患的是白內障，他們一家住在菲律賓錫亞高島(Siargao Island)，最近的眼科醫生在住處三個小時的船程以外。可是他家根本無法支付交通費，更遑論手術費。

雖然困難，但阿歷仍堅持上學，坐在教室裡聆聽老師說話。但因緣巧合，阿歷有機會跟曾接受護瞳行動訓練的學校醫護人員傾談，發現原來一個簡單的手術，便可以為自己帶回視力，也將為他帶來快樂的時光。

學校醫護立即與護瞳行動聯絡，安排和資助阿歷的交通和手術費。爸爸帶著阿歷，清晨三時多便乘船出發，手術後阿歷可以看到花草樹木，他說：「我終於可以回到學校了！」一家人終於放下了心頭大石。

手術後幾個月，護瞳行動再次探訪阿歷，我們像看到一個全新的人一樣。阿歷的眼睛好了後，他們家又添了小妹妹，現在阿歷可以幫助照顧小嬰兒，和負責洗碗等家頭細務。

從前只在電視節目知道籃球的阿歷，現在可以親嚐打籃球的滋味了。看見兒子跟表兄弟們打鬧玩著的爸爸說：「過去幾年阿歷根本看不見，雖然已經14歲，但阿歷現在才算補回童年。」爸爸提醒兒子今後要努力學習，目標升讀大學：「不要辜負眾多幫過你的人。」



## Bright future for Alexcis

Splashing and playing in the ocean off picturesque Siargao Island in the Philippines, no one would know that Alexcis is blind.

For the past two years Alexcis' sight has deteriorated and he has become more and more quiet and withdrawn.

His dad Randy says Alexcis really likes being in the ocean. "He is more confident in the sea. He can be there with his friends and he doesn't have to worry about tripping and falling over things," Randy said.

For the past two years, the 13-year-old boy has determinedly gone to school, but can only sit in class and listen.

Cataracts in both eyes have left him unable to read and write.

The family started to realise there was a problem when his teacher asked why Alexcis writing had deteriorated.

"He used to be so good at writing...now he can no longer do that," said Randy. "I first found out when his teacher said 'why doesn't Alexcis write anymore in class?'"

"When Alexcis eats he has to feel where the plate is and where the food is. He can no longer see it. He has memorised the area around the house so he can navigate."

Alexcis' older brother now guides him on the walk to school. The family lives in a small house right on a busy road. It's a dangerous place for a blind child.

"Alexcis got hit by a motorbike on the road outside last year. The handlebar hit him and he fell down and we had to rush him to hospital," Randy said.

The family's home on Siargao Island is a three-hour boat ride from the mainland city of Surigao del Norte where the nearest eye surgeon works. The cost of this journey meant that help was out of reach for Alexcis.

It wasn't until Randy spoke to school health workers, who had been trained by The Foundation, and arranged screening for Alexcis that they knew he could get his sight back. All the boy needed was a 40-minute eye surgery.

The Fred Hollows Foundation supported Alexcis' transport and surgery cost. When the patches were removed after the surgery, Alexcis looked around excitedly, pointing out to his dad all of the things he can see – the sky, the birds and the green fields. "I can see everything now!" he says.

"I am excited to go back to school."

When The Foundation visited Alexcis a few months later, we saw a new boy. He is now back at school and is able to help out with family chores such as dish washing. He also helps to take care of his little baby sister who was born after his surgery. He can also play basketball now which he only saw on television before.

"Because he can't see for most of his childhood, he's now just catching up with play. We just let him enjoy his childhood," Randy says.

Randy wants Alexcis to study hard. The family said to Alexcis, "Son, study very hard and don't waste your vision because you know a lot of people have helped you."

了解阿歷更多



Read More about Alexcis





# 疫情下 分享同燃希望 獎的喜悦 Celebrating Humanity Award Ambassadors in search of hope

新型肺炎衝擊著社會上每個人，但正是在困難的時刻，我們更能夠看到人性美善的一面。去年同燃希望獎在疫情下嘉許了26名小四至小六學生，雖然停課在家，但同學們沒有忘記社會上備受忽略的一群，自發幫助弱勢社群抗疫；又持續服務邊緣社群、參與保護環境項目等。

困境或會令人憂慮，但善良則帶來勇氣。2021年同燃希望獎將於2月開始接受報名。請掃描以下QR Code恭賀本屆獲嘉許的同學，並了解新一屆詳情。

We have all been facing challenges in 2020 because of the COVID-19 pandemic, but it is also always the silver lining that keeps us going. The Fred Hollows Foundation recognised 26 Upper Primary students last year for the positive impacts they had on the community. Although schools were suspended, the Award Ambassadors did not stop their acts of kindness by collecting and sending out face masks and sanitisers to marginalised groups, volunteering at social centers and protecting the environment.

Uncertainties will continue in 2021, and kindness will still matter. Scan the QR Code to celebrate and get inspired by last year's Ambassadors, and learn more about the 2021 Humanity Award.

得獎名單  
Learn more



## 林傑人醫生網上分享會 探討近視與老花 Fred Hollows webinar highlights myopia and presbyopia

香港七成以上人患有近視，老花更是邁入中年的「身份標記」。護瞳行動顧問委員會成員兼眼科醫生林傑人，去年11月出席午間網上分享會，解構近視、遠視和老花等港人常見的屈光不正問題，並即時解答觀眾的眼疾疑難。

林醫生指香港學童經常留在室內活動，缺少接觸自然光的機會，近視會加深較快。另一方面，現時並無科學根據證明電子產品發出的藍光水平會傷害眼睛。林醫生建議學童每天至少接觸40分鐘自然光，有助減慢近視加深。林醫生又提到老花是人到中年必會遇到的問題，無論本身視力如何，一般約到40歲便有機會出現老花。定期更換眼鏡和檢查眼睛，是最方便的解決方法。

護瞳行動感謝林醫生在百忙中抽空分享，和眾支持者積極參與。

Over 70% of Hong Kong people are myopic, and presbyopia is inescapable for all when we age, according to ophthalmologist Dr. Godfrey Lam, who presented at a Fred Hollows webinar. Presbyopia usually starts appearing when one reaches 40 years old, and regular eye checks to prescribe glasses is a better solution than surgery.

Dr. Lam pointed out that students of Hong Kong tend to stay indoors and away from natural light. This may aggravate myopia for students, who need 40-minutes of natural light outdoors every day to avoid shortsightedness from worsening too quickly. Also, Dr. Lam reminded in the webinar that there is currently no scientific evidence to support that blue light from computer screens or digital devices affects our sight.

The Fred Hollows Foundation would like to extend our thanks to Dr. Lam for his time and support.



## 牛年捐利是 瞳燃光明希望 Donate a red packet in the Year of the Ox



今年是牛年，護瞳行動謹祝各位新年萬「視」如意，「視視」順利！

新型肺炎疫情擾亂全球運作。護瞳行動在醫療伙伴和捐款者的支持下，在疫情中為醫護人員提供個人保護裝備，努力維持眼疾服務正常，並利用科技在網上為眼科醫護人員提供培訓。2021年我們會繼續朝在偏遠地區建立可持續眼科服務為目標，希望您也能捐款支持有關工作。

今個農曆新年，捐一封大利是為避免失明病人帶來健康的視力和人生新希望。捐款者更會獲贈賀年禮物包乙份，當中包括牛年大吉貼紙，口罩收納夾及更多！為答謝您一直支持，我們更為您準備了WhatsApp貼圖包，立即免費下載，於牛年發放更多喜悅！請即填妥以下捐款表格支持。

As the new year begins, we want to wish you a healthy and prosperous Year of the Ox!

The Fred Hollows Foundation worked closely with hospital partners last year and with your support, we were able to provide personal protective equipment to medical staff and maintain eye care services as much as we could. We also continued training the next generation of eye health staff online. In 2021 we will keep building sustainable eye care services in remote areas of the world. We hope you can donate a red packet this Chinese New Year to restore sight for people in need. To show our thanks, donor will receive a CNY gift pack. We have also prepared WhatsApp Sticker Pack for you! Download now and share the joy to your loved ones during New Year!

下載WhatsApp貼圖包  
Download WhatStickers



### 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: \_\_\_\_\_

#### 個人資料收集聲明 Personal Information Collection Statement

護瞳行動The Fred Hollows Foundation (HK) Limited ("The Foundation") 護瞳行動根據本會的隱私政策收集、使用和存儲 閣下所提供的任何個人信息。個人資料收集聲明可於護瞳行動網頁www.hollows.org 查閱。護瞳行動可能會使用 閣下的資料作以下用途：(i)處理 閣下的捐款及提供捐款收據；(ii) 通知 閣下有關於防盲項目服務及計劃（包括透過直接推廣電郵、手機短訊及電話）；(iii)回應 閣下的查詢或意見；(iv)任何與上述各項直接有關的用途。護瞳行動可能會在適用法律的規管下，以保密形式將 閣下的個人資料轉移至位於海外的護瞳行動總部、承辦商、服務供應商或護瞳行動的相關實體，包括內容設計、郵寄、印刷、電話推廣、電郵儲存、銀行服務、信用卡代理、數據處理及招聘機構。閣下如想申請取得及更改 閣下的個人資料，可以電郵至hkinfo@hollows.org。  
The Foundation may collect, use and store any personal information that you provide in accordance with the Foundation's privacy policy, available at www.hollows.org. The Foundation may use your personal information to: (i) process donations and provide receipts; (ii) communicate and campaign about our blindness prevention and Australian Indigenous health activities, events, services and projects (including through direct marketing emails, SMS messages and phone calls); (iii) respond to questions, feedback or complaints; (iv) any directly related purpose to the above activities and objectives of the Foundation. We will keep confidential your personal information at all times, except that we may provide your personal information to our holding company (The Fred Hollows Foundation), suppliers, service providers, contractors and partners, including information technology service providers, direct marketing agencies, mailing houses, cloud storage, banks, credit card companies and recruitment agencies which may be located outside of Hong Kong, as necessary to fulfil any of the above purposes of use on our behalf. You can request access to and correction of your personal information that we hold by contacting hkinfo@hollows.org.

我不同意接收護瞳行動之任何通訊及使用個人資料作直接相關的用途。  
I do not agree to receive communications from The Fred Hollows Foundation and consent to the use of my personal data for this purpose.

#### 通訊語言選擇 Preferred language for communication

中文  English

#### 信用卡捐款 By Credit Card

信用卡類別 Credit Card  VISA  MasterCard  Amex

發卡銀行 Card Issuing Bank: \_\_\_\_\_

信用卡號碼 Card No.: \_\_\_\_\_

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:  
本人授權護瞳行動每月從我的信用卡帳戶扣除指定金額，並在信用卡到期日及發行新卡後繼續，直至另行通知為止。信用卡交易通常會在每月15日或左右處理。My authorisation for The Fred Hollows Foundation (HK) Limited to debit the specified amount from my credit card account monthly will continue after the expiry date of the credit card and with the issuance of a new card until further notice. Credit card transactions will normally be processed on or around the 15th day of the month.

持卡人簽署 Cardholder Signature: \_\_\_\_\_ 填表日期 Date (DD/MM/YY): \_\_\_\_\_

#### 劃線支票 By Crossed Cheque

抬頭請寫 Payable to: **The Fred Hollows Foundation (HK) Limited**

支票號碼 Cheque No. \_\_\_\_\_

#### 直接存入護瞳行動戶口 By Direct Transfer

銀行 Bank: **匯豐銀行 HSBC**

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

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

網上捐款  
Donate Online

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.

The Fred Hollows Foundation (HK) Limited 是香港特別行政區註冊慈善機構，獲豁免繳稅的慈善團體。編號113694。捐款HK\$100或以上，可申請免稅。  
The Fred Hollows Foundation (HK) Limited is a registered charity in Hong Kong SAR. Tax-Exempt Charity Ref No.: 9113694. Donations of HK\$100 or above are tax deductible.





# 我會有老花嗎？ Do I have presbyopia?

以為「老花」是老人病？但原來無論本身視力正常，患有近視或遠視，到大約40歲，人人都有機會出現老花。年齡漸長，眼睛睫狀肌失去功能變得鬆弛，晶體的囊失去彈性，令晶體變焦功能減弱，因此慢慢難以變焦，看不清楚近的東西。所以如果患有近視，脫下幫助看遠景的眼鏡，近的東西便會立即看得清楚，近視相對抵消了部份老花，老花的感覺會稍遲出現。不過如患有遠視，會比患近視的人更早感覺出現老花。因為本身已看不清近物，再加上老花，等於雙重看不清眼前的東西。

老花是自然發生的事，度數會每年增加，暫時沒有手術能鎖定老花不再增加。因此最簡單、最安全、最經濟應付老花的方法，是定期更換眼鏡。如進行手術矯正視力，也要有心理準備，視力並不一定能百份百清晰。

Presbyopia usually happens when one reaches 40 years old and it happens for each of us, no matter how healthy our vision has been. When we age, the ciliary muscle in our eyes becomes less elastic and the lens in the eye becomes harder, which makes it difficult to focus on close objects. If one has myopia and one can take off their glasses to see close objects better. But if one has hyperopia and has difficulty seeing close objects clearly, then one may experience presbyopia even earlier as the impact is compounded by hyperopia.

Presbyopia happens naturally and may worsen every year. Even surgeries may not be able to provide perfect vision as there are currently no effective surgery or treatment for progression of presbyopia. As a result, the easiest, safest and cheapest way to manage presbyopia is to have regular eye checks and wear the appropriate glasses.



**POSTAGE  
WILL BE  
PAID BY  
LICENCEE**  
郵費由持  
牌人支付

**NO POSTAGE STAMP  
NECESSARY IF  
POSTED IN  
HONG KONG**  
如在本港投寄  
毋須貼上郵票

KCL.KCC17

**BUSINESS REPLY SERVICE LICENCE NO.**  
商業回郵牌號 8096

The Fred Hollows Foundation (HK) Limited  
Unit 811, 8/F, Office Plus @ Prince Edward  
794-802 Nathan Road  
Kowloon

