

# FRED'S VISION 瞳言

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為香港少數族裔提供免費驗眼及配鏡服務  
Free Eye Checks and Glasses for Ethnic Minorities in Hong Kong



新春護眼8大貼士  
8 Eye Health Tips for Chinese New Year!

您的捐款  
Your Donation

每\$1創造 **28倍** 效益  
Every \$1 Creates **28 Times** The Impact

讓 **蓮恩** 再次看見孩子的笑容  
Help **Lien** See Her Children Again



The Fred Hollows  
Foundation | 護瞳行動

瞳在香港 **10** 年  
YEARS



## 為何眼健康如此重要？

### Why Eye Health Matters?

新年快樂！感謝您一直以來的信任與支持，讓護瞳行動能在全球推動眼健康，改變生命。

您知道嗎？根據世界衛生組織的報告，全球有至少22億人患有視力障礙，佔全球人口約27%，其中超過10億人的眼疾本可預防或治癒。隨著人口老化及生活方式改變，未來二十年眼科護理需求可能增加三倍。

作為護瞳行動全球項目及合作伙伴總監，我每天都在思考：「如何讓每個人都能擁有看清世界的權利？」這是我的願景，也是我們努力的方向。眼健康不只是醫療問題，它決定一個人能否擁有學習、工作和照顧家人的機會。每一次治療，都不只是恢復視力，而是讓生命重新展開希望。

香港的支持在這個使命中扮演重要角色：您的每一份捐款，讓我們能培訓更多醫護人員、提供手術和藥物、開展社區健康教育，並推動預防檢查——這些工作均與世界衛生組織所制定的眼健康策略和優先事項保持一致，尤其在亞洲和全球最需要的地方。**因為有您，我們能擴展影響力，讓更多人迎接光明與希望！**

Happy New Year! Thank you for your trust and support, which enables The Fred Hollows Foundation to promote eye health and change lives worldwide.

Did you know? According to the World Health Organization (WHO), at least 2.2 billion people live with vision impairment — about 27% of the world's population. For at least 1 billion of these people their vision impairment could have been prevented or is yet to be addressed. With an aging population and changing lifestyles, the demand for eye care is expected to triple in the next 20 years.

I ask myself every day: “How can we ensure everyone has the right to see the world?” This is my vision — and our mission. Eye health is not just a medical issue; it determines whether someone can learn, work, and care for their family. Every treatment is not only about restoring sight — it's about restoring hope.

Hong Kong plays a vital role in this mission: every donation helps us train health workers, provide surgeries and medicines, deliver community health education, and promote preventive eye checks — all aligned with the strategies and priorities recommended by the WHO, especially in Asia and other regions where the need is greatest. **Because of you, we can expand our impact and bring light and hope to more lives!**

黃憶雯  
全球項目及合作伙伴總監

Amanda Huang  
Chief of Programs & Partnership



## 投資視覺，就是投資未來

### Investing in Vision is Investing in the Future

根據護瞳行動最近於聯合國大會發佈的《視覺的價值》報告，每投資1美元在眼健康，就能帶來28美元的回報，眼健康是全球最具成本效益的公共衛生投資之一。

視力改變的不只是眼睛，而是整個人生。恢復視力，讓人重返工作、孩子繼續學習、家庭減輕負擔，甚至整個社區都因此受益。如果全球能消除可避免的視力受損，每年可帶來巨大的社會效益：

- ✓ 增加2,200萬個就業機會
- ✓ 預防120萬宗交通意外傷害
- ✓ 延長壽命320,000年
- ✓ 避免1,220萬宗抑鬱症個案

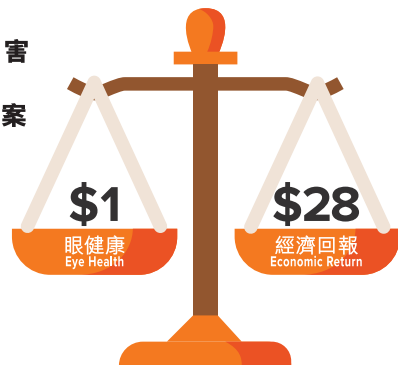
According to The Value of Vision report — published by The Foundation and released at the United Nations General Assembly — every \$1 invested in eye health delivers \$28 in return, making it one of the most cost-effective public health investments globally.

Restoring sight doesn't just change eyes — it transforms lives. It enables people to return to work, children to keep learning, families to reduce financial burdens, and entire communities to thrive. If avoidable vision loss was eliminated worldwide, the benefits would be enormous:

- ✓ 22 million more people employed
- ✓ 1.2 million fewer injuries from road accidents
- ✓ 320,000 extra years of life lived
- ✓ 12.2 million fewer people living with depression

讓我們攜手創造更光明的世界！

Together, we can create a world where everyone can see!



## 護瞳英雄森拉醫生 為偏遠村落帶來光明

### Meet Our Superhero: Dr Senglar – Bringing Hope to Remote Villages

「感謝護瞳行動所有工作人員的支持。我作為醫生的救盲之路不盡於此。我希望眼科服務能普及，人人可及。」— 森拉醫生

“I would like to thank everyone who works for The Fred Hollows Foundation for your support. I pledge that my help as a doctor will not only stop here. I want eye health services to be universally accessible.” — Dr Senglar

#### 您是如何成為眼科醫生的？ How did you become an eye doctor?

其實我原本想專攻婦產科或兒科，但後來獲得護瞳行動提供的培訓機會，開始接觸眼科。我發現失明會讓生活變得極其困難，於是決心幫助更多人重見光明。完成培訓後，我成為老撾僅有的34位眼科醫生之一，然而這個國家有700萬人口，醫療比例嚴重失衡。這讓我想對剛畢業的醫學生說：**眼健康是一個能真正改變命運的領域**。如果您希望工作帶來深遠影響，請考慮加入眼科。每一次手術，都是讓一個人重獲光明，讓一個家庭重拾笑容。

I originally wanted to specialize in obstetrics or pediatrics, but later I was given the opportunity to train in ophthalmology through The Foundation. I realized how profoundly blindness affects a person's life, and I decided to help more people regain their sight. After completing my training, I became one of only 34 ophthalmologists in Laos, a country of 7 million people — a huge imbalance in medical resources. To new graduates: **Eye health truly changes lives**. If you want your work to have a deep and lasting impact, consider ophthalmology. Every surgery is not just restoring sight — it's restoring hope and smiles to families.



## 瞳看老撾

### All Eyes on Laos

老撾面臨的眼健康挑戰包括人口分散、貧富差距持續擴大以及眼健康資源極度匱乏。失明的主要原因是白內障（約75%）、屈光不正（7.4%）及其他眼疾；其中87%至97%的個案是可治療或避免的。

護瞳行動自2008已協助超過十萬名老撾民眾接受眼科檢查、手術及治療，並培訓了數千名眼科醫生、護士及社區醫護人員。眼科服務已擴展至11個省，覆蓋近一百萬人。

Laos faces major challenges in eye health: a dispersed population, widening wealth gap, and severe shortage of eye health resources. The leading causes of blindness are cataract (75%), refractive error (7.4%), and other eye diseases — 87% to 97% of cases are preventable or treatable.

Since 2008, The Foundation has helped more than 100,000 people access eye screenings, surgeries, and treatments, while training thousands of health workers. Eye health services have expanded to 11 provinces, reaching nearly 1 million people.

僅在2024年  
In 2024 alone



40,641  
人進行視力篩查  
People screened



3,458  
宗白內障手術  
Cataract surgeries performed



7,236  
副眼鏡  
Pairs of glasses distributed

森拉醫生及其團隊的努力，讓偏遠地區的患者重見光明，生命從此改變。

Thanks to the dedication of Dr Senglar and her team, patients in remote areas are regaining sight — and transforming their lives.



# 蓮恩的重生： 從失明到希望

## Lien's Second Chance: From Blindness to Hope

38歲的蓮恩住在老撾北部的一個偏遠村落，是兩個孩子的母親。三年前，她因白內障失明，生活從此陷入黑暗。

失明讓她失去了工作，失去了照顧孩子的能力，甚至無法看清最愛的家人面孔。每天，她只能坐在家中，聽著孩子的笑聲，卻看不見他們的的笑容。**她曾經是家中的支柱，卻因失明變得需要完全依賴他人，心中充滿無力與絕望。**

在偏遠的山區，醫療資源極度匱乏，去城市做手術需要花費數天甚至數週，昂貴的交通和手術費用更是遙不可及。對蓮恩而言，黑暗不只是眼前的景象，更是生活的重擔與孤寂。

光明源於護瞳行動的外展醫療隊來到她的村落，為她安排了白內障手術。當紗布拆下的那一刻，陽光再次照進她的眼睛，她第一眼看到的是孩子的笑容。

**這一刻，改變的不只是她的視力，  
更是整個家庭的未來。**

蓮恩流下了喜悅的淚水，因為她終於能再次擁抱孩子，照顧家庭，重拾生活的希望。

老撾仍有成千上萬像蓮恩一樣的女性，生活在黑暗中，等待著白內障手術的機會。**沒有您的支持，她們的等待將無止境。您的捐助，能讓她們重見光明，重拾希望。**



Lien, 38, lives in a remote village in northern Laos and is a mother of two. Three years ago, she lost her sight due to cataracts, and her life fell into darkness.

Blindness took away her job, her ability to care for her children, and even the chance to see the faces of her loved ones. Every day, she sat at home, listening to her children's laughter but unable to see their smiles. **Once the pillar of her family, she became completely dependent on others, filled with helplessness and despair.**

In the remote mountains, medical resources were extremely scarce. Traveling to the city for surgery can take days or even weeks, and the cost of transport and surgery was far beyond reach. For Lien, darkness was not just what she saw — it was the weight of life and loneliness.

Everything changed when The Foundation's outreach team arrived in her village and arranged cataract surgery. When the bandages came off, sunlight poured into her eyes, and the first thing she saw was her children's smiles.

**That moment changed more than her vision  
it changed her family's future.**

Lien wept tears of joy because she could finally hold her children again, care for her family, and reclaim hope for life.

Thousands of women like Lien in Laos are still living in darkness, waiting for cataract surgery. **Without your support, their wait will never end. Your donation can help them regain sight and restore hope.**

觀看故事影片  
Watch Lien's story





## 本地眼科檢查服務 Local Eye Screening

護瞳行動聯同基督教勵行會為香港的少數族裔舉辦兩場免費眼科檢查及配鏡服務。對於這些社群而言，語言障礙、文化差異及社會標籤，往往令他們難以獲得醫療資訊和服務，視力問題因此被忽視，甚至影響工作和生活。

活動當日，眼科專科醫生兼護瞳行動香港顧問委員會成員林傑人醫生主持眼睛健康講座，講解弱視、白內障等常見眼疾，並提醒大家定期驗眼的重要性。他與義工團隊隨後為參加者進行檢查，協助他們了解視力狀況，並提供後續跟進的指引。

結果顯示，85 位參加者中，其中逾四成發現視力問題，包括近視、遠視、散光及老花等，有個案急需配鏡服務，亦有個案需轉介政府眼科專科跟進。**我們的目標是讓更多弱勢社群獲得眼健康服務。我們將尋求更多合作夥伴，並加強公眾教育，讓「光明」不再有界限。**

The Foundation partnered with Christian Action to host two free eye screening and prescription glasses services for Hong Kong's ethnic minority communities. For these groups, language barriers, cultural differences, and social stigma often make it difficult for people to access medical information and services, leaving vision problems overlooked and affecting their work and daily life.

At the event, Dr Godfrey Lam, ophthalmologist and member of The Fred Hollows Foundation Hong Kong Advisory Committee, delivered an eye health talk and emphasized the importance of regular eye checks. Dr Lam and volunteers conducted screenings, helping participants understand why eye health is important and providing guidance for follow-up care.

Results showed that among 85 participants, over 40% had vision problems, including myopia, hyperopia, astigmatism, and presbyopia. Some people urgently needed prescription glasses, while others required referral to government specialists. **Our goal is to ensure more vulnerable communities can access eye health services. We will continue to seek partners and strengthen public education — so that vision knows no boundaries.**



With incredible support of **Consolidated Marketing Group** and **CLP Power Hong Kong Limited**, matching donations doubled the impact of every gift — creating a “Double Miracle”! Because of you, we’ve achieved remarkable milestones. Thank you for your kindness and support. Together, let’s move toward a world where everyone can see.

## 世界視覺日2025 World Sight Day 2025

感謝每一位熱心支持者！護瞳行動今年再度於「世界視覺日」聯同人氣插畫師SoWingHong筆下的標誌性角色「大麻成」，攜手推出別具意義的慈善捐款活動，喚起大家對眼睛健康的關注，並支持全球救盲工作。您慷慨的一分一毫，不僅讓無數患者重拾光明，更為他們帶來改寫人生的契機！

今年活動更獲得**安基國際財務規劃有限公司**及**中華電力有限公司**的鼎力支持，進行善款配對，讓您的捐款力量瞬間倍增，締造「雙倍奇蹟」！正因為有您同行，我們得以在這趟光明之旅上創下感動人心的成就。再次衷心感謝所有捐款者的愛心與支持，讓我們攜手邁向一個人人可見的世界。

Thank you to every passionate supporter! This year, The Foundation partnered with popular illustrator SoWingHong and his iconic character “TaiMaSing” to launch a meaningful fundraising campaign, raising awareness about eye health and supporting global efforts to end avoidable blindness. Your generosity does more than restore sight — it gives people the chance to rewrite their future.

## 新一年，讓祝福化為力量！ Turn Your Goodwill into Action and Help More People See a Brighter Future!



新春是傳遞祝福的時刻，也是改變生命的契機。今年，不妨以一份持續的愛心，為世界帶來長遠的改變。

**每月捐款 HK\$250，便能培訓一位眼科醫生，他/她每年可為1,000位患者重拾光明。這不只是一份捐款，而是一份可以延續的奇蹟。**

全球仍有無數人因視力問題無法工作、失去學習機會，甚至無法照顧摯愛。護瞳行動致力為這些社區提供**全面眼科服務**——由社區篩查、手術治療、藥物支援，到培訓本地眼科醫療團隊，讓改變真正「看得見」。

**您的利是，不僅是一份祝福，而是一份重燃希望的力量。**我們鼓勵小朋友將新年收到的利是轉化為愛心捐獻，從小種下關懷的種子，成為未來創造改變的小小慈善家。更可邀請身邊親友成為我們的每月捐款者，攜手建立一個人人看得見的世界。

The Lunar New Year is a time to share blessings — and a chance to change lives. This year, why not turn your goodwill into lasting impact?

**With a monthly donation of HK\$250, you can help train an eye doctor who can restore sight for 1,000 patients every year. This is more than a donation — it's a miracle that keeps giving.**

Millions of people worldwide are unable to work, study, or care for loved ones because of vision problems. The Foundation is committed to delivering **comprehensive eye health services** — from screenings and surgeries to medicines and training local teams—so that change is truly visible.

**Your red packet can be more than a gift — it can reignite hope.** We encourage children to turn their New Year red packets into acts of kindness, by planting seeds of compassion and becoming little changemakers. Invite friends and family to join as monthly donors, so together we can build a world where everyone can see.

## 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\$1,000 ☐ HK\$500 ☐ HK\$250
- ☐ 其他 My Choice \_\_\_\_\_

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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)

電話 Mobile No: \_\_\_\_\_

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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): \_\_\_\_\_

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林醫生教室  
Eye Health 101 by Dr Lam



## 新春護眼8大貼士 8 Eye Health Tips for Chinese New Year



聲明：本頁內容僅供參考，並非醫療意見。如需專業診斷或治療，請諮詢醫生。如出現任何眼疾，請盡快尋求專業眼科醫生的意見。

Disclaimer: The content on this page is for reference only and is not intended as medical advice. For diagnosis or treatment, please consult a qualified health professional. If you experience any eye problems, seek advice from an eye specialist promptly.



1

團年飯及新年聚餐  
加入**深綠蔬菜**、  
**紅蘿蔔**及**魚類**，  
**維他命A及奧米加3**  
有助保持視力健康

Add **leafy greens**,  
**carrots**, and **fish** to  
your reunion dinner  
and festive meals for **Vitamin A** and  
**Omega-3**, which  
support healthy vision.

2

**藍莓及果仁**是  
健康賀年禮品，  
含**抗氧化物**，  
保護眼睛

Choose **blueberries**  
and **nuts** as festive  
gifts — they are  
**rich in antioxidants**  
that help protect  
your eyes.

3

看賀年節目時  
**每20分鐘**  
**望遠20呎20秒**  
減少眼睛疲勞

Follow the  
**20-20-20 rule** :  
every 20 minutes,  
look 20 feet away  
for 20 seconds  
when watching  
festive programs.

4

外出到訪戶外新年  
市集、欣賞新春花  
車巡遊，記得戴上  
防紫外線的**太陽眼**  
鏡保護眼睛

**Wear UV-blocking**  
**sunglasses** when  
visiting outdoor New  
Year markets or  
watching festive  
parades in  
sunny weather.

5

新年聚會期間，  
**接觸眼睛前記得**  
**先洗手**，減少刺激  
或感染風險

**Wash your hands**  
**before touching your**  
**eyes** to reduce the  
risk of irritation or  
infection during  
festive gatherings.

6

與家人玩桌遊  
或電動遊戲時  
**保持光線充足**，  
減少眼睛疲勞

**Keep rooms well-lit**  
when playing board  
games or video  
games during  
family gatherings.

7

過年期間活動  
眾多，**記得多飲水**  
及**適時休息**，讓  
眼睛保持最佳狀態

**Take breaks, drink**  
**water**, and rest your  
eyes regularly to stay  
refreshed during the  
busy  
festive season.

8

**新年第一步：**  
**安排驗眼，**  
**守護視力！**

**Schedule**  
**an eye check as**  
**your first health**  
**resolution for the**  
**new year!**



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