



The Fred Hollows
Foundation | 護瞳行動

一個簡單的復明手術
讓三代人重聚

A simple sight-saving surgery
reunites 3 generations

Photo: Michael Amendolia



瞳言

FRED'S VISION

2024年 · 第1期 | ISSUE 1 · 2024

林傑人醫生的話 Message from Dr Godfrey Lam

新年快樂！我謹代表護瞳行動祝願大家身體健康，龍「睛」虎猛！

相信許多人的新年願望是自己和家人都「身體健康」，畢竟健康是一切的基礎。作為眼科醫生，我見證病人不論年齡，眼疾都對他們的整體健康和生活質量產生重大影響。可是，眼健康和視力問題往往容易被忽視。

隨著香港人口日益老化，與年齡相關的眼部疾病如白內障、老花眼、老年黃斑病變和青光眼在長者逐漸變得普遍。長者一旦視力欠佳，會為生活帶來許多不便，使生活質素下降，甚至令長者容易跌倒或受傷。事實上，大部分的視障問題都可以通過治療或手術解決，所以我鼓勵您及家人一定要定期檢查眼睛，及早診斷出是否有任何症狀，讓新的一年能夠「視視」順利。

我很開心在2023年底有機會參與護瞳行動和本地非牟利組織「同路舍」合作的首個本地項目，使我有機會深入社區，接觸不同社會階層人士，與他們分享眼睛健康知識。我也意識到基層社群在眼健康上面臨的問題，例如有長者從未接觸過眼睛檢查服務。這讓我更加深刻地體會到眼健康服務的重要性。

感謝您，一直與我們「瞳」心協力，讓更多人「瞳」見希望。希望您能繼續支持護瞳工作。

Happy New Year! On behalf of The Foundation, I would like to wish you good health and a prosperous year ahead.

As the new year begins, many aspire for good health, recognising its fundamental importance. As an ophthalmologist, I understand the importance of eye health. Vision problems can significantly impact overall health and quality of life at any age, yet they are often overlooked.

With an ageing population, age-related eye diseases like cataracts, presbyopia, age-related macular degeneration, and glaucoma are prevalent. These conditions make self-care difficult for older individuals, disrupt daily routines, and raise the risk of falls and injuries. Fortunately, most cases of vision impairment can be treated or prevented with proper care. I encourage you and your family to undergo regular eye exams to detect any symptoms and ensure clear vision for the year ahead.

In 2023, I was delighted to have the opportunity to be a part of the first local project organised by The Foundation and ImpactHK. It was great to interact with people from different social backgrounds and learn about the eye health challenges faced by grassroots communities in Hong Kong.

Thank you for your continued support and trust in us. Let us continue to walk hand in hand and bring hope to more people. We hope you will continue to support our sight-saving work.

林傑人眼科醫生
香港護瞳行動顧問委員會成員

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



護瞳行動夥拍同路舍 —「瞳」關懷社區眼睛健康

Caring for the eye health of vulnerable communities in Hong Kong

護瞳行動一直籌劃為本地社區提供服務，終在2023年，我們與「同路舍」合辦首個社區眼睛篩查活動「瞳路@護眼行動」，為低收入人士及無家者、或難以負擔專科醫生治療及眼睛檢查的弱勢社群，免費安排眼睛健康講座、眼疾篩查及配眼鏡服務。是次活動獲得嘉民慈善基金會的贊助，並由護瞳行動眼科顧問林傑人眼科醫生提供服務。

在篩查中，發現有**18%**的參與者需要轉診給眼科醫生，其中**75%**出現屈光不正，包括近視或老花眼，需要配眼鏡。對於許多參與者來說，這是他們第一次接受眼睛檢查，引起他們的好奇心，但也出現了對於未確定眼部疾病或潛在問題的擔憂。

年逾七十歲的光伯說：「我覺得呢個活動好好，若全港老人家都有這個驗眼服務就Very good！我自己知道隻眼都有退化，但一直都不知道實際情況，『求其』在街邊配了一副老花眼鏡，但現在可以換到一副專業眼鏡，十分開心。」光伯同時患有糖尿病和高血壓，亦已轉介到公立醫院作進一步檢查。

In 2023, The Fred Hollows Foundation Hong Kong and ImpactHK organised an eye screening event to address the eye health problems faced by the homeless and socially-disadvantaged in Hong Kong. At the event, people accessed free eye health information, eye screening and were given prescription glasses. The event was sponsored by the Goodman Foundation and was facilitated by Dr Godfrey Lam, an ophthalmologist and eye consultant for The Fred Hollows Foundation Hong Kong.

During the screening, we found **18%** of the participants required referrals to public hospital and **75%** of participants needed glasses due to myopia or presbyopia. Many participants who attended the event were receiving eye examinations for the first time. They had never thought about the need for eye health check-ups. However, they were also worried about unknown eye diseases or underlying issues.

Mr Lee, who is over 70 years old, said: "I think this event is excellent. It would be very good if all elderly people in Hong Kong had this eye examination service! I knew that my eyesight was deteriorating, but I never knew the actual condition. I got a pair of reading glasses from a street vendor, but now I can get a professional pair of prescription glasses, which makes me very happy." However, Mr Lee also suffers from diabetes and hypertension, so he needs to be referred to a public hospital for further examination.

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瞳看世界：印尼 All Eyes on Indonesia

Photo: Michael Amendolia



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印尼為島嶼國家，擁有成千上萬的島嶼，土地面積極廣，人口約2.73億人。印尼貧富差距嚴重，單在雅加達和萬隆等城市，也有3,000萬人活在貧窮線下，往往缺乏眼科醫療服務。

雖然印尼在其他醫療衛生範疇已有顯著的改善，但仍是東南亞可避免失明比率最高的國家之一，目前該國估計有360萬人失明，每年約增加21萬宗新症。最新的研究顯示，43%失明人士無法負擔手術費，25%不知道原來失明可以治療。很多個案中，病人諱疾忌醫，不少人擔心無人陪伴他們接受診治。

印尼可避免失明比率高企，主要是因為缺乏訓練有素的專業眼科醫療人員，全國僅有2,000名眼科醫生。培訓和裝備當地的眼健康護理人員是解決問題的關鍵。我們與不同的機構及印尼政府合作，提高印尼人民對治療和預防失明的關注。藉著培訓醫護人員、社區領袖、農村護理人員和義工，協助強化眼科護理服務。為資源不足的政府眼科診所提供現代化設備，是我們另一工作重點。

Indonesia is comprised of thousands of islands with vast land area. It is home to a population of approximately 273 million people. However, there is a significant wealth disparity, especially in cities like Jakarta and Bandung where 30 million people live below the poverty line, and this is often accompanied by a lack of easily accessible eye health services.

Despite the country's significant advances in other health areas, Indonesia has one of the highest rates of avoidable blindness in Southeast Asia, with an estimated 3.6 million Indonesians blind and around 210,000 new cases added annually. A recent study found that of those who were blind, 43% could not afford surgery and 25% were unaware treatment was available. In many cases, others were too frightened to seek medical intervention or had no one to accompany them.

A key contributor to the high rate of avoidable blindness in Indonesia is the shortfall in trained eye health professionals, with only 2,000 ophthalmologists nationwide. Training and equipping local eye health care professionals are key to addressing this issue. The Foundation is working with our partners and the Indonesian government to help strengthen eye health services through the training of clinical staff, community leaders, village health workers and volunteers. Providing modern equipment to under-resourced government-run eye clinics is another priority.

全賴合作夥伴與我們同心協力，我們於2022年在多個策略性範疇取得了豐碩成果：

Thanks to some great work with our partners, we achieved a lot in some of our key strategic areas in 2022:

進行了1,500宗白內障手術
Performed 1,500 sight-restoring
cataract operations



培訓了1,623人，包括179名診所醫護人員、
457名社區健康人員和985名教師等
Trained 1,623 people including 179 clinic
support staff, 457 community
health workers and 985 educators, etc



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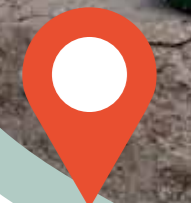
失去視力，連自理能力也失去了

No one should lose their independence to blindness

深入閱讀蘇哈尼的故事
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Photo: Michael Amendolia



印尼
INDONESIA

蘇哈尼 (Suharni) 在家族擔當著很重要的角色。儘管她目不識丁，但努力工作以維持家計。在沙地阿拉伯擔任廚師近五年後，她回到印尼成為一名學校清潔工。

在過去三年裡，蘇哈尼的視力急劇惡化，完全看不見任何事物。她無法獨自行走，必須依賴家人攙扶才能走動。大部分時間都只能待在家裡，簡單的動作都要依賴家人幫忙，無法像以前為她的家人作出貢獻。

她說：「我連上廁所都要人幫忙引路。」

蘇哈尼的丈夫布迪曼 (Budiman) 不得不放棄工作照顧她。儘管丈夫十分細心，但蘇哈尼渴望能夠獨立自理，再次能幫補家人的生計，並見證孫兒們的成長。這是可避免失明的殘酷現實。不僅奪走一個人的視力，還奪走他們自理的能力。

在絕望之中，一位由護瞳行動培訓的護士為蘇哈尼進行眼睛檢查，並為她安排白內障手術。

有賴您一樣的支持者，護瞳行動支持的外展計劃才能為蘇哈尼與270多名白內障患者安排白內障手術。

蘇哈尼成功接受手術，重拾視力，醫生為她取下手術眼罩時，蘇哈尼內心的喜悅難以用筆墨形容。

當她再次看到陪伴她去醫院的兒子時，她興奮地說：「我已經三年沒有見到我兒子了！非常感謝護瞳行動！」

蘇哈尼回到家時，家人熱情地迎接她，慶祝她的歸來。蘇哈尼再次見到兒孫，享受著三代人團聚的喜悅，心裏滿載歡樂。

她最開心的是能重見她丈夫布迪曼，她擁抱著他說：「他是最好看的男人。三年來我沒有見過他。」

沒有像您這樣善心人的支持，蘇哈尼可能會永久失明，並無法再看見她的摯愛。

蘇哈尼現在能夠恢復視力和重拾自理能力，也不再需要依賴家人照顧。

世界各地還有很多和蘇哈尼一樣的眼疾患者等著您伸出援手，改寫人生！



Suharni has always been a caring mother and grandmother, rolling up her sleeves to help provide for her large, loving family. Despite being unable to read or write, she has always worked hard to make ends meet and support her family.

But in the last three years her vision rapidly deteriorated. She could see 'nothing at all' and relied on her family to help her with the simplest of tasks.

"I need people to help me. I cannot even go to the toilet by myself," she said.

Suharni's husband, Budiman, had to give up his work to look after her. Even though her husband was kind and attentive, Suharni longed for her independence. More than anything, she wished she could once more provide for her family and watch her grandchildren grow.

Suharni's vision loss meant that she could not walk alone and spent most of her time at home — a huge contrast to her more active years as a worker.

This is the harsh reality of avoidable blindness. It does not just take away a person's sight but their ability to make a living.

When a nurse trained by The Fred Hollows Foundation visited Suharni in her home for an eye check, Suharni could not even see their hand movements right in front of her eyes.

Thankfully, she had her cataract surgery from an outreach program supported by The Fred Hollows Foundation. Along with more than 270 people living in her district, her sight was restored by a cataract operation that didn't take longer than half an hour.

She was completely blind until someone like you stepped in and made it possible for Suharni to have her sight restored.

As her patches were lifted from her eyes, she couldn't contain her joy when she first saw her son who accompanied her in the hospital. "I haven't seen my son for three years! Thank you very much!"

When Suharni went home, there were joyful celebrations. Three generations of her family gathered around her, and she looked again and again at the faces of her grandchildren, some of which she had never seen before.

She had special words for her husband Budiman as she embraced him. "He is the most beautiful man. I have not seen him for three years."

Without the support of kind people like yourself, Suharni could have become permanently blind. She wouldn't have been able to see the faces of her loved ones.

It was a dream come true — Suharni could have her sight and independence restored. She would no longer need to rely on her family.

瞳在香港 What's Happening in Hong Kong

2023「世界視覺日」
World Sight Day 2023

世界  日



「世界視覺日捐款配對」贊助企業
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滙豐社區嘉年華會
HSBC Rally with Ability



特別鳴謝：
Special thanks to:



每年十月的第二個星期四是世界視覺日。這不是一個與眼疾患者有關的日子，更是在提醒所有人保護視力的重要。2023年世界視覺日，盧覓雪(雪雪)再次擔任護瞳行動的「瞳」燃光明大使，協助呼籲公眾關注全球失明問題帶來的影響，一起「同獻·瞳見」。雪雪熱心支持護瞳行動的全球救盲工作，並為了拍攝宣傳短片戴上護瞳行動特製的模擬白內障眼鏡去準備一頓簡單的午餐。她說：「當我發現失去視力時，我只可依賴其他感官：例如用手去摸、用鼻去嗅，甚至用耳去聽，但整個過程我是十分不確定的。剛剛經歷過失明體驗，我感受到失明人士的煎熬，所以如果有人需要我幫助去脫離失明的處境，我將十分願意伸出援手。」

全賴您的支持，世界視覺日配對活動相當成功。感謝您支持護瞳行動，我們將會繼續為全球超過25個地區的眼疾患者恢復視力，在偏遠地區建立永久的眼健康服務，令社區與病人可以自力更生，迎來持久穩定的光明生活。

World Sight Day is held on the second Thursday of every October. This special day is not only to raise awareness of those with blindness or vision impairment, but also a day to remind everyone of the importance of eye health. We were delighted to work with Michelle Loo again to help us raise awareness of the importance of eliminating avoidable blindness.

We invited Michelle to film a promotional video wearing special glasses to simulate what someone with cataract sees when they try to prepare a simple salad. "I really can't see anything at all, I can only rely on other senses." A seemingly simple task like making a salad was extremely challenging, and Michelle feels empathy for cataract patients who have difficulty taking care of their basic day-to-day needs. Michelle hopes that more people will support The Fred Hollows Foundation and help bring the gift of sight to those in need.

We would like to say a big thank you to all our supporters for being a part of this campaign. With your support, we can continue to do our work in over 25 countries across the globe and restore sight for tens of thousands of people in need.

護瞳行動應邀參加由滙豐銀行 Employee Resource Group Ability HK 舉辦的 The Rally with Ability 社區嘉年華會，聚集了不同能力(如身體殘障和神經多樣性)的青少年家庭和照顧者，共同參與各種活動並學習重要主題，包括推廣殘障權益、眼睛健康和身心靈健康。這次活動吸引了超過400多名參與者，包括大小朋友、社區團體、滙豐銀行員工和義工，讓更多人認識到護瞳行動及眼健康的重要性。

參與的家庭透過護瞳行動設計的親子互動遊戲，深入體驗白內障並了解眼睛健康以及護瞳行動的救盲工作，從遊戲中學習及獲取寶貴的護眼知識。

The Fred Hollows Foundation participated in The Rally with Ability, a community fun fair organized by the HSBC Employee Resource Group Ability HK. The event brought together families and caregivers of young people with different abilities to engage in various activities and learn about promoting disability rights, eye health, mental wellbeing, caregiving, and physical health. Over 400 individuals, including children, families, community members, HSBC employees and volunteers, actively participated in the event and a generous donation was raised to support The Foundation's sight-saving work. Through fun and engaging games, participants learnt about the importance of eye care and The Foundation's mission to end avoidable blindness.

關注全球長者的眼健康 Caring for the Ageing Population



全球人口老化現象愈趨明顯。全球73%的失明和視障人士為50歲或以上，總數達到8億人。隨著世界人口老齡化，若不緊急採取行動，到2050年這個數字將上升至12.8億人。隨年齡增長，白內障、老花、老年黃斑病變和青光眼等與年齡相關的眼疾在長者中十分普遍。視力欠佳會對長者造成一連串的嚴重影響，包括認知能力下降和抑鬱等問題。長者因為看不清跌倒，而不幸致命的新聞屢見不鮮。其實大部分的老年失明或視力障礙都可以避免。護瞳行動與伙伴們緊密合作關注全球長者的眼睛健康，致力在各個服務地區進行眼睛篩查及透過倡議和各種宣傳鼓勵長者關注眼睛健康，並提高服務地區的眼疾醫療服務覆蓋範圍，協力服務當地患有眼疾的長者，為他們帶來光明希望。

Today, an estimated 73% of people living with avoidable vision impairment are older people aged 50 years and above – amounting to 800 million people globally. As the world's population ages, this figure will rise to 1.28 billion by 2050 unless urgent action is taken. With the ageing population, age-related eye diseases such as cataracts, presbyopia, age-related macular degeneration, and glaucoma are prevalent among older people. Losing sight at an older age means facing an increased risk of mortality, falls, cognitive decline, and depression. Fortunately, blindness is not an inevitable part of ageing. The Fred Hollows Foundation is working closely with our local partners to deliver comprehensive eye screening services, advocacy, and education programs that are specifically designed for older individuals. By empowering our local partners to deliver services tailored to their communities, our goal is to reach more older people in need, bringing them hope and improved vision for the later years of their lives.



RET-GEN-PNL-GD-2401

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- 每月 Monthly 單次 One-off
- HK\$500 HK\$350 HK\$180
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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

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Please post your bank transfer receipt together with this donation form to us. Please return the completed form to us (1) by enclosed envelop (2) fax to 3753 0523 or (3) email

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4個方法來照顧家中長者的眼睛健康 4 Ways to Care for Ageing Parents' Eyes

隨著年齡增長，視力也隨之變化。有不少人認為長者視力轉差為必然，而忽略眼睛健康。其實，我們可以協助家中的長者了解如何抑制視力退化，保護他們的眼睛免受進一步損害，並幫助他們應對未來的護眼挑戰，享受晚年生活。

As people get older, the strength or acuity of their sight tends to diminish with time. Although older people are more susceptible to eye diseases and poor eyesight, it doesn't always have to be the case. As caregivers, we can play a vital role in helping our ageing parents understand how to protect their eyes from further damage and prepare for potential challenges ahead.



以下是四個簡單的方法來照顧長者的眼睛：

1. 如果患有老花可以配戴合適度數的眼鏡，並建議每年檢查眼睛，老花加深時則須更換眼鏡。
2. 確保長者的生活環境光線充足，避免過暗或過亮的環境。建議使用適合的照明設備，例如鎢絲燈或LED燈，有助減輕眼睛負擔。
3. 鼓勵長者定期休息眼睛，遠離電子螢幕，進行放鬆眼睛運動，如「20-20-20」護眼法則：每20分鐘，就看20呎遠（約6米）20秒。
4. 家人應該多留意長者的視力狀況，鼓勵長者定期進行眼睛檢查，以及早發現並治療眼睛問題。

Here are 4 simple ways to care for your parents' eyes:

1. It's normal for near-vision and reading abilities to change with age, known as presbyopia. This can be corrected with prescription eyeglasses and regular eye checks.
2. Make sure they have sufficient lighting and use appropriate lighting fixtures such as incandescent or LED lights to help reduce the strain on the eyes.
3. Take regular breaks and avoid excessive use of electronic devices. Follow the 20-20-20 rule, which means taking a 20-second break every 20 minutes to look at something 20 feet (6 metres) away.
4. Ensure they regularly undergo eye tests conducted by qualified professionals. Early diagnosis allows for prompt treatment or management of any eye conditions.



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