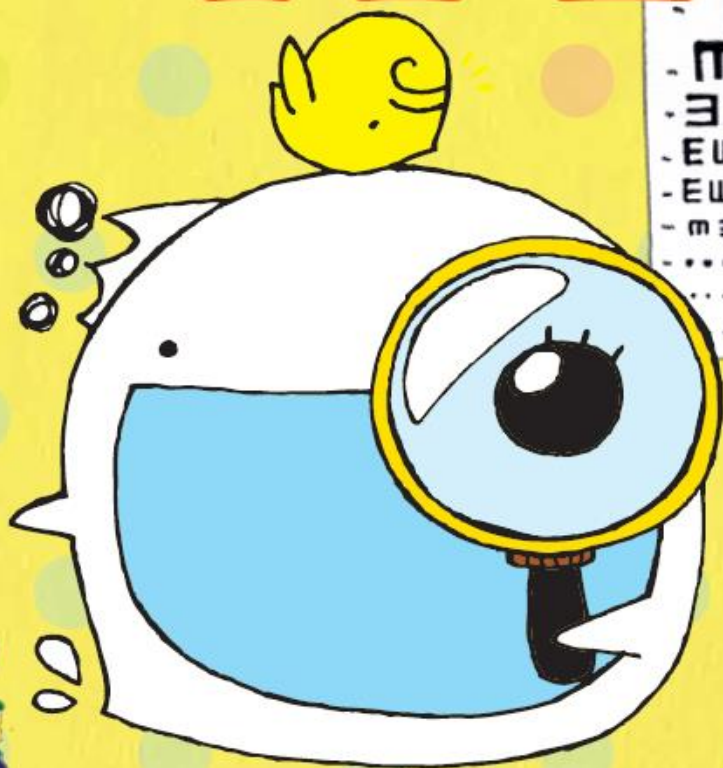
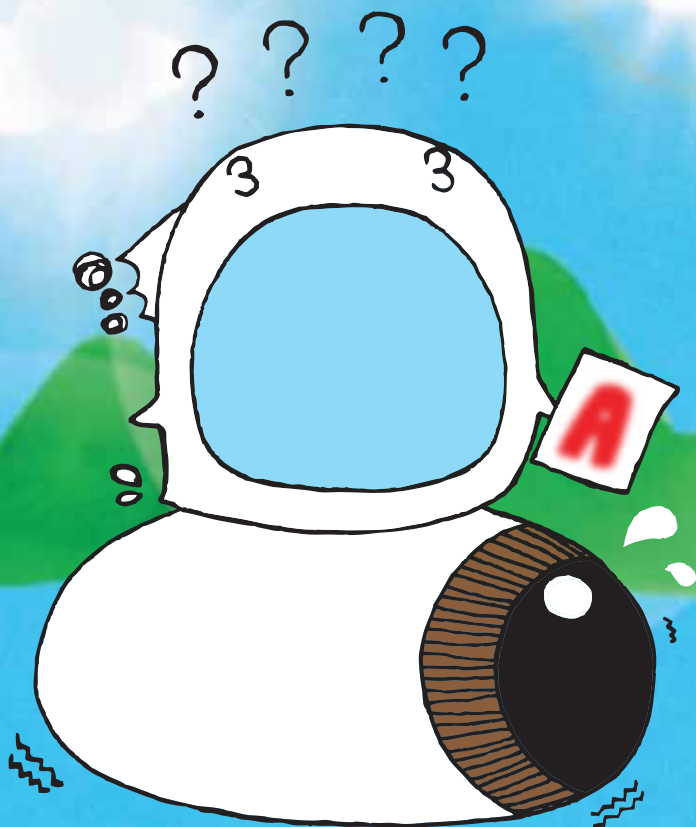


# 睛 EYE- A-Z CARE



E	1
ME	2
3WM	3
EW E 3	4
EW 3EM	5
m 33mw	6
.....	7
.....	8
.....	9

## A Astigmatism (散光)



散光可與近視或遠視並存，散光患者的眼角膜並不是一個正圓的半球體，而是一個橢圓的半球體。徵狀與近視亦有些相似，看遠的景物模糊不清，但看近的景物也有一點模糊。

Astigmatism can occur in cases of both short-sightedness and long-sightedness. As the corneas of sufferers are half-oval shaped and not round as normal, everything looks blurry.

## B Blind Spot (盲點)

令右邊那點消失的神奇魔法：  
Where's the blind spot in your right eye?



1. 用手掩著左眼  
Cover your left eye.
2. 用右眼看著左邊那點  
Focus on the left spot with your right eye.
3. 將書本慢慢前後移動  
Move the page backwards and forwards.
4. 到某一距離時右邊那點會消失不見，這就是盲點  
After a certain distance, the spot on right hand side will disappear. This is your right eye's blind spot.

## C Cataract (白內障)



當眼球內透明的晶狀體變得渾濁，患者眼睛只可感到光暗，但看東西時會覺得朦朦朧朧。這種眼疾由於先天遺傳，或者眼睛曾經受傷、受到細菌感染或發炎所造成。

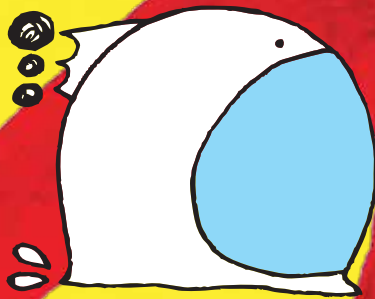
A clouding of the lens that often grows and causes a gradual blurring of vision, cataracts can result from genetic inheritance, wounds, bacterial infection or inflammation.



# D Don'ts (不可)

不可用手揉眼睛

Don't rub your eyes



不可靠太近看電視機

Don't sit too close to the TV



不可在搖晃的車上閱讀、書寫或玩遊戲機

Don't read, write or play games in the car

## E Eyes (眼睛)

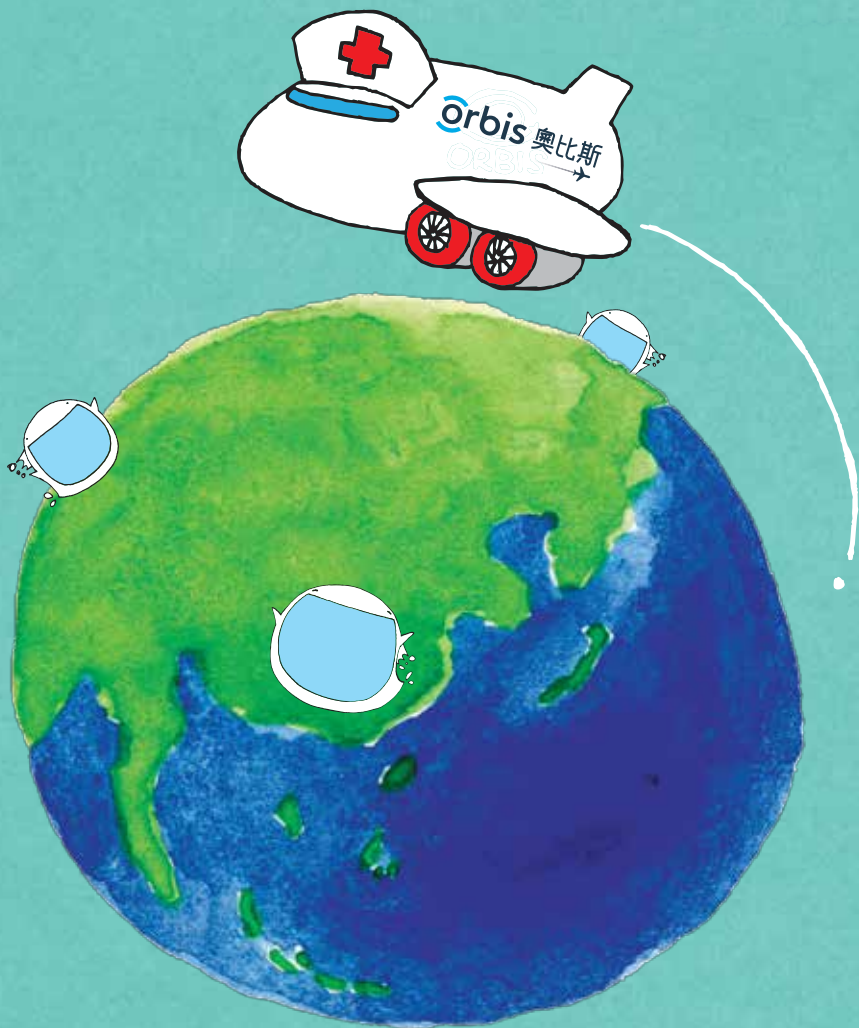


眼睛是我們身體第二複雜的器官，而大腦八成半的知識都是從眼睛的訊息接收而來。我們平均每分鐘都會眨眼12次，防止異物進入眼睛。

The second most complex organ in our body, our eyes provide our brains with around 85% of all knowledge about the world around us. Each eye blinks 12 times per minute to clean and protect itself.

## F

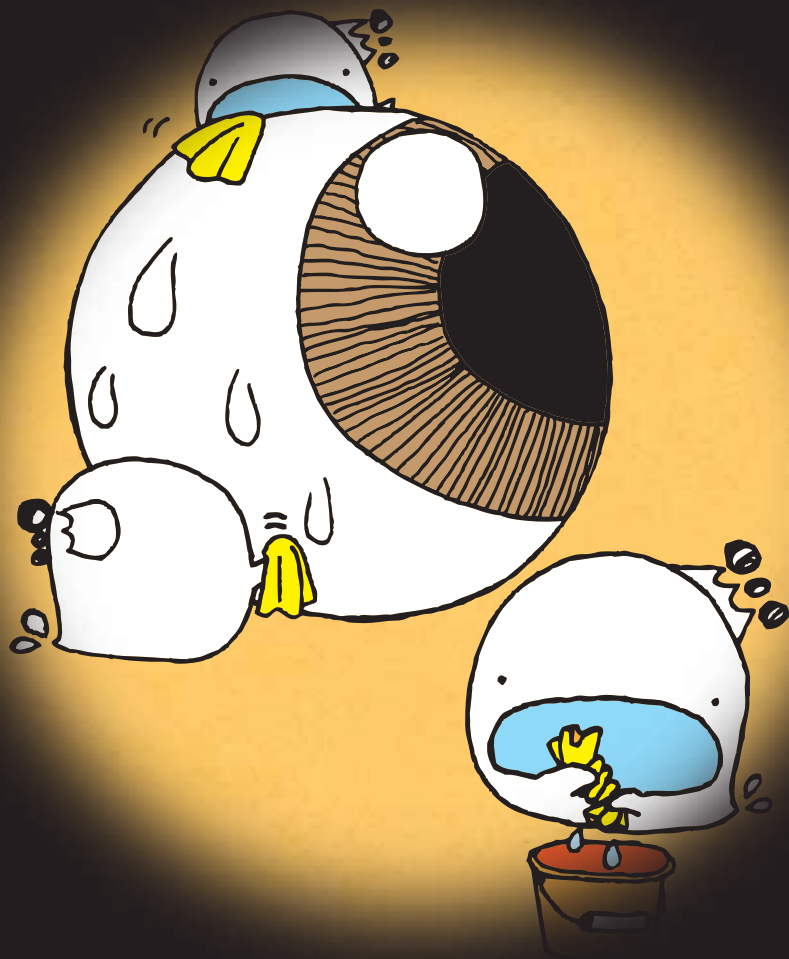
## Flying Eye Hospital (眼科飛機醫院)



奧比斯擁有全球獨一無二的眼科飛機醫院，飛到世界上的發展中國家，教導當地眼科醫生、護士，讓他們有能力幫助自己國家的人民醫治眼睛疾病。

Orbis operates the world's only Flying Eye Hospital. The plane and its volunteer faculty visit developing countries sharing new sight-saving skills with medical personnel wherever they land.

# G Glaucoma (青光眼)



成因主要是房水無法正常排出，令前房的眼內壓增加，使視覺神經受損而引致失明。患者的視線會越來越收窄，直至完全看不見。

Results from increased pressure in the eye when the eye is unable to drain excess fluid. This damages the optic nerve and leads to eventual blindness.



## H

## Hospital (醫院)

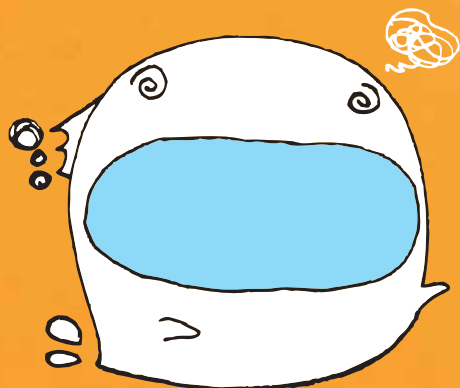
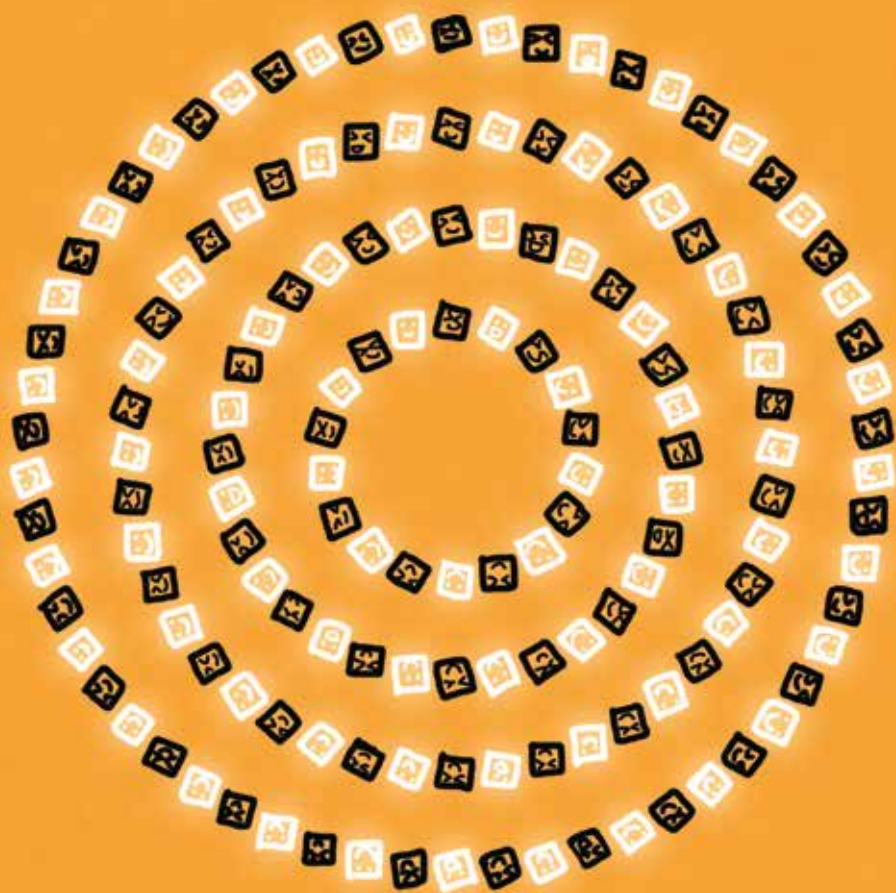


小AA友，你能幫忙找出前往  
眼科醫院的路嗎？

Can you find the way to the  
eye hospital?

## I

## Illusion (錯覺)



你看到是四個圓圈  
還是螺旋紋呢？

What do you see?  
Four circles or a spiral?



奧比斯的工作並不限於在飛機醫院上。自1982年開始，我們的義務眼科醫生一直展開不同旅程，到達不同的國家進行救盲工作，訓練其他眼科醫護人員。

Orbis's work is not limited to the Flying Eye Hospital! Since 1982, our volunteer faculty has been working around the globe and sharing their skills with other eye-care professionals.

## K Kids' Sight (孩子的視力)



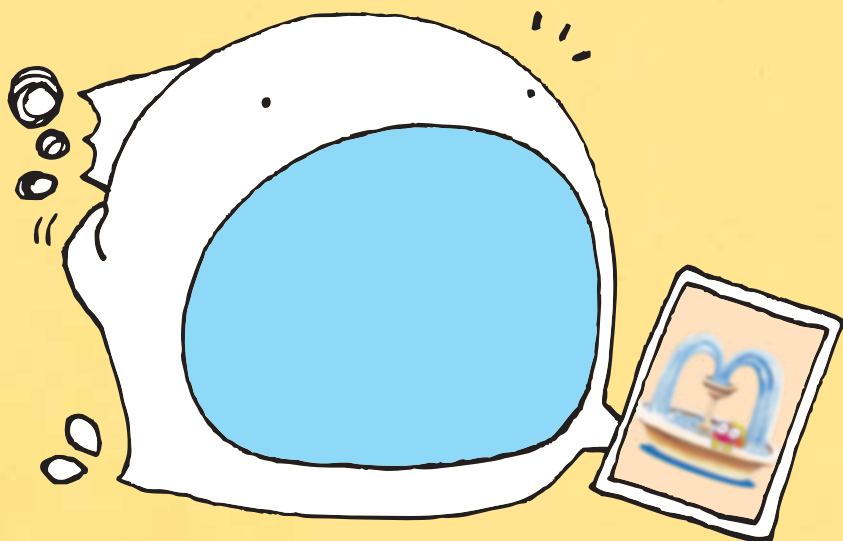
全球有3千6百萬名失明人士，當中八成的個案是可以預防或治療的。九成在發展中國家的失明孩子都沒有上學的機會，最終迫使他們囚牢於貧窮之中。

Among 36 million people who are visually impaired, 80% of the cases can be prevented or cured. Some 90% of blind youngsters in developing countries are deprived from the chance of going to school, ending up a life of poverty.



# L

## Long-sightedness/ Hypermetropia (遠視)



遠視是眼睛看遠的東西時很清楚，但看近的東西時模糊不清。

Long-sightedness occurs when your eyes can focus on objects which are far away but not on items which are closer.



# Myopia / Short-sightedness (近視)

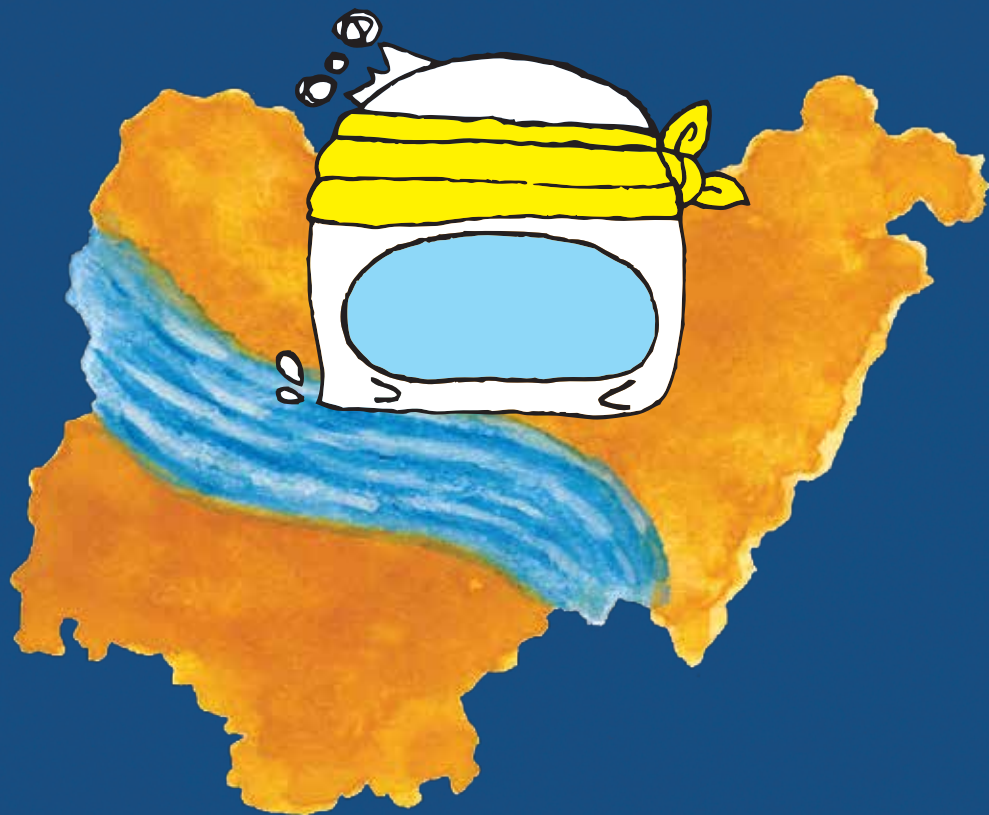


當我們的眼睛能看到近的東西，但看遠的東西時不清楚，我們便可能患上近視。

Myopia happens when your eyes can focus on close objects, but not those which are further away.

**N****Nigeria (尼日利亞)**

★ 猜一種病 Guess a sickness



河盲症是引致尼日利亞當地居民失明的主要眼疾之一，由一種叫蟠尾絲蟲的寄生蟲引發，它們寄生在河道生存的昆蟲身上，當居民使用河水時，很容易感染到細菌。現時尼日利亞估計有3,500萬人受河盲症感染。

Caused by onchocerca volvulus, a riverborne parasite which threatens around 35,000,000 Nigerians, this condition is one of Africa's major causes of blindness.

答案 Answer：河盲症 River Blindness



## Ophthalmologist (眼科醫生)



世界各地有很多熱心的眼科醫生，利用工餘時間跟隨奧比斯到發展中國家幫助失明人士，我們現時的義務眼科醫療團隊由來自30多個國家，超過400位眼科醫生組成，傳授眼科醫療技術。

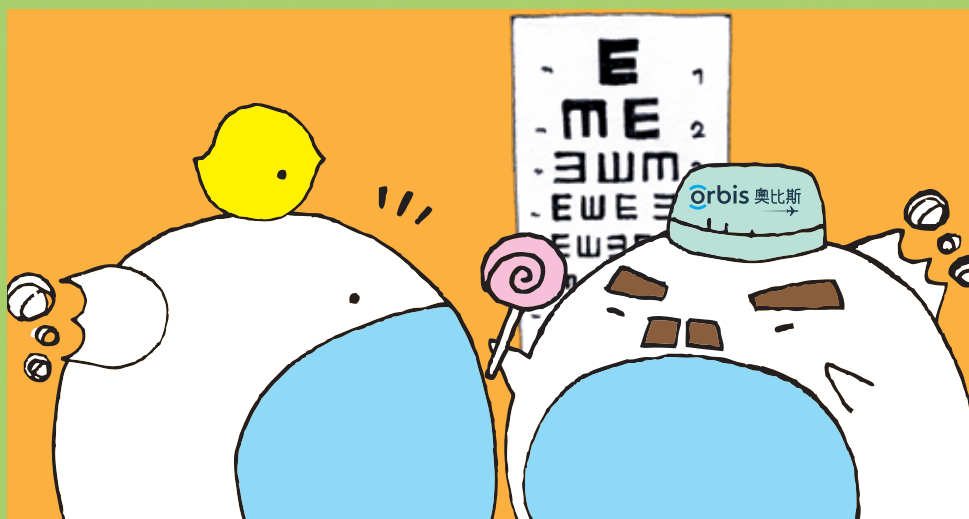
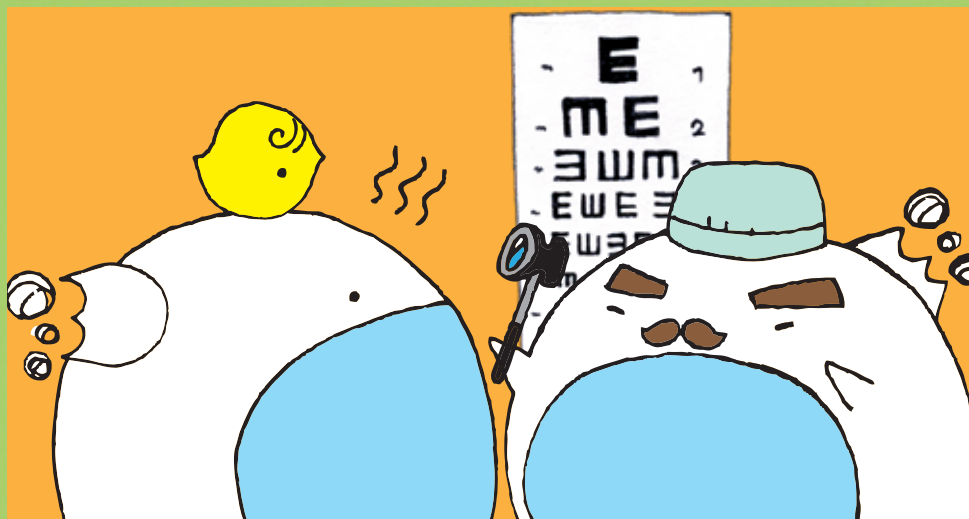
Orbis's volunteer faculty is made up of some 400 talented and highly passionate eye doctors from over 30 countries whose skills have helped save or restore the sight of people in the developing world.



# P Photo Hunter (找找看)

考考你的眼力，你能找到下面兩幅圖的不同之處嗎？(共有五個)

There are five differences between the two pictures below.  
How quickly can you find them?





七歲的阿廣來自越南，一出生就患有眼瞼下垂，上眼皮遮蓋著眼睛，使他因樣子奇怪而被其他小朋友取笑，直至奧比斯安排阿廣接受手術，他的視力及樣子才回復正常，終於露出笑臉。

A 7-year-old Vietnamese boy, Quang was born with ptosis and was mercilessly teased by other kids because of his strange-looking eyes. Luckily, an Orbis surgeon restored his sight and smile.

# R Rest (休息)



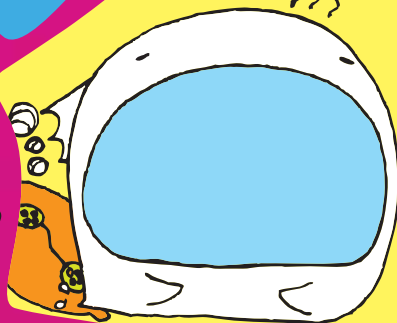
每天至少有八至十小時  
睡眠時間

Always sleep for  
8-10 hours every day



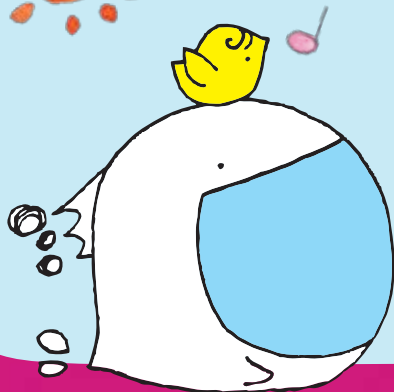
每使用電腦或看電視  
30分鐘，應讓眼睛  
休息五分鐘

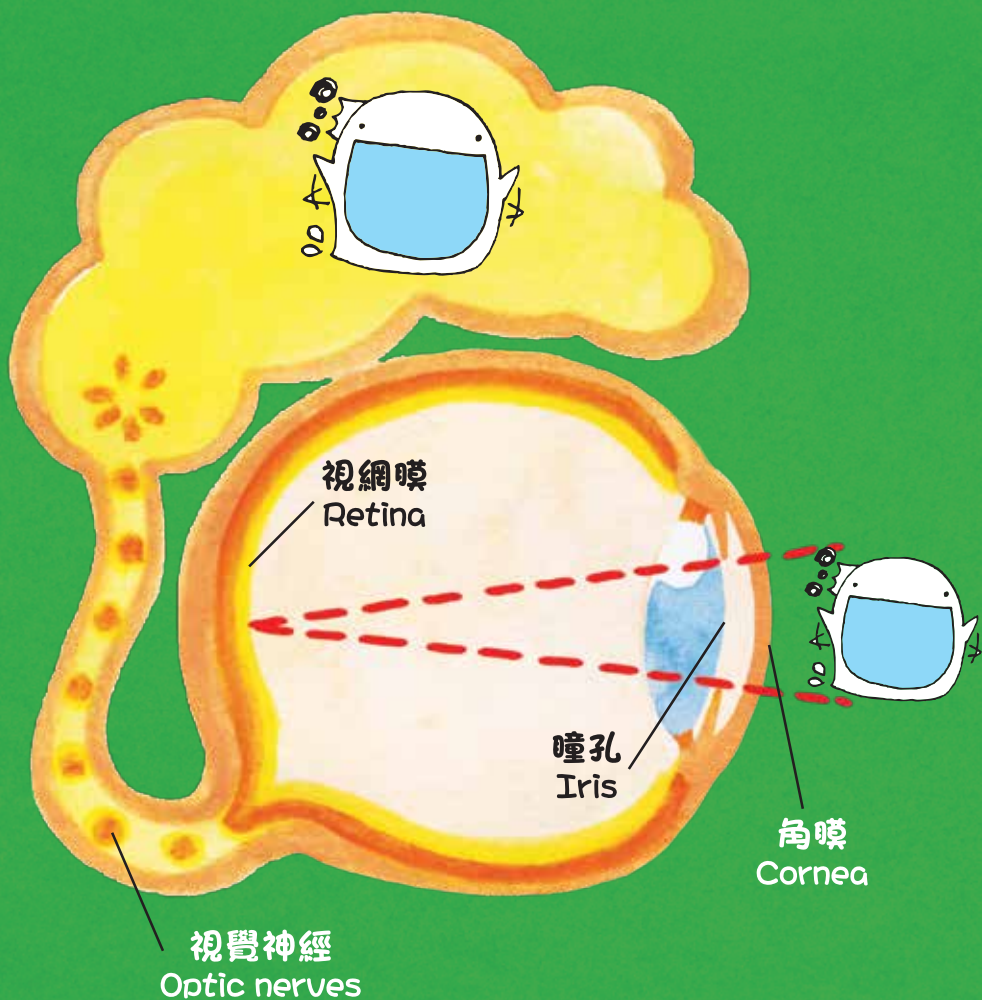
Always rest for  
5 minutes after  
playing on your  
computer or watching  
TV for 30 minutes



多到戶外看綠色植物，  
讓眼睛得到舒緩

Always let your eyes relax by  
going outdoors and looking at the green plants





瞳孔後面是一塊眼球晶體，能把光線聚集成一點，使東西能夠投影在眼睛的尾部(視網膜)，當視網膜把這些東西變成訊息傳送至大腦，我們就能「看」得見。

The lens in your eye focuses light onto the retina at its rear which then detects the light and transforms it into images which are passed onto your brain enabling you to SEE!



# T Trachoma (砂眼)

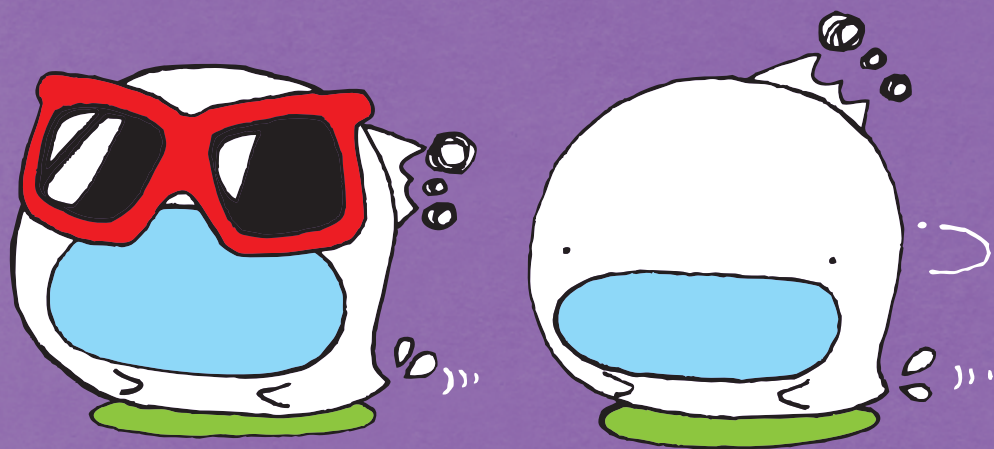


砂眼是最古老的眼疾，多在非洲等發展中國家出現。病菌可經由蒼蠅、人體分泌物傳播，是可以導致失明的眼睛疾病。

A centuries-old form of blindness which is endemic in Africa, trachoma is often spread via flies and human secretions.

## U

## Ultra Violet (UV) Rays (紫外線)



光線中的紫外線對眼睛的傷害很大，所以我們應避免雙眼直接接觸紫外線，若陽光太猛烈記得戴帽或太陽眼鏡保護眼睛。

As UV rays from the sun can harm your eyes, always avoid direct contact by wearing protective sunglasses or a cap when going out on sunny days.

**V**

# Vitamin A (維他命A)



維他命A可以幫助防止視網膜退化及保護眼睛黏膜。魚、紅蘿蔔及深綠色的蔬菜(如西蘭花)等食物均含有豐富維他命A。

Vitamin A found in fish, carrots and other dark green veggies such as broccoli can help prevent the degeneration of your retina and protect your eyes.





# Water (水)



水是其中一種傳播細菌的途徑，因為發展中國家的水源常受到污染，很多眼睛疾病如砂眼、紅眼症等也可經由這些髒水傳播。

Rivers and ponds are major spreaders of germs in developing countries where eye diseases such as trachoma and pink eye run rampant.



# X (Unknown) (未知數)

可以猜出下圖中的未知數嗎？

Can you fill in the unknowns below?

				4				9
			5		2	1		
			7	3	9		5	6
		7					2	8
9		3	6	2	7	5		1
4	1					6		
8	6		2	5	3			
		9	4		8			
5				7				

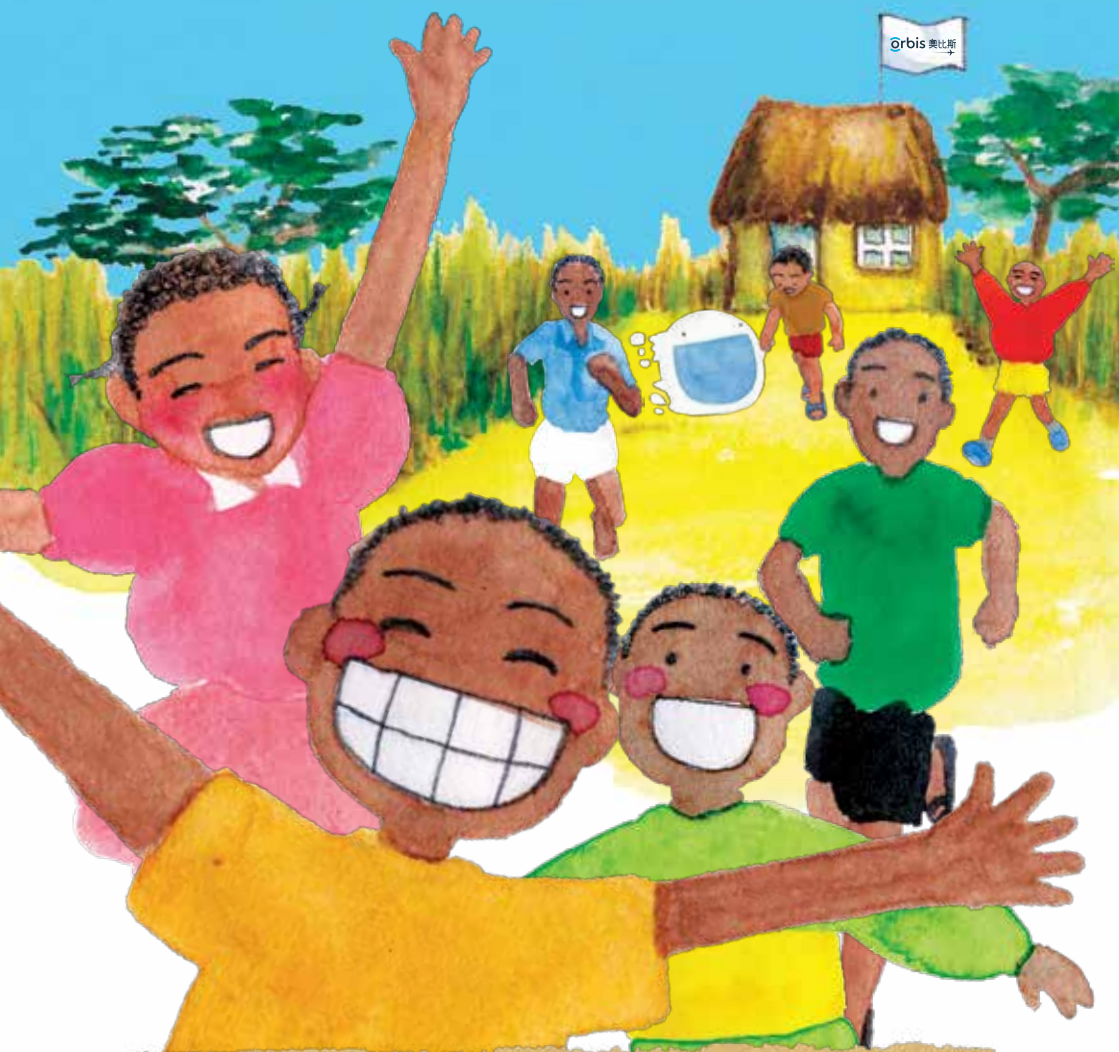


2	9	8	1	7	6	7	3	5
7	6	3	8	9	4	6	2	2
5	1	5	8	2	5	1	9	8
7	6	7	3	5	6	8	2	4
3	7	6	5	6	8	2	1	4
1	4	5	7	2	6	3	8	9
8	5	2	7	1	4	3	7	6
6	2	5	9	7	3	8	4	1
4	6	5	8	2	1	3	9	7
9	8	7	6	1	4	5	2	3

**Y****(Why) help Orbis save sight? (為什麼要救盲?)**

幫助失明人士恢復視力，可以改變他們的一生。只要看得見，他們便有工作的能力，改善生活；失明小孩就能上學，長大後養活自己和家人。

When we help restoring and saving blind people's sight, we are not only transforming their lives but also those of their loved ones. By making donation of any sizes, you will enable us to help needlessly blind people return to work, kids to study.

**Z****Zambia (贊比亞)**

贊比亞是全球最貧窮的國家及兒童失明比例最高的國家之一。奧比斯自2010年起在這裡進行兒童眼科保健計劃，成立小兒眼科護理中心，為有複雜視力問題的兒童提供專業治療和護理。

Zambia is one of the most impoverished countries with high rate of childhood blindness. Since 2010, Orbis has launched pediatric eye-care campaigns and set up a pediatric eye care center to provide specialized treatment and care for children with complex sight problems.

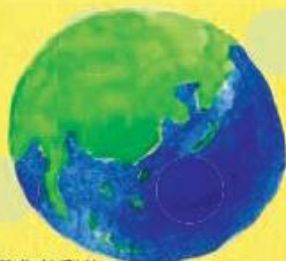


## 關於奧比斯：

奧比斯是一個領導全球防治盲盲的國際非牟利的機構。我們防治失明問題超過三十年，透過傳遞眼科技術、資源及知識，讓眼病患者改變生命。奧比斯團結力量，在不同國家建立合作夥伴，跟醫院、大學、政府機構及國家衛生部等等，一同培訓眼科人才，強化醫療體系，並在公共衛生的議題上大力倡導眼睛健康。奧比斯透過改裝一架MD-10型號的貨機，擁有一所全世界認可的流動教學醫院。

## About Orbis

Orbis is a leading global non-governmental organization that has been a pioneer in the prevention and treatment of blindness for over 30 years. Orbis transforms lives by delivering the skills, resources and knowledge needed to deliver accessible quality eye care. Working in collaboration with local partners including hospitals, universities, government agencies and ministries of health, Orbis provides hands-on ophthalmology training, strengthens healthcare infrastructure and advocates for the prioritization of eye health on public health agendas. Orbis operates the world's only Flying Eye Hospital, a fully accredited ophthalmic teaching hospital on board an MD-10 aircraft.



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