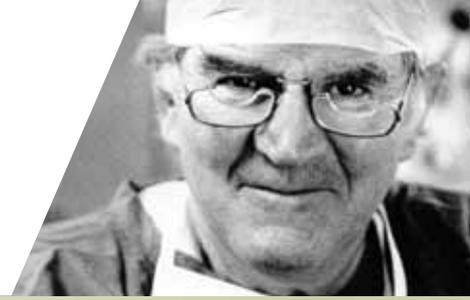


**The Fred Hollows
Foundation NZ**



Thank You!

Thank You!
Thank You!

Vani sees the smiles of
her grandchildren
for the first time

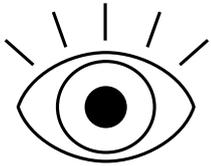


In 2013 you restored sight to more people than ever before

Your donations helped thousands of blind and vision-impaired people across the Pacific, Papua New Guinea and Timor-Leste to see again. Your support also enabled us to reach more people living in remote areas, whose quality of life was changed irrevocably for the better. **Thank you.**

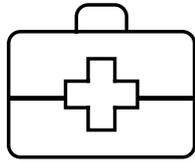
↑ **17%** increase on surgeries performed in 2012.

↑ **20%** increase on patient visits in 2012.



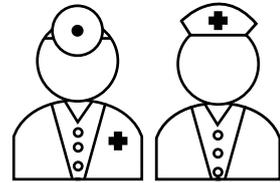
4,977

sight-restoring surgeries.



63,647

patients visited our clinics and surgical outreach programs.



29 eye doctors, nurses and technicians graduated from Fred Hollows Foundation NZ training programs in 2013.

Foundation-trained eye nurse Melissa Gong checks a patient during an outreach to Daru, Papua New Guinea.





Breakthrough in delivering eye care to rural Fiji

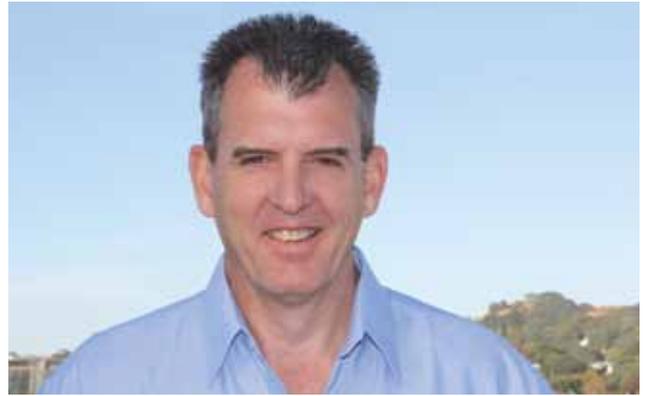
The Pacific's first mobile eye clinic set to launch

In late 2014 The Foundation will launch a mobile eye clinic in Fiji, the first of its kind in the Pacific. Made possible by Foundation supporters, the clinic is expected to double the annual number of sight-restoring surgeries in the country, and vastly increase our ability to serve patients with diabetes or refractive error. Helping people living remotely in the western and northern regions of Viti Levu, this world-class clinic will be built in New Zealand and equipped with a consultation room, sterilising area and single bed operating theatre, before being delivered to Fiji.



The work of The Fred Hollows Foundation NZ is generously funded in part by the New Zealand Aid Programme and Australian Aid (AusAID).

The Fred Hollows Foundation NZ is a registered charitable entity under the Charities Act 2005. Donations made to us are used to support our programs across the Pacific, Papua New Guinea and Timor-Leste. We welcome all queries and feedback — please email us at info@hollows.org.nz or phone 0800 227 229. ISSN 2253-3796 (Print) ISSN 2253-380X (Online)



You've made Fred proud

No one in the world should remain needlessly blind. Together with our supporters, we're constantly looking at how we can reach more people and go further for longer in the areas we work, helping people who previously didn't have the means to get to our clinics or outreaches.

One innovative solution to this issue in Fiji, is our mobile eye clinic (see opposite) which will allow an estimated 1,000 additional people to have cataract and other sight-saving surgeries and provide those with diabetic retinopathy a further 1,250 laser treatments annually. The late Professor Fred Hollows would be immensely proud of this example of Kiwi ingenuity that is destined to make a significant dent in the burden of avoidable blindness in Fiji.

Another solution is to expand our services further across the Pacific region, as we did this March with our pilot outreach to the Federated States of Micronesia (FSM). We sent an outreach team at the request of the FSM government and it was a great success. Excitingly, we can see the beginnings of a local eye care system developing, with the first eye doctor from the FSM now in training at the Pacific Eye Institute.

Thank you for your ongoing support and for sharing our vision of a world where no one is needlessly blind.

Andrew Bell
Executive Director



Giving the gift of sight in Fiji

After 12 years of blindness, Vani sees again

In February, a team from The Foundation's Pacific Eye Institute visited Rakiraki, a town on the northern coast of Viti Levu. It was there that they met Vani Vatuwaliwali, pictured with her grandchildren on the cover.

Vani lived in total darkness for 12 long years. The 72-year-old-grandmother spent her days "just sitting, sitting" and waiting for help from her daughter-in-law, on whom she relied for almost everything.

The lack of accessible eye care in Fiji means that our surgical outreaches are characterised by queues of patients, eager to receive the treatment they've often waited years for.

Vani had her sight restored by Foundation surgeon-in-training Dr Mandeep Kaur, right before a cyclone hit Rakiraki. Flash flooding forced the team to evacuate the hospital the day after her surgery, making Vani's post-op check-up impossible. Word spread around Vani's village that the eye team was in residence at the local hotel minutes down the road, so she resolved to sit and wait in the lobby, knowing the team would return.

Eventually they did and in the middle of the reception area, Vani's bandage was removed. Her eyes squinted a few times. Then, a huge smile. Her voice crackled with emotion "Vinaka! Vinaka! Vinaka!" (Thank you! Thank you! Thank you!). Now, Vani can see the world, read her Bible, and rejoice in watching her grandchildren grow up.



To see a time lapse
of the operating
theatre in Rakiraki
[hollows.org.nz/
watch](http://hollows.org.nz/watch)



Vani walks home confidently, accompanied by Foundation surgeon-in-training Dr. Mandeep Kaur, who performed Vani's surgery.

The Pacific Eye Institute

Suva is the capital of Fiji and home to the Pacific Eye Institute (PEI), which we established in 2006 along with the Fiji Ministry of Health. PEI is the Pacific region's first training facility for eye health professionals. It forms the hub of The Foundation's education and training program, with a pan-Pacific student body and rigorous eye care standards. PEI is a centre for study, a public eye care clinic, and the base for our surgical outreach program.

Your achievements in Fiji

1,914

sight-restoring surgeries performed

32,707

patient visits to our clinics and outreaches

92

eye care professionals have graduated from PEI since 2006



After her patch was removed, Vani read her favourite passage from the Bible.

The magic bit of plastic

Seventeen-year-old Kaveni and his grandmother Vaciseva are just two of the millions around the world who have benefited from Fred's Kiwi can-do attitude.

On our recent surgical outreach to Rakiraki, they both received sight-restoring surgery using the low-cost IOLs that Fred made possible.

Just the very next day both could see again. Thank you for making these magic moments.



Fred's miracle is now your miracle

How Fred revolutionised cataract surgery in the developing world

During the 1980s, Professor Fred Hollows and Dr Sanduk Ruit, a Nepalese eye doctor, met and developed a shared vision of bringing modern eye health services to Nepal. They knew that cataract blindness could be reversed with a simple operation. However, the tiny plastic intraocular lens (known as an IOL) needed to replace the cataract-damaged lens of the eye cost around US \$200 each, making cataract surgery unaffordable for people in the developing world.

Fred lobbied the multi-national manufacturers to drop the price of IOLs without success. In the early 1990s, Fred and Dr Ruit began working together towards building a world-class IOL manufacturing facility in Nepal. Supporters from across New Zealand donated funds to help build the facility.

“They both pushed boundaries and demanded results and their combination was always going to give us an enduring and powerful legacy.”

- GABI HOLLOWS, FOUNDING DIRECTOR AND PATRON, THE FRED HOLLOWS FOUNDATION, ON FRED AND DR RUIT

In 1994, one year after Fred passed away, the Fred Hollows IOL Factory in Kathmandu began producing high quality, low-cost IOLs. Today, an IOL costs around \$3, making cataract surgery much more accessible to people in need.

Did you know diabetes causes blindness?

Tackling diabetic retinopathy together

There's enormous concern about the levels of diabetes globally, with six out of ten of the world's worst incidence rates found in the Pacific. Some theorists have suggested that diabetes will be the leading cause of avoidable blindness into the future. With this in mind, The Fred Hollows Foundation NZ has taken the lead to develop strategies and train personnel to treat diabetes-related eye disease, known as **diabetic retinopathy**.

What is diabetic retinopathy?

Diabetic retinopathy affects people with diabetes whose delicate retinal blood vessels are more likely to weaken and expand, leak, or bleed, resulting in scarring in and about the retina (the "seeing" layer of the eye). This results in the gradual and painless loss of vision in one or both eyes.

How the world appears to someone with diabetic retinopathy

Normal vision



Vision with diabetic retinopathy



Prevention and treatment



Sight loss from diabetic retinopathy cannot be reversed, but regular eye examinations, timely laser treatment and closely managed blood sugar levels can prevent the situation worsening. With the right systems in place, together we can increase the number of people being detected with and treated for this devastating eye disease.

Foundation-trained eye doctor, Shereen Aiyub, prepares a diabetes patient for laser treatment.



Become a Miracle Maker and restore sight monthly

Your monthly donation can change the world of patients like Tuipuloto.

Thousands of Kiwis across New Zealand are Miracle Makers and restore sight by donating to The Fred Hollows Foundation NZ every month. It's a powerful way for you to help people see again, and provides us with a reliable source of funding as we plan our work. It's also a convenient way to give, with automated donations by credit card or direct debit.

Miracle Maker and chef Michael Meredith owns the award-winning restaurant Merediths in Auckland. He became a Miracle Maker after a Fred Hollows Foundation campaigner came to his door.

“When you lose your eyesight, that’s a whole lot of your life lost.

I can’t see myself doing what I do without my sight. I signed up to give

monthly because I wanted to make a long-term commitment.”



Chef Michael Meredith

3 easy ways to donate



Mail the coupon below to PO Box 99909, Newmarket Auckland 1149



Call free on 0800 227 229



Donate online hollows.org.nz

To find out how you can become a Miracle Maker, visit hollows.org.nz/donate or phone 0800 227 229

YES, I will make a gift to restore sight and eliminate blindness

STEP 1: My gift

\$25 \$50 \$100 \$200 Other \$ _____

STEP 2: My payment

Cheque/Money order enclosed made out to The Fred Hollows Foundation NZ

Debit my credit card (please circle)

VISA | MasterCard | AMEX | Diners Club

Card number _____

Name on card _____

Signature _____ Expiry date ____/____/____

STEP 3: My details

Title _____ First name _____

Family name _____

Address _____

Suburb _____ Donor ID _____

City _____ Postcode _____

Phone _____ Mobile _____

Email _____ Date of birth _____

Please send me information about:

Monthly giving Payroll giving Leaving a gift in my will

MAIL THIS COUPON TO PO BOX 99909, NEWMARKET, AUCKLAND 1149 | DONATIONS OF \$5 AND OVER ARE TAX DEDUCTIBLE AND WILL BE RECEIPTED.