



盧英
Ying Lu

眼科醫生
Eye Physician

仁心仁術的光明天使

如果自己本人或有家人失明看不見東西，那種無奈和無助的感受，也許只有當事人才能真正體會得到。但是，盧英 (Dr. Ying Lu) 作為一名眼科醫生，她不僅能理解這種痛苦，她更期望能透過自己的專長，讓失去光明的人重見天日。

祖父遺教 體恤他人

在一個清涼舒爽的下午，盧英醫生診治完當天最後一名病人，在她的醫務所接受筆者的訪談。盧英出生在中國的上​​海，但祖籍是自古被譽為「天下糧倉」的湖北，祖父母一代是鹽商，家境不錯。在中國近代史上，鹽商給人的印象，似乎總是與盤剝刻薄扯上點關係，但盧英談到祖父母一代時，很自豪地推崇先人一生的原則是「體恤為先，賺錢其次」。盧英回憶祖父生前曾對父親說過的一段話：「你可以降低生意的利潤，這樣可以讓窮人百姓多吃一點，而你仍然賺到了錢。」盧英的父親是紡織工程師，母親則是成人教育老師，她姊妹兩人從小就是在敦厚純樸的家風下成長。

她說：「家父後來成了上海著名的合成紡織研究所所長，他一生牢記祖父的訓誨，文革期間父親被劃為資本家，曾遭軟禁8年，94年偕母親移民來到多倫多與她一家團聚，儘管受過迫害，但他一直愛自己的祖國。」說到雙親都已棄養，盧英的眼角泛紅，筆者不忍，引開話題，她終於露出笑容表示，她母親生前常告訴她，每個人最大的需求都不過是

「頭上一片瓦，地上一張床，桌上一個碗。」剩下的就是相互扶持，幫助別人，去年她首次參與奧比斯團隊(Orbis)，回到祖國替失明的同胞診治，讓他們重見光明，兌現了她對父母親生前許下的承諾。

遇到貴人 改變一生

盧英一生的境遇，好像冥冥中早有安排。1986年的盛夏，她當時正在上海醫科大學就讀，碰到一位名叫Massey Beveridge的加拿大留學生，他畢業於安省京士頓皇后大學(Queen's University)醫學院，並取得了英國劍橋大學人類學碩士學位，申請來到上海醫科大學實習，他母親是已故加拿大總理杜魯道(Pierre Trudeau)的好朋友，在安省Gravenhurst小鎮白求恩醫生故居附近還有一棟渡假屋。白求恩醫生與中國共產黨的關係，加上當年杜魯道總理對中國的友好，打開了盧英和Massey Beveridge的話匣子。當時盧英已辦好到澳洲的簽證，準備到昆士蘭大學深造，但是就在她與Massey的一席對話後，她接受了對方的建議，決定來加拿大，她以優異的學習成績，在「加拿大國際發展總署—Canadian International Development Agency，簡稱CIDA」援助計劃下，順利地申請到皇后大學的獎學金，1988年8月來到完全陌生，但對她而言充滿著期待的加拿大。

有了CIDA的資助和皇后大學研究所的獎學金，88年11月起，盧英發奮攻讀免疫學碩士學位，鑒於她在研究所的成績突出，醫學院邀請她志願成為大學醫學院醫科的晉級生(Advanced Student)，從90秋至94春，她以四年不到的時間讀完醫學院，期中有兩年的時間是同時攻讀研究所和醫科兩個學位的，回憶這段歲月，雖然非常辛苦，但自豪的是，當時她

是皇后大學建校125年以來，首位同時攻讀醫科文憑和研究生文憑的學生。

談到醫學院選科時，盧英說有一次翻閱美國國家地理雜誌，正好看到一篇介紹眼科的文章，非常吸引她。她認為眼睛是視覺藝術和科學的綜合體，從某個角度來說，也融合了人文和心理學的因素，正合她的心意，於是她立志要成為一名眼科外科醫生，幫助更多的人恢復正常的視力。從醫學的領域來說，眼科是最難申請和競爭最激烈的專科之一，她申請的那一年，全加拿大所有大學的醫學院眼科只錄取了14名學生，皇后大學醫學院只錄取了2名，當時幾乎沒有人想到她會被錄取，但盧英憑著個人的努力，在全國數以千計的醫科學生之中脫穎而出。

選擇眼科 澤被盲人

1992年初夏，盧英申請到渥太華眼科診所學習，認識了加拿大的視網膜專家Brian Leonard，他是加拿大奧比斯(Canadian Orbis)援助計劃的創辦人，告訴她許多關於奧比斯援助計劃的內容，以及該計劃與中國千絲萬縷的情繫，問她願不願意加入這項計劃，為失明的人服務，當她了解什麼是奧比斯之後，二話不說，成為其中的一員，去年3月中第一次隨團飛回到中國湖北省的武漢，投入為期兩周的密集救盲及醫療訓練計劃。她說，奧比斯的運作經費大約是美金230萬，七成是香港和台灣慈善家捐贈的。

據統計資料顯示，中國境內大約有600萬因白內障失明的人，佔全球盲人的18%，由於家境貧窮，手術費用昂貴，農村地區醫療設備不足，導致許多本來可以治癒不會失明的人成了盲人。盧英對於這一點非常難過，她利用奧比斯在武

漢的兩個星期的時間，除了即場示範眼科手術以外，向中國的眼科醫生及醫護人員提供相關的培訓。奧比斯自1982年在美國達拉斯創立迄今，標誌著「慈善家、航空界、眼科治療」三方面的結合，獲益最大的就是中國。由於眼科的儀器非常精密昂貴，個別醫生攜帶不可能，把一架專機裝備成一間流動的眼科醫院，最能發揮培訓示範的功能，自成立以來，每年都會飛去中國服務及培訓，至少已培訓了兩萬多名中國的眼科醫生，但是由於農村範圍非常廣闊，醫療設備仍然非常欠缺，眼疾的治療還未能普及。

盧英醫生說，可能是種族的關係，華人罹患閉角性青光眼的比率甚高，這種眼疾造成失明的可能性頗大，一有徵狀要及早求醫。她舉出一般華人關於視覺最常犯的三點錯誤觀念：首先是以為有了近視或老花以後，盡量不戴眼鏡就可避免加深，這是最不正確的，不戴眼鏡會加深近視和老花，情況只會越來越糟；其次很多人以為售價越貴的太陽眼鏡一定更能保護眼睛，其實不然，2塊錢一付的太陽眼鏡，與200元一付的太陽眼鏡，其作用是一樣的；還有一點要告訴大家的是，白內障手術在過去20年的變化非常大，傳統的手術是為了減少併發症，通常是等到白內障完全成熟了才施手術摘除，但現在新的治療方法是用超聲乳化的方法，把白內障晶體吸出來，不必等這麼久。

謹記父訓 俯仰無愧

作為一名眼科醫生，她體會到最重要的是滿足病人的要求和期望，即是英文字的Availability，尤其是華人上門求診，許多有關眼疾的專有名詞都不易明白，英文表達能力不夠的，就更不易與醫生溝通了，她在這方面幫助不少華人患

者。她說，加拿大一般都是單一小家庭，有些華人家庭與年老的父母同住，如果家裡有人因眼疾失明的話，其他家庭成員都會受到很大的影響，甚至連上班都有問題，對生活的質量肯定大打折扣。從擔任眼科外科醫生的十多年來，她估計做了大約3萬宗的手術。筆者看到她診療室牆上掛著她父母親生前寫給她留存的一幅字：「謙虛謹慎，精益求精」，盧英真的無愧於父母對她的期許。

對於一些具有國內專業資格的大陸移民，來了以後得不到專業認證而感到沮喪者，盧英鼓勵這些人先學好語文，同時還要再學習，由於中國的專業訓練與北美有很大的差距，這不是先進與落後的問題，也不是水平的問題，而是體制的問題，如果想取得這兒的專業認證，必須要通過本地的規定，這是必經之路。她同時勸諭新移民要靈活一點，要抓住機會，不一定非要回到完全對口的專業，也許在相關的領域上能闖出更廣闊的一片天。

在日常生活中，盧英的三種角色都非常稱職，在診所和醫院是良醫，在家裡是賢妻良母。她的夫婿彼爾·沙樂文(Pierre Sullivan)是美國生長的加拿大人，他們是大學研究所的同學，目前是多倫多大學機械工程系的副主任兼教授，三個可愛的孩子，分別是10歲、8歲和6歲。盧英最感動的是，夫婿雖然是白人，但對她的父母親非常孝順，她們是94年結婚的，她父母親亦視夫婿如親子，沒有任何文化代溝和隔閡。

談到她的種族觀和國際觀，盧英認為，國界地域是人為的，沒有一個國家或個人是完美無缺的，共同的世界觀和價值觀要比狹隘的種族意識重要得多，作為醫生，她希望對所有需要的病人提供服務，不論對方是什麼膚色，來自什麼地方。



3歲時的盧英與母親合影，
純真、可愛、慧黠。



5歲的盧英(左)與姊姊合影



98年與父母親及夫婿、長女合影



盧英與長女



盧英旅遊時的全家福，夫婿彼爾沙樂文
(Pierre Sullivan)和3個可愛的孩子。



盧英醫生難得在度假遊輪上輕鬆一下



94年從皇后大學醫學院畢業



99年考取醫學院眼科外科醫生資格，
與友好分享喜悅。



盧英參與ORBIS醫療計劃，華裔參議員利德
蕙及夫婿伍衛權醫生給予支持和鼓勵。



盧英與「奧比斯」— ORBIS醫療計劃加拿大
創辦人，著名眼科醫生、視網膜專家
Dr. Brian Leonard。



2007年參與「奧比斯」-ORBIS醫療團隊
服務計劃，在中國治療眼科小病人。



2007年「奧比斯」— ORBIS
醫療團隊成員

Dr. Ying Lu A Kind-Hearted Angel of Brightness

Dr. Ying Lu, as an ophthalmologist, understands the pain and the helplessness that a blind patient feels, and she hopes that she can use her specialized skills to let them see again.

Ying Lu was born in Shanghai, China. Her grandparents were well-off salt merchants from He Bei. In the history of China, salt merchants were often associated with meanness, but when Ying Lu talks about her grandparents, she is proud to say that their principle had always been: concern for others over profit. Ying Lu remembers her grandfather taught her father that if they had a lower margin in their shop, the poor people would be able to afford more basic necessities. Ying Lu's father was a textile engineer, and her mother was an adult education teacher. She and her sister were brought up in a family with kind and generous traditions.

Ying Lu's father, Mr. QiMing Lu, was the head of the famous Shanghai Textile Research Institute. She tells the story that during the Cultural Revolution, he was labelled a capitalist, and put under house arrest for eight years. Despite what happened, Ying Lu says he always loved his country. Both her parents believed in the value of education, and while there was little schooling during the revolution, her mother Zhang Yalin continued to teach Ying and her sister Min at home. Ying Lu feels their success was largely due to their parents and their conviction that education was of extreme importance (Min Lu is now a Marine lawyer and professor in China). In 1994, her parents immigrated to Canada and reunited with Ying Lu's family. Ying Lu says that her mother

often told her that a person's biggest need is 'a roof over one's head, a bed to sleep in, and food on the table'. Anything else is secondary. What is really important is that everyone should help each other. Last year she participated in Orbis for the first time, and returned to China to take care of blind patients, and restore their sight where possible. This fulfills her promise to her parents.

How Ying Lu ended up in Canada is a tale of its own. In the summer of 1986, while she was attending Shanghai Second Medical University, she met a Canadian student called Massey Beveridge. He was a medical student at Queen's University Medical School in Kingston, Ontario, and was visiting Shanghai University Medical School. Massey's mother was a very good friend of Prime Minister Pierre Trudeau and Massey's family had a cottage in Gravenhurst, Ontario, very close to the house that Dr. Bethune once lived in. Ying Lu and Massey Beveridge had a lively conversation over these connections. At that time Ying Lu had already completed her university application to Australia. After her conversation with Massey, she accepted his suggestion to come to Canada instead. With her superior academic records, and assistance from the Canadian International Development Agency (CIDA), she successfully obtained a scholarship from Queen's University. In August, 1988, she came to this totally foreign land called Canada.

An interesting side note to this story is that fifteen years after Ying and Massey's meeting in Shanghai, he founded the Dr. Norman Bethune international surgical round table at University of Toronto. Ying was taken under the wing of the Beveridge family after she came to Canada.

Ying Lu initially studied for a Master's degree in immunology, but because her research work was so outstanding,

Queen's University Medical School invited her to become an advanced student there. From 1990 to the spring of 1994, Ying Lu finished medical school in less than four years. During that time there were two years in which she was also studying for a research degree. In the 125 years of Queen's history, she was the first student who got two degrees at the same time.

Ying Lu is attracted to ophthalmology, because she feels that the eye is a combination of both art and science. She made up her mind to become an eye physician, so that she could help blind people get their normal sight back. Within the various medical specialities, ophthalmology is one of the most competitive areas. During the year she applied, there were only fourteen students accepted for that specialization across Canada. At that time no one thought she would be accepted, but Ying Lu was one of the four accepted by University of Toronto from among the thousands of medical students.

In the early summer of 1992, Ying Lu applied to an eye clinic in Ottawa for an internship. There she met Brian Leonard, a vitreoretinal surgeon. He is also the founder of Canadian Orbis. He told her the mission of the Orbis Agency is to preserve and to restore sight by strengthening the capacity of local health professionals to prevent and treat blindness in the underdeveloped countries, and that the program has a close relationship with China. Once Ying Lu understood what Orbis was about, she joined without hesitation. Last year in March, she flew with the Orbis Flying Eye Hospital, a state-of-the-art eye surgery and teaching hospital inside a DC-10 aircraft, to Wuhan in the northern part of China, and for two weeks they treated the blind and trained the local doctors. Ying Lu says of the \$2,300,000 funding, seventy percent was donated by philanthropists from Hong Kong and

Taiwan.

According to statistics, there are about six million people in China who cannot see because of cataracts. They account for about 18% of all the blind in the world. The rural areas suffer from inadequate medical supplies, and because the people are very poor and cannot afford the high cost of a cataract operation, many of these people become blind even though cataracts are treatable. Ying Lu feels very sad about this. During the two weeks in Wuhan with Orbis, she not only demonstrated the various eye operations, but also provided relevant materials and training for the local eye doctors and nurses. Since Orbis was established in 1982 in Dallas, they have successfully used the converted aircraft to deliver eye care and eye doctor training to many underdeveloped countries. China is one of the beneficiaries. Since the eye operation equipment is very precise and expensive, each doctor cannot carry their own. With the Orbis Flying Eye Hospital, they have been able to train with the most sophisticated eye surgery equipment installed inside the plane. Since established, over twenty thousand eye doctors in China have been trained, but due to the large rural areas, medical supplies are still very inadequate, and eye diseases very common.

According to Ying Lu, a higher percentage of oriental people get an eye disease called Angle closure glaucoma. This eye disease has a high probability of causing blindness. If there are symptoms, we must go to the doctor as early as possible. She says most Chinese make three common mistakes: we don't wear corrective glasses for short-sightedness (myopia) or far-sightedness (hyperopia) for fear that wearing the glasses would worsen the problem. She says this is not true. Not wearing the glasses would actually make our problem worse. The second mistake is that some people think that the more expensive sunglasses, the better

protection for our eyes from the sun. This is not necessarily true. A pair of \$2 sunglasses and a pair of \$200 sunglasses might have the same protection. Lastly she wants to tell everyone that in the last twenty years, there has been a lot of improvement in the cataract operation. Before, to prevent other complications, we had to wait until the cataract was very mature before removing it. Now, it is removed with ultrasonic equipment, and we don't have to wait until the cataract is hypermature.

As an eye doctor, Ying Lu knows that to satisfy the patients' expectations, she must be 'available', especially to those who go to her clinic. They don't understand the terms specific to eye diseases, and their English is not that good, making it difficult for them to communicate with a doctor. She is able to help many Chinese patients with the communication problem because she speaks their language. If there is a blind person in a family, everyone else is affected. Going to work becomes a problem and the quality of life definitely suffers. Since she started her ophthalmology practice more than ten years ago, she estimated she had performed over thirty thousand operations. There is a plaque on the wall in Ying Lu's office. The words were written by her parents: 'Be humble; Be careful; Be the best'. Ying Lu has truly fulfilled her parents' expectations for her.

To the many immigrants with specialist degrees from China who are not able to get recognition in their field of expertise, Ying Lu encourages them to study the language first, and to take training again in their area of specialty, since specialty training in China is still quite different from training in North America. She explains that it is not because China is more backward and North America is more advanced; she says it is because of the differences in the two systems. If one wants to get recognition,

one has to work within the system and pass the regulations here. She also advises all new immigrants to be more adaptable and take advantage of opportunities wherever they may be. They can create a new life for themselves even if it is not in their specialty, but perhaps in a related field.

At the clinic and hospital, Ying Lu is a good doctor. At home she is a good wife and mother. Her husband Pierre Sullivan was originally from the United States, and they met while attending Queen's University. He is now Assistant Head and Professor in the Faculty of Mechanical Engineering at the University of Toronto. Ying Lu is also teaching at the University of Toronto Medical School. Married in 1994, they have three lovely children: Blanche, Samin and Alex with ages 10, 8, and 6 respectively. Ying Lu feels grateful that her husband was devoted to her parents, and her parents treated her husband as their son.

Talking about her philosophies on nationalism and race, Ying Lu feels that the territories of nations are all man-made. There is no country or person that is perfect. If we share the same values or the same views of the universe, it is far better than sharing the views narrowly defined by race. As a doctor, she hopes that she can serve all patients who have needs, no matter what skin color or where they come from. Ying Lu believes firmly that everyone has a responsibility to make the world we live in a better place and what she has done simply is to fulfill her responsibility.