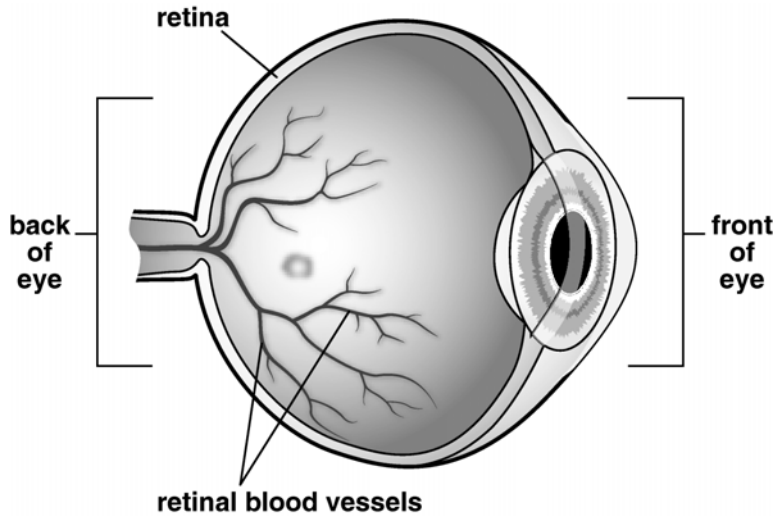


Diabetic Retinopathy

Diabetic retinopathy is an eye problem that can cause blindness. It occurs when high blood sugar damages small blood vessels in the back of the eye, called the retina. All people with diabetes are at risk for this problem. There are things you can do to reduce your risk and prevent or slow vision loss.



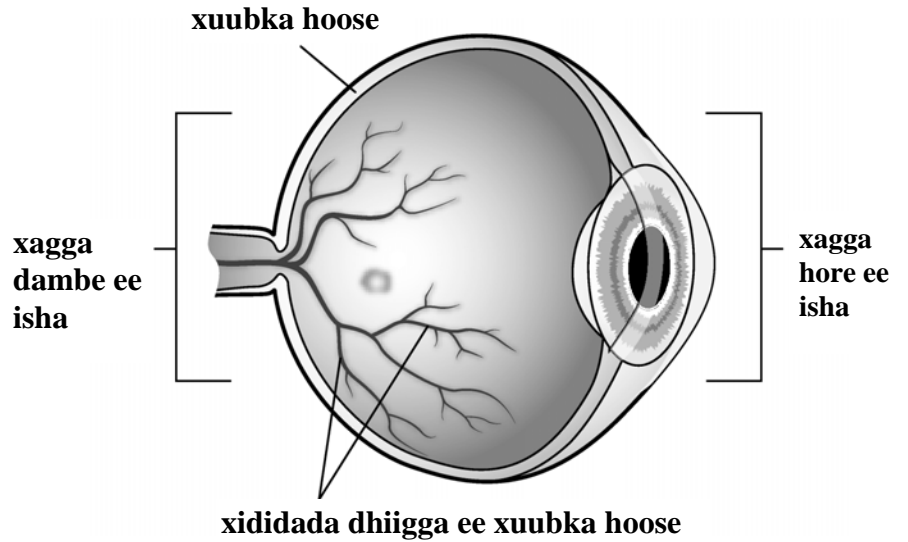
Diabetic retinopathy can affect both eyes. You may not have any signs at first. As it worsens, blood vessels weaken and leak blood and fluid. As new blood vessels grow they also leak causing blocks in your vision.

Signs of Diabetic Retinopathy

- Floating spots in your vision
- Blurred vision
- Blocked or hazy vision

Ciladda Xuubka Hoose ee Isha ee Sonkortu Keento (Diabetic Retinopathy)

Ciladda Xuubka Hoose ee Isha ee Sonkortu Keento (diabetic retinopathy) waa dhibaato isha ku dhacda oo keeni karta indho-la'aan. Waxay dhacdaa marka sonkorta dhiigga ee sareysa ay dhaawac u geysato xidido dhiig oo yaryar oo ku jira xagga dambe ee isha, taasoo af Ingiriisiga loo yaqaano 'retina'. Dhamaan dadka qaba sonkor/sonkorow ama macaan waxay halis u yihiin dhibaatan. Waxa jiro waxyaabo aad sameyn kartid si aad u yareysid halistaada oo aad u uga hortagtid ama gaabis uga dhigtid lumista aragga.



Ciladda xuubka hoose ee isha ee sonkortu keento (diabetic retinopathy) waxay saameyn kartaa labada indhoodba. Waxa laga yaabaa inaad isku arkin wax calaamado ah marka hore. Marka ay ka sii darto, waxa tabar-dareeya xididada dhiigga kuwaasoo sii daaya dhiig iyo dheecaan. Marka ay xidido dhiig oo cusub bilaabaan inay sameysmaan waxay iyaguna sii dayaan dhiig iyo dheecaan taasoo keenta mugdi gala araggaaga.

Calaamadaha Cilada Xuubka Hoose ee Isha ee Sonkortu Keento

- Baro dhex sabeynaya araggaaga
- Arag isku darsan
- Arag xidhmay ama hadh ku jiro

Your Care

To help reduce your risk of vision loss:

- Keep your blood sugar levels well controlled. This is one of the best ways to protect your vision. Work with your doctor, nurse and dietitian.
- Keep your blood pressure and blood cholesterol levels normal. You may need to take medicine.
- Have an eye exam each year by an eye specialist that includes eye dilation. An eye exam can detect early changes before you have any signs.
- Call your doctor if you have any changes in your vision.

There is no cure for diabetic retinopathy, but laser treatment or surgery may be done to prevent or slow vision loss.

Talk to your doctor or nurse if you have any questions or concerns.

Daryeelkaaga

Si aad iskaga yareysid halista lumista aragga:

- Heerarka sonkorta dhiiggaaga ka dhig kuwo xakameysan. Tani waxay ka mid tahay hababka ugu fiican ee aad ku badbaadin kartid araggaaga. La shaqee dhakhtarkaaga, kalkaalisada iyo nafaqo-yaqaan.
- Heerarka cadaadiska dhiiggaaga iyo kolesteroolka dhiiggaaga ka dhig kuwo caadi ah. Waxa laga yaabaa inaad u baahatid dawo aad qaadatid.
- Ha lagu sameeyo baadhitaan indho sannad kasta kaasoo uu sameynayo dhakhtar ku takhasusay indhaha uuna ku jiro indho weynayn (dilation). Baadhitaanka indhaha waxa lagu garan karaa isbeddelada ugu horeeya ka hor inta aanad isku arkin wax calaamado ah.
- Wac dhakhtarkaaga haddii ay jiraan isbeddelo ku dhacay araggaaga.

Ma jirto wax lagaga bogsado ciladda xuubka hoose ee isha ee sonkorto keento (diabetic retinopathy), laakiin waxa la sameyn karaa daweyn laysar (laser) ama qalitaan si looga hortago ama loo hakiyo lumista aragga.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.

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Diabetic Retinopathy. Somali