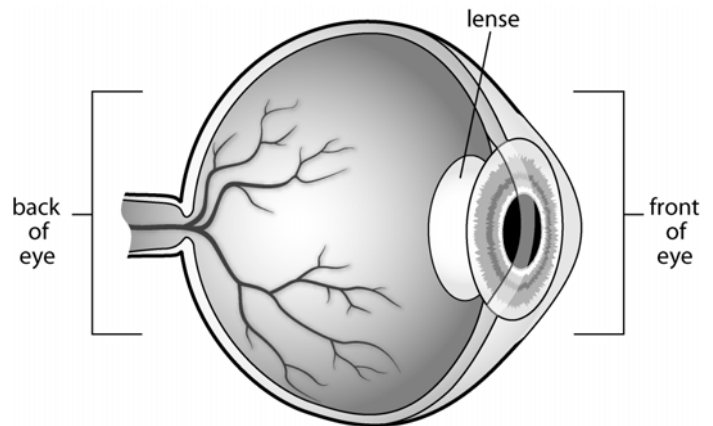


Cataract

A cataract is the clouding of the lens of the eye that makes it hard to see. Cataracts can affect one or both eyes. Cataracts are common in older people.



Risk Factors of a Cataract

The risk of a cataract increases with age. Other risk factors include:

- Some diseases such as diabetes
- Smoking
- Alcohol use
- Prolonged exposure to sunlight

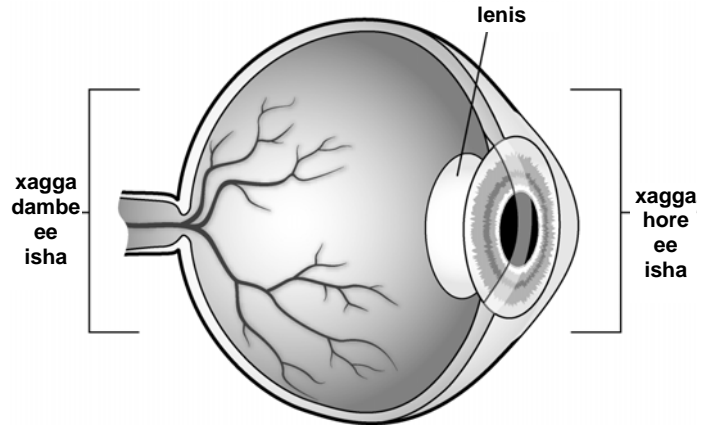
Signs of a Cataract

Signs of a cataract develop slowly over time.

- Cloudy or blurry vision
- A halo is seen around lights or lights are too bright
- Poor night vision
- Double vision
- Colors seem faded

Caadka Indhaha

Caadka indhuhu (cataract) waa caad fuula leniska (lens) isha/qaybta isha ee nalku ka gudbo taasoo keenta in araggu dhib noqdo. Caadku waxa uu fuuli karaa hal il ama labada indhoodba. Caadku waxa uu caam ku yahay dadka waaweyn.



Qodobada Halista ee Imaanshaha Caadka

Halista imaanshaha caad indhaha fuula waxa uu la kordhaa da'da. Qodobada kale ee halista waxa ka mid ah:

- Qaar ka mid ah cudurada iyo sonkorta/sonkorowga
- Sigaar-cabista
- Istimalka khamriga
- Iftiinka cadceedda oo si badan kugu dhaca

Calaamadaha Caadka Indhaha

Calaamadaha caadka indhaha fuula si tartiib ah ayuu mudo dheer u sameysmi karaa.

- Arag caad saaran yahay ama isku darsan
- Waxa la arkaa iftiin ku wareegsan laydhka ama nalalka ama laydhka/nalalka ayaa si weyn u cad
- Aragga habeenkii oo xun
- Aragga oo ah laba-laba
- Midabada oo aad moodid kuwa khafiifay

Cataract. Somali.

Your Care

See an eye doctor if you have any signs. Your doctor will do an eye exam to check for problems. If your vision problems interfere with your daily activities, your doctor may suggest surgery. Surgery removes the cloudy lens and replaces it with an artificial lens. You and your doctor will decide together if surgery is the best treatment option for you.

Your lens may cloud slowly over time, so you may not need surgery for years. Your doctor may suggest new glasses, brighter lighting, anti-glare sunglasses or magnifying lenses to improve your vision. Be sure to have regular eye exams so that you and your doctor can discuss when surgery is needed.

How to Protect Your Vision

- If you are age 60 or older, have an eye exam with dilation at least every two years.
- Eat plenty of green, leafy vegetables, fruits and other foods with antioxidants.
- Wear sunglasses and a hat to block ultraviolet sunlight.
- Manage diabetes with the help of your doctor and dietitian.
- Quit smoking.
- Limit alcohol.

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

Daryeelkaaga

U tag dhakhtarka indhaha haddii aad qabtid mid ka mid ah calaamadaha. Dhakhtarkaagu waxa uu sameyn doonaa baadhitaan indho si uu u baadho dhibaatooyin. Haddii dhibaatooyinkaaga araggu ay qas galiyaan hawlo maalmeedkaaga, waxa laga yaabaa in dhakhtarkaagu ku taliyo qalitaan. Qalitaanku waxa uu saaraa leniska caadka leh waxana uu ku beddelaa lenis artifishal ah ama la sameeyay. Adiga iyo dhakhtarkaaga ayaa go'aan ka gaadhi doona haddii qalitaanku yahay daweynta kuugu fiican.

Waxa laga yaabaa in leniskaaga si tartiib ah mudo dheer caad u fuulo, sidaa daraadeed waxa laga yaabaa inaanad u baahan qalitaan mudo sannado ah. Waxa laga yaabaa in dhakhtarkaagu ku taliyo muraayado indho oo cusub, iftiin ka cad intii hore oo aad isticmaashid, muraayadaha qoraxda ee baajiya cawarista qorraxda ama leniska weyneysada ah si loo hagaajiyo araggaaga. U hubso in lagu sameeyo baadhitaano indho oo joogto ah si adiga iyo dhakhtarkaagu uga hadashaan goorta qalitaan loo baahan yahay.

Sida Loo Badbaadiyo Araggaaga

- Haddii aad jirtid 60 ama aad ka weyntahay, ha lagu sameeyo baadhitaan indho oo leh weyneyn ugu yaraan hal mar labadii sannadooba.
- Cun cagaar badan, khudaar iyo cuntooyin kale oo badan oo leh 'antioxidant'.
- Gasho muraadaha qorraxda iyo koofiyad si aad isaga ilaalisid iftiinka qorraxda ee ah 'ultraviolet'.
- Maamul sonkorta/sonkorowga aad qabtid adiga oo la kaashanaya dhakhtarkaaga iyo nafaqo-yaqaan.
- Iska jooji sigaar-cabista.
- Iska yaree khamriga.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid su'aalo ama walaac.

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Cataract. Somali.