

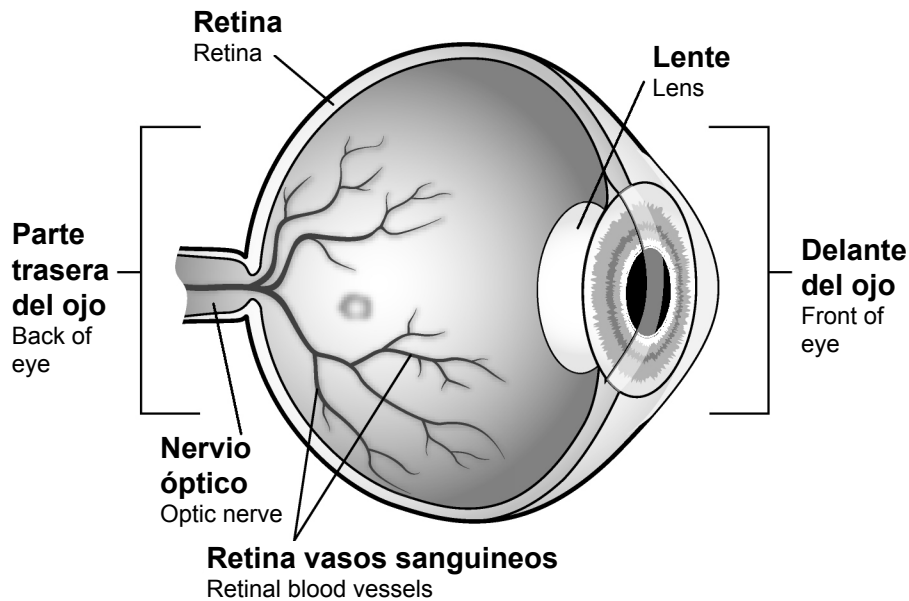
Sonkorta iyo dhibaatooyinka indhooga

Diabetes and Eye Problems

If you have diabetes, you need to take care of your eyes because over time high blood sugar can damage your eyes. Many people with type 2 diabetes have high blood sugar for months or years before they are tested

and found to have diabetes. Others get tested for diabetes because they have vision changes.

Visit your eye doctor for a dilated eye exam each year, even if you have no eye problems. Your eye doctor can find problems early, before you have any signs. Early treatment may prevent more serious eye problems.



Hoo ada qabta sokor wali in baahanta intii ada illalisa indhogaa sokorta badan indhooga yaa wal indhimaasa. Dadka badanshow wali qaban sokorta nooca 2 oo dheer barshoow billowyin barshoowna

sanada. Haan kale sokorta wey kubaaree meey weeli aragshoow ya isbadalay.

Inseew waqti walba dhaktarkaa sidi usu kiinku qaado imtixaan indho hejoo eh hoo ada qabta indho dhuura. Daktarka sifudud ya kuogaada karo waliin indhooga ko haaya. Kuherseedooga barshee yo waliko difaaca korte dhibato indho hejo.

Eye Problems

- **Retinopathy:** When the blood vessels in the back of the eye, called the retina, become damaged.
- **Cataracts:** When a film of skin grows over the lens in the eye.
- **Glaucoma:** When the pressure inside the eye gets too high and damages the optic nerve.

Indho dhuure

- **Udurka gala kuuntada:** Madii hididoo dhiiga qadoo ee ilaa meela madoow dhaawac deera.
- **Iniskakooyooga:** Madii ilaa korshee wal koo foolaan.
- **Udurka indhoga:** Madii kaduuriyaa indhoo gidaajee.

Signs of Eye Problems

Damage can occur to your eyes, but it may not cause vision changes for some time. If you have any of these signs, call your doctor to schedule an eye exam:

- Loss of side (peripheral) vision
- Loss of central vision
- Blurry vision
- Seeing spots or “floaters”
- Eye pain or discomfort
- Hard to see at night or dim vision
- Double vision
- Problems with glare or light

Why does diabetes cause eye problems?

High blood sugar over time with diabetes can cause damage to blood vessels, including the small blood vessels in your eyes. If you also have high blood pressure, this can further damage the blood vessels.

Keep your blood sugar and blood pressure as close to normal as you can to prevent eye problems. See your doctor to have your eyes checked each year so problems can be found early and treated.

Testing

Have an eye exam every year. Visit the eye doctor more often if you already have signs of eye problems. Treatment will depend on your needs. These tests may be done to check your eyes:

- Vision test: Your ability to read close up or at a distance is checked. Your light sensitivity and side vision, also called peripheral vision, may be checked.

Walagii laka garadoo undha dhuuriga

Indhooga dhawac deera kora lakin arasgtida wal ma in dhimaasa. Hoo ada qabta calamadooyinka inweer daktarka:

- Aratida oo kodhamaato
- Atagtida dhata oo kodhamaato
- Aragtida oo yaraato
- Wal yar yar aragaasa
- Indho dhuura
- Hamiinki wal feela maragaas
- Eed wal in aragaasa
- Nuuurka dhibsadaasa

Sokorta mey insheenaaso dhibaato?

Sokorta badan mey sheenaasee dhib dareerka dhiiga iyo indhoga. Hoo ada qabta dhiig kar walii dhib insheena korta dhiiga.

Wardiyey sokortaa iyo dhiig karka si ada caadi in noqota oona inusku illalisa dhibatoyinka. Inseew dhaktarkaa sii kiin fiiriyo oona kiin daaweeya.

Baaritaanka

Sanad walba fiiri indhoogaa. Inseew daktarkaa marwalba hoo ada indha dhuura qabta. Daawada walii katiirsanta sidii ada inka baahanta. Fiiriyooga indhahogaa:

- Imtixanka indhooga: Walii lafiiriye abooda ada ka aqriyaasa wali ko dheer walagi kin dhaw. Dareenka aad iftiinka u leedahay iyo araggaaga dhinaca, oo sidoo kale loo yaqaano aragga sheedda, ayaa laga yaabaa in la baadho.

- Dilated eye test: A small amount of medicine is dropped into your eyes so your doctor can look at the back of your eyes.
- Eye pressure test: Medicine is used to numb the eyes and then the pressure in your eyes is checked.
- Retinal test: Pictures are taken of the inside of the eye to check the blood vessels of the retina and optic nerve.
- Indho fiiriyooqa oo lafudeeyo: Indhoga dhatiyo wali laka shubeey daawo si daktarka infiriyo gudaajoo.
- Baadhitaanka cadaadiska isha: Dawo ayaa la isticmaala si loo kabuubeeyo indhaha ka dibna waxa la fiiriyaa cadaadiska ka jira indhahaaga.
- Fiirinta barta madow: Sawiraa laku qaadee indho gudaajee sidii lin araga dhiga xidigoo.

Treatment

Treatment depends on the eye problem, but it could include eye drops, laser treatment or surgery.

Managing Your Diabetes

Manage your diabetes to prevent eye and other health problems. Work with your doctor, nurse and dietitian to learn more about living well with diabetes.

- Follow your meal plan and talk with a dietitian.
- Learn how to check and record your blood sugar levels, also called glucose levels. Know the signs for high and low blood sugar levels.
- Exercise for at least 30 minutes most days of the week.
- Take insulin or other diabetes medicines as directed by your doctor, nurse or diabetes educator.
- Have plans in place if your blood sugar levels drop too low. Be sure you have family members or others around you who know how to help you if you are not able to help yourself.
- Avoid tobacco and alcohol, manage stress and get enough sleep.

Daaweyowky

Daawada wey katiirsanta indha dhuragaa, walii kumid ah dawaha indhaha lakshubo mise indhooga oo laqalo.

Maamulka sokortaa

Ilaali sokorta sidii ada in kubadbaado indha dhuura iyo caafimad xumo. Lashaqee daktarkaa sidii ada inbarata noolal feela.

- Ladowaa dhaqtarka rashiinkana sifeela in aan.
- Baroo sidii ada in ilaaliso sokorta. Baroy caalamadoo sokorta kor iyo sokorta hoos.
- Roroor 30 daqiiq 3 bari todobaadkii.
- Samee jimicsi ugu yaraan 30 daqiiqadood badi maalmaha todobaadka.
- Qorsho dag hoo sokortaa hoos in dhiida. Ilaali marwalba inta ada laroogto cida sidii iyo kiin caawiyaan hoo ada iscaawiya korna.
- Usku ilaali tubakada iyo qamrada sidii ada inyareeto walwalka, hundurmo feela na inhelo.

- Check your blood pressure every few months. If you have high blood pressure, also called hypertension, take your blood pressure medicine as ordered by your doctor. You may also want to check your blood pressure with a home blood pressure monitor, so you know if your medicine is keeping your blood pressure controlled.
- Bilwalba firi dhig karkaa. Haddii aad qabtid dhiig-kar, oo sidoo kale loo yaqaano cadaadis dhiig oo sareeya, dawadaada cadaadiska dhiigga u qaado sida uu amray dhakhtarkaagu. Walii in baahada korta bahal laka ilaaliyo dhiikarka kinyaala guriga sida adi in ogata dhig karkaa.

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

La hadal dhakhtarka ama kalkaalisada haddii aad qabtid su'aalo ama walaac.