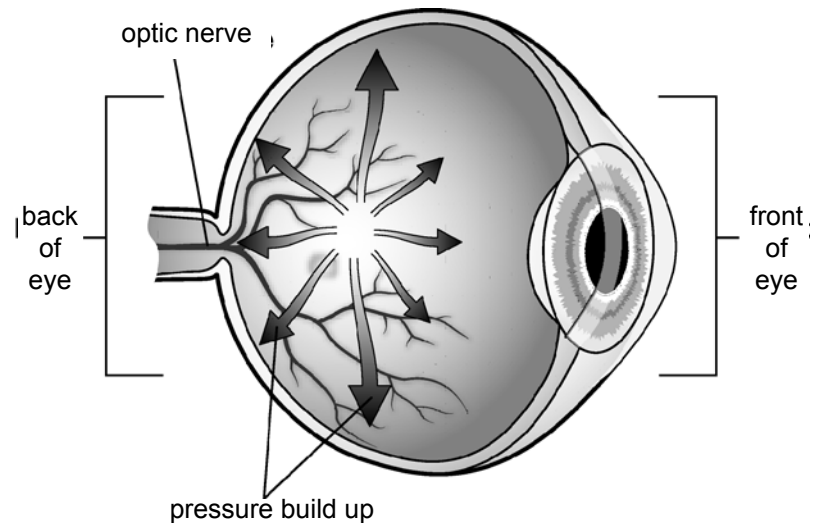


Glaucoma

Glaucoma is an eye disease that can cause vision loss or blindness. With glaucoma, fluid builds up in the eye, which puts pressure on the back of the eye. This pressure injures the optic nerve and causes vision loss. Side vision is often affected first, followed by front vision.



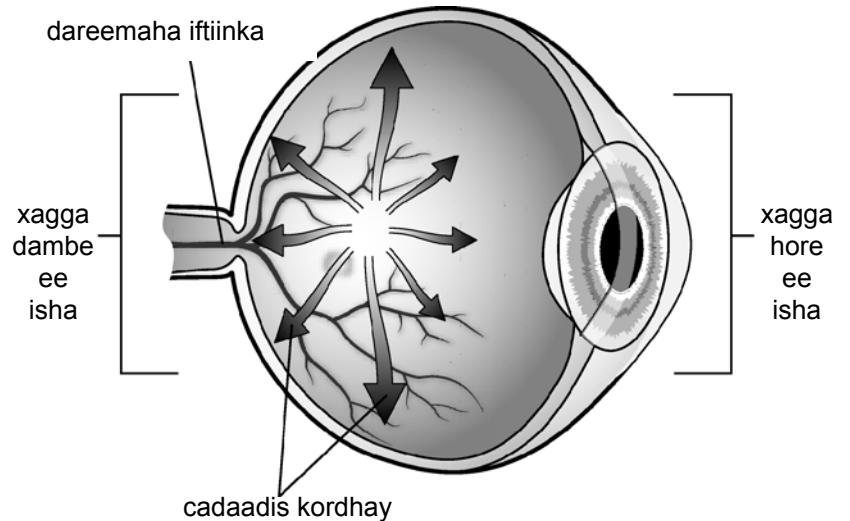
Types of Glaucoma

There are two main types of glaucoma:

- **Open-angle glaucoma** often has no signs until it reaches an advanced stage. The pressure slowly damages the optic nerve over time. This affects both eyes but you may have signs in one eye first.
- **Angle-closure glaucoma** has a very fast rise in pressure and sudden signs. Permanent vision loss can occur within one day so it is very important to seek medical care right away.

Gulukooma (Glaucoma)

Gulukooma waa cudur indhaha ku dhaca oo keeni kara indho-la'aan ama lumis arag. Marka aad qabtid gulukooma, dheecaan ayaa iska buuxiya isha, taasoo cadaadis saarta xagga dambe ee isha. Cadaadiskaasi waxa uu dhaawac u geystaa dareemaha iftiinka (optic nerve) waxana uu sababaa lumis arag. Badanaa marka hore waxa waxyeelo soo gaadhaa aragga dhinacyada, taasoo ay ku xigto aragga xagga hore.



Noocyada Gulukooma

Laba nooc ee ugu weyn gulukooma waa:

- **Gulukooma xagal-furan (open-angle glaucoma)** badanaa ma laha calaamado ilaa ay ka gaadhayso heer fog. Si tartiib ah ayuu cadaadisku waxyeelo u gaadhsiiyaa dareemaha iftiinka mudo dheer ka dib. Taasi waxay saameysaa labada indhoodba laakiin waxa laga yaabaa inaad marka hore calaamado ku aragtid hal il.
- **Gulukooma xagal-xidhan (angle-closure glaucoma)** waxay leedahay cadaadiska oo dhakhso sare u kaca iyo calaamado dhakhso u yimaada. Lumis arag oo joogto ah ayaa ku dhici karta maalin gudeheed sidaa daraadeed waxa si weyn muhiim u ah inaad heshid daryeel caafimaad isla markiiba.

Risk Factors

You are at risk for developing glaucoma if you:

- Have a family member with glaucoma
- Have diabetes, high blood pressure, heart disease or hypothyroidism
- Are nearsighted
- Have had an injury to the eye, certain eye surgeries or chronic eye inflammation
- Have been taking steroids for long periods of time
- Are over age 60
- Are African-American or Mexican-American
- Are of Asian-American descent – this puts you at increased risk for angle-closure glaucoma

Signs

Glaucoma may have no signs until there is vision loss. Other signs you may have:

- Blurred vision
- Halos around lights
- Loss of peripheral or side vision
- Tunnel vision
- Red eyes
- Severe eye pain
- Nausea and vomiting

Xaaladaha Halista

Waxa aad halis u tahay inaad yeelatid gulukooma haddii aad:

- Leedahay qof ka tirsan qoyskaaga oo qaba gulukooma
- Qabtid sonkor/sonkorow ama macaan, dhiig-kar ama cadaadis dhiig oo sareeya, cudur wadnaha ah ama shaqo-yarida qanjidhka qoorta (hypothyroidism)
- Arag dhowdahay
- Haddii dhaawac isha kaaga dhacay, lagu sameeyay qalitaanada indhaha qaarkood ama aad qabtid barar indho oo mudo dheer jiray
- Qaadansay istariyoodh (steroids) mudo dheer
- Ka weyn tahay da'da 60
- Tahay Afrikaan-Ameerikan ama Meksikan-Ameerikan
- Ka soo jeedid isir ah Ayshiyani-Ameerikan – tani waxay halis dheeraad ah kuu galinaysaa gulukooma xagal-xidhan

Calaamadaha

Glucomado waxa laga yaabaa inaanay yeelan wax calaamado ah ilaa ay ka imanayso lumis arag. Calaamadaha kale ee aad isku arki kartid waxa ka mid ah:

- Arag isku darsan
- Giraamo iftiin ah oo ku wareegsan wax iftiimaya
- Lumis aragga dhinacyada
- Arag si weyn u dhuuban
- Indho casaada
- Xanuun indho oo daran
- Lallabo iyo matag

Treatment

Your eye doctor may do tests to check your:

- Eye pressure
- Optic nerve
- Vision

Glaucoma cannot be cured and damage cannot be reversed. But with treatment, eye pressure can be decreased and further vision loss can be prevented. Eye drops are the most common early treatment for glaucoma. Other treatments may include oral medicines, laser treatment or surgery. When you have glaucoma, it must be treated for the rest of your life.

Your Care

There is no proven way to prevent glaucoma. If increased eye pressure is detected and treated early, it can decrease loss of vision and prevent blindness.

- Have your eyes checked and tested for glaucoma at least every five years after age 40. If your pressure readings begin to rise, you will need to have eye exams more often.
- To prevent increased pressure in your eyes:
 - ▶ Find ways to cope with stress.
 - ▶ Exercise regularly.
 - ▶ Limit caffeine.
 - ▶ Eat a healthy diet of fruits and vegetables.
 - ▶ Wear eye protection during work or with sports to prevent injury.

Daweyn

Waxa laga yaabaa in dhakhtarkaaga indhuhu sameeyo baadhitaano si loo hubiyo:

- Cadaadiska isha
- Dareemaha iftiinka
- Aragga

Gulukooma lama bogsiin karo isla markaana dhaawaca ay keento lama tirtiri karo. Laakiin marka la helo daweyn, cadaadiska isha ayaa la yareyn karaa waxana la badbaadin karaa araga hadhay si aanu u lumin. Dhibco isha lagu dhibciyo ayaa ah daweynta ugu horeysa ee ugu caamsan ee lagu daweeyo gulukooma. Daweynada kale waxa ka mid noqon kara dawooyin afka laga qaato, daweyn la adeegsanayo laysar (laser) ama qalitaan. Marka aad qabtid gulukooma, waa in la daweeyo inta ka hadhay noloshaada oo dhan.

Daryeelkaaga

Ma jiro wax la xaqiijiyay oo lagu baajin karo gulukooma. Haddii la dareemo cadaadis isha ku soo kordhay oo goor hore la daweeyo, waxay taasi yareyn kartaa lumista aragga waxana ay baajin kartaa indho-la'aan.

- Indhahaaga ha lagu eego oo ha laga baadho gulukooma ugu yaraan shantii sannadood mar ka dib da'da 40 jir. Haddii tirada cadaadiska ishu ay sare u soo kacdo, waxa aad u baahan doontaa in lagu sameeyo baadhitaano indho oo intaa ka badan.
- Si loo baajiyo cadaadiska indhahaaga oo soo kordha:
 - ▶ Hel siyaabo aad ku maareynaysid giigsanaanta ama walwalka (stress).
 - ▶ Si joogto ah u samee jimicsi.
 - ▶ Yaree kafeynta.
 - ▶ Cun cunto caafimaad leh oo ah khudaar iyo cagaar.
 - ▶ Xidho badbaado indho marka aad shaqeynaysid ama ciyaaraysid si loo baajiyo dhaawac.

- Control your diabetes, high blood pressure, cholesterol and heart disease.
- Do not use herbal remedies that are advertised for glaucoma treatment. These are not proven effective and may delay your getting proper treatment.

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

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- Xadee ama yaree sonkortaata/sonkorowga ama macaanka, dhiig-karka ama cadaadiska dhiigga ee sareeya, kolesteroolka iyo cudur wadne.
- Ha isticmaalin dawooyinka dhirta/geedaha ah ee loo xayaysiiyo daweynta gulukooma. Lama xaqiijin waxtarkooda waxana laga yaabaa inay daahiyaan daweyn haboon oo aad heshid.

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

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Glaucoma. Somali.