

Sonkorowga iyo Indhahaaga

(Diabetes and Your Eyes)



Waxaa la isticmaalaa iyadoo oggolaansho laga helayo
Canadian National Institute for the Blind (CNIB)
(Mac'hadka Qaranka ee Indhoolayaasha ee Kanada)

Sonkorowga wuxuu
dhaawici karaa
indhahaaga wuxuuna
sababi karaa
luminta aragga

Sabab?

- Sonkorowga wuxuu sababi karaa sonkorowga arag-sugaha isha, kaasoo ah sababta ugu badan ee luminta aragga (indho la'aanta) ee ku dhaca dadka da'da shaqada jira.
- Sonkorowga arag-sugaha isha waxaa laga yaabaa inuusan sababin astaamo (isbeddelada aragga) ilaa uu ka filweynaado.

Samee baaritaanka caafimaadka indhahaaga ee sonkorowga sannad walba!

Baaritaankan waa la daboolaa sida ku cad Daryeelka Caafimaadka ee Alberta Health ee loogu talagalay qof kasta oo qaba sonkorowga.

Ballan ka qabso maanta dhakhtarka indhaha!

Si aad u hesho dhakhtarka indhaha: optometrists.ab.ca/find-an-optometrist