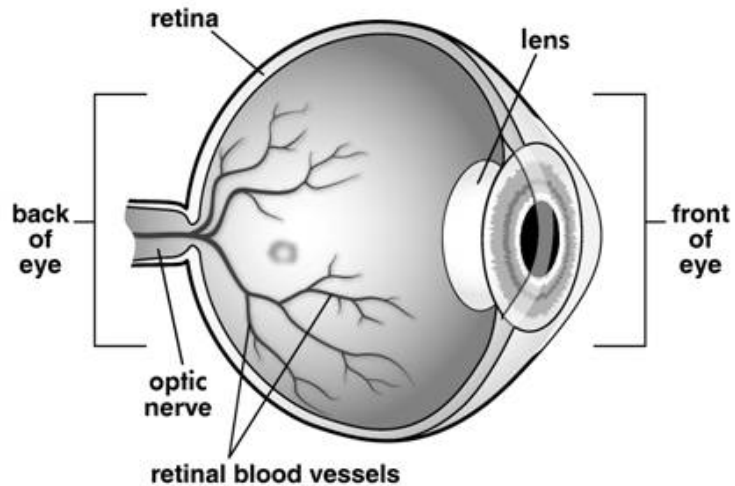


# Diabetes and Eye Problems

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.

## 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.

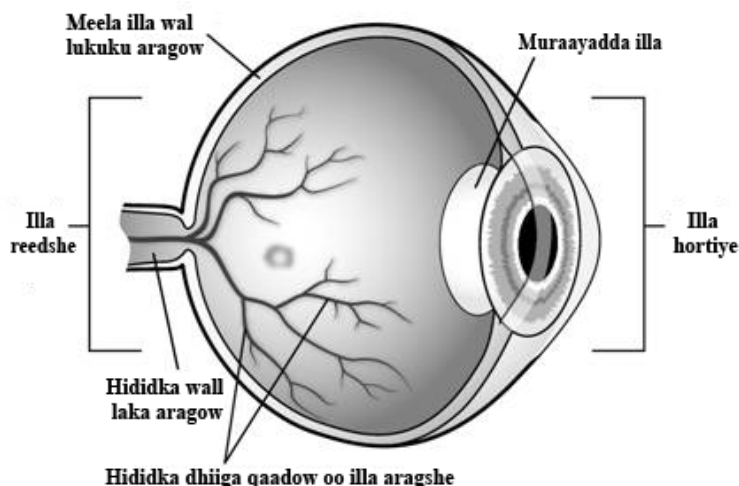
## Signs of Eye Problems

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

# Sonkorta iyo dhibaatooyinka indhooga

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 intixaan 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.

## 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.

## Walagii laka garadoo undha dhuuriga

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

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

## **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 also be checked.
- 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 your eyes' pressure is checked.
- Retinal test: Pictures are taken of the inside of the eye to check the blood vessels of the retina and optic nerve.

## **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 30 minutes at least 3 times a week.

## **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. Walii lafiiriye fudeedka aragooga.
- Indho fiiriyooga oo lafudeeyo: Indhoga dhatiyo wali laka shubeey daawo si daktarka infiriyo gudaajoo.
- Indha dhuuriga oo la fiiriyo: Dawa ya lasii yoo indhoo, indhoogana wey la fiiriye.
- Fiirinta barta madow: Sawiraa laku qaadee indho gudaajee sidii lin araga dhiga xidigoo.

## **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.

- 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.
- Check your blood pressure every few months. If you have high blood pressure 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.

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

1/2012 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. Wexner Medical Center at The Ohio State University, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Qaadooy daawada (insulin) mise dawada sokorta daktarka kasiya.
- Qorsho dag hoo sokortaa hoos in dhiida. Ilaali marwalba inta ada larooqto cida sidii iyo kiin caawiyaan hoo ada iscaawiya korna.
- Usku ilaali tubakada iyo qamrada sidii ada inyareeto walwalka, hundurmo feela na inhelo.
- Bilwalba firi dhig karkaa. Hoo ada qabta dhiig kar, qaadooy dawadaa sidii dhaktarka kafray. Walii in baahada korta bahal laka ilaaliyo dhiikarka kinyaala guriga sida adi in ogata dhig karkaa.

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

#### 1/2012 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. Wexner Medical Center at The Ohio State University, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Diabetes and Eye Problems. Somali.