

GLAUCOMA (EYE HYPERTENSION)

Glaucoma is an eye condition where optic nerve which connects your eye to your brain becomes damaged. It can lead to total loss of vision if not detected and treated early. It usually occurs when the fluid in the eye cannot drain properly, which increases the pressure inside the eye and puts pressure on the optic nerve.

Causes

Age: Glaucoma becomes more likely to older people.

Ethnicity: People of African or Asian origin are at higher risk of glaucoma.

Family History: Glaucoma can be inherited within a family.

Symptoms

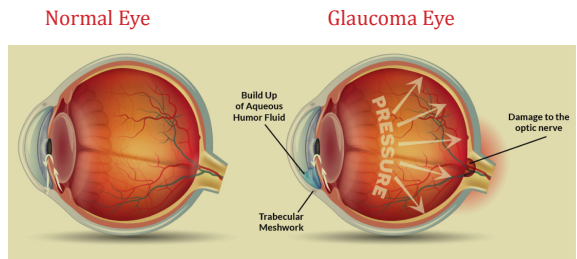
There are typically no early warning symptoms of glaucoma. Though to some type of glaucoma patients might experience blurred vision, severe eye and head pain or sudden sight loss.

Prevention.

Early detection through regular and complete eye exams is the key to protecting your vision.

Treatment.

There is no cure for glaucoma yet. However, medication or surgery can slow or prevent further vision loss.



GLAUKOMA PRESSURE YA MACHO

Glaukoma ni hali ya kuharibika kwa nevu ya kuona inayounganisha jicho na ubongo inayotokana na presha kubwa ndani ya jicho. Hali hii kama haitagundulika mapema inaweza kusababisha na kutibiwa inaweza kusababisha upofu. Ugonjwa huu unatokea pale mzunguko wa kimiminika ndani ya jicho unakuwa sio sawa hivyo kusababisha presha kubwa ndani ya jicho na kwenye nevu ya kuona.

Sababu.

Umri: Glaukoma inawaathiri Zaidi watu wenye umri mkubwa

Jamii: Watu wenye asili ya Afrika na Asia wapo hatarini Zaidi kuathirika na glaukoma

Histori ya familia: Glaukoma inaweza kurithiwa miongoni mwa watu wa familia moja.

Dalili.

Hakuna dalili za Dhahiri za mwanzo za glaukoma. Kuna aina nyingine ya glaukoma ambayo ni nadiri kutokea, hiyo dalili zake huwa ni macho kuuma na kupoteza uwezo wa kuona ghafla.

Kinga.

Hakuna kinga ila glaukoma inaweza dhibitiwa kama ikigundulika mapema. Kuwa na utaratibu wa kupima macho mara kwa mara inaweza kuzuia athari za Glaukoma.

Tiba.

Hakuna tiba kurudisha uwezo wa kuona kwa jicho lililoathiriwa na glaukoma. Dawna na upasuaji ni kwa ajili ya kupungua au kuzuia jicho kupoteza zaidi uwezo wa kuona.

