

**Ohio Amblyope Register (OAR) (Diiwaanka Amblyope ee Ohio) waa barnamij lacag la'aan ah oo lagu maalgeliyay tabarucyada deeqsinimada leh ee dadka reer Ohio markay cusboonaysiinayaan taargooyinkooda shatiga (Khasnadda Badbaadinta Araggeena).**

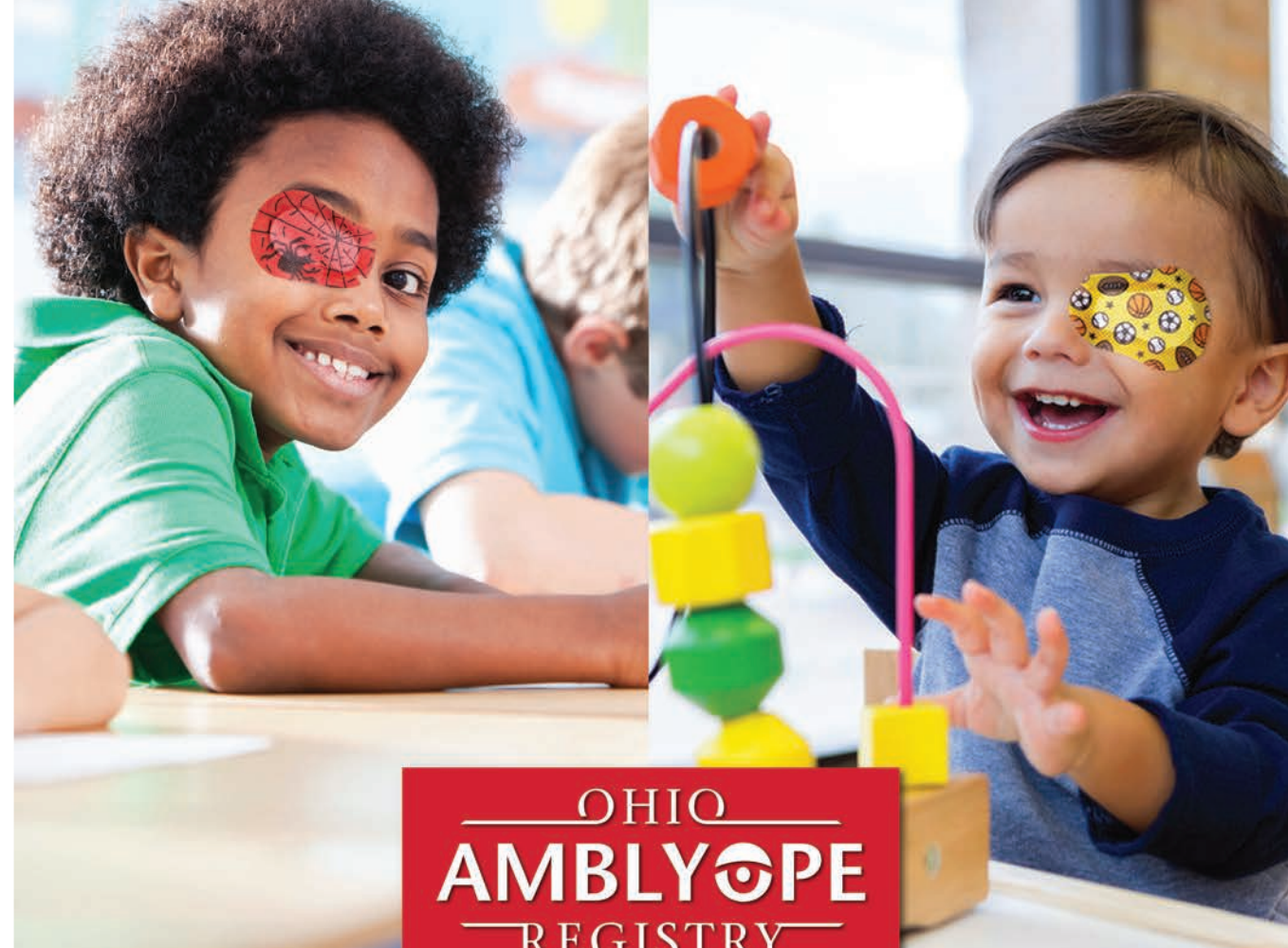


**Barnamijka OAR wuxuu baxshaa qalabyo daaweyn bilaash ah (jaan isha lagu daboolo), macluumaad waxbarasho iyo addeecis iyo taageerida ilmo kasta, ka yar 18 jir, iyo qoyskooda ku nool gobolka Ohio oo lagu ogaaday cudurka indhaha Amblyopia.**

**Ohio Amblyope Registry**  
555 S. 18th Street, Columbus, OH 43205  
1-887-808-2422  
[ohioamblyoperegistry.com](http://ohioamblyoperegistry.com)



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OHIO  
**AMBLYOPE**  
REGISTRY  
Buug Waxbarasho



# OHIO AMBLYOPE REGISTRY

## Waa maxay Amblyopia

Amblyopia (am-bli-'o-pi-ya) waxaa mararka qaarkood loo yaqaan "il caajis ah". Amblyopia macnaheedu waa in aragtida ka liidato hal il. Amblyopia had iyo jeer lama arki karo waxayna u baahan tahay in khabiirka daryeelka indhaha soo ogaado.

## Sida ay u dhacdo

Amblyopia marka la qabo, macluumaadka aragtida ayaa ku guul-dareysta inay u gudubto ama si xun ayeey ugu gudubtaa isha ilaa maskaxda muddo joogto ah. Isha waa kamarad oo macluumaadka u dirta maskaxda. Maskaxdaadu ayaa adiga kuu fasiro waxaad arkayso. Wax kasta faragalin karo seenyaalaha ayaa sababi kara lumitaanka aragga isha.

## Daaweyn ayaa jirta

Amblyopia waa xaalad la daaweyn karo. Habka ugu fiican ee lagu daaweeyo amblyopia waa daboolidda isha xoog leh ee "wanaagsan" sidii isha daciifsan (xun) lagu qasbo inay shaqeyso.

## Markii la isku fiiriyo Lazy Eye (Il caajis ah) iyo Strabismus (Indho Cawaran) iyo Ptosis (Liicidda Baasha Isha)

"Il caajis ah" waxaa loola jeedaa aragtida liita ee dadka qaba cudurka amblyopia. Badanaa dadweynaha si khaldan ayey magaca u isticmaalaan marka ay ka hadlayaan il u weecan gudaha (xagga sanko) ama dibedda (xagga dhegta) ama liicidda baasha isha. Kalmadda caafimaad ee lagu yaqaaano isku-toosinta khaldan ee indhaha waa 'strabismus' iyo kalmadda caafimaad ee liicidda baasha isha waa Ptosis.

## Ogaanshaha hore ayaa ugu muhiimsan

Waxaa jira xaalado badan ee indhaha ah iyo cuduro saameyn ku yeelan kara aragtida ilmaha. Ogaanshaha hore iyo daaweynta ayaa muhiim ah si loo dhawro aragtida ilmahaada. Markii waqti hore la daaweeyo Amblyopia waxaa kordhaayo natiijada fiican ee aragga.



## Waa maxay nooca Amblyopia "il caajis ah" ee laga yaabo inuu ilmahaagu qabo?

### Waxaa jira dhowr nooc:

**1 - Strabismic Amblyopia** waa marka indhaha aysan toosneen. Daaweyntu waa daboolidda isha wanaagsan si isha xun lagu qasbo inay shaqeyso. Daaweynta sidoo kale wuxuu ahaan karaa qalliin.

**2 - Refractive Amblyopia** waa marka awoodda xoog saarka labada indhood ay kala duwan tahay. Daaweyntu waa isku darka muraayadaha indhaha si isku mid laga dhigo xoog saarka indhaha iyo daboolidda isha wanaagsan.

**3 - Deprivation Amblyopia** waxaa sababi kara kala go'a fallaar-ilaysyada ay isha u baahan tahay si wax loo arko. Daaweyntu wuxuu noqon karaa qalliin si loo saxo dhibaataada, oo lagu darey daboolidda isha.



## Caawinta indhaha caajiska ah si ay u noqdaan indho caafimaad qaba.

## Dhibaatooyinka la xiriira Amblyopia aan la daaweyn

- Aragga oo hoos u dhacay hal ama laba indhood, kaasoo aan waqti dambe lagu toosin karin muraayadaha indhaha.
- Dhibaataada wax akhriska dugsiga
- Isbeddel habdhaqan/niyad jab
- Indho la'aan sharci ah

Xusuusnow isha wanaagsan ayaa la daboolayaa si isha xun lagu qasbo inay shaqeyso.

## Daboolidda isha wuxuu ahaan karaa dhib: Ka gudubka caqabadaha

Halkan waxaa ku qoran dhowr fikradood si lagu caawiyo daboolidda isha:

- Carruurta waaweyn, u sharax muhiimadda daboolidda isha.
- Abaalmarino.
- Isha ka dabool baamboolaha uu ilmaha jecel yahay.
- Dadka kale caawinaad ka codso (Macallimiinta, Tababarayaasha, iwm.).
- Samee nidaam adigoo isha si joogto ah u daboolaayo isku waqti maalin walba.



Talooyin caawinaad leh haddii ilmahaagu uu cuncun maqaar ka qaado daboolayaasha koollada leh ee isha.

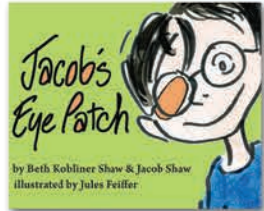
- Ka hor intaadan ku dhejinin daboolayaasha isha, qiyaas yar ee dareeraha ka hortagga aashitada (Mylantaxor milk of magnesia) ama Cavil™ mari agagaarka isha. Markuu qalalo ka dib ku dheji daboolaha isha.
- Ka dib markii daboolaha isha la baxsho, si khafiif ah goobta ka mari saliida Fitamiin E.

Haddii aad wali cuncun dareento ka dib markaad isticmaasho talooyinka kore, la xiriir xirfadlahaaga daryeelka indhaha.



## Taloyinka buugaagta la akhriyo

Kuwa ugu caansan:

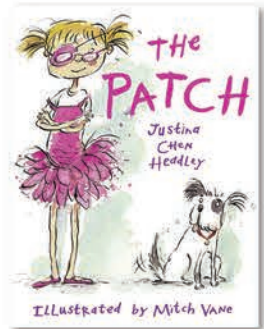


### **Jacob's Eye Patch** (Daboolaha Isha Yacquub):

Waxaa qoray Beth Kobliner Shaw iyo Jacob Shaw

### **Amazing Amber (Cajiibadda Amber):**

Waxaa qoray Eagle Ngo, Mitchell Bagley, iyo Jason Cheng

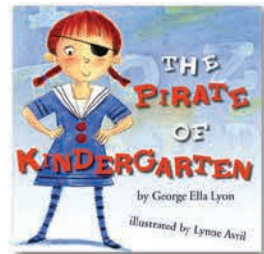
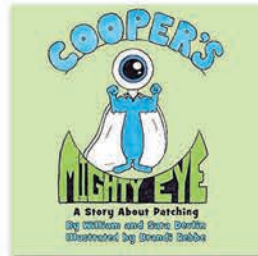


### **The Patch (Daboolaha isha):**

Waxaa qortay Justina Chen Headley

### **Cooper's Mighty Eye (Isha Xoogga leh ee Cooper):**

Waxaa qortay Sara Devlin

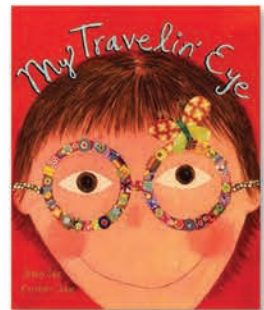


### **The Pirate of Kindergarten** (Burcad-badeedka Dugsiga barbaarinta):

Waxaa qoray George Ella Lyon

### **Avery Takes The Stage (Avery wuxuu La wareegay Masraxa):**

Waxaa qortay Kristen Silva



### **My Travlin' Eye (Safarka Ishayda):**

Waxaa qortay Jenny Sue Kosteck-Shaw

Diidmo: Buugaagta la soo xusay ma muujinayaan ra'yiga, taloyinka daaweynta ama talada caafimaad ee OAR.



## Sida loo xirto daboolaha isha!

### **Daboolaha Koollada leh ee Isha**

Daboolaha koollada leh ee isha waa in si gees-gees ah lagu dhejiyo isha si ay qaybta ugu dhuubaan u kor fuusho sanko iyo qaybta ugu ballaaran u fuusho lafta dhabanka. Waxaa muhiim ah in la hubiyo in ilmuhu uusan awoodin inuu daloolaha wax ka arki karo.



### **Daboolaha Isha oo Maro ka sameysan + Muraayadaha indhaha**

Daboole maro ka sameysan ayaa lagu daboolaa muraayadaha indhaha ee ilmaha. Waa fudud yahay daboolida muraayadda indhaha oo daboolaha marada ah ayaa lagu dul riixaa. Waxaa jira daboole maro loogu talagalay isha bidix iyo mid loogu talagalay isha midig, kaasoo ku xiran isha ilmahaada uu takhtarkaaga kaa codsaday inaad ka daboosho.



### **Daboolaha Koollada leh ee Isha + Muraayadaha indhaha.**

Haddii ilmahaagu xirto muraayadaha indhaha, muraayadaha indhaha waa in laga laga dul xirto daboolaha koollada leh ee isha. Waa inaad muraayadaha indhaha ku dhejinin daboolaha koollada leh ee isha. Kani waxtar ma lahaan doono.

