

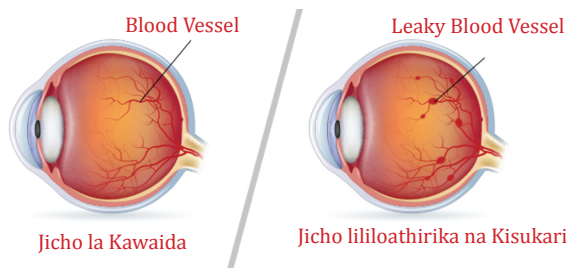
DIABETIC RETINOPATHY.

Diabetic Retinopathy is a diabetes complication that affects eye, caused by high blood sugar levels damaging light-sensitive tissue at the back of the eye (retina). It is the most common cause of vision loss among people with diabetes and the leading cause of vision impairment and blindness among working-age adults.

Cause.

- **Diabetes.**

Being a diabetic is the main cause of diabetic retinopathy. Diabetic retinopathy can cause blood vessels in the retina to leak fluid hence distorting vision. In advance stage lead to abnormal growth of blood vessels which can lead to scarring and cell loss in the retina.



Symptoms.

The early stages of diabetic retinopathy usually have no symptoms. It doesn't tend to have any obvious symptoms until it's more advanced. The disease often progress unnoticed until it affects vision.

Detection.

The disease is best diagnosed with a dilated eye examination. Diabetic people should have their eyes completely checked at least in a year. Tests like FFA and OCT are essential for diabetic retinopathy detection.

Prevention.

Vision lost to diabetic retinopathy is somehow irreversible, however early detection and treatment can reduce the risk of blindness by 95 percent.

Treatment.

After screening for diabetic retinopathy, the main treatment can be through Laser treatment, Injections of medication to eyes or surgery to remove blood or scar tissue from eye.

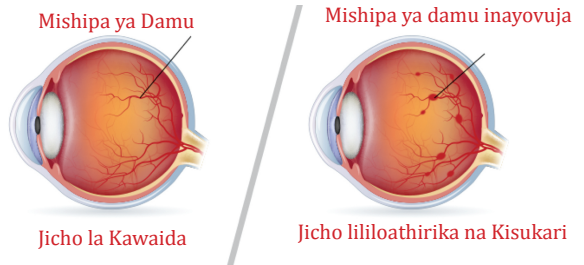
DIABETIC RETINOPATHY.

Diabetic Retinopathy ni ugonjwa unaotokana na athari za kisukari kwenye macho, ambapo kiwango kikubwa cha sukari katika damu inasababisha kuharibika kwa sehemu ya nyuma ya jicho (Retina). Diabetic retinopathy ndio sababu kuu ya upotevu wa uwezo wa kuona kwa watu wenye kisukari.

Sababu.

▪ Kisukari.

Kuwa na ugonjwa wa kisukari ndio sababu kubwa ya kupata diabetic retinopathy. Diabetic retinopathy inasababisha mishipa ya damu katika retina kuvuja hivyo kuathiri uwezo wa kuona wa jicho. Pia katika hatua za mbele za ugonjwa huu huweza kusababisha kukua kusiko kwa kawaida kwa mishipa ya damu hivyo kusababisha makovu na upotevu wa seli katika retina.



Dalili.

Katika hatua za mwanzo za ugonjwa huwa hakuna dalili yoyote. Ugonjwa huendelea kukua mpaka kuanza kuathiri uwezo wa kuona wa jicho.

Uchunguzi.

Njia pekee ya kugundua ugonjwa huu ni kufanya upimaji macho wa jumla. Mgonjwa wa kisukari anatakiwa kupima macho yake kila mwaka. Vipimo vya kugundua diabetic retinopathy ni kama FFA na OCT.

Tiba.

Ingawa haiwezekani kurudisha uwezo wa kuona uliopotea kutokana na diabetic retinopathy lakini ugunduzi wa mapema na tiba inaweza kupunguza kutokea kwa upofu kwa asilimia 95.

Matibabu

Matibabu ya diabetic retinopathy yanahusisha mionzi au upasuaji wa kuondoa damu au kovu ndani ya jicho.