

Baarista Hore Aragga:

Fiirinta waa sida indhaha u muuqdaan kaddib marka kor laga baaro.

GUDBAY MA GUDBIN

Aragga fiican waa sida wanaagsan ee wax loogu arko il kasta. Waa la baaray cunugaada, waxaana la adeegsaday **Jaantuska Lea VIP 5ta cag.**

Isha midig: GUDBAY MA GUDBIN

Isha bidix: GUDBAY MA GUDBIN

Baarista **Stereo Smile** waxay tilmaami doontaa haddii indhaaha cunugaada si wanaagsan u wada shaqeyaan. Tani waxaa lagu magacaabaa **aragga doorbinka.**

GUDBAY MA GUDBIN

Natiijadaha Baarista Hore Aragga:

Cunugaada waa **GUDBAY** baarista hore aragga mana loo baahna in la sameeyo wax kale waqtigaan. (*Xasuuso, baarista hore aragga waxaa loo sameyaa si loo ogaado dhibaatooyinka inta badan lagala kulmo aragga caruurta yaryar, hase ahaatee laguma ogaan karo dhamaan dhibaatooyinka aragga ama cudurada. Baarista hore ma qaadatao booska baarista dhamaystiran ee indhaha taasoo u sameeyo cabbiraha aragga ama takhtarka indhaha. Haddii aad weli qabtid su'aalo ama arrimo, fadlan raadso la-tallinta aqoonyaanka daryeelka isha.*)

Cunugaada **MA GUDBIN** baarista hore aragga. (Fiiri bogga xiga si aad u ogaatid talaabadaha aad u baahan taahay in aad raacdid si aad u kaalmeysid cuunugaada).

Cunugaada **UMA SUURTOGELIN IN UU MAARO BAARISTA HORE** taasoo ugu wacan asbaabta soo socota:

Gacaliye Waalidka/Ilaaliyaha:

Cunugaada/cunugtaada wuxuu maray baarista hore aragga. Baarista hore aragga waxaa loo adeegsadaa in lagu ogaado caruurta halista badan uga jirto dhibaatooyinka aragga ee suurtoogalka ah. **Baarista hore aragga ma qaadatao booska baarista dhamaystiran indhaha kaasoo uu sameeyo cabbiraha indhaha ama takhtarka indhaha.**

Caruurta yaryar ee qabta dhibaatooyinka aragga ma ogsoona in sida ay u arkaan dunida aysan ahayn sida ay u arkaan! Haddii aan mar hore la ogaaanin lana daweynin, dhibaatooyinka caruurta ka haysta aragga waxay u horseedi karaan in cunugga lumiyo aragga joogtada ah iyo in uu dhibaatooyin kala kulmo waxbarashada.

Haddii cunuggada **uusan gudbin** maanta baarista hore aragga, waxaa muhiim ah in aad arrintaan dabagashid kaddibna aad cunugaada u qabatid ballan si loogu sameeyo baaritaanka indhaha oo dhamaystiran. **Talaabada loo baahan yahay in la raaco:**

1. Waxaad cunugaada ballanka baarista isha uga qabataa cabbiraha aragga ama takhtarka isha ee ku yaala xaafadaada. Haddii aad u baahan tahay kaalmo ku saabsan sida loo helo takhtar, fadlan tixraac qeybta xigta, "Hel takhtarka indhaha kuu dhaw". Waxaa dhici karto in ay qaadatao 3-6 todobaad si loo helo ballan, taasoo iska fiican.
2. Ha gaffin ballanka maxaa yeelay waxay qaadan doontaa waqti badan si lagu siiyo ballan kale. Waxaad warqadaan u soo qaadataa baarista indhaha kaddibna waxaad siisaa takhtarkaada. Iyo la soco in qaar ka mid ah ballamada kowaad qaadan karaan ilaa 2 saac. Waxaad u soo qaadaa buugaag iyo alaabta lagu cayaaro oo sii jeediya cunugaada.
3. Weydiiso takhtarka indhaha in uu buuxiyo dusha foomkaan kaddibna ha ku soo celiyo dugsiga. Macluumaadkaan wuxuu muhiim u yahay shaqaalaha/macalimiinta dugsiga kuwaas oo taageeri doono adiga iyo cunugaada haddii loo qoro daweyn dheeraad ah. Iyo weydiiso koobiga natiijadaha baarista/qorshaha daweynta si aad u gashatid diiwaankaada.

Hel takhtarka indhaha kuu dhaw:

Haddii aadan horay u qabin aqoonyaanka daryeelka indhaha qoyska, marka hore la xariir bixiyahaada ceymiska caafimaadka/aragga. Waxaad ka heli kartaa xaafadaada marka aad la xariirtid urarada gobolka ee soo socda ama waxaad ka raadisaan Adeegyada Medicaid Ohio (Ohio Medicaid Services):

Bulshada Cudurada Indhaha (Ohio Ophthalmological Society): 614-527-6799, www.ohioeye.org.

Ururka Cabbirka Aragga Ohio (Ohio Optometric Association): 800-999-4939, www.ooa.org.

Adeegyada Medicaaid ee Ohio (Ohio Medicaid Services): 800-324-8680, <http://ohiomh.com/ProviderSearch.aspx>

Diiwaanka Baarista

Gacaliye Aqoonyaanka Daryeelka Isha,

Cunugaan waxaa baarista hore ku sameyay baaraha hore aragga shahaadada haysta ee ka socda Ka Hortagga Cammonimada (Prevent Blindness). Fadlan nagu kaalmee qiimeynta barnaamijkaan adiga oo buuxiya foomkaan kaddibna noogu soo dira faks ahaan nambarka hoos ku qoran. Dhamaan natiijadaha baarista waa asturan yahiin, waxaana loo adeegsan doonaa tirokoob ahaan. Nambarka Fakska: _____

Taariikhda baarista: _____ Bukaanka Cusub Horay Loo Baaray

Magaca Cunugga _____

Magaca Takhtarka _____

Waxa Lagu Sheegay:

- | | |
|---|---|
| <input type="checkbox"/> Aragga caadiga | <input type="checkbox"/> Qaladka dhalada isha (refractive error): |
| <input type="checkbox"/> Hoos u dhaca nuurka isha (amblyopia) | <input type="checkbox"/> Aragga dhaw (myopia) |
| <input type="checkbox"/> Qalooqa isha (strabismus) | <input type="checkbox"/> Aragga fog (hyperopia) |
| Wax kale _____ | <input type="checkbox"/> Qalooqa Aragga |

Daweynta:

- | | |
|---|--|
| <input type="checkbox"/> Muraayadaha Loo Qoray | <input type="checkbox"/> Daboolidda: # saacado halkii maalin _____ |
| <input type="checkbox"/> Si joogto ah loo qaato | <input type="checkbox"/> Dib u baarista: |
| <input type="checkbox"/> Aragga dhaw oo keliya | <input type="checkbox"/> 6 bil |
| <input type="checkbox"/> Aragga dheer oo keliya | <input type="checkbox"/> 12 Bil |
| | <input type="checkbox"/> Wax kale _____ |

Ogolaashada Waalidka Sii Deynta Macluumaadka:

Aniga waxaan u fasaxay Dr. _____ in uu

natiijadaha ka soo baxay baarista cunugeyga siiyo

_____ (Magaca skuulka)

Magaca daabacan: _____

Saxiixa: _____

Taariikhda: _____

Natiijadaha Baarista Aragga:

Magaca Cunugga

Taariikhda Baarista

Goobta Baarista

Tababarka Baarista Aragga Caruurta aan Gaarin Dugsiga Waxaa Bixiyay:



Si aad u heshid macluumaad badan, wac 1-800-301-2020 ama booqo bogga internetka www.pbOhio.org

Booqo WiseAboutEyes.org si aad u heshid macluumaad ku saabsan caafimaadka isha iyo ammaanka caruurta.



Tababarka baarista aragga iyo buugga waxaa maal geliyay deeq laga helaay Waaxda Caafimaadka Ohio (Ohio Department of Health), Xafiiska Caafimaadka Hooyada iyo Cunugga (Bureau of Maternal and Child Health), Badbaadi Adeegyadaha Aragga (Save Our Sight Services).

