

Yintoni I-glaucoma?

I-glaucoma liqela lezifo zamehlo ezikhokelela kumonakalo oqhubekeyo kumthambo luvo wokubona.¹ Njengoko imithabo luvo yokubona ibalulekile ekuthumeleni imiyalezo esuka kwiliso ukuya kwingqondo, i-glaucoma inokukhokelela ekulahlekelweni kancinci kokubona, kwaye ekugqibeleni inokubangela ubumfama.¹

Kutheni kufuneka uvavanye i-glaucoma?

Xa umntu ene-glaucoma, ngokuqhelekileyo banokunyuka koxinzelelo lwe-intraocular (IOP), okanye uxinzelelo ngaphakathi kweliso,¹ eyona nto ingumngcipheko wesifo umntu angasitshintsha.² Kwiimeko ezinqabileyo, nangona kunjalo, nabantu abanoluhlu oluqhelekileyo loxinzelelo lwamehlo banokufumana i-glaucoma.¹

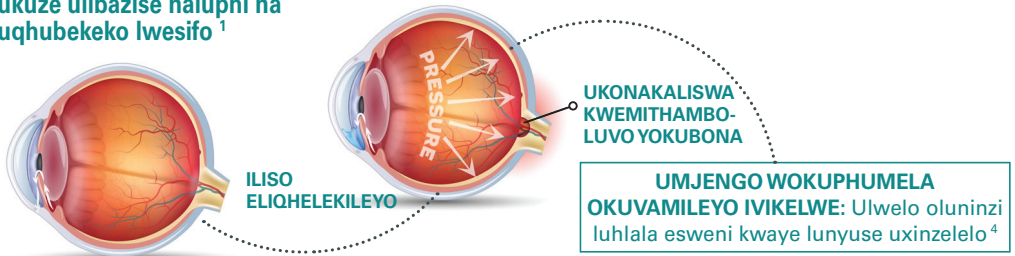
Ekuphela kwendlela yokwazi ukuba unayo i-glaucoma kukwenza uvavanyo – ugqirha wakho wamehlo okanye ugqirha i-optometrist uya kwenza (phakathi kwezinye iimvavanyo) uvavanyo loxinzelelo ukubona ukuba uxinzelelo kwiliso lakho luphezulu kunesiqhelo.¹

Kwenzeka ntoni ukuba uneglaucoma?

I-glaucoma inokukhokelela kubumfama ukuba ayinyangwa. Nangona kunjalo, iindaba ezimnandi kukuba kukho iindlela ezininzi zokuncedisa ukunciphisa uxinzelelo emehlweni.¹ Akukho nyango lwe-glaucoma³, kwaye umbono olulahlekileyo alukwazi ukubuyiselwa, kodwa kunonyango olunokucothisa ukuqhubekeka kwesi sifo.³

Unyango luhlala luqala ngogqirha wakho wamehlo ochaza amathontsi wamehlo ukunceda ukunciphisa uxinzelelo emehlweni.² Ugqirha wakho unokumisela iyeza elilodwa lethonsi lamehlo okanye indibaniselwano yamathontsi amehlo njengoko abanye abantu banokufuna uhlobo olungaphezulu lwamathontsi amehlo ukugcina uxinzelelo lwabo lwamehlo lusezantsi ngokwaneleyo.²

Kubaluleke kakhulu ukusebenzisa iyeza lakho le-glaucoma njengoko uyalelwe ukuze ulibazise naluphi na uqhubekeko lwesi sifo¹



Indlela yokusebenzisa amathontsi wamehlo

Kufuneka ulandele inkqubo yakho yonyango ngokufanelekileyo ukulawula i-glaucoma yakho kwaye uzikhusele ekulahlekelweni kokubona okungakumbi³

1

Sebenzisa amathontsi amehlo ngendlela emisiweyo⁵

2

Ungagaleli amathontsi amaninzi ngexesha kunokuba kumiselweyo⁵

3

Sukusebenzisa amathontsi ixesha elide kunokuba kumiselweyo⁵

Amanyathelo asi-7 alula okusebenzisa amathontsi wamehlo



1. Hlamba izandla zakho ngesepha namanzi ashushu. Zomise ngetawuli ecocekileyo.⁷



2. Susa isiciko sebhottle. Ungachukumisi incam yebhottle.⁶



3. Thoba intloko yakho ngasemva ukuze ujonge isilingi.^{6,7}



4. Ngomnwe wakho wesalathisi obekwe kwindawo ethambileyo ngaphantsi nje kwesiciko esisezantsi, tsala ngobunono ukuze wenze ipokotho. Beka ithontsi elinye esiciko sakho esisezantsi. Sukudanyaza, sula iliso lakho, okanye uchukumise incam lebhottle kwiliso lakho okanye ebusweni.^{6,7}

Icebiso lokusasaza ibhottle lenzelwe ukunika ithontsi elinye ngexesha kwaye kufuneka ucinezele ezantsi kwebhottle (A), okanye ucinezele ngokucokisekileyo amacala ebhottle (B).⁸



5. Vala iliso lakho. Usebenzisa umnwe wakho, cinezela apho iziciko zidibana khona nempumlo ngamehlo avaliwuyo. Bamba ucinezele imizuzu emi-2 ukuya kwemi-3.^{6,7,9}



6. Hlamba izandla zakho ukuze ususe nawaphi na amathontsi wamehlo anokuthi ashiywe kuwo.^{6,7}



7. Ukuba usebenzisa amathontsi amehlo amaninzi, linda imizuzu emihlanu ngaphambi kokugalela iintlobo ngentlobo ezahlukeneyo zamachonsi amehlo.⁹

Iilensi zokujonga akufuneki zisetyenziswe xa usebenzisa amanye amathontsi wamehlo, nceda ujonge umboneleli wakho wezempilo ukuba unokunxiba iilensi zakho zokujonga kunye namachonsi wamehlo owamiselweyo.¹⁰



ukufunyaniswa



ukunyanganga



ukugcina