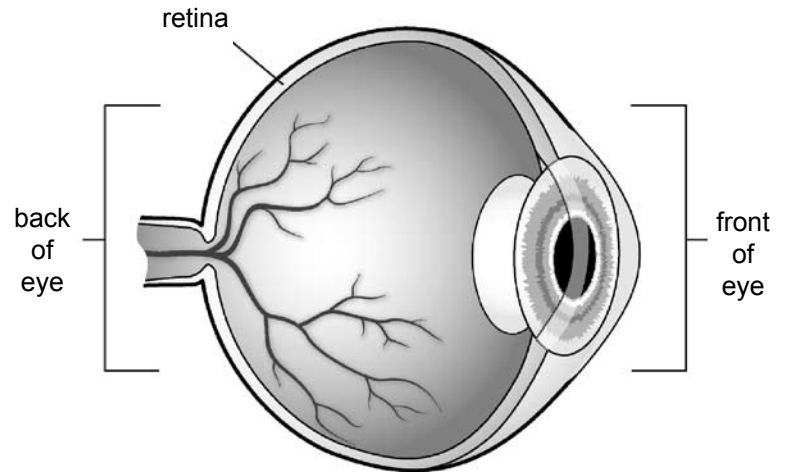


# Retinal Tears and Detachment

The retina is the lining in the back of the inside of the eye. It sends messages to the brain so you can see.

When the retina pulls away from the inside of the eye, tears, holes or detachment can occur.



## Signs of Retinal Tears and Detachment

Retinal tears or detachment are painless. Signs include:

- Sudden increase in floating spots in your vision
- Sudden flashes of light in one or both eyes
- A shadow or curtain over part of your vision
- Sudden blurry or decreased vision

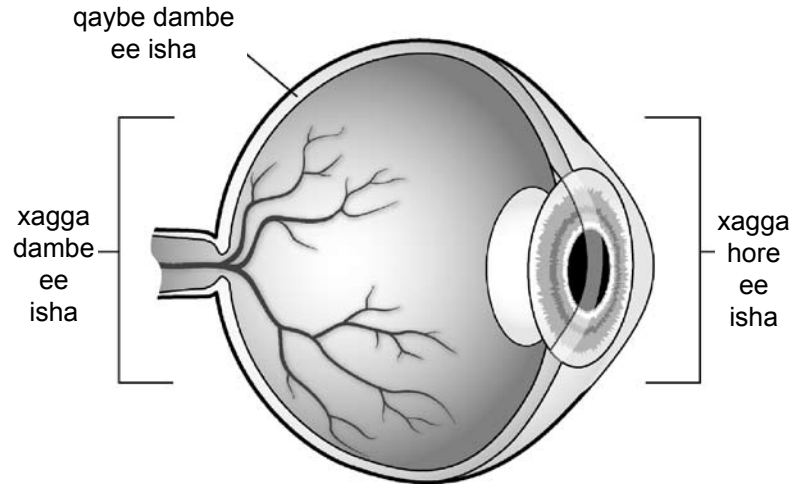
## Your Care

If you have any signs, see a doctor called an ophthalmologist right away. **Retinal detachment is a medical emergency.** If not reattached quickly, permanent vision loss can occur in the affected eye. Prompt medical care and treatment can save your vision.

# Jeexitaanka iyo Soo-go'idda Qaybta Dambe ee Isha

Qaybta dambe ee isha (retina) waa xuubka ku dheehan gudaha dambe isha. Waxay dhambaalo u dirtaa maskaxda si aad wax u aragtid.

Marka qaybta dambe ka soo fuqdo gudaha isha waxa dhici kara jeexitaan, godad ama soo-go'id.



## Calaamadaha Jeexitaanka iyo Soo-go'idda Qaybta Dambe ee Isha

Jeexitaanada iyo soo-go'idda qaybta dambe ee Isha ma laha xanuun. Calaamadaheeda waxa ka mid ah:

- Baro sabbaynaya oo si dhakhso ah ugu bata araggaaga
- Iftiin duulduulaya oo dhakhso ah oo aad ku aragtid hal il ama labada indhoodba
- Hadh ama daah fuula qayb ka mid ah araggaaga
- Aragga indhaha oo si dhakhso ah isugu darsamaya ama u yaraada

## Daryeelkaaga

Haddii aad qabtid wax calaamado/astaana ah, isla markiiba u tag dhakhtarka indhaha. **Soo-go'idda qaybta dambe ee isha waa xalaad caafimaad oo degdeg ah.** Haddii aan dhakhso loo daweyn, aragga ayaa si joogto ah uga lumi kara isha ciladeysan. Daryeel caafimaad oo dhakhso ah iyo daweyn ayaa badbaadin kara ishaada.

Your doctor will check your eye to find what is causing your signs. If a retinal tear, hole or detachment is found, surgery is done. If a tear or hole is treated before detachment occurs, you will likely retain most of your vision.

### **Treatment for small holes or tears**

Small holes or tears are treated with a laser beam or a freeze treatment called cryopexy. These treatments are done in your doctor's office.

- A **laser beam** may be used to make burns around the retinal tear or hole. These burns cause scarring to secure the retina in place.
- In **cryopexy**, intense cold is used to freeze the retina around the tear. This freezes the area and causes a scar to develop. The scarring secures the retina to the eye wall.

### **Treatment for retinal detachment**

There are three types of surgeries used to treat retinal detachment. You may need to have this done in a hospital.

- **Scleral buckling** – a tiny band is attached to the outside of the back of the eye to gently push the wall of the eye against the detached retina.
- **Vitrectomy** – a tiny incision is made in the eye. Gas is injected to push the retina against the wall of the eye.

Dhakhtarkaaga ayaa eegi doona ishaada si loo ogaado waxa keenaya astaanahaaga/calaaamadaahaaga. Haddii la arko jeexitaan, dalool ama soo-go'id, waxa la sameyn doonaa qalitaan. Haddii jeexitaan ama dalool la daweyyo ka hor inta aan soo-go'id dhicin, waxay u badan tahay in aad lahaan doontid badi araggaaga.

## **Daweynta daloolada/ama jeexitaanada/dildilaacyada yaryar**

Daloolada yaryar ama jeexitaanada waxa lagu daweyyaa iftiinka laysarka (laser) ama daweyn barafeyn oo la yidhaahdo cryopexy. Daweynadan waxa lagu qaban doonaa xafiiska dhakhtarkaaga.

- Waxa la isticmaali/adeegsan kara iftiinka layserka (**laser beam**) si gubitaan loogu sameeyo agagaarka jeexitaanka/dilaaca ama daloolka ku yaala qaybta dambe ee isha. Gubitaankaasi waxa uu keenayaa qolof-sameysan taasoo qaybta dambe ee isha ku adkeynaya meesha.
- Marka la isticmaalo/adeegsado daweynta barafeynta (**cryopexy**), waxa la adeegsadaa/isticmaalaa qabow daran si loo barafeeyo agagaarka jeexitaanka/dilaaca ku yaala qaybta dambe ee isha. Taasi waxay baraf ka dhigaysaa aagga waxana ay sababaysaa in qolof ay sameysanto. Qolof-sameysanku waxa uu qaybta dambe ee isha ku adkeynayaa darbiga isha.

## **Daweynta Soo-go'idda Qaybta Dambe ee Isha**

Waxa jira saddex nooc oo ah qalitaano loo isticmaalo daweynta soo-go'idda qaybta dambe ee isha. Waxa laga yaabaa in loo baahan yahay in tan laguugu sameeyo gudaha cisbitaal.

- **Xidhida qaybta adag ee isha (Scleral buckling)** – walax si weyn u yar ayaa lagu qabtaa dibadda dhabarka isha si darbiga isha tartiib loogu riixo xagga qaybta dambe ee soo go'day.
- **Vitrectomy** – jeexis yar ayaa lagu sameeyaa isha. Hawo ayaa lagu sii daayaa meesha si qaybta dambe loogu riixo xagga darbiga isha.

- **Pneumatic retinopexy** –Gas is injected to cause a bubble. The gas bubble pushes the retina back into place, so it can reattach itself to the wall of the eye. You may need to maintain a certain head position for several days. The gas bubble disappears over time.

With all of these surgeries, either laser beam or cryopexy is used to secure the retina back in place. It may take several months following surgery to know how well your vision will improve. Results are best when treatment occurs before retinal detachment.

**Talk to your doctor about your questions and concerns.**

- **Pneumatic retinopexy** – Hawo ayaa lagu shubaa si ay sameeyso xunbo. Xunbada hawada ahi waxay meesheedi ku riixda qaybta dambe ee isha, si ay qabtaasi u awoodo inay dib u qabsato darbiga isha. Waxa laga yaabaa inaad u baahatid inaad madaxa si gaar ah u meeleysid mudo dhawr maalmood ah.

Marka la sameynayo dhamaan qalitaanada, waxa la isticmaalaa/ adeegsada iftiinka laysarka ama barafeyn (cryopexy) si qaybta dambe dib loogu dhejiyo meesha. Waxa laga yaabaa inay qaadato dhawr bilood oo ku xiga qalitaanka si loo ogaado inta ka soo hagaagaysa araggaaga. Natijoooyinka ugu fiican waxa la helaa marka daweynta la sameeyo ka hor soo-go'idda qabta dambe.

**Dhakhtarkaaga kala hadal su'aalahaaga ama walaacaaga.**

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Retinal Tears and Detachment. Somali.