

MTOTO WA JICHO (CATARACT).

Hali ya **Mtoto wa Jicho** inatokea pale lenzi ya jicho inapopata ukungu na kuathiri uwezo wa kuona. Mtoto wa jicho ndio chanzo kikuu vya upofu wa watu wenye miaka Zaidi ya 40.

Jicho la Kawaida



Jicho lenye Mtoto wa jicho



Sababu.

Sababu kubwa ya Mtoto wa Jicho ni umri mkubwa. Kama una umri zaidi ya miaka 60 na unaona hali ya ukungu katika jicho lako basi unaweza kuwa na mtoto wa jicho. Pia mtoto wa jicho inaweza kusababishwa na: *ugonjwa wa kisukari, presha ya damu, ajali katika jicho au kukaa muda mrefu kwenye jua kali.*

Dalili.

Huwa hakuna dalili katika hatua za mwanzo za mtoto wa jicho. Baadaye mtu mwenye mtoto wa jicho kuwa anaona ukungu, haoni vizuri nyakati za usiku, pia huwa anasumbuliwa sana na mwanga.

Kinga.

Ulaji mzuri wa mboga, matunda na vyakula vyenye antioxidant unapungua uwezekano wa kutokea mtoto wa jicho kwa watu wenye umri mkubwa. Pia uvaaji miwani ya jua inasaidia macho kutopatwa na mtoto wa jicho.

Tiba.

Hali ya mtoto wa jicho inaweza kutibika kwa kuondoa lenzi yenye ukungu kwa njia ya upasuaji. Ni upasuaji mdogo chini ya dakika 30 ambapo mgojwa anaruhusiwa kurudi nyumbani siku hiyo hiyo.

CATARACT

A **cataract** is a clouding of the lens in the eye that affects vision. Cataracts are the most common cause of vision loss in people over age 40 and principal cause of blindness in the world.

Normal Eye



Cataract Eye



Causes.

Main cause of cataract is aging. If you're over 60 and your vision has gotten blurry or cloudy, you may have cataracts. Other factors that may cause cataracts include: *Diabetes, Hypertension, UV radiation and eye injury.*

Symptoms.

After cataract pass its early stages, a person may experience the following: Having blurry vision, Poor night vision, being extra sensitive to light and others.

Prevention.

Risk of developing cataracts can be reduced with consumption of nutrients rich in antioxidants and vegetables. Wearing protective sunglasses when outdoors may also reduce your risk of cataracts.

Treatment.

Cataract is simply treated by removing the clouded affected lens with a new one through surgery. It's a simply surgery which takes almost 30 minutes and you can usually go home at the same day.