



KNOW THE GLOW®

("Iftiinka") waa falcelin casaan indho oo aan caadi ahayn, oo caadi ahaan la xiriiirta cudurada indhaha ee waaweyn ee carruurta iyo sidoo kale sababi karto ka hortaga indho beelka carruurta.

Nasiib wanaag iftinka waxaa lagu ogaan karaa sawirro iftiin fudud ah, taasoo u saamaxaysa waalidiinta adduunka inay raadiyaan baaritaan iyo daaweyn marxaladaha ugu horreeya ee cudurradan indhaha iyo nolosha khatarta ku haya

◉ Himilada

Himiltayadu waa in la ciribtiro indho la'aanta caruurta ee laga hortagi karo caalamka.

◉ Hawlgalka

Hawlgalkeenu waa inaan waxbaro bulshada guud iyo caafimaadka bulshada sida loo aqoonsado "iftiinka" iyo inaan keeno tallaabooyin looga hortagayo indho la'aanta carruurta.



XAQIIQADA

KU
SAABSAN
(IFTIINKA)

- sideetankiba hal cunuug ayaa muujiya "iftiinka" ka hor da'da sagaalka sano.
- In ka badan sideetan boqolkiiba kiisaska Retinoblastoma iyo Cudurka jakadaha ee ladiddada dhiiga ee retina ayaa hore looga ogaaday waalid ama xubno qoyska ka tirsan iyada oo loo marayo "iftiinka."
- Iftiinka" wuxuu noqon karaa tilmaame suurtagal ah oo ka mid ah in ka badan 30 cudur oo indho ah, wuxuuna noqon karaa calaamad indha caajiska, Cudurka Dhalashada, Khaladka Jihada, shapagga indhaha oo liita, iyo kansarka indhaha iyo kuwo kale.

XAQIIQOYYIN

KU
SAABSAN
(INDHO
LA'AAN)

- Meel ka mid ah adduunka, ilmo ayaa indho la'aan noqda 60 ilbiriqsi kasta.
- Qiyaastii nus milyan carruur ah ayaa sanadkiiba indho la'aan noqda.
- Heerarka indho la'aanta ayaa saddex jibaarmi doona sanadka 2050 haddii aan la xoojinin dadaallada ka hortagga.
- Indho la'aanta ee Maraykanka ayaa la saadaaliyay inay labanlaabmidoonto sanadka 2050.
- Sideetan boqolkiiba indho la'aanta carruurta waa mid la hortagi karo ama la daaweyn karo.
- Todobaatan iyo shan boqolkiiba dadka waaweyn ee indho la'aanta ah ee Maraykanka ayaa shaqo la'aan ah.
- Kharashka caalamiga ah ee luminta aragga ayaa lagu qiyaasay \$3 Trillion.
- Kharashka luminta aragga ee Maraykanka waa ka badan yahay \$139 bilyan sanadkiiba.
- Caalamka oo dhan, soodon iyo sagaal milyan oo qof ayaa indho la'aan ah.
- Calamko oo dan laba boqol sideetan iyo shan milyaan oo qof ayaa araaga liita.

FIIRI SAWIRADA ,QAADO SAWIRADA

“Iftiin” wuxuu ka muuqda sawirada flash-ka sidii dhibic cad, aan hufaneyn, ama jaalle ah oo ku taalla aragga indhaha, taasoo muujin karta mid ka mid ah in ka badan 30 cudur oo indho ah iyo xaalado kala duwan.

Waxaan ka codsaneynaa waalidiinta in ay

- ① **Raadiyan “Iftiinka!”** adigoo eegaya sawiro hore ama qaadaya sawiro cusub oo caruurtada ah.
- ② **Eeg sawirada carruurtaada adigoo** si toos ah ugu eeganaya kamarada madama “Iftiinka” uu kaliya ka muuqan karo xaggan.
- ③ **a jooji hawsha dhimista indhaha casaanka kamaraddaada** si aad u qabato “Iftiinka.”
- ④ **Noqo mid feejigan,** haddii aad aragto “Iftiinka” hal mar. NOQO mid FIRFIRCOON, haddii aad aragto laba jeer indhaha isla mar ahanta .
- ⑤ **Waydiiso khabiir indho—optometrist ama ophthalmologist—** examination buuxa oo indhaha ah, oo ay ku jirto tijaabada falcelinta casaanka.
- ⑥ **Keena sawirada carruurtaada ee muujinaya “Iftiinka”** marka aad u tagto dhakhtarka indhaha.
- ⑦ **Naga caawi in aan faafino warka!** Gaar ahaan waalidiinta carruurta yar yar

Maxaa yeelay, carruurta ma aha in ay indho la'aan ku noqdaan cudur indho oo laga hortagi karo.

Macluumaad dheerad ah ku saabsan iftinka booqo www.knowtheglow.org.



Sources: 10 FACTS ABOUT BLINDNESS AND VISUAL IMPAIRMENT. http://www.salute.gov.it/imgs/C_17_publicazioni_1656_ulterioriallegati_ulterioreallegato_0_alleg.pdf. 10 little-known facts about blindness. (2015, September 24). <https://www.perkins.org/stories/10-little-known-facts-about-blindness>. April 2010 Issue. <https://retinatoday.com/issues/2010-apr>. Balmer, A., & Munier, F. (2007, December). Differential diagnosis of leukocoria and strabismus, first presenting signs of retinoblastoma. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2704541/>. The Economic Burden of Vision Loss and Eye Disorders in the United States. <https://www.norc.org/Research/Projects/Pages/the-economic-burden-of-vision-loss-and-eye-disorders-in-the-united-states.aspx>. Global Blindness Projected to Triple by 2050. (2018, May 18). <https://www.seeintl.org/global-blindness-2050/>. Hollows, F. (2017, April 21). The five facts about childhood blindness you need to know. <https://medium.com/@FredHollows/the-five-facts-about-childhood-blindness-you-need-to-know-eb8149eccece>. Hollows, F. (2017, April 21). The five facts about childhood blindness you need to know. <https://medium.com/@FredHollows/the-five-facts-about-childhood-blindness-you-need-to-know-eb8149eccece>. Munson, M. C., Plewman, D. L., Baumer, K. M., Henning, R., Zahler, C. T., Kietzman, A. T., ... Shaw, B. F. (2019, October 2). Autonomous early detection of eye disease in childhood photographs. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6774731/>. Myers, C. (2016, November 9). High Rate of Unemployment for the Blind. <https://work.chron.com/high-rate-unemployment-blind-14312.html>. Potential disease detection using photographs in childhood vision screenings. (2016, February 17). <https://knowtheglow.org/research-efforts-focus-on-increased-glow-detection-through-vision-screening/>. Visual impairment, blindness cases in U.S. expected to double by 2050. <https://www.nei.nih.gov/about/news-and-events/news/visual-impairment-blindness-cases-us-expected-double-2050>.