



KNOW THE GLOW®

Leukocoria (mng'ao ndani ya jicho) ni wekundu usio wa kawaida unaoashiria magonjwa kadhaa ya watoto ya macho. Pia ni chanzo kinachoongoza chenye kuzuilika cha upofu wa utotoni.

Kwa bahati nzuri, mng'ao unaweza kugundulika kupitia picha zenye flash, na hivyo kuwawezesha wazazi duniani kote kutafuta utambuzi na tiba katika hatua za awali kabisa za magonjwa haya yanayohatarisha macho na maisha.

Dira

Dira yetu ni kutokomeza upofu wa utotoni unaozuilika duniani kote.

Dhamira

Dhamira yetu ni kuelimisha umma na wataalamu wa afya kuhusu namna ya kutambua mng'ao na kuhamasisha hatua za kuzuia upofu wa utotoni.



UKWELI KUHUSU MNG'AO

T
HE
GLOW

- Karibu mtoto mmoja kati ya 80 huonyesha mng'ao jichoni kabla ya kutimiza miaka tisa
- Zaidi ya asilimia 80 ya visa vya Saratani ya jicho kwa watoto na Coats' Disease hugunduliwa kwanza na mzazi au mwanafamilia kupitia mng'ao
- Kwa kawaida asimilimia zaidi ya 30 ya kiashiria cha shida ya uoni na magonjwa hayo, Mng'ao unaweza kuashiria Jicho Zembe, Ugonjwa wa macho wa Coats, mtoto wa jicho wa kuzaliwa nao, uoni hafifu unaotibika na miwani, Retinal Dysplasia na Saratani ya jicho kwa mtoto ni miongoni mwa mengine

UKWELI KUHUSU MNG'AO

B
LIN
DNESS

- Kila baada ya sekunde 60, mtoto mmoja duniani hupofuka
- Karibu watoto nusu milioni hupofuka kila mwaka
- Visa vya upofu vitaongezeka mara tatu hadi kufikia 2050 iwapo hatua za kuzuia hazitaongezwa
- Inatabiriwa kwamba upofu Marekani vitaongezeka maradufu hadi mwaka 2050
- Asilimia 80 ya visa vya upofu utotoni vinazuilika au vinaweza kutibiwa
- Asilimia 75 ya watu wazima Marekani wenye upofu hawajaajiriwa
- Gharama za kupoteza uwezo wa kuona duniani inakadiriwa kuwa Dola trilioni 3 kwa mwaka
- Gharama za kupoteza uwezo wa kuona Marekani ni zaidi ya Dola bilioni 139 kwa mwaka
- Duniani pote wapo wasioona kabisa milioni 39
- Watu milioni 285 duniani wana matatizo ya kuona

🕒 KAGUA PICHA, PIGA PICHA

Mng'ao hutokea kwenye picha zinazopigwa na flash na huweza kuwa doa jeupe, jeusi au la njano ndani ya kiini cha jicho, linaloweza kuashiria zaidi ya magonjwa 30 ya macho.

Tunawaomba wazazi:

- 1 Kutafuta mng'ao kwa kuangalia picha za zamani au kupiga picha mpya za mtoto
- 2 Angalia picha za mwanao ambapo anaangalia kamera moja kwa moja kwani mng'ao unaonekana kwa upande huo tu
- 3 Zima uwezo wa kamera yako kurekebisha mwonekano wa jicho jekundu ili kuweza kuona mng'ao
- 4 Chukua tahadhari ukiona mng'ao mara moja **CHUKUA HATUA** ukiuona mara mbili kwenye jicho lile lile
- 5 Muombe mtaalamu wa macho au daktari bingwa wa macho kufanya vipimo vya kina vya macho, pamoja na kufanya kipimo cha "red reflex"
- 6 Peleka picha za mwanao zinazoonyesha "mng'ao" unapompeleka kwa daktari wa macho
- 7 Tusaidie kusambaza ujumbe! Hasa kwa wazazi wenye watoto wadogo!!!

Kwani hapatakiwi kuwa na mtoto anayepofuka kwa ugonjwa wa macho unaozuilika.

Kwa taarifa zaidi tembelea www.knowtheglow.org

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