

Yini i-TB?

I-Tuberculosis (TB) yisifo esibangelwa ngama-bacteria (amagciwane) angena emzimbeni ngomoya kanti futhi alimaza amaphaphu. Yisifo esinzima kodwa siyelapheka.

Ngabe sisabalala (sanda) kanjani?

Uma umuntu one-TB ekhwehlela, ethimula noma ephimisa, amagciwane e-TB aphumela emoyeni. Noma ngubani ohogela lo moya angangenwa yi-TB.

Ngubani othola i-TB?

Abanye abantu bakholelwa ukuthi uthola i-TB kuphela uma uhluphekile noma unesifo sotshwala (an alcoholic). Lokhu akulona iqiniso. Noma ngubani angathola i-TB kanti kuncike ngokuthi ngabe umzimba wakho ulwa kanjani nesifo. Kuzoba nzima ukulwa nesifo uma:

- ungadli ukudla okufanele nokunomsoco kanti futhi ungaphumuli ngokwenele.
- uphuza kakhulu utshwala noma ubhema.
- unezifo ezifana ne-high blood pressure, i-diabetes (isifo sikashukela), i-HIV noma i-AIDS.

Abanye abantu bakholelwa ukuthi uma une-TB kusho ukuthi uthakathiwe, kodwa lokhu akulona iqiniso. I-TB isifo esibangelwa ngamagciwane kanti kulula ukuselapha.

Izimpawu (signs) nama-symptom

- Ukukhwehlela kwanoma isikhathi esingakanani
- Ujuluka kakhulu ebusuku
- Ukwehla kakhulu kwesisindo somzimba
- Ifiva (umalaleveva)
- Ukungathandi ukudla
- Ukukhathala nokuphelelwa amandla
- Ukukhwehlela igazi
- Ukuphelelwa ngumoya lapho uphefumula
- Izinhlungu esifubeni.



Ngabe wazi kanjani lapho une-TB?

- Ekliniki umuntu okhombisa izimpawu ze-TB uzocelwa ukuthi akhwehlele afake isikhwehlela ebhodleni elincane.
- Isikhwehlela sizohlolwa elabhorethri, kanti uma kutholakala amagciwane e-TB umuntu uzoqala ukuphuza imithi yokwelapha i-TB.
- Uma une-TB abantu abahlala nawe nabo kumele bahlolwe.

Ukwelashelwa i-TB

- I-TB ilapheka nokunyangeka ngokuphuza i-combination (inhlanganisela) yamaphilisi izinyanga eziyisithupha noma ezingaphezulu.
- Kubalulekile ukuphuza imithi yakho njengoba ulayelwe ngumsebenzi wezempilo kanti futhi uya njalo ukuyohlolwa ngezikhathi ezibekiwe.
- Ngesikhathi welashwa, kuzokwenziwa uhlobo emavikini amabili kanye nasezinyangeni eziyisithupha ngemuva kokuqala ukuphuza imithi yokwelashwa ukubona ukuthi ngabe imithi isebenza kahle.
- Musa ukuyeka ukuphuza imithi kuze kube umsebenzi wezempilo uthi yeka. Lokhu kubaluleke kakhulu.

I-Drug resistant TB ii-TB engasezwa mithi (MDR kanye ne-XDR TB)

- Uma ungalandeli ngokufanele nokuyikho ukuphuza amaphilisi akho okwelashelwa i-TB, ngokuthi ungaphuzi onke amaphilisi akho noma ubuye ungawaphuzi kwezinye izinsuku, ungaba ne-drug resistant TB.
- I-TB ye-drug resistant isho ukuthi igciwane le-TB alibulawa yimithi ye-TB esetshenziswayo evamile.
- Lokhu kuyingozi kakhulu, ngoba ugcina ungaselapheki.

- Ingadlulelwa nakwabanye abangakaze babenayo i-TB. Lokhu kuzobeka ohlala nabo engozini.

Ama-side-effects (imiphumela engemihle) avamile emithi ye-TB yilena:

- Ukucanuzelwa yinhliziyu.
- Amakrempu noma ukunwayizela ngaphansi kwezinyawo (okubizwa ngokuthi yi-peripheral neuropathy).
- Izinhlungu ezihlabayo.
- Ukushintsha kombala womchamo wakho nezinyembezi.
- Ukuba namashashazana amancane esikhumba.

Uma unama-side effects noma imiphumela engemihle, kumele ungayeki ukuphuza imithi yakho ye-TB ngokwakho. Qhubeka nokuyiphuza imithi yakho kodwa yiya kudokotela noma unesi ubatshela ngokwenzekayo kuwe. Bangakunikeza umuthi wokuyekisa ukucanuzelwa yinhliziyu (nausea) kanye nowamakrempu.



Ukwelashwa ngokwesekelela okubizwa i-DOTS

- ENingizimu Afrika, indlela abantu abaphuza ngayo imithi ye-TB ibizwa i-DOTS. I-“DOTS” imele ukuthi: Directly Observed Treatment Short Course.

- Abasekeli be-DOTS kuvamise ukuba ngabasebenzi bezempilo abasiza abantu ukuphuza imithi ye-TB. Buza ekliniki yangakini ngale nhlobo yosekelo.

Yini ubuhlobo phakathi kwe-TB kanye ne-HIV?

- Uma une-HIV, i-HIV ihlasela amasosha omzimba, kanti lokhu kusho ukuthi uzogula kalula. Esinye sezifo ezivamile ozitholayo yi-TB.
- Kubalulekile ukuthi uma une-HIV uhlolwe i-TB kanti uma une-TB kumele uhlolwe ne-HIV ukuze uthole imithi eyiyo eqondane ngqo.

Imithi ye-TB kanye nama-ARV

- Wonke umuntu one-HIV kanti futhi one-TB kumele aqale ukuphuza imithi. Odokotela bazokwelapha i-TB kuqala ebese belandelisa ngemithi yama-ARV.

Ukuthola ulwazi olubanzi: www.hivsa.com



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ISSUE 1 - OCTOBER 2016

- Abantu abakwizithombe ngama-model kanti futhi abanayo i-HIV noma ezinye izimo ezikhonjiswe kule phamfethi noma le ncwajana.



Le phamfethi (le ncwajana) ithole usizo lwemali ngokusekelwa ngabohlelo oluvela kwi-US President's Emergency Plan for AIDS Relief (PEPFAR) oluvela kwabe-US Agency for International Development ngaphansi kwesivumelwano se-Cooperative Agreement No. AID-674-A-00-08-12-00015 ngabe-Anova Health Institute.

Imibono evezwe kule-Phamfethi akuyona nje kuphela imibono yabe-PEPFAR, USAID noma abe-AHI.

Abenombolo yosizo kazwelonke i-National AIDS Help Line:

0800 012 322 (engakhokhelwa)

Ungaxhumana nabe-HIVSA ku: Ucingo: +27 11 494 1900

isi Zulu

Wena okudingeka ukwazi maqondana...

I-Tuberculosis (TB)/ isifo sofuba

