

Imithi ye-HIV (ARVs)

Igama elithi HIV limele i-human immunodeficiency virus ehlasela futhi ibulale amanye ama-cell (abizwa ngokuthi ama-CD4 cells) kumasosha emzimbeni womuntu.

I-HIV ingena emzimbeni:

- Ngokwenza ucansi olungavikelekile.
- Ngokudlulela enganeni isuka kuMama ngesikhathi umama ekhulelwe, esikwa zinhlungu zokubeletha noma ngokuncelisa ibele.
- Ngokusebenzisa imijovo.
- Ngokuhlatshwa zinalithi zikulimaze.
- Ngegazi eline-HIV.

Imithi ye-HIV (antiretrovirals – ARVs)

- Imithi yama-antiretrovirals (ARVs) inikeze izigidigidi zabantu abaphila ne-HIV impilo entsha.
- Ama-ARV anamandla kakhulu, yimithi esindisa impilo elawula i-HIV ngokuyithena amandla ngokwenza ukuthi amavayirasi angakwazi ukwengezeleleka.
- Ama-ARV awayelaphi i-AIDS; kanti futhi aneminye imiphumela engemihle (ama-side effects) kanti kwesinye isikhathi anzima ukuwaphuza.
- Ama-ARV yimithi engcono kakhulu ekhona okwamanje kanti yenza ukuthi abantu abane-HIV baphile isikhathi eside futhi bephila izimpilo ezinhle.

Ngabe kumele ngiqale ukuphiza imithi nini?

Ngokushesha ngendlela okungakhonakala ngayo ngemuva kokuba utholakale une-HIV kanti futhi uyalelwa ngumsebenzi wezempilo ukwenze njalo. I-test ye-CD4 isetshenziswa ukuthola ukuthi ngabe iHIV isiwuthinte kanjani umzimba wakho nokuthi ngabe amasosha omzimba wakho asaqine kangakanani.

Uma ukhulelwe noma uncelisa ibele kanti futhi une-HIV kuzodingeka ukuthi uphuze imithi yama-antiretroviral.

Uma une-TB - Wonke umuntu one-HIV kanti futhi one-TB kumele aqale ukuphuza imithi yama-ARV.

Uma uqala ukuguliswa yi-HIV kanti futhi unezimpawu ezijulile neziqhubekela phambili zokuzizwa ukhathele untekenteke, wonda, uba nenkinga yesikhumba efana nokuqubuka (rash), ama-infection emlonyeni, ama-infection esifubeni, umsebenzi wezempilo angakweluleka ukuthi uqale ukuphuza ama-ARV.

Ukuqala ukuphuza imithi

- Abantu abaningi abadala abaqala ukuphuza imithi baqala ngokuphuza imithi yama-ARV yamaphilisi amathathu asehlenganiswe kwiphilisi elilodwa (Fixed Dose Combination noma i-FDC).
- Abanye abantu kungenzeka bengakwazi ukuphuza i-FDC okusho ukuthi bazophuza amaphilisi amathathu e-ARV.
- Qinisekisa ukuthi ukhuluma nomsebenzi wezempilo kanye nokuqondisa ukuthi uphuza yiphi imithi nokuthi kumele uyiphuze kanjani, kanye nokuthi kungaba yini imiphumela engemihle engabakhona.



Imiphumela engemihle (side effects) yemithi

- Imithi eminingi empilweni ibuye ibe nemiphumela engemihle kwabanye abantu efana nokuphathwa yikhanda, ukucanuzelwa yinhliziyi lapho uqala ukuyiphuza leyo mithi.
- Imithi ehlukene iba nemiphumela engemihle ehlukene kubantu abehlukene.
- Ngaphambi kokuba uqale ukuphuza imithi, qinisekisa ukuthi umsebenzi wezempilo ukuchazela ngemiphumela engemihle ongahle uyilindele.
- Uma ukhathazeka ngezinye zalezi zinto ezilandelayo, khulumisana nomsebenzi wezempilo ngokushesha: ukucanuzelwa yinhliziyi nokuhlanza, ukukhathala kakhulu, ukungathandi ukudla, ukonda, ukuhanjiswa yisisu, izinhlungu esiswini, umchamo oyelo kakhulu noma umchamo osabubrawuni, ukuba yellow kwamehlo, ukuphefumula kanzima, ukuqubuka isikhumba (rash) kanye nama-ulcer emlonyeni, emehlweni noma ngaphakathi kwezimpumulo.

Ukuphuza imithi kahle ngokufanele – ukulandela ngokufanele kanye ne-resistance (lapho umzimba ungasezwa mithi)

- Ukuphuza imithi kabi ngokungafanele – ukuyiphuza kakhulu ngokweqile, noma kancane, noma ukungayiphuzi kwasanhlobo – kungabangela izinkinga ezinkulu.
- Ukuphuza kakhulu imithi ngokweqile noma ukuyiphuza njalo njalo singakafiki isikhathi sokuyiphuza kungabangela imiphumela engemihle.
- Ukuphuza imithi kancane (too little) ngoba uzizwa ungaphilile kahle noma ukwabelana ngayo namanye amalunga omndeni noma abangani kungabangela i-resistance (ukuthi umzimba ungasezwa mithi).
- I-resistance kuma-ARVs kusho ukuthi akunamuthi olingene egazini lakho ukubulala amavayirasi kanti futhi kusho ukuthi noma uphinde uqala ukuyisebenzisa futhi ngomthamo ofanele, imithi ngeke isasebenza.

- Khumbula ukuthi uma uze uqale ukuphuza imithi, kumele uyiphuze impilo yakho yonke, uma uze waqala ungasayeki.
- Bheka iphamflethi (incwajana) yethu ngokunamathela ukuphuza kahle imithi (adherence) ukuthola eminye imininingwane.

I-Positive living nokuthi isho ukuthini kuwe

- Uma uphuza kahle ngokufanele imithi yakho kanti futhi unakekela impilo yakho, ungaphila isikhathi eside futhi uphile impilo enhle – ungasebenza, ube nezingane, kanti futhi uphile impilo evamile.
- Kubalulekile ukuthi uzinakekele kanye nokunakekela impilo yakho ngokudla ukudla kwedayethi ebhalance kahle, kanye nokuzelula umzimba njalo kanye nokuphumula.
- Ungabhemi noma uphuze utshwala.
- Kubalulekile ukuthi uthole ukusekelwa wumndeni kanye nabangani bakho noma kwabanye abantu abane-HIV – cabanga ngokujoyina iqembu labantu losekelo noma ukukhulumisana nabanye abakwisimo esifana nesakho.
- Uma uzizwa ukhathazeka noma uxinekile, thola i-counselling (ukwelulekwa) kumfundisi wakho noma omunye umuntu onesipiliyoni noma amava ekubhekaneni nezimo ezinjena.

Imithi ye-HIV (ARVs) kanye nezingane

- Zonke izingane ezine-HIV ezingaphansi kweminyaka engu 5 kumele ziphuze imithi.
- Izingane zithola umxube (ama-combination) wemithi, kuye ngesidingo sengane nengane. Kubalulekile



ukuthi izingane ziphuze imithi yazo kuphela kanye nokuthi zingabelani nabanye abantu ngale mithi.

- Izingane nazo kumele ziphuze imithi yazo nsuku zonke kanti futhi ngesikhathi esifanayo sosuku nsuku zonke.
- Imithi ingaba ngamaphilisi noma ibe yimithi yoketshezi (liquids).
- Uma uphuzisa umuthi woketshezi (liquid), qinisekisa ukuthi uyazi ngomthamo okumele uphuzwe nokuthi uwukala kahle ulinganele ncamashi ngaso sonke isikhathi.
- Uma uphuzisa ingane amaphilisi, qinisekisa ukuthi uyazi ngokuthi kumele iphuze amangaki ngaso sonke isikhathi.
- Khumbula ukuthi ukhuthaze nokubonga ingane lapho iphuza umuthi nomuthi wayo – lokhu ukuyikhuthaza ukuthi iphinde futhi ngokuzayo kanjalo.
- Njalo beka ama-ARV endaweni ephephile, lapho engafinyelelwa khona izingane ezisacathulayo nezingane ezincane.
- Kubalulekile ukuthi ungaphelelwa yimithi – qinisekisa ukuthi unesaplayi yemithi yama-ARV yenyanga njalo ngenyanga ngaphambi kokuthi imithi iphele.

Ukuthola ulwazi olubanzi: www.hivsa.com



www.choma.co.za

Choma Magazine on facebook
Twitter: @Chomamag



www.hi4life.co.za

hi4LIFE on facebook
Twitter: hi4LIFE101

ISSUE 1 - OCTOBER 2016

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



USAID
FROM THE AMERICAN PEOPLE



Le phamflethi (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-phemflethi 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...

Imithi ye-HIV (ARVs)

