

Yini ukusoka (i-circumcision)?

Isitho sangaphambili sowesilisa (male penis) simbozwe ngocwecwana lwesikhumba olubizwa ngokuthi yi-foreskin (inhlonze). Ukususwa kwalesi sikhumba kubizwa ngokuthi ukusoka (i-circumcision).

Kungani kulungile ukusoka (circumcise)?

- Ngezizathu zenhlanzeko: kulula ukugcina isitho sowesilisa sangaphambili sihlanzekile.
- Ukuphungula ingozi yokungenwa yizifo zocansi ama-sexually transmitted infections (STIs) ezibandakanya i-HIV.
- Abesimame bavikelwa kwikhensa (umdlavuzi) wesinye kanye namanye ama-infection.
- Ngezinkolelo zamasiko.
- Ngezinhlalo zezemithi nokwelashwa (medical reasons) izinkinga zesitho sangaphambili sowesilisa ezidinga ukususwa kwesikhumba senhlonze noma i-foreskin.

Ukusoka (circumcision) kuphungula ingozi yokungenwa ngama-STI

- Ingaphakathi le-foreskin lehlukile kunesikhumba saso sonke isitho sangaphambili sowesilisa (penis). Ama-tissue anama-cell okulula kuwo ukuthi kungene ama-STI, abandakanya i-HIV.
- I-foreskin isengozini yokuthi idabuke noma isikeke kanti lokhu ebese kunyusa ingozi yokungenwa ngama-STI kowesilisa.
- Uma owesilisa esokile (circumcised) i-foreskin iyasuswa, kanti lokhu kuphungula inani lama-cell asengozini yokungenwa ngama-STI abandakanya i-HIV.

Ngisho noma ucwaningo oluningi luthi ukusoka (i-circumcision) kuphungula ingozi yokungenwa ngama-STI kanye ne-HIV, lokhu akukuvikeli ngokuphelele, ngakho-ke kumele wenze ucansi ngendlela evikelekile: Abstain, Be faithful, Condomise (Ungayi ocansini, Ukuthembeka kumuntu oyedwa, kanti futhi usebenzise Amakhondomu).



Amaqiniso okumele uwazi

- Uma ungaphansi kweminyaka engu 16, kuzodingeka uthole imvume yabazali ukuze usoke (get circumcised).
- I-circumcision yabesilisa abaneminyaka engaphezulu kwengu 16 ingenziwa uma kunemvume yokwenza i-circumcision futhi ngemuva kokuthola ukwelulekwa ngokufanele (proper counselling).
- Kubalulekile ukuthi i-circumcision yabesilisa yenziwe ngumuntu oqeqeshiwe futhi onekhwalifikheshini yokwenza njalo.
- Okokuqala, kumele uthole i-counselling (ukwelulekwa) ngokuthi yini okumele uyilindele kanti futhi uzocelwa ukusayina ifomu lokuvuma.
- Uzonikezwa uhlolo lwe-HIV kanye nokunye ukuhlolwa kwezempilo okuvamile.
- Le nqubo (iprosija) yenziwa ngaphansi kwe-local anaesthetic (ukubulawa kwemizwa okwesikhashana kuleso sitho) ukuze ungezwa buhlungu.
- Ngemuva kweiprosija, uzonikezwa imithi yezinhlungu.

Ukubuyela uyohlolwa: uzonikezwa izinsuku ezingu 2 ukuya kwezingu 3 ukuthi ubuye futhi ngemuva kokuba usikelwe ukusoka (circumcised). Qikelela ukuthi uyabuyela ngazo zonke izikhathi ezibekiwe. Izitishi zomthungo zizozinyamalalela ngokwazo. Bhala phansi noma yimiphi imibuzo onayo. Ngale ndlela uzokhumbula le mibuzo ngesikhathi sokubuyela.

Ukuya ocansini: kumele ulinde amaviki angu 6 ngemuva kweiprosija ngaphambi kokuzidlalisa ukukhipha amalotha (masturbate) noma ukuya ocansini no-partner wakho.

Ungazizwa ungaphathekile kahle uma uya ocansini okokuqala ngemuva kokwenza iprosija. Khuluma nomsebenzi wezempilo uma ukhathazeka noma unezinkinga eziqondene nocansi.

Ngemuva kokusoka, xhumana nomsebenzi wezempilo uma:

- Ungakwazi ukubuyela ukuyokwenza uhlolo.
- Unefiva (ukwenyuka kwezinga lokushisa komzimba).
- Ungakwazi ukuchama kahle.
- Ugodola kakhulu (chills), ukhwehlela, noma uzizwa untekenteke (weak) noma kubuhlungu.
- Unesiyezi, ucanuzelwa yinhliziyi (isisu esingesihele), noma uphalaza (uhlanza).
- Unezinkinga lapho uya ocansini.
- Unemibuzo noma ukukhathazeka ngeprosija, isimo, noma unakekelo.

Yiya uyokwelashwa masisha uma:

- Wopha.
- Umchamo unegazi, udungeke kakhulu noma unuka kabi noma uma ungakwazi ukuchama.
- Unezinhlungu noma ukuvuvukala kwesitho sangaphambili (penis) okungehli, noma ungapholi ngemuva kokuphuza amaphilisi ezinhlungu, okuya phambili.
- Uvuvukele, ukuba bomvu, izinhlungu, noma igazi noma idisishaji endaweni osikwe kuyo noma indawo ezungeze lapho osikwe khona.

Inzuzo ye-MMC:

- Kulula ukuhlazekisa isitho sangaphambili.
- Ukuphungula ingozi yokungenwa ama-STI.
- Ukuphungula ingozi yekhensa (umdlavuza) wesitho sangaphambili.
- Ukuphungula ingozi yokungenwa kwekhensa yesinye (cervical cancer) kuma-partner akho ezocansi.
- Ukuphungula ingozi ye-HIV.

Ngisho noma ucwaningo oluningi luthi ukusoka (i-circumcision) kuphungula ingozi yokungenwa ngama-STI kanye ne-HIV, lokhu akukuvikeli ngokuphelele, ngakho-ke kumele wenze ucansi ngendlela evikelekile: Abstain, Be faithful, Condomise (Ungayi ocansini, Ukuthembeka kumuntu oyedwa, kanti futhi usebenzise Amakhondomu).

Njalo nje khumbula:

- Ukusebenzisa ikhondomu.
- Ukusebenzisa ikhondomu.
- Ukusebenzisa ikhondomu.

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 phamfletli noma le ncwajana.



USAID
FROM THE AMERICAN PEOPLE



ANOVA
HEALTH INSTITUTE



Le phamfletli (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-phemfletli 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...

Medical Male Circumcision (MMC)

