

I-ART YALE MIHLA EMZANTSI AFRIKA

I-ART UKUKHULELWA & IMPILO YAMABHINQA

Wonke umntu one-HIV

kufuneka athathe unyango lwe-
HIV – olubizwa i-antiretroviral
therapy, i-ART okanye ii-ARVs

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INGABA ABANTU ABANE-HIV

BANGABA NABANTWANA

ABANGENAYO I-HIV?



EWE!

I-ART ikhusela
umntwana wakho
kwi-HIV ngoxa
ukhulelwe,
ubeleka naxa
uncancisa.

Thetha
nomongikazi
okanye ugqirha
wakho ngalo
mba.

INGABA UNYANGO

LUYAFANA KWIBHINQA

ELIKHULELWEYO NJENGABANYE

ABANTU ABANE-HIV?

Izikhokelo zoMzantsi Afrika zicomela i-ART kuye wonke ubani one-HIV, enoba i-CD4 count okanye i-viral load yakhe ithini.

Oku kuquka amabhinqa akhulelweyo namabhinqa anqwenela ukukhulelwa.

Kukho izinto ezimbalwa ezongezelelekileyo amabhinqa amele acinge ngazo xa eqalisa okanye ethatha i-ART.

II-ARV'S EZINTSHA

EMZANTSI AFRIKA

Sitshintsha ekumgca wokuqala i-ART.

I-ART idla ngokuba ziipilisi ze-ARVs ezintathu kwipilisi enye – ebizwa ngokuba ngumxube wethamo eliqingqiweyo.



Lo mxube mtsha wee-ARVs uza kuba: yi-tenofovir, i-lamivudine ne-dolutegravir. Lo mxube maxa wambi ubizwa ngokuba yi-TLD.

Umxube omdala okumgca wokuqala wawusekelwe kwichiza elibizwa ukuba yi-efavirenz.

Ngokungakumbi nge-TLD, funda incwadana ye-“Starting ART”.



I-DOLUTEGRAVIR

& NOKUKHULELWA

Umxube omtsha okumgca wokuqala usekelwe kwi-ARV ebizwa ngokuba yi-dolutegravir.

Kusenokubakho umngcipheko othe chatha kancinane kusana olungekagalwa xa unina ekhulelwa ngoxa ethatha i-dolutegravir.





Olunye uphononongo lwafumanisa izinga eliphezulu lesiphene kwi-neural tube kunesiqhelo ngaphezu kwabantwana abanoonina abaye bakhulelwa sele bekwi-dolutedgravir.

Okubalulekileyo, oku BEKUNGAPHAMBI kokuba ezo ntsana zikhawulwe.

Amabhinqa awaqalisa ukuba kwi-dolutedgravir emva kokukhulelwa awazange abonise zingxaki.

Kodwa, oku bekuvela kuphononongo olunye kuphela kwaye bekumele ukuba kwenzeka ngebhaqo.

YINTON ISIPHENE

KWI-NEURAL TUBE?

I-neural tube kusana olusakhulayo yile nto iye ibe bubuchopho, ithambo lomqolo, ukakayi nomnqonqo.

I-neural tube iyavala kwiintsuku ezingama-28 zokuqala zokukhulelwa – oko kungaphambi kokuba umama azazi ukuba ukhulelwe.

Ukuba ayivali ngokupheleleyo ngasizathu sithile, kuthiwa umntwana unesiphene kwi-neural tube.





Isiphene se-Neural tube
sidla ngokwahluka,
sisuka kwezona zincinane
kakhulu ezilungiseka
lula, ukuya kwezo
eziza nesiphene
esinzulu zide
zibangele nokufa.

Ngoko, lo
mngcipheko
uthathwa
nzulu kakhulu
lisebe lezempilo,
abasebenzi
kwezempilo,
nezigulane.

INGABA IBHINQA ELINE-HIV

LINGAKWAZI UKUTHATHA

NGOKUKHUSELEKILEYO

I-DOLUTEGRAVIR?

EWE*

Kodwa ke kubekho izinto ezimbalwa ezingakumbi elimele liziqwalasele.

* Onke amabhinqa ane-HIV afanele axelelwe ukhetho lwawo ukuze luwancede akhethe umxube ofanelekileyo we-ARV kunye nomsebenzi kwezonyango.

KUTHEKANI UKUBA

SELE UKHULELWE?

Ukuba sele ukhulelwe kwaye uthatha i-ART esekelwe kwi-dolutegravir, uya kunconyelwa ukuba uqhubeke.

Ukuba ukhulelwe kwaye akukaqalisi i-ART, kuya kunconyelwa umxube osekelwe kwi-efavirenz.

KUTHEKANI UKUBA

ANDIFUNI KUKHULELWA?

Ukuba akunqweneli ukukhulelwa, kwaye usebenzisa into yoqingqo-nzala ephumelelayo, uya kunconyelwa usebenzise umxube osekelwe kwi-dolutegravir.

Izinto zoqingqo-nzala eziphumelelayo zithetha iindlela zanamhlanje: iikhondom, iipilisi, ezitofelwayo, ukufakelelwa okanye ukudloliswa. noma ukuvalwa kwenzalo.

KUTHEKANI UKUBA

NDIFUNA UKUKHULELWA?

Ukuba uceba ukukhulelwa uya kunconyelwa ukuba uthathe umxube osekelwe kwi-efavirenz.

QINISEKISA UKUBA

UKHULULEKILE

NGESIGQIBO SAKHO

Ukuceba ukukhulelwa kufana kakhulu enoba une-HIV okanye akunayo.

Ukuba uye wafunyaniswa une-HIV ebudeni bokukhulelwa, usenokudinga inkxaso enkulu kakhulu ngaphaya kokuqalisa i-ART.





NYAMEZELA

ISIQU SAKHO

Impilo yakho
nonyango lwakho
lwe-HIV zezona
zinto zibalulekileyo
onokucinga ngazo
ukuze uqinisekise
ukuba
unomntwana
osempilweni.



LUQONDE

UKHETHO ONALO

Qiniseka ukuba uyaluqonda ukhetho onalo – kuquka ukujonga inkcazelo efana neli phetshana.

Qiniseka ukuba abasebenzi bakho bezempilo baxubusha nawe ukhetho lwakho kwaye basihlonele isigqibo sakho.



Inkcazelo engakumbi

Ungafumana inkcazelo engakumbi
(okanye ubuze imibuzo ngonyango)
kwezi webhusayithi:

www.tac.org.za & www.i-base.info

