

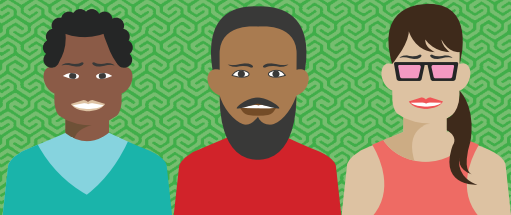
I-ART YALE MIHLA YOMZANTSI AFRIKA

UKUQALISA I-ART

Nabanina one-HIV

kufuneka afumane unyango lwe-HIV –
– olubizwa ngokuba lunyango lwe-
antiretroviral, i-ART okanye ii-ARVs

JULY 2020



INGABA I-ART IYASEBENZA

NGOKWENENE?



EWE!

Iya kukugcina
usempilweni.

Ubude bobomi
bakho buza kufana
nobangaphambi
kokuba ube
nesigulo.

Kwakhona
inciphisa ukubeka
amaqabane akho
emngciphekweni.

Phantse babe zizigidi ezintlanu abantu abaqakise i-ART emzantsi Afrika.

I-ART isebenza enoba ulibhinqa okanye uyindoda. Isebenza nakobuphina ubudala: abantu abadala, ulutsha, abantwana neentsana.

Ukuthatha i-ART ngendlela ebhalwe ngayo kunciphisa i-HIV emzimbeni wakho ibe zizixa ezincinane (ezibizwa ngokuba “zezingaqondakaliyo”).

Nangona uze kube unayo i-HIV, ungaphila ubomi obude nobusempilweni.



INGABA BONKE ABANTU

ABANE-HIV BADINGA I-ART

EWWE

Izikhokelo zoMzantsi
Afrika zincomela
ngoku i-ART kuye
wonk' ubani
one-HIV, enoba
i-CD4 count yabo
ithini okanye
i-viral load.





**Oku kuyafana
ehlabathini lonke.**

**Unyango luyasebenza
kwaye kulula
ukuluthatha.**

**I-ART idla ngokuthetha
ukuthatha ipilisi enye
kuphela ngosuku.**

**Ukuba akukayithathi
i-ART, le
ntsholongwane
ingonakalisa impilo
yakho kwanaxa
uziva usempilweni.**

II-ARVs EZINTSHA

EMZANTSI AFRIKA

Sitshintsha umgca wethu wokuqala we-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, yi-lamivudine ne-dolutegravir. Lo mxube maxa wambi ubizwa ngokuba yi-TLD.

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

YINTONI I-DOLUTEGRAVIR?

🔊) *dol-you-TEG-rah-veer*

I-Dolutegravir luhlobo lwe-ARV olubizwa ngokuba yi-integrase inhibitor.



KUTHENI I-DOLUTEGRAVIR

IBHETHELE KUNE-EFAVIRENZ?

I-Dolutegravir ineziphumo ezisecaleni ezimbalwa kune-efavirenz – ngoko kulula ukuba abantu bayithathe nokuze unyango luphumelele.

Umxube omtsha wee-ARVs nawo ufika ngeepilisi ezincinane.

ZIZIPHI IZIPHUMO

EZISECALENI

ZE-DOLUTEGRAVIR?

Azixhaphakanga kodwa ziquka ukutshintsha kwendlela oziva ngayo nokusokola ukulala.

Maxa wambi abantu bangafuna ukutshintshela kwenye i-ARV.

Abanye abantu bakufumanisa kubhetele ukuthatha i-dolutegravir kusasa kunangokuhlwa.

Iziphumo ezisecaleni ezinzulu ngakumbi, eziquka ukudandatheka nokuziva ufuna ukuzibulala, zinqabe kakhulu kwi-dolutegravir.



I-DOLUTEGRAVIR

NE-YEZA LE-TB

I-Rifampicin, elinye lamayeza asetyenziswa kumgca wokuqala wonyango lwe-TB, inganciphisa izinga lamanye amayeza, kuquka i-dolutegravir.

Olu “ngenelelwano” phakathi kwe-dolutegravir ne-rifampicin loyiswa ngokongeza i-dolutegravir ethe chatha.

Ngoko i-dolutegravir ithathwa kabini ngosuku (Kanye phakathi kwi-TLD nakanye njengethamo elinye).



AMANYE AMAYEZA

NEZIXHASI

Kukho ungenelelwano phakathi kwe-dolutegravir nezinye izixhasi, amayeza esitshisa, ii-laxatives nee-multivitamins, kuquka izixhasi ze-calcium.

Ukuze ulwe noku kufuneka i-DTG ithathwe kwiiyure ezimbini ngaphambili okanye iiyure ezintandathu emva kokusebenzisa la mayeza.

Olunye ungenelelwano olubalulekileyo lolokuba i-DTG iwaphinda kabini amazinga e-metformin – enyanga i-type 2 diabetes – kwaye ifuna ukubekwa esweni ngenyameko.

IMBIZA

Ungenelelwano
oludla
ngokungaqondwa
kakuhle lolo
lwamayeza esintu
okanye imbiza.

Amayeza esintu
awavavanywanga okanye
avunywe ngokusesikweni. Asazi
ukuba yintoni engenziwa yimbiza.

Asenokulenza buthathaka
ifuthe lee-ARVs.

Ukuwasebenzisa kunye
kusengenza i-ARVs okanye imbiza
ibe yityhefu ngakumbi.



UKUNGAPHOSI

Ukungaphosi ukusela ipilis yeyona nto ibalulekileyo omele ucinge ngayo xa uqalisa i-ART.

Ukuba ukhathazekile, zininzi iindlela zokukunceda.

Ukuba nomzila othile kwenza kube lula.

Ngokuqhelekileyo i-ART yipilisi enye ngosuku.





IIMVAVANYO

ZOKULANDELELA

IMPILO YAKHO

I-CD4 COUNT

I-CD4 count yakho ikuxelela ngenkqubo yamajoni akho omzimba.

Izinga lomntu omdala ongenayo i-HIV limalunga ne-400 ukuya kwi-1600. Ukufumana ngaphezu kwe-500 kujongwa njengokuqhelekileyo.

Kwanaxa une-CD4 count ephantsi kakhulu, i-ART ingawanceda amajoni akho omzimba aphucule kwakhona.



I-VIRAL LOAD (VL)

Olu vavanyo lubonisa ukuba singakanani isifo kwisampuli yegazi.

Kwi-ART, i-viral load ifanele ibe ngaphantsi kwe-50 copies/mL.

Oku kubizwa ngokuba kukungaqondakali kwaye yenza i-HIV kube nzima ukuba idlule.

Wonke umntu one-HIV udinga ukuthatha i-ART, kungakhathaliseki ukuba ithini i-CD4 okanye i-viral load ithini.

I-ART KUNYE

NOKUKHULELWA

Kwakhona
siye savelisa
incwadana
ephathelele
ukuthatha
i-ARVs
kumabhinqa
afuna
ukukhulelwa
apho kukho
izinto ezimbalwa
ezingakumbi amele
acinge ngazo.



Inkcazelo engakumbi

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

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

