

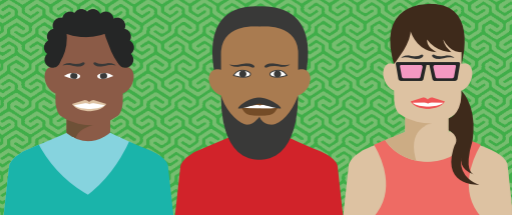
I-ART YESIMANJE YASENINGIZIMU AFRIKA

UKUQALISA I-ART

Wonke umuntu one-HIV

kudingeka athathe umshanguzo we-
HIV – obizwa ngokuthi i-antiretroviral
therapy, i-ART noma ama-ARV

JULY 2020



INGABE I-ART

IYASEBENZA NGEMPELA?

YEBO!

Izokugcina
ungumqemane.

Ubude besikhathi
sokuphila kwakho
buzofana
nobangesikhathi
ungakayitholi i-HIV.

Iphinde inciphise
nengozi kumuntu
wakho.



Bacishe babe yizigidi ezinhlanu abantu abaqale i-ART eNingizimu Afrika.

I-ART iyasebenza kungakhathaliseki ukuthi ungowesifazane noma ungowesilisa. Isebenza kubo bonke ubudala: abantu abadala, abantu abasebasha, izingane nezinsana.

Ukuthatha i-ART ngendlela oyalelwe ngayo kunciphisa i-HIV emzimbeni wakho ibe umthamo omncane kakhulu (okubizwa ngokuthi “ayibonakali”).

Nakuba uzobe usesenayo i-HIV, ungaphila saka isikhathi eside.



INGABE BONKE ABANTU

ABANE-HIV BAYAYIDINGA I-ART?

YEBO

Imithetho yaseNingizimu

Afrima manje
seyithi wonke
umuntu one-HIV
makathathe i-ART,
kungakhathaliseki
ukuthi ingakanani
i-CD4 yabo
noma umthamo
wegciwane
kubona.





Lokhu kwenziwa
emhlabeni wonke jikelele.

Lo mshanguzo
uyasebenza futhi
kulula ukuwuthatha.

I-ART ngokuvamile isho
ukuthi uthatha iphilisi
elilodwa vo ngosuku.

Uma ungayithathi
i-ART, igciwane
lingalimaza
impilo yakho
ngisho noma
uzizwa uphilile.

AMA-ARV AMASHA

ASENINGIZIMU AFRIKA

Siyayishintsha
i-ART yokuqala.

I-ART ivame ukuba ama-
ARV amathathu ephilisini
elilodwa – elibizwa
ngokuthi ingxube
yomthamo owodwa.



**Ingxube entsha yama-
ARV izoba: i-tenofovir,
i-lamivudine ne-dolutegravir.
Le ngxube yomshanguzo
ngezinye izikhathi
ibizwa ngokuthi i-TLD.**

Ingxube endala yomshanguzo
wokuqala wawungowe-efavirenz.

IYINI I-DOLUTEGRAVIR?

🔊) *dol-you-TEG-rah-veer*

I-Dolutegravir iwuhlobo lwe-ARV ebizwa ngesinqandagciwane (integrase inhibitor).



KUNGANI I-DOLUTEGRAVIR

INGCONO KUNE-EFAVIRENZ?

I-Dolutegravir inemiphumela emincane engahlosiwe kune-efavirenz – ngakho kulula kakhulu kubantu ukuyithatha nokuba umshanguzo usebenze.

Ingxube entsha yama-ARV iba nangephilisi elincane.

IYINI IMIPHUMELA

ENGAHLOSIWE

YE-DOLUTEGRAVIR?

Ayivamile lena kodwa ibandakanya ukushintsha kwemizwa nokuqwasha.

Ngezinye izikhathi kungase kudingeke ukuba abantu bashintshele kwenye i-ARV.

Abanye abantu bakuthola kungcono ukuyithatha ekuseni i-dolutegravir kunantambama.

Imiphumela ebucayi engahlosiwe, ebandakanya ukucindezeleka kwengqondo nokuzizwa ufuna ukuzibulala, iqabukela ivela nge-dolutegravir.



I-DOLUTEGRAVIR

NEMITHI YE-TB

I-Rifampicin, omunye wemithi yokuqala yokwelapha i-TB, inganciphisa izinga leminyemithi, ebandakanya i-dolutegravir.

Lokhu “kuhlangana” phakathi kwe-dolutegravir ne-rifampicin kunqotshwa ngokunezela elinye iphilisi le-dolutegravir.

Kusho ukuthi i-dolutegravir ithathwa kabili ngosuku (kubekanye ku-TLD nakanye njengomthamo owodwa).



EMINYE IMITHI

NEZAKHI ZOMZIMBA

Kuba khona ukuhlangana phakathi kwe-dolutegravir nezinye izakhi zomzimba, imithi yesilungulela, imithi yokuhlambulula isisu namavithamini, okubandakanya nezakhi ze-calcium.

Ukuze kunqotshwe ingozi yalokhu kuhlanguka, iDTG kufanele ithathwe kusasele amahora amabili ngaphambi kokuthatha le mithi noma sekudlule amahora ayisithupha ngemva kokuyithatha le mithi.

Omunye umphumela obalulekile wokuhlanguka uwukuthi i-DTG iwaphinda kabili amazinga e-metformin – ukuze kwelashwe isifo sikashukela esiyi-type 2 – nokudinga ukuqashelisiswa.

IMBIZA

Ayaziwa kahle
imiphumela
yokuhlangana
nemithi yesintu
noma-ke imbiza.

Imithi yesintu
ayihlolwa futhi
ayigunyazwa. Asikwazi
okungenziwa imbiza.

Ingase ithambise ukusebenza
kwama-ARV.

Ukukusebenza konke kanyekanye
kungase kwenze ama-ARV
noma imbiza ibe yingozi.



UKULANDELA

IZIYALEZO

Ukulanдела iziyalezo
iyonanto ebaluleke
kakhulu okumele
uyikhumbule lapho
uqala ukuthatha i-ART.

Uma ukhathazekile,
kunengwaba
yezindlela zokusiza.

Ukuyenza
umkhuba
owujwayele
kwenza
kuba lula.

I-ART ivame
ukuba iphilisi
elilodwa ngosuku.





AMATHESTI OKUHLOLA

IMPILO YAKHO

I-CD4

I-CD4 yakho ikutshela ngamasosha akho omzimba.

Izinga kubantu abadala abangenayo i-HIV lihambela ko-400 kuya ku-1600.

Uma liba ngaphezu kuka-500, libhekwa njengelejwayelekile.

Ngisho nange-CD4 ephansi kakhulu, i-ART ingasiza ekuvuseleleni amasosha akho omzimba.



UMTHAMO WEGCIWANE [VIRAL LOAD (VL)]

Le thesti ibonisa ukuthi lingakanani igciwane elisesampuleni yegazi.

Ku-ART, umthamo wegciwane kufanele ube ngaphansi kuka-50 copies/mL.

Lokhu kubizwa ngokuthi alibonakali futhi kwenza kube nzima ukuthelela abanye nge-HIV.

Wonke umuntu one-HIV kudingeka ayithathe i-ART, kungakhathaliseki ukuthi ingakanani i- CD4 yakhe noma umthamo wegciwane kuye.

I-ART KANYE

NOKUKHULELWA

Kunebhukwana
esilenzile
elikhuluma
ngezinye izinto
okudingeka
zibhekwe
abesifazane
abathatha
ama-ARV abafuna
ukukhulelwa.



Ulwazi Olwenabile

Ungaluthola ulwazi olwenabile (noma ubuze imibuzo ngemishanguzo) kulawa mawebhusayithi:

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

