

AMAPHILISI AKULEZINSUKU
AWE ART EZIMBABWE

UKUZITHWALA NJALO LEMPILAKAHLE YABESIFAZANA

Umuntu olegcikwane le HIV
udinga ukuba anathe amaphilisi
alapha igcikwane leHIV – Okuthiwa yi
antiretroviral therapy, ngamafitshane
kuthiwa yi ART kumbe ARVs

JANUARY 2021



UMUNTU WESIFAZANA OZITHWELEYO

OLEGCIKWANE LE HIV UYENELISA

UKUBELETHA UMNTWANA

ONGELA GCIKWANE YINI?



YEBO! iART iyavikela umntwana ukuba angatholi igcikwane leHIV ngesikhathi sokuzithwala la lapho esamunya.

Abesifazane kumele bavakatshela abazempilakahle ngesikhathi benakana ukuba bengabe bezithwele, ukuze bakuthole ukunakekelwa ngesikhathi sokuzithwala, lokhu kubanika amathuba amahle okubeletha umntwana ophilileyo.

Nxa ungatholakala ulegcikwane ngesikhathi uzithwele kufanele uhle uqale ukunatha amaphilisi awe ART ukuze wehlise ithuba lokuthelela umntwana lgcikwane le HIV.

UKWELATSHWA

KWABAZITHWELEYO

KUYAFANA NA

LOKWABESIFAZANA

ABAPHILA LEGCIKWANE?

iART enathwa ngabesifazana abazithweleyo iphose ifanane laleyo enathwa ngabantu abaphila legcikwane le HIV.

Izaluleko zeZimbabwe zikhuthaza wonke umuntu olegcikwane ukuthi anathe amaphilisi awe ART kungakhethekile ukuthi amasotsha omzimba manengi okungakanani kumbe kuthi igcikwane le HIV linengi okunganani.

Lokhu kugoqela abesifazana abazithweleyo labafisa ukuzithwala.



I ART ENTSHA

EZIMBABWE

Siguqula amaphilisi aphiwa
nxa umuntu eqalisa iART.

iART yandise ukuthi kube
kuhlanganiswe amaphilisi
amathathu ukwenza
elilodwa okuthiwa yi fixed
dose combination.



Ama ARVS amatsha ahlanganisela i Tenofovir, Lamivudine kanye le Dolutegravir. Leliphilisi ngamafitshane kuthiwa yiTLD.

IDTG yilolodwa iphilisi elitsha kula amaphilisi ahlanganisiweyo; amaphilisi amadala asetshenziswa nxa umuntu eqala ayafana, Tenofovir, lamivudine elesithathu kuthiwa yiEffavirenz.

Nxa ufuna ukuthola ulwazi olujulileyo nge TLD, ungafunda ikhasi leli elikhuluma ngo "Kugqala iART".



UMUNTU OPHILA

LEGCIKWANE

LE HIV ENGANATHA

IDOLUTEGRAVIR KUNGELA

OKUPHAMBANISEKAYO NA?

YEBO*

Kodwa kukhona okumele ukunanzelele.

- * Bonke abesifazana abaphila legcikwane kumele bethole ulwazi ngokugcwele kwabazempilakahle kuze benelisi ukuthatha isinqumo esifaneleyo.

KULENGOZI YINI

UKUNATHA I

DOLUTEGRAVIR

UZITHWELE?

Kungaba lengozi encane eyo mkhuhlane okuthwa yi neural tube defect engenzeka emntwaneni ongakazalwa osasesiswini sikamama nxa umama wakhe enatha I Dolutegravir ezithwele.





KUYINI UMKHUHLANE

OKUTHIWA

YINEURAL

TUBE DEFECT?

Ngesikhathi umntwana ekhula esiswini ama neural tube yiyo asuka abe zingqondo, ikhanda, ukhakhayi, njalo lomgogdla.

Ngesikhathi owesifazana ezithwele amaneural tubes lawo avame ukuvaleka ngama langa awakuqala angamatshumi amabili lesitshiyagalombili- Lokhu kuvame ukwenzakala abesifazana abanengi bengakabi kwazi ukuba bazithwele.



Nxa ingasavalekanga imithambo leyi kuthiwa umntwana ule neural tube defect.

Selokhu kwaba lokukhathazeka kwangempela mayelana lomkhuhlane weneural tube defect ongenzakala ngokunatha I Dolutegravir ngomnyaka ka 2018, leyo ngozi isiyehlile.

Ngakhoke izaluleko ze ART esinengi okugoqela ezenhlanganiso ye World health organisation (WHO) le zase Zimbabwe, sezikhuthaza ukusetshenziswa kwe Dolutegravir emuntweni ozithweleyo.

OKUHLE NGOKUNATHA

I DOLUTEGRAVIR

EMUNTWINI

OZITHWELEYO?

Lokhu kugoqela ukwehlisa kwe nani legcikwane egazini ngokuphangisa njalo kwenza omama bebelempelakahle.

Njalo kuyehlisa ithuba lokuthelela igcikwane le HIV emtwaneni njalo lemuntwini(abantu) ohlangalaye ecansini.





NXA NGINGAFUNI

UKUZITHWALA KE?

Njengezikhathi zonke,
uyakhuthazwa
ukusebenzisa indlela
ezisebenza kuhle
ukuvikeka
ukuzithwala nxa
ungakhangeleli
ukuzithwala.

Ngicela uxumane
labezempilakahle
bazakwazisa
ukuthi yiziphi
indlela zokuvikela
ukuzithwala
ezisebenza ngcono
ezingakusebenzela
wena.

KUKHONA NA

AMANYE AMAPHILISI

NGAPHANDLE KWE

DOLUTEGRAVIR?

Izalukeyo zeZimbabwe lenhlanganiso ye WHO zikhuthaza iART ele Efavirenz 400mg (ehlanganisela iTenofovir le Lamuvudine), lawa amaphilisi angasetshenziswa ngaphandle kwe dolutegravir.

Lawa amaphilisi angasetshenziswa ngabesifazane abazithweleyo.

BONA UKUTHI

USUTHISEKE

NGESINQUMO

SAKHO

Nxa watholakala
ulegcikwane le
HIV ngesikhathi
uzithwele
ungadinga
ukusekelo
nxa usuqala
ukunatha
amaphilisi
awe ART.





ZINAKEKELE

Impilakahle
yakho
lokwelatshwa
ngemfanelo
igcikwane le
HIV kumqoka
ukuze
ubelosana
oluphilileyo.

ZWISISA NGOKUNYE

OKUTSHIYENEYO

ONGAKUKHETHA

Kubalulekile ukuba
uzwisisise ngokukhethayo
okugogela okumunyethwe
likhasi leli (leaflet).

Kuqakathekile ukuba uxoxisane
labazempilakahle ngalokhu oyabe
ukukhethileyo njalo kumele
bahloniphe isinqumo sakho.



OLUNYE OLWAZI

Ungathola olunye ulwazi (kumbe ukubuza imibuzo mayelana lokulatshwa) ekliniki, esibhedlela kumbe ku website:

www.pzat.org lale www.i-base.info

