

MODERN ART FOR ZIMBABWE

UKUQALA AMAPHILISI

**ALPHA
IGCIKWANE
LE HIV**

Wonke umuntu olegcikwane le
HIV kumele anathe amaphilisi
alapha igcikwane le HIV okuthiwa
ART abanye bathi ngama ARVs

JANUARY 2021



AMAPHILISI OKUTHWA NGAMA

ARVs AYASEBENZA NA?

YEBO!

Amaphilisi ayasebenza njalo alula ukunatha.

AmaARVs avimba ukwanda kwegcikwane le HIV emzimbeni.

Njalo ayehlisa ithuba lokuthelela igcikwanwe kulo ohlangana laye(labo) encansini.

AmaARVs ayasebenza akukhathalekile ukuba ungowesifazana kumbe owesilisa. Ayasebenza ngaloba unganani: abadala, ontanga, abantwana lensana.



IART yandise ukutsho
ukunatha iphilisi elilodwa
ngelanga kodwa unganatha
ayedlula elilodwa
Kwesinye Isikhathi.

Ukunatha amaARVs ngokufanele
njengokutsho ngabezempilakahle
kuyehlisa ubunengi begcikwane
emzimbeni kuze kusale
legcikwane elilutshwane kakhulu
(abakubiza bethi: “undetectable”
kumbe “suppressed”).

Noma uyabe ulokho ulegcikwane
le HIV, alivikeli ukuthi ungabi
lempilakahle, aliphunguli amasotsha
onzimba kodwa uyaphila isikhathi
eside ube lempilakahle.



ABANTU BONKE

ABAPHILA LEGCIKWANE

LEHIV BAYAWADINGA

NA AMAPHILISI E ART?

YEBO!

Ugatsha lwezempilakahle lukhokhelwa yimithetho yezwe eyokulapha igcikwane leHIV likhuthaza ukuba wonke umuntu olegcikwane le HIV anathe amaphilisi eART kungakhathalekile ukuthi iCD4 kumbe iviral load imi njani.

Abantu abedlula 1.4 million kwele Zimbabwe sebenatha amaphilisi awe ART.

Nxa ungathathi amaphilisi awe ART ulegcikwane le HIV liyakulimaza emzimbeni loba uzizwa uqinile.



AMAPHILISI AMATSHA

AWOKULAPHA IGCIKWANE LE HIV



Siguqula amaphilisi aphiwa umuntu nxa eqalisa iART.

IART iyandise ukuthi kube kuhlangukane amaphilisi amathathu ukwenza elilodwa okuthiwa yi fixed dose combination.

AmaARV amatsha ahlangukane itenofovir, Lamivudine kanye le Dolutegravir.

Leliphilisi ngamafitshane kuthiwa yiTLD.

Dolutegravir yilo iphilisi elitsha kumaphilisi lawa ahlangukaniweyo; amaphilisi amadala ayelamaphilisi la amabili awokuqala, Tenofovir; Lamivudine le Efavirenz.



YINI OKUTHIWA YI DOLUTEGRAVIR?

🔊) *dol-you-TEG-rah-veer*

IDolutegravir ngumhlobo wamaARV ovikela ukwanda kwegcikwane leHIV emzimbeni.

YINI OKUTHWA YI TAF?

ITAF ngumhlobo omutsha wamaARVs odabuka ephilisini okuthwa yiTenofovir.

Leli iphilisi likhuthazwa ebantwini abaleminyaka edlula amatshumi amahlanu, ebantwini abalohlupho beziso kumbe amathambo njalo laba abaphila legcikwane le HIV bephinde njalo bebelomkhuhlane wesibindi.



KUNGANI SESINATHA

IDOLUTEGRAVIR?

IDolutegravir isebeza ngcono, njalo iyaphanga ukwehlisa ubunengi begcikwane le HIV - ngakho kulula ukuthi abantu balinathe njalo lilapha ebangeni eliphezulu.

Ilembazamo enganengi nxa sikhangele ukuwasebenzisa leminyane imithi njalo kukalutshwane ukuthi ayehluleke ukusebenza.

Amaphilisi amaARV amatsha aza emancinyane.

YINI EMBI

NGEDOLUTEGRAVIR?

Lokhu kugoqela ukutshintsha kokuma kwenhliziyo (mood) njalo ukuhlupheka ukulala.

Abanye abantu bakubona kungcono ukunatha idolutegravir ekuseni ukuze balale kuhle ntambama.

Ukuzimuka kukhulunywa ngabesifazana abasakhulayo.

Kuyakhuthazwa ukuthi abantu bephile impilo ngendlela egoqela exercise njalo ukudla ukudla okwakayo njalo okuhlangezileyo.



DOLUTEGRAVIR

LAMAPHILISI ALAPHA

UMKHUHLANE WOFUBA

iRifampicin, ngelinye lamaphilisi elisetshenziswa emaphilisini awokuqala alaba umkhuhlane wofuba, alakho ukwehlisa indlela amanye amaphilisi asebenza ngayo, okugogela iDolutegravir.

Impazamo phakathi kwedolutegravir le rifampicin ingalungiseka ngokungezelela elinye iphilisi ledolutegravir (hayi emaphilisini ahlanganisweyo iTLD).

Ngakhoke idolutegravir inathwa kabili ngelanga (Kanye lamanye amaphilisi bese uphinda ulinathe selilodwa 50mg).



EYINYE IMITHI YEZENGEZO

LAMASUPPLEMENTS

Kukhona ukungangenelani okukhona phakathi kwedolutedgravir leminyeye imithi efana leyesilungulela, imithi encedisa ukuyangasese, amavitamini, kugogela lemithi eyamathambo.

Ukulungisa lokhu iDTG kumele inathwe amahola amabili umuntu engakadli kumbe amahola ayisithupha umuntu esedlile.

Okunye ukuhlangahlangu okuqhakathekileyo, yikungezelelwa kokusebenza okupindekileyo kwamaphilisi okuthwa yimetformin, amaphilisi alapha umkhuhlane wetshukela (diabetes type 2).

Ngakhokhe nxa ule diabetes unatha iDTG kufanenele uhlalenjalo uhlolwa ngabo mongikazi labodokotela.

IMITHI

YESINTU



Akukabi lolwazi olugcweleyo mayelana lokusebenza kwemithi yesintu enjenge moringa kumbe iAguma.

Imithi yesintu ayikahlolwa njalo ayika vunyezwa. Asazi ukuthi imithi yesintu ingenzani. Ingaphambanisa ukusebenza kwamaARVs.

Ukusebenzisa ndawonye kwamaARVs lemithi yesintu kungeza ingozi emzimbeni.

Hlala njalo ubuza abezempilakahle ngolunye ulwazi.

UKULANDELELELA

Iadherence kutsho ukunatha amaphilisi ngesikhathi njalo ngemfanelo. Yinto eqhakatheke kakhulu ukucabanga nxa uqala njalo okuhlala unatha amaphilisi eART.

Nxa ukhathazekile, zinengi indlela zokusizwa.

Kuhle kukwenza injayelo ukwenzela ukuthi kubelula.





OKUHLOLWAYO

EMZIMBENI WAKHO

CD4 COUNT

I CD4 iveza ukusebenza kwamasotsha omzimba.

Emuntwini omdala ongelagcikwane leHIV amasotsha omzimba adlalela ku400 kusiya fika ku 1600. Nxa ephezu kwe 500 ayabe elungile.

Loba amasotsha omzimba emalutshwane , iART iyasiza ukuqinisa umzimba.

UBUNENGI

BEGCIKWANE LEHIV



Ukuhlolwa lokhu kuveza ukuthi igcikwane linganani egazini elithethweyo.

Nxa unatha amaphilisi eART, ubunengi begcikwane le HIV kumele kube ngaphansi kwe 50copies/ml.

Lokhu kutsho ukuthi igcikwane lilutshwane kakhulu emzimbeni okokuthi kunzima ukuthelela abanye igcikwane le HIV.

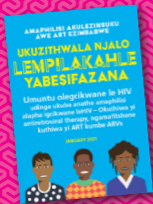
Wonke umuntu ophila legcikwane leHIV kumele anathe amaphilisi eART, kungakhathalekile ukuthi iCD4 kumbe iviral load inganani.

Kumele uhlolwe iViral load yakho Kanye ngomnyaka. Khuluma labezempilakahle nxa unghlolwanga kumbe nxa ungakatholi amaresults emnyakeni odlulileyo.

IART

LOKUKHULELWA

Kukhona okunye
okulutshwane
okufanele
kunanzelelwe
kubomama
abanatha iART
bekhulelweyo.



Read our
booklet on
ART and
pregnancy.

Olunye ulwazi

Ungathola olunye ulwazi
(kumbe ubuze imibuzo mayelana
ngokwelatshwa) eklinika eseduze,
esibhedlela kumbe kulezi indawo:

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

