

**MODERN ART FOR ZIMBABWE**

**KUTANGA MUSHONGA  
WEKURAPA  
HUTACHIONA  
HWEHIV**

Munhu wese ane hutachiona  
hweHIV Anofanirwa kunwa  
mushonga wekurapa HIV  
-unonzi ART kana kuti maARVs

**JANUARY 2021**



# MAARVs ANONYATSOSHANDA HERE?



**HONGU!**

**Anoshanda uyezve ari  
nyore kunwa.**

**MaARVs anomisa hutachiona  
hweHIV kuramba huchiwanda  
mumuviri mako. Anobatsira  
kuti urambe une hutano  
hwakanaka.**

**MaARVs anobatsira  
kudzikisira njodzi  
yekutapurira  
hutachiona HweHIV  
kune waunosangana  
naye(vo) pabonde. ART  
inoshanda kuvanhurume  
uye kuvanhukadzi.  
Inoshandazve  
pazera ripi zvaro:  
vakuru, vechidiki, vana  
uye nevacheche.**

**ART kazhinji inoreva kuti unotora piritsi rimwechete pazuva (asi pane dzimwe nguva dzekuti ungangonwa kudarika rimwechete).**

Kunwa maARVs ako sematarirwo zvinodzikisira hutachiona hweHIV mumuviri wako kusara tushoma shoma (izvo zvinonzi “undetectable” or “supressed”).

Nyangwe zvazvo uchingonzi une hutachiona hweHIV, hutachiona hweHIV hauzokanganisi hutano hwako ne masoja emuwiri wako kudzikira saka unorarama hupenyu hwakareba nehutano hwakanaka.



# VANHU VESE VANE HUTACHIONA

## HWEHIV VANOFANIRWA

### KUTORA ART HERE?

# HONGU!!

Bazi rehurumende rinoona nezvehutano nekuchengetedzwa kwevana (MOHCC) vachitungamirwa kubva kumitemo yenyika yekurapa hutachiona hweHIV, vanokurudzira kuti munhu wese ane hutachiona hweHIV ange ari pamaARVs zvisinei kuti huwandum hwe masoja emuwiri wako (CD4) kana huwandum hwehutachiona hwe HIV (Viral load) wako uri papi.

Muno muZimbabwe, mune vanhu mamirioni (1.1 million) vari kutora maARVs.

Kana usiri paART, hutachiona hweHIV hunogona kukanganisa hutano hwako nyangwe uchinzwala kunge uri right.

# MUSHONGA MUTSVA

## WEKURAPA HUTACHIONA

### HWEHIV MUZIMBABWE

Tave kuchinja mushonga  
unorapa HIV weFirst line.

Mushonga weART unowanzosanganisa  
mapiritsi matatu (ARVS) anenge ari mupiritsi  
rimwechete – rionzi Fixed dose combination.

Mushonga wemaARVs unenge  
uchishandiswa unenge uine: Tenofovir,  
Lamivudine neDolutegravir. Mushonga  
uyu unombodaidzwa kuti TLD.

Dolutegravir ndiwo wega mushonga  
mutsva mumusanganiswa uyu: mushonga  
waimbovepo waisanganisira Tenofovir  
neLamividine newechitatu unionzi Effavirenz.

TLD ndiyo yava kukurudzirwa parizvino kune  
munhu wese anorarama nehutachuiona  
hweHIV zvichisanganisira madzimai  
akazvitakura nevana (apo panenge pane  
mishonga inoenderana nemakore evana).



## CHII CHINONZI DOLUTEGRAVIR?

🔊 *dol-you-TEG-rah-veer*

Dolutegravir imhando yemaARV  
anoshandiswa kurapa chirwere  
cheHIV achidzivirira huwandum  
hwehutachiona mumuviri wedu.

## CHII CHINONZI TAF?

TAF mushonga mutsva unobva  
pamushonga weTenofovir.

TAF inokurudzirwa kuvanhun  
vanemakore ari pamberi pemakumi  
mashanu (50+) vane matambudzik  
eltsvo kana mapfupa uye zve vane  
hutachiona hwe HIV pamwechete  
ne Hepatitis B (chirwere chechiropa).



# SEI TAVA KUSHANDISA DOLUTEGRAVIR?

Dolutegravir inoshanda  
zvakatsaruka,zvakanyanya  
uye nekukasira mukutsikirira  
huwandumwe hweHIV –saka iri nyore  
kuti vanhu vainwe uye kuti  
mushonga ushande nomazvo.

Haina zvinonetsa kunyanya takatarisa  
kushanda nemimwe mishonga  
inganwiwe nemunhu. Mushonga  
uyu unouyazve uri mupiritsi diki.

# MHEDZISIRO

## YEDOLUTEGRAVIR?

Zvinogona kusanganisira  
kuchinja manzwiyo kana  
kunetseka pakurara.

Vamwe vanhu vanoona zviri  
nyore kunwa Dolutegravir  
mangwanani pane manheru  
kubatsira kuti varare zvakakanaka.

Mushonga weDTG unogona  
kuwedzera kusimba  
kunyanya kumadzimai

Zvinokurudzirwa  
kuti vanhu vararame  
hupenyu hune hutano  
zvinosanganisira  
kurovedza muvir  
nekudya zvine  
hutano.



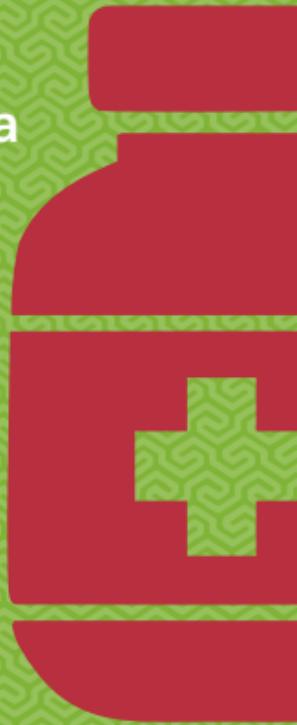
# DOLUTEGRAVIR

## NEMUSHONGA WE TB

Rifampicin, mumwe  
wemushonga  
unoshandiswa mukurapa  
TB, unogona kudzikisa  
simba remimwe  
mishonga, kusanganisira  
dolutegravir.

Izvi zvinogadzariswa  
nekuwedzera rimwe  
piritsi redolutegravir  
pamusoro per TLD

Saka dolutegravir inotorwa  
kaviri pazuva (kamwechete  
iri paTLD uye kechipiri  
riri pititsi redolutegravir  
paro rega 50mg).



# MIMWE MISHONGA

## NEMASUPPLEMENTS

Pane kusangana  
kwe Dolutegravir nemimwe  
mishonga se yechirungurira,  
kufefetera mavhitamini  
zvichisanganisiri mapiritsi  
emabhonzo.

Izvi zvinogadziriswa nekunwa  
DTG maawa maviri usati wanwa  
mishonga iyi kana maawa  
matanhatu wanwa mishonga iyi.

Imwe nyaya ndeyekuti DTG  
inokwidza malevels eMetformin  
– iyo inorapa type 2 diabetes-  
saka inoda kunyatsoongororwa  
zvakanaka. Saka kana une  
Diabetes uchinwa DTG, unofanirwa  
kukurukura nachiremba  
kana mukoti vehutano.

# MISHONGA YECHIVANHU

Hatisati  
takunyatsonzwisisa  
mashandiro anoita  
mishonga yechivanhu kana  
yasangana neMaARVs senge  
Moringa neAguma.



Mishonga yechivanhu haina  
kuongororwa kana kuwana mvumo  
mumagweta ezvemishonga.  
Nekudaro, hatizivi zvaanoita  
akasanganiswa nemaARVs.

Kushandisa mishonga iyi  
pamwechete inogona kudzikisira  
kushanda kwe maARVs kana  
kuti mushonga wechivanhu  
nemaARVs akuvadze miviri yedu.

Kurukura namukoti wehutano  
kuti uwane umwe umbowo.

# KUOMERERA/KURAMBA UCHINWA

## MUSHONGA ZVAKATARWA

Kunwa mushonga wako  
nguva imwechete zuva  
rega rega uchitevedzera  
zwawakaudzwa/zvakatarwa  
nemubatsiri wehutano,  
chinhu chakakosha kufunga  
paunotanga kunwa nekuramba  
uri pamushonga weART.

Kana une zvikonzero,  
pane nzira dzakawanda  
dzekubatsira.

Zvakanaka kupinda  
mugadziriro  
yakafanana  
nguva dzose  
inokubatsira kuti  
zviite nyore kunwa  
mushonga wako.



# ZVINOONGORORWA

## PAHUTANO WAKO

### CD4 COUNT

CD4 yako inokutaurira  
mamiriro ehutano hwako.

CD4 yevanhu vasina  
hutachiona hweHIV  
inowanzotambira pakati  
pe400 kusvika 1600.

Kuwana 500 zvichikwira  
zvinoratidza CD4  
iri normal.

Kunyangwe uine  
CD4 shoma, maARVs  
anobatsira kuti  
hutano hwako  
hurapike nekuita  
zviri nani.





## **VIRAL LOAD (VL)**

Iyi iongororo inotarisa  
huwantu hwehutachiona  
hweHIV muropa rako.

Kana uri pamaARVs, viral load  
yako inofanirwa kunga iri  
pazasi pe50copies/ml.

Izvi zvinoreva kuti hutachiona  
hushoma zvikuru zvekuti haukwanisi  
kutapurira HIV kune mumwe munhu.

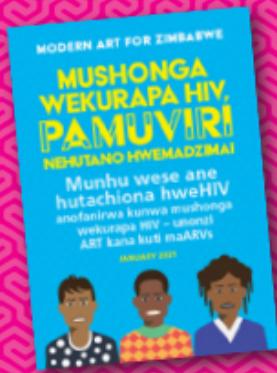
Munhu wese ane hutachiona hweHIV  
anofanirwa kunwa maARVs zvisinei  
kuti CD4 kana Viral load iri papi.

Unofanirwa kuongororwa Viral load yako  
kamwechete pagore. Taura nemubatsiri  
wehutano kana usati waongororwa  
Viral Load mugore rapfuura.

# ART

## NEPAMUVIRI

Pane zvinhu  
zvaunofanira  
kufunga kana  
uri mudzimai  
kana musinaka  
ari part ane  
tarisiso yekuita  
pamuviri.



Read our  
booklet on  
ART and  
pregnancy.



# Wana Rutsigiro

Unokwanisa kuwana umwe umbowo  
(kana kubvunza nezvekurapwa)  
pakiriniki iri pedyo newe, chipatara  
kana panzvimbo idzi:

[www.pzat.org](http://www.pzat.org)  
[www.i-base.info](http://www.i-base.info)  
[www.afrocab.org](http://www.afrocab.org)



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