

MODERN ART FOR ZIMBABWE

**KUTANGA MUSHONGA
WEKURAPA
HUTACHIONA
HWEHIV**

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

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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 kashinji inoreva kuti unотора 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 huwandu hwe masoja emuwiri wako (CD4) kana huwandu 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 uchinzwwa kunge uri right.

MUSHONGA MUTSVA

WEKURAPA HUTACHIONA

HWEHIV MUZIMBABWE

Tave kuchinja mushonga unorapa HIV weFirst line.

Mushonga weART unowananzosanganisa mapiritsi matatu (ARVS) anenge ari mupiritsi rimwechete – rinonzi 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 neLamivudine newechitatu unonzi 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 huwandu hwehutachiona mumuviri wedu.

CHII CHINONZI TAF?

TAF mushonga mutsva unobva pamushonga weTenofovir.

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



SEI TAVA

KUSHANDISA

DOLUTEGRAVIR?

Dolutegravir inoshanda
zvatsaruka, zvakanyanzwa
uye nekukasira mukutsikirira
huwandu hwehutchiona
hweHIV –saka iri nyore
kuti vanhu vainwe uye kuti
mushonga ushande nomazvo.

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

MHEDZISIRO

YEDOLUTEGRAVIR?

Zvinogona kusanganisira kuchinja manzwiro kana kunetseka pakurara.

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

Mushonga weDTG unogona kuwedzera kusimba kunyanya kumadzimai

Zvinokurudzirwa kuti vanhu vararame hupenyu hune hutano zvinosanganisira kurovedza muviri 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 kweDolutegravir nemimwe mishonga se yechirungurira, kufefetera mavhitamini zvichisanganisiri mapiritsi emabhonzu.

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 zvakana. 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 zvawakaudzwa/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 huwandu 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
tarisiko 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
www.i-base.info
www.afrocab.org

