



health
Department:
Health
PROVINCE OF KWAZULU-NATAL

HEALTH Chat

MARCH 2017

ASIBHUKULE SILWE NOBHUBHANE LWESIFO SOFUBA





NAKEKELA IZINSO
ZAKHO UKUZE NAZO
ZIZOKUNAKEKELA
EKHASINI 04



BIG
BEAT
INVISIBLE
LAUCOMA

OKUFANELE UKWAZI
MAYELANA NOKUNAKEKELWA
KWAMEHLO **EKHASINI 07**



UMTHWEBULI
WEZITHOMBE
KANGQONGQOSHE
UKHIPHE I-ALBHAMU
YOMCULO **EKHASINI 11-12**



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KZN Department of Health

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Dkt. SM Dhlomo
uNgqongqoshe weZempilo, KwaZulu-Natali

VIMBA ISIFO SOFUBA NGOBA SIYELAPHEKA



UMA UCABANGA UKUTHI UNE-TB,
VAKASHELA UMTHOLAMPILO OSEDUZE NAWU UKUZE

UHLOLELWE I-TB MAHHALA

IZIMPAWU ZE-TB

- ukukhwehlela ngaphezu kwamaviki amabili.
- Ukujuluka ebusuku.
- Ukukhathala.
- Ukwehla emzimbeni.
- Ubuhlungu besifuba.
- Ukukhwehlela igazi.

Naku okumele ukwazi okuvela KOWASINQOBA ISIFO SOFUBA (i-TB)



Mntwana Nhlanganiso Zulu
INXUSA LESIFO SOFUBA

I-TB IYELAPHEKA

Qeda imithi yakho. Ukwelashwa kumahhala!
Umeseki we-DOT angakwelekelela ukuthi uqede imithi yakho

VIKELA I-TB:

Mboza umlomo nekhala uma ukhwehlela noma uthimula ukuvimbela ukusabalala kwe-TB. Ekhaya hlala uvule amafasitela. Ukukhanya kwelanga kubulala amagciwane e-TB kanti umoya ohlanzekile uyawaxosha.

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

HA, SINIKA ITHEMBA

USOMQULU WAMALUNGELO EZIGULI

Wonke umuntu unelungelo lokuthi:

- Ahlonipheke ngaso sonke isikhathi ezikhungweni zezeMpilo.
- Athole ukuhlengwa nokunakekelwa ngendlela efanele, futhi endaweni evikelekile
- Aziswe ngesimo sakhe sempilo
- Abe novo ekuthathweni kwezinqumo ezimayelana nempilo yakhe
- Akwazi ukuthola noma yiluphi uhlobo losizo lwezempilo aludingayo
- Kuvikelwe iminingwane yesigulo sakhe ngesikhathi elashwa ngoba lokhu kuyimfihlo phakathi kwakhe nabezeMpilo
- Acele umbono wesibili kumsebenzi wezeMpilo ohlukile kunowokuqala
- Enqabe ukwelashwa. Lokhu kumele kulandelelwe futhi asizwe ngakho
- Afake izincomo, noma abeke izikhalo mayelana nendlela aphaatheke ngayo esikhungweni sezeMpilo.

UMnyango wezeMpilo unxusa iziguli noma izihlobo zazo ukuthi uma zikade zihambele izikhungo zezeMpilo, emva kokwelashwa ziqhubeka nokungazizwa kahle, zibuyele kulezo zikhungo zibikele abezempilo. Lapha zingaxhumana nehovisi likamXhumanisi wesiKhungo noMphakathi (PRO), noma umphathi wesikhungo (CEO noma Operations Manager).

Uma zingagculisekile, zingabhalela lowo oyi-Ombudsperson kwezeMpilo KwaZulu-Natal **uMnuz Mboneni Bhekiswayo** kuleli kheli: **330 Langalibalele Street, Pietermaritzburg 3201**.
Angathunyelelwa ne-email ku; **mboneni.bhekiswayo@kznhealth.gov.za**,
noma afonelwe ku-**033 395 2111**.

UMnyango wezeMpilo unane-call centre esebenza amahora awu-24 nsuku zonke lapho kufakwa khona izikhalazo. Shayela ku- **0800 005 133**.

Kumahhala uma ufona ku-Telkom.
Uma ufona ngomakhalekhukhwini ungacela bakushayele bona.

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UMYALEZO OVELA KUNQONGQOSHE WEZEMPILO, U DKT SM DHLOMO

NAKUBA izibalo ezikhishwe yi-World Health Organisation zikhomba ukuthi i-TB isibhebhetheke ngaphezu kwe-HIV ekubaloleni abantu emhlabeni jikilele, kubonakala izimpawu zokuphumelela esifundazweni sakwaZulu-Natal ekulweni nalolu bhuhane lwe-TB.

Ngokwe-WHO, iTB isizedlula zonke izifo ezithelelanayo njengoba ngo-2014 ibulale abantu abawu 1,5 million emhlabeni jikelele, nokungabesilisa abawu 890 000, abesimame abawu 480 000 nabantwana abawu 140 000.

Nokho njengoba singena kuNdasa, okuyinyanga yokuqwashisa nge-TB, isithombe salapha KwaZulu-Natal sinika ithemba ngempumelelo yokulwa nalezi sifo njengoba izibalo zabantu ababulawa yiso zikhombisa ukwehla.

Ngokombiko we-WHO, uma abantu abawu 200 kwabangu 100 000 behaqwe yi-TB lokhu kusuke kuthathwa njengenhlekelele. Nakuba ziphezulu izibalo zabantu abahaqwe yigciwane le-TB eNingizimu Afrika, nokho esifundeni sakwaZulu-Natali kunehlansi ekhombisa impumelelo ekulweni nokubhebhetheka kwaleli gciwane njengoba izibalo zabantu abanalo zehla sisuka ku 897/100 000 ngo-2013; zaya ku-808/100 000 ngo-2014. Kwathi ngo-2015 zehla zisuka ku-678/100 000 zaya ku-580/100 000 ngo-2016.

Noma kunezinkomba zokwehla kwenani labantu ababulawa yileli gciwane eKwaZulu-Natal, lokhu akwanele ngoba empeleni akekho noyedwa umuntu okufanele abulawe yilezi sifo esingagwemeka neselaphekayo. Lokhu-ke kusho ukuthi sisonke kufanele sibhukule kulesi sifundazwe ukulwa nesifo se-TB.

Kwezinye zezinto ezibangela ukwanda kwesibalo sabantu abane-TB eNingizimu Afrika yisifo segciwane lesandulela-ngculazi (HIV). I-HIV yehlisa amasosha emzimbeni alwa nokungenwa yizifo, lokhu okwenza kube nzima ukulwa ne-TB. Nokho lokhu akusho ukuthi abantu abangenayo iHIV ingeve yabangena i-TB.

Nakuba lisephezulu izinga lokungenwa yi-TB kubantu abane-HIV njengoba liku-65%, nokho siwuMnyango siyakujabulela ukuthi ziyenyuka izibalo ezikhomba ukwelashwa ngempumelelo kwabantu abane-TB njengoba ngo-2005 zasuka ku-55% zaya ku-88,6% ngo-2016.

Kokunye, lempumelelo singasho ukuthi idalwa wumkhankaso kaHulumeni wokuthi uma umuntu eze emtholampilo uhlolelwa zonke izifo, okubandakanya i-HIV, TB njalo njalo.

Nakuba kunjalo, kusasikhathaza siwuMnyango ukuthi kusekhona abantu okuthi noma sesitholile ukuthi bahaqwe yigciwane le-HIV noma i-TB bese begcina bengayidli ngendlela imishanguzo, noma bayiyeke. Lokhu kuyingozi ngoba kudala ukuthi bangenwe yile-TB exakile, nokunzima ukuyelapha, i-XDR ne MDR-TB.

Abantu siyabaxusa ukuthi uma sebeqalile ukudla imishanguzo, ngabe eye-HIV noma ye-TB, baqhubeka nokuyidla njengokwemiyalelo abayinikwe abezempilo. Lokhu kuyokwenza ukuthi yonke imizamo kaHulumeni ephokophele ekulweni nokubhebhetheka kwaleli gciwane iphumelele

Kulemikhankaso singabala:

- Ukufakwa kwemishini ye-Gene X-Pert enobuchwepheshe obuphambili ezikhungweni zezempilo engaphezulu kuka-90, nokuyisibalo esiphezulu emhlabeni jikelele. Le mishini inobuchwepheshe bokuhlonza ukuthi umuntu unalo yini igciwane le-TB esikhathini esingangosuku noma ezimbili, lokhu okwenza ukuthi uma litholakala athole ukwelashwa ngokushesha futhi angatheleli nabanye.

Kamuva nje, uMnyango usukusabalalisile ukulwa nesifo se-TB ne-HIV ngokuthi uluse nasemajele ukuze bonke abatholakala benalesi sifo basheshe bakwazi ukuthola ukwelashwa. Izingane azishiyiwe ngaphandle njengoba kunamathimba ahambela izikole, nakwazi ukuthi uma kutholakale ufa enganeni bese kulandelelwa nasekhaya ukuze nalabo abayithelelele belashwe.

Yini-ke umphakathi ongayenza ukwelekelela uHulumeni ekulweni nokubhebhetheka kwe-TB?

- Vula amawindi uma ugibele isithuthi (ibhasi noma itekisi) noma usegunjini elinabantu abaningi;
- Vala umlomo uma uthimula noma ukhwehlela;
- Uma oseduze kwakho ekhwehlela vala umlomo bese uyamufulathela;
- Uma uhlaselwa wukhwehlela okungapheli kuze kudlule amasonto amabili hamba uyohlolela igciwane le-TB.
- Uma unegciwane i-HIV, hambela umtholampilo uyohlola ukuthi ayikakungeni yini i-TB;
- Uma une-TB, phuzha imithi yakho ngokwemiyalelo yabezempilo.

Sifisa ukubonga bonke abasebenzi bezempilo kanye nezihlangano ezihlanganyela nathi ngeqhaza abaqhubeka nokulibamba kulo mbhidlango wethu wokulwa nokubhebhetheka kwe-TB.



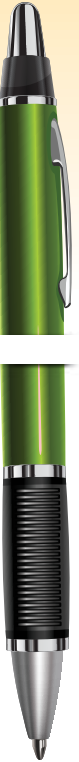


UMYALEZO OVELA KWINHLOKO YEZEMPILO, U DKT ST MTSHALI

Inyanga kaNdasa (March) ngeyokugcina kunyaka wezimali ka 2016/17 emnyangweni kahulumeni ezingeni lezifundazwe nakuzwelonke. Yisikhathi lapho sibuyekeza isimo emnyangweni esiphathiswe yona, sicubungule ukuthi ngabe libe ngakanani igalelo lokudlulisela izinsiza zezempilo nokufeza izidingo kubantu. Empeleni sisuke sihlola ukuthi siphumelele kangakanani ekufezeni lokho ebesikade siphokophele ukukwenza ngawo lonyaka, sihlonze namaphutha nokuthi singawagwema kanjani esikhathini esizayo. Ngaphambi kokuthi siwuphothule ke lonyaka wezimali ka 2016/17 ngizothanda ukubonga bonke abasebenzi bomnyango kanye nazo zonke izinhlaka ebesibambisebene nazo ekuletheni izidingo zezempilo emiphakathini yakithi. Ukusebenza ngokuzikhandla nokuzinikela kwabo emsebenzini kuphephise izimpilo zezinkumbi zabantu abebeza ezikhungweni zethu zezempilo. Ngicela ukuthi ngidlulise amazwi okuxolisa kulabo okungenzeka ukuthi abaneme ngosizo abalutholile. Singumnyango wezeMpilo lapha esifundazweni sihlale njalo siqikelela ukuhlinzekwa kwabantu ngendlela ekahle kwezidingo zezempilo ukuze bonke abantu baphile impilo enhle futhi isikhathi eside.

Kuyona futhi lenyanga sinomkhankaso wokuqwashisa ngesinye sezifo ezingumbulalazwe, I TB noma isifo sofuba. Sigqugquzela amalunga omphakathi ukuthi aqondisise kabanzi ngesifo esesithanda ukuba yingozi ukudlula ngisho negciwane lesifo sengculazi, ngoba siyabulala. Siziqinisekisa ukuthi sisabalalisa ulwazi olwanele mayelana nalesifo kuyona yonke indawo sisebenzisa imithombo yezindaba namakhasi omnyango kuFacebook (KwaZulu-Natal Department of Health no Instagram (@kznhealth) neWebsite yoMnyango ethi www.kznhealth.gov.za. Inhlolo enkulu wukuthi wonke umuntu awuthole kahle umlayezo mayelana ne TB, ukuthi iyini, igwenywa kanjani, yiziphi izimpawu zayo kanti futhi yelashwa kanjani. Umnyango uzophinde uhambele imiphakathi, uxoxisane kabanzi nabantu ngesifo sofuba.

Sizophinde futhi sibheke udaba lokusebenzisa usawoti ngokweqile kanjalo nedlela ekahle yokunakekela izinsu. Konke lokhu sikwenza ngoba sifuna ukugqugquzela abantu ukuthi babe nolwazi olujulile ngezifo ezikhona, ukuthi zigwenywa kanjani, kanjalo nokuthi zelashwa kanjani kulabo asebenazo. Uma sonke singaba nolwazi olujulile, lokho kunganciphisa inani labantu abalaliswa ezibhedlela ngoba abantu abaningi bangabe sebazi ukuthi bagweme ukuphathwa yizifo.



“NAKEKELA IZINSO ZAKHO UKUZE NAZO ZIZOKUNAKEKELA”

Njengoba iNingizimu Afrika ibihlanganyele namazwe omhlaba ukuqwashisa ngesifo sezinsingo esingalapheki ngaphansi komkhankaso iWorld Kidney Day (9 March 2017), uNgqongqoshe wezeMpilo KwaZulu-Natal uDkt. Sibongiseni Dhlomo usenxuse zonke izakhamuzi zakulesi sifundazwe ukuba zinakekele izinsongo zazo, futhi sijwayele ukunyakazisa umzimba ukuze zihlale ziphephile.

Ongoti baveza ukuthi balinganiselwa ku-10% abantu abanasesifo emhlabeni jikelele, kanti omunye wemithelela yaso wukuzimuka – nokuyinto engancishiswa ngokuthi abantu bangadli ngokweqile futhi bahlale ngokuzivocavoca.

“Izinso zenza umsebenzi omkhulu kabi egazini, zihlanza zikhiphe konke okungadingeki emzimbeni yethu,” kuchaza uDkt Dhlomo.

“Kodwa uma uwumuntu ozimukile, noma emkhulu ngokweqile, aba maningi amathuba okuthi ungenwe yisifo sikashukela noma esomfutho wegazi ophezulu. Lezi zifo yizo kanye ezibanga isifo sezinsingo esingalapheki noma ukufa kwazo,” kusho uDkt Dhlomo.

Uqhube wathi isifo sezinsingo siyingozo ngoba asifani nezinye, kwasize sijwayele ukuvula sekukubi kakhulu.

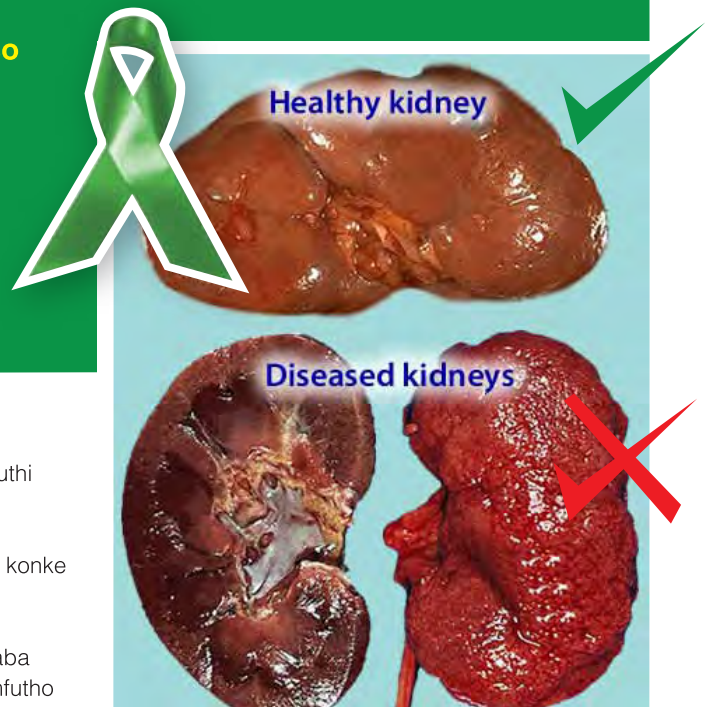
“Kubaluleke kakhulu ukuba abantu bazi ngobungozi bezinto ezingababeka engcupheni yokuphathwa isifo sezinsingo, nokuthi yini abangayenza ukuze izinsongo zabo zihlale ziphilile isikhathi eside. Kubaluleke kakhulu nokuyohlolwa nje esikhungweni sezeMpilo, ungalindi kuze konakale.”

Abantu abasengcupheni yokuphathwa isifo sezinsingo yilaba abalandelayo:

- Abanesifo sikashukela;
- Abanomfutho wegazi ophezulu;
- Abanesifo senhliziyo;
- Ukuba nomlando wokuphathwa yizinsongo emndenini;
- Abaphuza utshwala nababhema ugwayi.

Kunemigomo eyisishiyagalombili emqoka edinga ukulandelwa ukuze izinsongo zakho zihlale ziphilile:

- Hlala uphilile ngokuthi uzivocavoce: Lokhu kwehlisa ingcindezi egazini bese kwehlisa namathuba okuphathwa yisifo sezinsingo;
- Gcina ushukela emzimbeni wakho usesimeni esifanele:



Isigamu sabantu abanesifo sikashukela bagcina sebelimele nezinsongo. Kumqoka ukuthi abantu abanoshukela behlale njalo ngokohlola ukuthi izinsongo zabo zisasebeza ngendlela efanele yini;

- Qapha isimo somfutho wegazi, ngoba ungenwelele ekutheni umuntu ahlaselwe isifo sohlangothi kanye nesenhliziyo.
- Ukudla ukudla okunempilo nokujwayelela ukubheka isisindo sakho, kungasiza ekuvikeleni isifo sikashukela, isifo senhliziyo, nezinye izifo ezingaholela ekuphathweni isifo sezinsingo;
- Yehlisa ukudla kakhulu usawoti. Okungenani ngosuku akufanele udle usawoti odlule kuma-gram awu-5;
- Ungabhemi ugwayi: Ukubhema kwandisa amathuba okuphathwa isifo sezinsingo ngo 50%;
- Ungathathi ngokweqile amaphilisi, amaphilisi afana ne- non-steroidal anti-inflammatory drugs aziwa ngokubanga isifo sezinsingo.

ISIBHEDLELA SIZOTHOLA IGAMA ELISHA

UNgqongqoshe wezeMpilo KwaZulu-Natal uDkt. Sibongiseni Dhlomo usishayela ihlombe isinqumo sikaNdokankulu wesifundazwe sokuqanjwa kabusha kwesibhedlela llower Mfolozi War Memorial Regional, esizokwaziwa ngegama leNdlovukazi u-Nandi.

UDkt Dhlomo uzwakalise ukwenama kwakhe ngokuthi uNdunankulu wesifundazwe saKwaZulu-Natal uMhlonishwa uWillies Mchunu amemezele ukuqanjwa kabusha kwalesi sibhedlela, nokuzohlonipha iNdlovukazi.

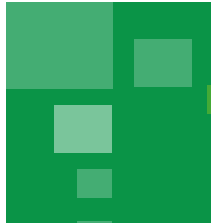
UNdunankulu uMchunu wenze lesi simemezelo ngesikhathi ethula inkulomo yakhe i-State Of the Province Address (SOPA) abeyibhekise esifundazweni ezinkundleni zemidlalo e-Royal Show Grounds eMgungundlovu.

Isibhedlela i-Lower Umfolozi War Memorial Regional senzelve omama, ikakhulukazi ababelethayo nabantwana babo, kanye nezimo eziphatelene nabantu besifazane abakhulelwe jikelele. Lesi sibhedlela sisesifundeni sase-King Cetshwayo, kanti zonke izibhedlela ezakhele kulesiyasifunda – nokubandakanya iZululand no-Mkhanyakude - zidlulisela iziguli zazo kulesi sibhedlela.

“Sijabule kakhulu ukuthi lesi sibhedlela esimqoka kangaka esibelethisa cishe izingane ezingu 10,000 ngonyaka, siphinde sibe nezindawo zokuhlizela ezingu 2,000 siqanjwe ngeqhawekazi.

“Lesi ngesinye sezibhedlela esikwazi ukuqeqesha oDokotela, kanye nesibhedlela sase-Newcastle, nesase-Portshepstone, manje lezi zibhedlela sezikwazi ukuqeqesha oDokotela abenza unyaka wesihlanu emaNyuvesi.

“Bekuyiphutha impela esilivumayo ukuthi



nakuba iNdlovukazi uNandi abamba iqhaza elikhulu ekusungulweni kwesikhungo, kanye nasekukhuliseni kwesizwe samaZulu, kodwa ubengatholi ukuqhakanjiswa okutheni emlandweni. Ngakho sijabule kakhulu ukuthi uNdunankulu wesifundazwe uMhlonishwa uWillies Mchunu avuselele isithunzi sika-Queen Nandi amnike isithunzi esimfanele,” kusho uDkt Dhlomo.

Uthe umlando uveza ukuthi iNdlovukazi uNandi, eyayizala iSilo uShaka, yayibhekene nobunzima ngoba iSilo kuthiwa sasingazalwa emshadweni, ngokombhali osebhale izincwadi eziningi u-Soka Mthembu, kanti ukuchaza impilo yeNdlovukazi ubeka kanje: ‘Olunye uhlangothi olungavezwa ngeNdlovukazi

uNandi ukuthi wayengomunye wabazali ababekhulisa abantwana babo bodwa. Ngesikhathi ebhekene nobunzima bokuthukwa abizwe ngamagama ahlambalazwe, kodwa wakwazi ukukhulisa iSilo samaZulu uShaka ngendlela eqotho. Akazange aphonse ithawula ngoba nakhu ebizwa ngamagama, kodwa wakholelwa kulokho ayefuna ukukuzuzwa’.

Indodana yeNdlovukazi uNandi yakhula kanzima kodwa yagcina ngokuba iSilo samaZulu esinomlando. Indlovukazi uNandi wakhothama ngo-Mfumfu (October) 10 ngo-1827, iliba lakhe lingaphandle nje kancane kwase Showe emgwaqeni oya eMpangeni. Igama lakhe liyohlala likhona njalo emlandweni ngokubamba iqhaza kwakhe kulesi sikhungo sezeMpilo.

OWEZEMPILO UNXUSA UKUNAKEKELWA KWEZINDLEBE

**UNgqongqoshe wezeMpilo
KwaZulu-Natal uDkt.**

**Sibongiseni Dhlomo usenxuse
umphakathi ukuba unakekele
izindlebe zawo ngokuthi
ugweme ukuba semsindweni
omkhulu, wehlise nomkhuba
osudlangile wokusetshenziswa
kwama ear-phones ngokweqile.**



Ukuvulela umculo okhalela phezulu kungaba yingozi hhayi kuphela ekuphazamiseni umuzwa wokuzwa kumuntu, kepha kungabeka engcupheni impilo yomuntu ohamba emgwaqweni ngezinyawo kanjalo nalowo oshayela imoto ngoba akabe esakwazi ukugxila emgwaqweni ngokomqondo, noma ukumelana nengozi noma isimo esiphuthumayo esingase senzeke.

Lokhu kugcina sekwengeza emthanyweni wabantu abadinga ukuhlengwa ezikhungweni zezeMpilo.

UDkt Dhlomo ukhipha lesi sexwayiso nje, umhlaba wonke ubusemkhankasweni wokuqwashisa ngobungozi bokungezwa, i-World Hearing Day.

Ngokocwaningo labakwa Stats SA lwango 2015, babalelwa ku 3,6% abantu abasukela eminyakeni engu 5 kuya phezulu abanezinkinga eziphathelene nokuzwa.

Ukungezwa kuqala kancane kancane, kanti angeke usheshe ubone ukuthi awusezwa ngaphandle uma uzosheshe uhlolwe. "Ukukwazi ukuzwa kuyisiphiwo esivela kuMdali. Yinto eyigugu okumele siyivikele ngaso sonke isikhathi ngokuthi sigweme

ukuba semsindweni ngokweqile. "Kulezinsuku abantu abaningi basebenzisa ama ear-phones ukulalela umculo komakhalekhukhwini, isikhathi esiningi bawudlalela phezulu. Lokho akubeki engcupheni ukukwazi ukuzwa kuphela, kungaholela ekutheni umuntu agcine eseshayiswa nayizimoto, nabahamba ngezinyawo nabashayelayo bazithole bengakwazi ukuvika izingozi ngoba bengezwa ukuthi kwenzakalani lapho bekhona. Labo bantu bengagcina belahlekelwa impilo noma bedinga usizo lwezempilo, ezintweni abebengazigwema."

UNgqongqoshe Dhlomo uphinde waxwayisa ngokuthi umsindo okhalela phezulu ungaphinde uphazamise ukuzwa kahle kwezingane.

"Ama-Sirens, izitimela, amabhanoyi, ama-TV, umsakazo okhalela phezulu kanye nokunye okukhala kakhulu kungaphazamisa ukuzwa kahle kwengane ezindlebeni. Asivikele abantwana. Nakithina esibadala, uma wazi ukuthi uzokuba semsindweni omkhulu faka into usebenzise iminwe yakho ukuvala izindlebe masinyane uma kuqhamuka umsindo obungawulindele."

IZINDLELA ONGAFUNDISA NGAZO IZINGANE NGOBUNGOZI BOMSINDO:

"Kubalulekile ukuthi ingane yakho ikhule yazi ukuthi umsindo uyingozi. Yifundise ukufaka izinto zokuvikela izindlebe uma kunomsindo omkhulu; nokuzivikela ngokusebenzisa iminwe uma kunomsindo owenzeka ingalindele. Kubalulekile nokuthi ingane ikhule yazi ukuthi asikho isidingo sokuvula umsakazo ngokweqile, nokusebenzisa ama-earphone ngisho isidingo singekho, noma esimweni esingase sibeke impilo yayo engcupheni, njengasemgwaqweni," kuchaza uDkt Dhlomo.

UTHI BEWAZI?

- Izindlebe ziyasiza ukuze ukwazi ukuma kahle ungawi: Isiyazi sidalwa wuketshezi oluzungeza ezindlebeni zakho olungadida umqondo;
- Izindlebe zezingane ziyashesha ukuzwela emsindweni kunezabantu abadala;

OKUFANELE UKWAZI MAYELANA NOKUNAKEKELWA KWAMEHLO

UNQONGQOSHE wezeMpilo KwaZulu-Natali uDkt Sibongiseni Dhlomo usenxuse amalunga omphakathi ukuba azijwayeze ukuyohlolwa amehlo ukuze agweme izifo ezifana ne-Glaucoma, okuyisifo somfutho ohlasela amehlo, ongagcina uholele ekutheni umuntu angaboni uma uyekelelwa.

UDkt Dhlomo ukusho lokhu njengoba bekunomkhankaso wokuqwashisa ngalesi sifo, iGlaucoma Awareness Week, emhlabeni jikelele mhla zingu 12-18 kuNdasa 2017.

Ngokusho kwe-South African National Council for the Blind (SACB), okuyinhlangano eqwashisa ngobungozi bokungaboni, u-80% wokungaboni kuyakwazi ukuvikeleka.

Iyini i-glaucoma?

I-glaucoma ibangwa umfutho omkhulu esweni. Ivame ukuqala uma umuntu eseneminyaka engu-40 kanti ingaholela ekutheni umuntu agcine engasaboni uma engasheshi ukuthola usizo.

Yiziphi izimpawu ze-glaucoma?

Kunezinhlolo ezimbili ze-glaucoma – ebucayi kakhulu neyisimbelambela.

Izimpawu zaleyo ebucayi kakhulu:

- Ikhanda
- Ubuhlungu esweni
- Ukuphalaza
- Igunquza [leso elinenkinga] elikhulu kuneso elingenalutho.

Uma unale glaucoma eyisimbelambela,

ukubuka okujwayelekile



ukubuka komuntu one Glaucoma



umfutho esweni lakho ukhuphuka kancane kancane futhi akujwayelekile ukuba uzwe ubuhlungu. Ngakho-ke ungaqaphela ukuthi usuqala ukungaboni ezinhlangothini zamehlo noma ungaqapheli lutho.

Ngingenzenjani uma ngizibona lezimpawu?

Yize kuyisifo esilaphekayo isikhathi esiningi, kumele usheshe ukuya emtholampilo osezuzwe kwakho ngoba kungenzeka ukuthi i-glaucoma yakho isibucayi.

Ephawula uNgqongqoshe uDhlomo uth:

“Ameblo ayisitho somzimba esibaluleke

ngendlela emangazayo, futhi asibusisa ngezindlela eziningi ngoba sifunda ngawo futhi sikwazi nokubona ubuhle bendalo. Abuye akubonise konke okufanele ukuqaphela, okuhle nokubi, ukwazi nokugwema ingozi engase ikwehlele.

Ngakho-ke kubalulekile kakhulu ukuba siwanakekele ngaso sonke isikhathi. “Lokhu singakwenza ngokuzijwayeza ukuwahlola. Abantu abaneminyaka engaphezu kuka-40 kufanele bahlolwe njalo emva kweminyaka emithathu. Abangaphezu kuka-60 bona kumele bahlolwe njalo ngonyaka ngoba iminyaka yabo yenza kube lula ukuba bacathanyelwe yizifo zamehlo ezifana ne-glaucoma nama-cataracts.”

KUQWASHISWA NGOBUNGOZI BUKASAWOTI



Isiqubulo sakulonyaka sithi: **Usawoti Ubulala Buthuli**

NAKUBA usawoti wenza ukudla kube mnandi, ababaningi abantu abaziyo ngobungozi bokusebenzisa ongaphezu kwesikali esifanele. Ubuwazi ukuthi ukudla esikudlayo kuqukethe u 75% wo-sawoti ngaphambi kokuba siwufake? Ngomhlaka 16-22 kuNdasa yisonto lokuxwayisa umphakathi ngobungozi bukasawoti, nokuwuhlomisa ngolwazi lwesikali esiphipephile.

Empeleni u-5g isona sikali sikasawoti esivumelekile ngosuku, ngakho-ke akumele weqe kulesi sikali kunoma ngabe yini oyidlayo. Usawoti omniningi ungenza izinso zingasebenzi ngendlela efanele, bese umzimba ugcwala amanzi umuntu azithole esuvuvukalelwa izandla, izinyawo, amaqakala, izingalo kanye nemilenze. Loku kuvuvukala kudala umfutho wegazi ophezulu (High Blood Pressure). Ukudla ukudla okunosawoti omuningi kakhulu kungenza ube nesifo sohlangothi (Stroke).

Uma upheka ungasidiyela ngamakhowe, nokudla okunomsoco futhi okumnandi ongazijwayeza khona. Amakhowe anosawoti oyimvelo. Lokhu kuzokwehlisa isidingo sokufaka usawoti ekudleni kwakho uma upheka.

IZIFO EZINGADALWA UKUDLA USAWOTI OMUNINGI:

- Isifo sohlangothi
- Isifo senhliziyo
- Umdlavuzwa wesisu
- Izifo zamathambo (Osteoporosis)
- Umfutho wegazi ophezulu (High Blood Pressure)
- Ukuphathwa izinso

Uma usola ukuthi unalezi zifo noma ufuna ukwazi kabanzi ngobungozi bukasawoti vakashela umtholampilo oseduze nawe.

USUSEDUZE UMCIMBI OWUBUKHAZI WE-MASEA AWARDS



SELIDUMELA emasumpeni ngokubanjwa ngomcimbi onelikhulu isasasa nokhula ngokudlondlobala wokuklomelisa abasebenzi boMnyango wezeMpilo abavelele waminyaka yonke, owaziwa nge-MEC's Annual Service Excellence Awards (Masea), nozoba ngomhla ka-2 kuNhlanguvana (June) 2017.

Kuvele sekuvaliwe ukungenelwa kwalo mncintiswano kanti ikomoti elikhethekile limatasa licubungula iminingwane yabawungenele, futhi akusekude liwuphothule umsebenzi walo.

Lo mcimbi, oqalwe ngo-2014, ukhula ngesivinini kanti uMnyango uhlose ngawo ukugquzela nokuklomelisa ukusebenza ngokuzikhandla ukuze kuthuthikiswe izinga lezinsiza zezeMpilo ezitholwa wumphakathi.

Kulindeleke ukuthi wethanyelwe abaphathi bezikhungo zezeMpilo, abaphathi bezifunda kanye nabaphathi bekoMkhulu. Abasebenzi bezeMpilo bayakhunjuzwa ukuthi kulomcimbi kuzonela kuphela abantu abangu 1000, ngakho labo abagunyazwe ukuwethamela kubalulekile ukuthi basheshe balithole ithikithi ekomkhulu eMgunguNdlovu.

Isimemo sizokhishwa ngo-Mbasa (April) uma sekuvulwe ukukhishwa kwamathikithi. Kulonyaka izinombolo zamatafula zizobekwa njengoba kubhalwe emathikithini, ngakho ambalwa amatafula azokwazi ukuthi agcinelwe izicukuthwane ezizobe zimenyiwe.

Lomcimbi uzobe uhanjelwe abaphathi bezibhedlela, izifunda, abasebenzi kanye nezinye izicukuthwane. Ukuze ukwazi ukusheshe uthole itafula olithandayo kumqoka ukuthi usheshe ubhalise!

SIBAFISELA INHLANHLA BONKE ABANGENELE LOMCINTISWANO

IMITHETHO ELAWULA UKUSEBENZA (ETHICS TALK)

Kulolu shicilelo lwe-Health Chat sinethulela isigaba sesibili somthetho olawula ukusebenza (Public Service Regulation) ezikhungweni zikaHulumeni. Kumqoka ukuchaza kabanzi ngezinto eziqukethwe yilesi sigaba. Lapha sizogxila ekwamukelweni kweziphos kanye neminikelo.

Lomthetho uphathelene nalokhu okulandelayo: PSR 13 (a) kanye 13 (h)

13. (a) Umsebenzi akavumelekile ukwamukela, ukucela, noma ukubongwa ngeziphos njengoba kuchaza isigatshana u (Section 1) wokugwema inkohlakalo i-Prevention and Combating of Corrupt Activities Act, wango 2004 (Act No 12 of 2004). Lo mthetho uthi noma yimuphi umsebenzi akavunyelwe ukwamukela isiphos ukuse enze umsebenzi wakhe noma angawenzi ngendlela;

Nazi izinto okumele ungazenzi njengomsebenzi:

- Ukwamukela inkokhelo kunoma ubani ukuze wenze umsebenzi. Isibonelo: ukukhokhelwa imali ukuze uthole umsebenzi; ukwenza izinto ezingafanele ukuze izinto zenzeke ngendlela yakho;
- Ukufuna inkokhelo ngomsebenzi owuqashelwe;
- Ukungenzeleli, (Isibonelo, ukudalula ulwazi oluyimfihlo; ukutshela abantu ngama tender atholakalayo; ukuthengisa ngama-rekhodi esiguli ukuze asetshenziswe abomthetho ukubopha uMnyango, kanye nokunye):

13. (h) Umsebenzi akumele amukele isiphos esiphathelene nomsebenzi, ngaphandle uma kuvela elungeni lomndeni. Nakhona akumele kweqe enanini lika R350 ngonyaka wonke, ngaphandle uma uthole imvume kwiziphathimandla.

Ngaphambi kokwamukela isiphos esiphathelene nomsebenzi, kufanele uzibuze lokhu okulandelayo:

- o Ngakube ilandeliwe yini imithetho yoMnyango yokuthola imvume yokusamukela;
- o Uma ngabe imvume usuyitholile, lokhu makubhalwe emabhukwini eziphos (gift register);
- o Iziphos ezingaphansi kuka R350 nazo kumele zivezwe kwiziphathimandla;
- o Uxhaso lokuyofundela okuthize, kungaba izingqungquthela, imihlangano kanye nokunye, nakho kumele kwenziwe njengokwamukela iziphos, uma ngabe isiphos sinikwa umsebenzi woMnyango;
- o Uxhaso kanye neziphos ezinikwa iqoqo labasebenzi noma umuntu ngamunye nalo kumele lubikwe kwiziphathimandla ngaphambi kokuthi zamukelwe.

Umsebenzi kumele akuqaphele konke kakhulu, kakhulukazi uma inkampani efuna ukumunika isiphos yenza umsebenzi noMnyango noma kukhona ukusebenzisana phakathi kwabo.

Khumbula: Zonke iziphos/noma uxhaso kumele kuqale kuthole imvume. Ukuthola imvume usukwamukele akuvunyelwe!

Yimuphi umphumela ongaba khona uma ungahloniphi lemigomo?

Uma utholakala unecala lokungayilandeli lemigomo uyobhekana nokuqondiswa kwezigwegwe kanti ungahle ubhekane nesigwebo sokuxoshwa emsebenzini!

UMTHWEBULI WEZITHOMBE KANGQONGQOSHE UKHIPHE I-ALBHAMU YE-GOSPEL

Abaningi bamazi njengoqweqwe lomthwebuli osemthethweni kaNgqongqoshe wezeMpilo KwaZulu-Natal, kepha uMnuz Themba Mngomezulu usevundulule elinye ithalente ebelingaziwa ngaye njengoba esanda kukhipha ulozolo lwe-albhamu yomculo we-gospel enezingoma eziyishumi, esihloko sithi **uNgcwele Simakade**.

Le nsizwa enomoya ophansi ehlala eNewlands West eThekwini, izalelwe KwaMbonambi, kanti ishadile futhi inabantwana abane. Ixoxe kanje no-Health Chat...

UMBUZO: Yini eyakwenza ukuthi ube umthwebuli wezithombe?

IMPENDULO: Ngangithanda kakhulu ukusebenzela amaphephandaba. Empeleni ukuthatha izithombe ngakuqala ngisafunda isikole ngoba bengithanda ukusebenzisa i-camera.

U: Ususebenze iminyaka emingaki EMnyagweni wezeMpilo?

I: Eyishumi nambili.

U: Yini oyithandayo ngokusebenzela loMnyango?

I: Ngiyawuthanda kakhulu uMnyango wezeMpilo ngoba selokhu ngafika kuwo kuningi esengikufundile. Okokuqala nje, ubaba uNgqongqoshe wezeMpilo uDkt Dhlomo uwumholi oqotho ofana nobaba kithina. Ngifunde lukhulu kuyena mayelana nokubaluleka kokusebenza ngokuzinikela



emsebenzini, ukuzikhandla nokuzithoba kubantu. Okunye okubalulekile engikufundile nahlale ekusho wukuthi wonke umuntu kufanele anakekele impilo yakhe, angaziphathi gadalala. Izifo eziningi zingagwemeka uma abantu bengaziphatha ngendlela efanele. Impilo yomuntu isezandleni zakhe. Ngakho-ke kubalulekile ukuthatha izingqomo eziphusile ngaso sonke isikhathi mayelana nempilo. Futhi ungalindi ukuthi uze ugule, kodwa hamba uye esikhungweni sezeMpilo ukuze bakuxilongwe babone ukuthi konke

kuhamba kahle yini. Lokhu kusiza ngokuthi uma kukhona izifo ezitholakalayo abezeMpilo basheshe bangenelele. Ngalendlela kuba lula ukusheshe kunqandwe izifo zingakadali umonakalo omuningi bese abantu bethola ukwelashwa, noma basizwe ngokuzengamela.

Q: Uqale nini ukucula, futhi uqale kanjani, obani abakugqugquzela?

Ngigqale ukuthanda umculo ngisemncane kakhulu ngoba ngesikhathi ngisafunda amabanga aphantsi bengicula esikoleni. Bengisekwayeni yesikole ebincintisana nezinye izikole emiqhudelwaneni. Ngikhule nakho ukuthanda umculo wokholo kwaze kwathi ngonyaka ophelile ngangena e-studio ngiyiqopha i-albhamu yami yomculo wokholo. Ngikhule ngithanda u-Rebecca Malope noHlengiwe Mhlaba, abangibusisa kakhulu ngomculo wabo wendumiso. Bekuthi njalo uma ngihlangana nosisi uHlengiwe angibuze ukuthi sengihambe kangakanani nokuqopha. Ngiyambonga kakhulu ngokungigquguzela.

U: Uqale nini ukuthatha umculo njengento ongayenza kuze kufike lapho ukhipha i-albhamu?

I: Ngigqale ngo 2015 ukuthi ngizimisele futhi ngibe nomdlandla wokukhipha i-albhamu. Ngiyamthanda uBaba uNkulunkulu ngohlobo olumangalisayo, futhi ngiyamubonga ngasengenzele khona. Angiboni lutho oluyongehlukanisa naye.

U: Yehluka ngani indlela ocala ngayo kunabanye abaculi be-gospel?

I: Ngale-albhamu ngiphakamisa ukumbonga uBaba uNkulunkulu ngezinto angenzele zona futhi esaqhubeka engenzela okuhle usuku nosuku wangithwala yonke leminyaka kanye nomndeni wami. Konke enginakho ngithi nje Ungcwele Simakade. Indlela engicula ngayo yehluka kakhulu kunabanye abaculi bo kholo ngoba engikuculayo kuyinto engiphila ngayo ekusebenzeleni uBaba uNkulunkulu. Angenzi ngoba ngifuna udumo; ukuba nemali eningi noma ukuba ngusaziwayo. Ngikholelwa ekunikezeni uBaba uNkulunkulu udumo ngoba lungolwakhe njalo.

U: Yini eyakwenza wakhetha ukucula lolu hlobo lomculo?

I: Ngingumntwana kaNkulunkulu osindisiwe; okwathi ngelinye ilanga



ngashiya okomhlaba ngoba akusizi ngalutho ngakhetha indlela ezongisa ekuphileni engaxutshwe nalutho kepha enokuphila okungunaphakade.

U: Uma ubhala iculo usuke uhlose ukwenzani kulowo ozolilalela?

I: Ngisuke ngihlose ukuthi nanoma ngubani olalela umculo wami umkhuthaze umnike amandla. Ngisho kungathiwa usulahle ithemba lokuthi izinto zisayophinde zilunge, kepha umculo wami uyakuqguquzela ukuthi uBaba uNkulunkulu yena akahluleki futhi akalahlani. Uyathwalana ngezikhathi zonke, ngakho-ke ungapheli amandla ngoba izinto zizolunga.

U: Yiziphi iziteshi umculo wakho odlalwa kuzo?

I: Ungawuzwa kuKhozi FM; Imbokodo FM; Kanye nezwi Lomzansi FM.

U: Itholalaphi le-albhamu?

I: Isiyatholakala eJet Music Shop kanye nase Fisokuhle Music Shop ku Victoria Street eThekwini.

U: Zithini izinhlelo zakho mayelana nekusasa lakho kwezomculo?

I: Ngizibona uNkulunkulu engiphakamisa kakhulu, futhi ngiyazibona ngiyikhipha i-albhamu yami yesibili ngonyaka ozayo. Nginesifiso sokuqhubekela phambili ngize ngifike nase mazweni angaphandle ngidlulise umyalezo ngendumiso, ngiqophe nama-DVD omculo wami.

U: Ngaphandle kokuthwebula izithombe nokucula, yini enye othanda ukuyenza?

I: Ngithanda ukushaya i-keyboard kanye nokufunda izindaba emsakazweni. Ngiyathanda nokusiza abampofu njengokubhekelela imindeni eswele siyiphe izimpahla zokuqgoka nokudla ukuze nabo baphile bangasweli, kepha bazizwe befana nabanye abantu. Sivele sesiqalile siyakwenza lokhu nonkosikazi wami.

U: Utholakala kanjani uma umuntu efuna ukukuqasha uzomculela?

I: Ngitholakala kulezizinombolo zocingo 072 517 5417 noma 082 623 2241.





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