MAHHALA

HEALTH MATTERS
Ezempilo

FUNDISA II NIKEZA ULWAZI II NIKEZA AMANDLA

UNHLOLANJA • 2016

YIBA NOKUKHULELWA OKUNEMPILO

Ukusoka ◉ Umdlavuza ohlasela wonke umuntu

health
Department:
Health
PROVINCE OF KWAZULU-NATAL

Nokunye ngapha-kathi!

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

5 Okuhlanu kokusiza ekuphileni impilo enhle nokwehlisa ubungcuphe bomdlavuza

1 Yidla ngendlela

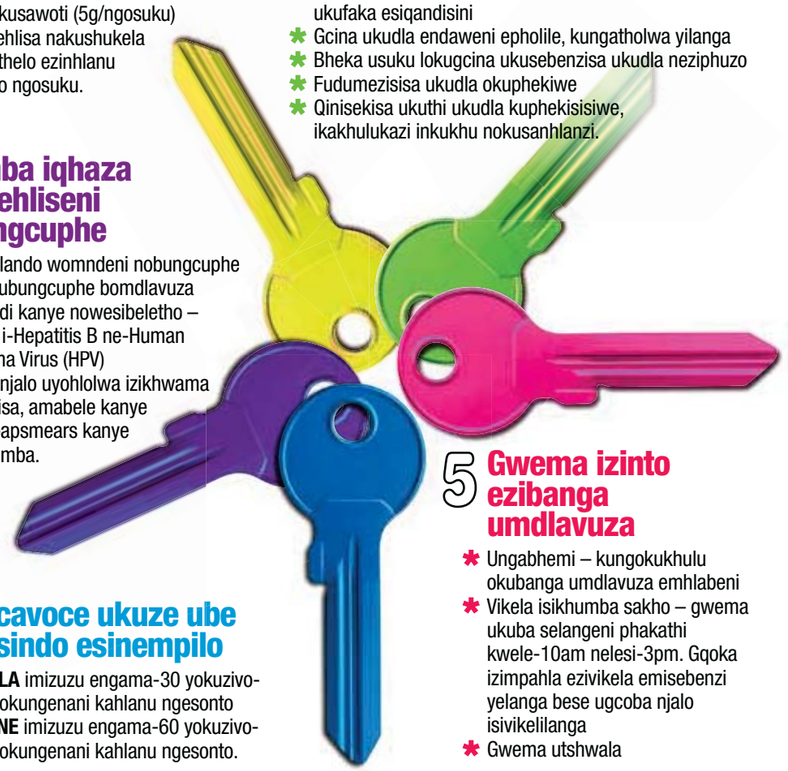
- Yehlisa kusawoti (5g/ngosuku) bese wehlisa nakushukela
- Yidla izithelo ezinhlanu nemifino ngosuku.

2 Gcina ukudla kuphephile

- Hlanza izandla ngaphambi kokuthinta ukudla
- Yehlukanisa ukudla okuluhlaza kokuvuthiwe uma ukufaka esiqandisini
- Gcina ukudla endaweni epholile, kungatholwa yilanga
- Bheka usuku lokugcina ukusebenzisa ukudla neziphuzo
- Fudumezisisa ukudla okuphekiwe
- Qinisekisa ukuthi ukudla kuphekisisiwe, ikakhulukazi inkukhu nokusanhlanzi.

3 Bamba iqhaza ekwehliseni ubungcuphe

- Yazi umlando womndeni nobungcuphe
- Yehlisa ubungcuphe bomdlavuza wesibindi kanye nowesibeletho – gomela i-Hepatitis B ne-Human Papilloma Virus (HPV)
- Hamba njalo uyohlolwa izikhwama zowesilisa, amabele kanye nama-papsmears kanye nesikhumba.



4 Zivocavoce ukuze ube nesisindo esinempilo

- **ABADALA** imizuzu engama-30 yokuzivocavoca okungenani kahlanu ngesonto
- **IZINGANE** imizuzu engama-60 yokuzivocavoca okungenani kahlanu ngesonto.

5 Gwema izinto ezibanga umdlavuza

- Ungabhemi – kungokukhulu okubanga umdlavuza emhlabeni
- Vikela isikhumba sakho – gwema ukuba selangeni phakathi kwele-10am nelesi-3pm. Gqoka izimpahla ezivikela emisebenzi yelanga bese ugcoba njalo isivikelilanga
- Gwema utshwala

BAMBA IQHAZA EKUGWEMENI UMDLAVUZA

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SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA

Umyalezo ovela ku MEC WezeMpilo e-KZN, uDkt Sibongiseni Dhlomo

UNHLOLANJA YINYANGA YOKUPHILA OKUNEMPILO. Lokhu kusinikeza ithuba lokukhuthaza ukwenza izinto ezinjengokuzivocavoca njalo, wukudla ukudla okunazo zonke izakhamzimba kanti futhi nokungabhemi noma ukuphuza kunamandla okunciphisa isibalo sabantu abaphathwa izifo ezingathathelwana njengesifo sikashukela, umdlavuza, isifo senhliziyo kanye nesifo sohlangothi, phakathi kwezinye. Izinto ezinjengokuzivocavoca njalo, wukudla ukudla okunazo zonke izakhamzimba kanye nokungabhemi noma ukuphuza kunamandla okunciphisa isibalo sabantu abaphathwa izifo ezingathathelwana njengesifo sikashukela, umdlavuza, isifo senhliziyo kanye nesifo sohlangothi phakathi kwezinye. Eqinisweni, lokhu kufanele kube ngumkhuba wansuku zonke; kungabi ngokokwenziwa nje kuphela ngoNhlolanja.

NGENYANGA EDLULE ngibe nenhlanhla yokuphekezela uNdunankulu wethu waKwaZulu-Natali umhlonishwa uSenzo Mchunu kanye neMeya yaseThekwini uJames Nxumalo kuyokwethulwa umkhankaso kaHulumeni waKwaZulu-Natali wokuqwashisa ngobungozi bokusebenzisa izidakamizwa kanye nokuthola izindlela zokulwa nalo mbulalazwe.

SIYAKHOLELWA KAKHULU ekutheni uma abantu abasha bengakuyeka ukusebenzisa izidakamizwa, lokhu kungavumela uMnyango ukuthi ubhekise amandla awo, angemaningi, lapho edingeka khona kakhulu. Ngale ndlela kungaba nomehluko obonakalayo ekunciphiseni umthwalo wezifo esikhathini esizayo. Njengoba sonke sazi ukuthi ukusetshenziswa kwezidakamizwa kuyimbangela enkulu yezinkinga zomphakathi kanye nezomnotho njengokugula ngengqondo, ubugebengu, ububha, ukwehla komkhiqizo, ukulimala kwempilo yomndeni, ukwanda kwezifo ezingalapheki njengesandulelangculazi/ingculazi, ihephathiyithisi kanye nesifo samaphaphu, ukulimala kanye noku. Eqinisweni, ucwaningo luveza ukuthi ukusetshenziswa kwezidakamizwa akugcini nje ngokuba nobungozi kwezempilo kepha nalobo bungozi obuhambisana nezinkinga zomphakathi ezithusayo njengokuziphatha komphakathi okunobungozi, udlame, ubugebengu, ukulimala, izingozi kanye nezinye izinkinga zomphakathi ezilimazayo njengokungenzi kahle ezifundweni. Phakathi kokunye, ukusetshenziswa kwezidakamizwa kuphazamisa amandla okuthatha izinqumo bese kwenza kube lula ukuthi abantu benze ucansi olungavikelekile, okuholela ezinkingeni eziningi zezempilo njengokuthelelana ngegcwane lengculazi kanye nokukhulelwa okungahlelwanga. Lena yinkinga yomphakathi enemiphumela ethinta ngqo noma ngokungaqondile, wonke umuntu emphakathini kungakhathalekile ukuthi umi kuphi ekuhlaleni, ngokobuhlanga, ngokobulili, ngokwesiko noma ngokwezenkolo. Lo mkhankaso olwa nokusetshenziswa kwezidakamizwa wethulwa ePhoenix , kanti uwumphumela wokubambisana phakathi kweHhovisi likaNdunankulu waKwaZulu-Natali, iSunday Tribune yakwa-Independent Media, neMinyango yesifundazwe; oweZempilo, ezeMfundo, eZokuphepha Komphakathi kanye Nokuxhumana, i-SAPS, iCommunity Policing Forum, iNational Prosecutions Authority kanye noMasipala waseThekwini. NgokukaNdunankulu uMchunu, uhululumeni uhlela ukuqala esifundazweni sonke kanti futhi uma kwenzeka kusabalale nezwe lonke.

MHLA ZIZI-04 KUNHLOLANJA 2016, uSuku Lomdlavuza eMhlabeni lakhunjulwa umhlaba wonke ngaphansi kwesiqubulo esithi: **"Singakwazi. Ngiyakwazi. Umkhankaso weminyaka emithathu wokufinyelela kanye nokuba nomphumela."** Kubalulekile ukuthi sonke sithathe isiqumo esakhayo nesibheke phambili empini yokulwa nomdlavuza, ngokubona ukuthi ukusheshe ubonakale umdlavuza kuyenzeka ngokuhlolwa njalo kwezempilo okungenani kanye ngonyaka. Uma usheshe wabonakala kusenesikhathi, ukulashwa komdlavuza kanye nokulawulwa kwawo kungasebenza. SiwuHulumeni sizophinda siqale ukusatshaliswa koHlelo Lokugoma Ezikoleni kugonyelwa iHuman Papillomavirus (HPV). Lapha sigoma izingane zamantombazane ezineminyaka eyisishagalolunye kanye nangaphezulu; ezenza Ibanga lesi-4; ezikoleni zikaHulumeni, zigonyelwa i-HPV ebangela umdlavuza wesibeletho.

SIKHUTHAZA IZINHLELO ezifana, phakathi kwezinye: nokuzihlola amabele, i-Pap smear ngaphansi komkhankaso we PHILA MA ukubhekana nomdlavuza wesinye; kanye nokuhlolelwa umdlavuza wezindlala zowesilisa.

KUZO ZONKE izikhungo zethu kungaba imitholampilo noma izibhedlela; sinabasebenzi abangakwazi ukuhlonza abantu abanomdlavuza. Babe sebedluliselwa eziBhedlea zesiFunda ukuze bathole ukwelashwa, ukulawulwa kanye nokunakekelwa.

NGIFISA UKUKUBONGA ngokuthi uthathe isikhathi ufunde le kholamu, bese futhi ngikufisela konke okuhle.

INkosi Inibusise!

okuqukethwe

... **USUKU LOMHLABA LESIFO SOKUWA**
Ukusiqonda nokusiza labo abanaso

... **KUGXILWA EKUKHULELWENI**
Ikhula kanjani ingane, yini okumele uyidle, ungayithola kanjani ingane enempilo

... **IZINDABA ZEZEMPILO E-KZN**
Ezakamuva ezivela eMnyangweni Wezempilo

... **UMFANEKISO** Ukweluleka intsha ngokusoka

... **USUKU LOMHLABA LESIFO SOMDLAVUZA**
Imidlavuza ejwayele ukuhlasela wonke umuntu

... **UKUSOKA** Okumele ukwazi

... **IZINSUKU ZOKUQWASHISA** kuNhlolanja

... **UKUKHULELWA OKUNEMPILO** Ukunakekela wena nengane yakho ngaphambi kanye nangemuva kokukhulelwa

... **IZELULEKO ZABEZIMO EZIPHUTHUMAYO**
Okumele ukwenze endaweni yengozi

Siyababonga laba abalandelayo ababe neqhaza:

UMNYANGO WEZEMPILO E-KZN: UPHIKO LWEZOKUXHUMANA

U-ZOHRA MOHAMED TEKE (UMHLELI)

THANDI ZULU

THEMBA MNGOMEZULU

SARA AULD

DR GUGU MAZIBUKO

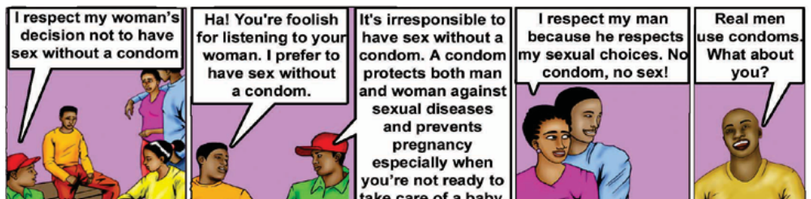
IZITHOMBE: shutterstock.com

Sinike uvo lwakho, noma usitshele ukuthi ucabangani ngalo magazini! P O Box 25439, Gateway, 4321, UCINGO-031 825 6790. I-EMAIL: editor@ezempilohealthmatters.co.za ILUNGELO LOBUNIKAZI

Konke okushicilelwe kulo magazini kuyilungelo le-Ezempilo... Health Matters futhi kungase kuphinde kukhiqizwe futhi kusakazwe mahhala ngezinjongo zokufundisa kuphela.

Zonke izikhangiso ezikulo magazini akukona ukuthi zisekelwa ngokusemthethweni uMnyango Wezempilo Wase-KZN, uMasipala WasEthekwini noma Ezempilo Health Matters

SAFE SEX IS BEST... USE A CONDOM



Isifo sokuwa sithinta imizwa lapho amaseli emizwa asengqondweni ephazamiseka bese kuba nokuphazamiseka, ukunkenketha kwemisipha kwesinye isikhathi kube ukuquleka.

Isifo sokuwa asithathelwana futhi asidalwa ukugula ngengqondo.

Sibangwa yini isifo sokuwa?

Ziningi izimbangela zesifo sokuwa. Noma yini ephazamisa ukusebenza kwamaseli emizwa engqondweni, kungaba ukugula noma ukulimala kwengqondo, kungaholela ekufitheni.

Izimbangela zesifo sokuwa zibandakanya

1. **OKOLIBOFUZO**: Ucwaningo luveza ukuthi ulibofuzo luhamba phambili ekubeni khona kwesifo sokuwa. Izinhlobo eziningi zesifo sokuwa zanda emndenini owodwa, okwenza ongcweti bakholwe ukuthi ulibofuzo lungenza ukuba isifo sokuwa sedlulisele-leke emalungeni omndeni.
2. **EZINYE IZINKINGA:** Esikhathini esiningi isifo sokulwa siqala emva kokulimala kwengqondo okudalwa ezinye izinkinga. Isibonelo, izimila engqondweni, uphuzo oludakayo kanye ne-Alzheimer, okujwayele ukuholela esifweni sokuwa ngoba kwenza ushintsho ekusebenzeni kwengqondo.
3. **UKULIMALA EKHANDA:** Ukulimala ekhanda kungaholela ekufitheni kanye nesifo sokuwa.
4. **USHEVU:** Ukufitha kungadalwa ushevu womsizi, ushevu we-carbon monoxide kanye nezinye izinhlobo zikashevu, kanye nokudla izidakamizwa zasemgwaqeni nokuphuza ngokweqile imithi yengcindezi neminye imithi.

Izinhlobo ezahlukene zokufitha

UKUFITHA KWESIKHASHANA kwenzeka engxenyeni eyodwa yengqondo. Ngesikhathi salokhu kufitha, umuntu usuke ebhekile kepha abe nemizwa engachazeki yenjabulo, intukuthelo, ukujabha kanye nesicanucanu. Umuntu angezwa, abone, anuke, anambithe noma athinte izinto ezingekho. Uma sekungokwedlulele umuntu angaquleka. Umuntu angenza izinto ezingajwayelekile, angacwayiza ephindelela, adlikize bese enyakazisa nomlomo.

UKUFITHA OKUJWAYELEKILE kungumphumela wezinhlangothi zombili zengqondo okungadala ukuquleka, ukuwa noma ukudlikiza okukhulu. Ziningi izinhlobo zalokhu kufitha; khuluma nodokotela wakho ukuthola kabanzi ngezinhlobo ezahlukene kanye nezimpawu.

Selashwa kanjani isifo sokuwa?

Ziningi izindlela zokwelapha isifo sokuwa ezibandakanya imithi. Njengamanje ukwelashwa kulawula ukufitha ngezinye izikhathi kubantu abathi ababe ngama-80%. Udokotela uyobona ukuthi yikuphi ukwelashwa okufanele wena.

Iningi labantu elinesifo sokuwa lingaphila impilo eyejwayelekile, uma umuntu ezibophezela ekudleni imithi yakhe.

YIKUPHI OKUMELE UKWENZE UMA UMUNTU EQALWA YISIFO SOKUWA?

- Ungatatazeli.
- Gwema ingozi ngokususa konke okuyingozi eduze nalowo ogulayo.
- Khipha izibuko zamehlo bese uxegisa uthayi nanoma yini enye esentanyeni engenza kube nzima ukuphefumula.
- Ungamcindezeli umuntu noma uzame ukuvimba ukunyakaza kwakhe.
- Ungafaki lutho emlonyeni womuntu. Imizamo yokwehlisa ulimi ingalimaza amazinyo noma umhlathi.
- Mphendule kahle ngohlangothi.
- Ungamniki ukudla noma amanzi aze abe sesimweni esikahle.
- Mzamele into yokuhamba, isihlobo noma umngani ozomsiza aye ekhaya uma umqondo ungakabuyi noma engeke akwazi ukuzihambela ngokwakhe.

KUGXILWA EKUKHULELWENI

UNHLOLANJA 8 - 14 **ISONTO LOKUQWASHISA NGOKUKHULELWA**

Yazi konke okwenzeka ngesikhathi ukhulelwe

Yimuphi umehluko phakathi kwengane yesikhathi esiphelele neyesikhathi esingaphelele?

Ingane yesikhathi esingaphelele ezalwe ngaphambi kwesonto lama-37 lokukhulelwa.
Ingane yesikhathi esiphelele ezalwe kusukela esontweni lama-39 kuya kwelama-40 lokukhulelwa.

Izizathu zokukhulelwa isikhathi esiphelele

Uma ingane ihlala isikhathi eside esibelethweni, ithola isikhathi esanele sokukhula. Izingane ezizalwe esontweni lama-40 zi:

- Zincela futhi zigwinya kalula – lokhu kusiza uma sekuncelwa ibele.
- Zikwazi ukulawula ukushisa komzimba kunalezo ezizalwe ngaphambi kwesikhathi.

Ukubaluleka kokuhlolwa ngesikhathi ukhulelwe

Ukuhlola ukhulelwe kubalulekile futhi kuphephile ngoba kuhlinzeka ngolwazi mayelana nempilo yengane kanye nokuthi ngabe inakho noma ayinakho ukukhubazeka. Isiza nomsebenzi wezempilo ukuba ahlinzeke ngokwelashwa kusenesikhathi uma ingane isengcupheni yegciwane lengculazi, ingculazi, nokunye.

Uma ubhukha kusenesikhathi emtholampilo, maningi amathuba okuteta ingane enhlile.

Ukukhulelwa kwakho kuthatha amasonto athi awabe ngama-40, ehlukaniswe ngonyangantathu.
Le miyalelo elandelayo izokusiza ukuba uqonde ukuthi kwenzekani ngalesi sikhathi:

IZINYANGA ZOKUQALA EZINTATHU
(Isonto 1 kuya Isonto 12)

Ezinyangeni zokuqala ezintathu kuba noshintsho olukhulu emzimbeni. Nakuba ungeke ubonakale ukhulelwe kepha ungezwa lokhu okulandelayo:

- Ukukhathala okwedlulele
- Amabele aqinile navuvukele
- Isisu esingemnandi, uphalaze noma ungaphalazi ekuseni
- Ukuthandiswa noma ukunyanyiswa ukudla okuthile
- Iconsi
- Ukuqunjelwa
- Ukufuna ukuchama njalo.
- Ikhanda
- Isilungulela
- Ukukhuluphala.

IZINYANGA EZINTATHU ZESIBILI
(Isonto 13 kuya Isonto 28)

Izimpawu obunazo ezinyangeni ezintathu zokuqala ziya ngokuya zishabalala, ube usukwazi nokulala kahle. Uma sekuphela lezi zinyanga ingane yakho iyobe isikhule ngokuphindwe kane kunesisindo eyayinaso ngasekupheleni kwezinyanga ezintathu zokuqala. Ngesikhathi umzimba wakho ushintshela ukulungela ingane, ungezwa lokhu okulandelayo:

- Ubuhlungu emzimbeni.
- Iminyama kwesingezansi, emabeleni, emathangeni noma eziqeni.
- Ukuba mnyama kwezingono.
- Umugqa osuka esiswini uye ngenhla kwezinza.
- Izandla ezindikindiki.
- Ukuluma kwesingezansi, intende nezithende (Shayela udokotela uma unesicanucanu, ungathandi ukudla, uphalaza noma unokukhathala okunokuluma. Lokhu kungaba yizimpawu zenkinga enkulu yesibindi).
- Ukuvuvukala kwamaqakala, iminwe nobuso. **

IZINYANGA EZINTATHU ZESITHATHU
(Isonto 29 kuya Isonto 40)

Izinyanga ezintathu zesithathu amasonto okugcina ekukhulelweni kwakho. Ngezinyanga ezintathu zesithathu uyobe usuhlala ubona udokotela. Olunye ushintsho emzimbeni ongaba nalo lubandakanya:

- Ukuphelelwa umoya.
- Isilungulela.
- Ukuvuvukala kwamaqakala, iminwe nobuso. (Uma ubona ukuvuvukala okukhulu noma ukhuluphala ngokushesha, shayela udokotela ngokushesha. Kungaba umfutho wegazi ophezulu. **
- Ukuvuvuka kwendunu.
- Amabele aqinile angaphuma isithubi.
- Inkaba ingaphumela ngaphandle.
- Inkinga yokulala.
- Ingane ishone phansi icindezele.
- Imisiko okungaba eyokubeletha noma kungabi yiyo.

** **Uma uqaphela ukuvuvukala noma ukhuluphala ngokushesha, shayela udokotela ngokushesha. Kungaba uphawu lomfutho wegazi ophezulu.**

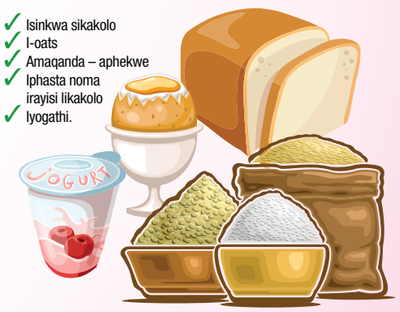
UKUDLA OKUMELE UKUGWEME NGESIKHATHI USAKHULELWE

UNGADLI:
- ✗ Inyama noma inhlanzi eluhlaza
- ✗ Amasoseji omile noma angaphekiwe, anjengosalami
- ✗ Amaqanda angavuthiwe
- ✗ Inhlama noma ikhekhe elinamaqanda aluhlaza
- ✗ Ushizi ongabulawanga amagciwane.

UNGAPHUZI:
- ✗ Utshwala
- ✗ Ubisi noma ujusi ongabulawanga amagciwane
- ✗ Ikhofi.

UKUDLA ONGAKUDLA NGESIKHATHI UKHULELWE

- ✓ Isinkwa sikakolo
- ✓ I-oats
- ✓ Amaqanda – aphekwe
- ✓ Iphasta noma irayisi likakolo
- ✓ Iyogathi.



UKUBHUKHA KUSENESIKHATHI KUPHEPHISA IMPILO... YAKHO NEYENGANE!

KZN HEALTH NEWS

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Ukulwa Nezifo, Ukulwa Nendlala, Ukunika Ithemba

UNgqonggqoshe uDhlomo uncome abahlengikazi abaqeqeshelwe ukwelapha igciwane lengculazi

UNGQONGQOSHE WEZEMPILO E-KZN, UDKT SIBONGISENI DHLOMO ushayele ihlombe abahlengikazi abangaphezu kwe-1 700 esifundazweni abaphothule uqeqesho lokwelashwa kwegciwane lengculazi (i-NIMART).

Lwaqaliswa ngonyaka wezi-2010, lolu qeqesho lungihlinzeke ngamakhono okwenza imisebenzi ebiyenziwa ngodokotela phambilini.

"Ukube bekungelona uqeqesho lwami lwe-NIMART, bengizoba nenkinga. Lolu qeqesho lungihlinzeke ngamakhono. Ngengeze namakhono okuxazulula izinkinga. Ngikanye nesifo sofuba, njengokwekhwelo likaHulumeni waseNingizimu Afrika lokuqinisa imizamo yokubhekana nalezi zifo ezimbili eziwubhubhane.

Umhlengikazi waseMajuba, uSista Thanda Mabaso ungomunye wabahlengikazi abaqeqeshiwe. Uthe ukuthola isiqinisekiso kuyamvumela ukuba asebenze kahle kakhulu.

> "Ngifisa ukubalula abahlengikazi bethu ababe yingxenye ye-NIMART. Situsa ukuthi besingeke sibe lapha esikhona ekuqaliseni imishanguzo kubantu abangaphezu kwesigidi ukuba bekungaqeqeshwanga abahlengikazi ekuhlinzekeni ngemishanguzo kanye nokuhlola, ukwelapha nokusingatha iziguli ezinegciwane lengculazi kanye nengculazi. Sibonga umbono osisize sabona ukuthi inkinga yegciwane lengculazi ingaphezu kwalokho obekungamelwa odokotela. Ibingekho indlela ebesingafaka ngayo abantu abangaphezu kwesigidi kulolu hlelo ukuba bekungodokotela kuphela, abambalwa. Uma sihlela ukuphephisa impilo; amathemba ethu asekuqhubeni lolu hlelo; njengoba sizohalalisa, sizokhuthaza abahlengikazi ukuba benze nangaphezulu," kusho uNgqongqoshe uDhlomo.

UNgqonggqoshe uncome ukuboshwa kwabahushulizisu abangekho emthethweni

KUBOSHWE ABESILISA ABATHATHU EPORT SHEPSTONE ngokuzenza odokotela behuha abantu ukuba bahushule izisu ngendlela engekho emthethweni.

UNgqonggqoshe uDhlomo obehola umkhankaso wokulwa nemitholampilo yokuhushulwa kwezisu okungekho emthethweni, uncome amaphoyisa ngokubopha laba bantu.

Ekhuluma emashini ebiseMpangeni imayelana nokuhushulwa kwezisu okungekho emthethweni, uDkt Dhlomo uthe: "Ngincoma bonke ababambe iqhaza ekuboshweni kwalezi zigilamkhuba. Sethemba kuzokwedlulisa umyalezo obalulekile wokuthi uhulumeni akamelani nokuhushulwa kwezisu okungekho emthethweni. Ngeke sivumele izigilamkhuba zibeke impilo yabantu abangenacala engcupheni ngalokhu kuhushula okuyingozi. Ngijatshuliswa ukuthi lokhu kuboshwa kulandela umkhankaso ebesinawo ePort Shepstone ngoZibandlela. Lokhu kuyasikhuthaza ukuba siqhubeke nokubamba izephulamthetho ukuze zibhekane nengalo yomthetho.

UDkt Dhlomo ugcizelele umyalezo wokuthi omama abakhulelwe akumele bahushule izisu ezindaweni ezingekho emthethweni ngoba uMnyango uyahlinzeka ngezindawo zokuhushula eziphephile nezamahhala kulabo mama abafanelekile.

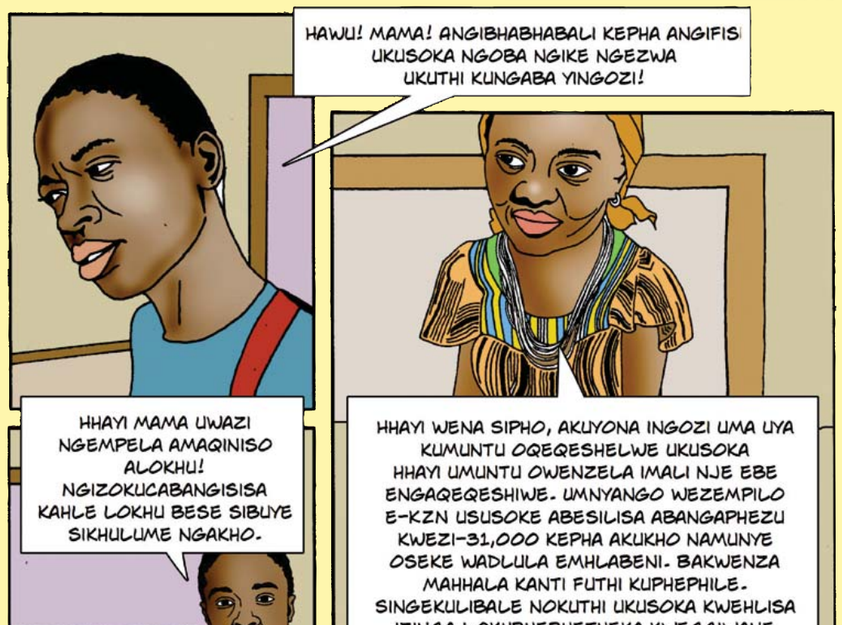
"Sihlala sishumayela ivangeli lokungazimbandakanyi kwezocansi. Kepha kulabo abangakwazi ukuzithiba, sikhuthaza ukuvikeleka okumbaxambili, okungukusoka nokuhlela umndeni – kube kusetshenziswa amakhondomu uma kwenziwa ucansi. Lokhu kuqinisekisa ukuvikeleka ezifweni ezithathelwanayo – ezibandakanya

"Uhulumeni ngeke ukubekezelele lokhu kuhushulwa kwezisu okubulalayo okungekho emthethweni"

Okusimangazayo ukubona laba bahushulizisu abangekho emthethweni bemi emakhoneni emigwaqo benikeza amapheshana ezikhangiso zokuhushula izisu. Sibona lezi zikhangiso zinanyathiselwe ezindongeni nasezigxotsheni zamalambu. Izikhangiso zigcizelela ukuhushula isisu

Ukwanda kwalezi zikhangiso kanye nokuthi zinanyathiselwa ezindaweni zomphakathi ezinjengasemarenki kanye nasemasuphamakethe kwenza iningi labesifazane likholwe ukuthi lokho kuhushula kusemthethweni kube kungekho. Labo bahushulizisu ngokungekho

HLAKANIPHA, SOKA!



UNHLOLANJA
4

USUKU LOMHLABA LESIFO SOMDLAVUZA

Akusona isigwebo sentambo

Ubizwa ngomabulala ethule, obulala abantu abaningi ukwedlula igciwane lengculazi, umalaleveva kanye nesifo sofuba konke kuhlanganisiwe. Iningi labantu libulawa umdlavuza ngaphezu kwazo zonke ezinye izifo emhlabeni. Likhona kodwa ithemba, ukwelashwa kanye nekhambi uma utholakale kusenesikhathi. Ngalolu suku lomdlavuza, zinike ithuba lokufunda ngamaqiniso alesi sifo nokuthi ungasigwema kanjani.

ABESIFAZANE

Umdlavuza uyelapheka uma utholakale kusenesikhathi, kubalulekile ukuya njalo uyohlola. Cela umsebenzi wezempilo oseduzane ukuba akufundise ukuzihlola amabele akho ngoba umdlavuza webele uvame kubantu besifazane. Umdlavuza wesibeletho uhlasela isingezansi sesibeletho sowesifazane, ungumdlavuza wesibili ojwayeleke kubantu besifazane. UMnyango Wezempilo uhlinzeka ngokuhlola kwamahhala okuthathu (okubizwa nge-pap smear) kwabesifazane abaneminyaka engaphezu kwengama-30 behlolelwa umdlavuza wesibeletho. Bonke abesifazane abenza ucansi kumele baye njalo kohlolwa ngoba lokhu kuhlola umdlavuza.

ABESILISA

Bonke abesilisa kumele bahlole izikhwama zowesilisa zabo okungenani kanye ngenyanga. Bheka ukuvuvuka okungajwayelekile, izimila, ubuhlungu noma ukusinda. Uma uqaphela olunye lwalezi zimpawu, vakashela udokotela wakho.

UKWELASHWA

Umdlavuza ujwayele ukwelashwa ngedriphu noma imisebe okuthatha imizuzu emibalwa. Kokubili lokhu kwelashwa kutholakala ezibhedlela bese kuya ngokuthi usunesikhathi esingakanani umdlavuza kuwe. Abantu abefani, nemishanguzo ibaphatha ngendlela engafani. Khuluma nomsebenzi wezempilo oyokwedlulisela kuchwepheshe womdlavuza oyokutshela okuningi. Kubalulekile ukutholakala nokwelashwa kusenesikhathi ukulwa nomdlavuza. Ngenxa yokuthi umdlavuza ungasabalala kwezinye izitho zomzimba ngemithambo yegazi.

IZINGANE

Izimpawu zomdlavuza ezinganeni

- Ikhanda elihambisana nokuphalaza, ebusuku noma ezintathakusa
- Ukuvuvuka noma ubuhlungu bamathambo, beqolo nemilenze
- Isimila esiswini, entanyeni, esifubeni noma ngaphansi kwamakhwapha
- Ukutubeka okukhulu, ukopha noma ireshi
- Ukugula njalo
- Ichashazi elimhlophe enhlamvini yeso
- Ukukhathala njalo.

HAMBA NJALO UYOHLOLA!

Ukusokwa ngokwezempilo kwabesilisa kuphephile kuya sebenza

...futhi kunciphisa ukubhebhetheka kwegciwane lengculazi ngama-65%!

UNhlolanja yinyanga Yokuqwashisa Ngezempilo Yamadoda, futhi iyisikhathi esikahle sokuqala ucabange ngokuthi wenzani ukuzigcina uphilile... lokho kuhlanganisa nokubhekisisa impilo yakho yezocansi.

Njengoba sekunabesilisa abangaphezu kwama-500,000 asebesokwe ngokwezempilo ngempumelelo KwaZulu-Natali, akukabi yisikhathi yini sokuthi NAWE uze ngaphambili?

UMnyango uqhuba uhlelo olukhethekile Lokusokwa Kwabesilisa Ngokwezempilo esiKhungweni Sobuchwepheshe eMgungundlovu esiqeqesha abasebenzi bezempilo abakhethiwe kanye nabelaphi bezendabuko ababhalisiwe ngokusokwa ngokwezempilo – ngendlela ephephile nesebenzayo.

Ngakho, uma ungakezi ngaphambili, funda le miyalelo elandelayo bese uqala unyaka wakho ngokwenza okufanele. Sokwa ngokwezempilo – kumahhala, kuphephile futhi kukhombisa umlingani wakho ukuthi uthatha ukunakekela impilo njengento ebalulekile!

1 Unelungelo lokusokwa ngokwezempilo okuphephile

Ukusokwa ngokwezempilo kwenziwa ngochwepheshe abaqeqeshiwe ezikhungweni zezempilo ezitholakala kuyo yonke iKwaZulu-Natali. Khumbula ngaso sonke isikhathi ukuthi indlela engcono yokusokwa ngempumelelo ukuthi kwenziwe umuntu oqeqeshelwe ukusoka ngokwezempilo futhi obhalisiwe eMnyangweni Wezempilo – ngakho qiniseka ngaso sonke isikhathi ukuthi ubhalisiwe.

2 Ukuhlolela igciwane lengculazi

Ngaphambi kokuthi usokwe, uzokwenziwa ukuhlolwa okungaphoqiwe kwesandulela ngculazi futhi uhlolelwe izifo ezithathelwana ngocansi kanye nesimo sejwabu.

3 Kuyashesha futhi akabuhlungu

Ukusokwa kwakho kuzokwenziwa ngaphansi kwesimo sokuqeda ubuhlungu, ngakho-ke ngaphandle nje kokujova kancane, ubuhlungu abukho kanti kuthatha nje imizuzu engama-30. Inxeba liyathungwa bese livalwa kahle, futhi uthola amaphilisi okuqeda ubuhlungu ukuze alekelele ukudambisa ubuhlungu obungatheni noma ubuhlungwana obungalandela. Uzonikwa imiyalelo yokuthi uligcine kanjani inxeba lihlanzekile ngenkathi liphola kanye nencwadi kadokotela uma kwenzeka uding a isikhathi sokungabibikho emsebenzini noma ezifundweni zakho ngenkathi ululama. Uphindela ekhaya ngaleso sikhathi!

4 Awulenzi ucansi emasontweni ayisithupha!

Ukuphola kuthatha cishe amasonto ayisithupha ngemuva kokusokwa. Ungalokothi wenze ucansi ngalesi sikhathi, ngale kwalokho kuzothatha isikhathi esijana ukuthi inxeba liphole kanti futhi ungaba sengozini yokuthola isandulelangculazi. Khumbula ukuthi uphinde uye esikhungweni sezempilo ukuze umsebenzi wezempilo akuhlole ukuthi konke kusahamba ngendlela yini ngemuva kokusokwa.

5 Bika ngokushesha noma iyiphi inkinga

Ukusokwa Ngokwezempilo Kwabesilisa kuwukuhlinzwa okuphephile kepha lokho akusho ukuthi ngeke kungabi khona okungahambi kahle. Njenganoma yikuphi ukuhlizwa odokotela, kuyohlala kukhona ingozi, noma-ke lokhu kungavamisile njengoba kungakaze kube nezinkinga noma ukufa ngokusokwa ngokwezempilo okwenziwa KwaZulu-Natali. Ezinye zezinkinga ezincane umuntu angaba nazo ngemuva kokuhlinzwa zibandakanya ukuguliswa umjovo wobuhlungu, ukopha okungatheni noma ukuvuvuka kanye nobuhlungu. Lokhu akunzima kanti futhi kulapheka kalula kodwa udinga ukuya emtholampilo wakho ukuze usizakale.

NGAKO KONKE IKHUKHU SERENZISA UHLU LWEZINTO ZOKUVIKELA UKUZE UNGATHELWA UBUTHI BOKUSOKWA NGOKWEZEMPILO.

UKUKHULELWA OKUNEMPILO

Usufunde konke ngokukhula kwengane yakho esibelethweni, manje qiniseka ukuthi uyakwazi okumele ukudle ukuze ube nempilo ngaphambi kanye nangemuva kokuteta.

UNGAKAKHULELWA

Uma ucabanga ukukhulelwa, kubalulekile ukuthi udla izinhlobonhlobo zokudla bese ulandela imiyalelo yendlela yokudla ngokufanele yaseNingizimu Afrika enalezi zincomo ezilandelayo kubantu abaneminyaka engaphezu kweyisithupha:

- Thokozela ukudla okwehlukene
- Zivocavoce
- Qala ngokudla okuyisitashi
- Yidla kakhulu izithelo nemifino nsukuzonke
- Yidla kakhulu ubhontshisi, uphizi, amalentili kanye nesoya
- Ungadla nsukuzonke inkukhu, inhlanzi, ubisi, inyama noma amaqanda
- Yidla kancane amafutha
- Sebenzisa usawoti omncane
- Phuza kakhulu amanzi ahlanzekile
- Uma uphuza utshwala, phuza ngokuzithiba – kungcono ungabuphuzi utshwala uma usakhulelwe!
- Phuza, udle okunoshukela kancane, ungakuthathi phakathi nezikhathi zokudla.

KONKE OKUMELE NOKUNGAMELE

Ukudle ngesikhathi ukhulelwe

Izakhamzimba

Uyodinga ukuba ubuye udle izakhamzimba ezithile ngaphambi nangemuva kokuba usutetile. Kubalulekile ukuya emtholampilo ngaphambi kokuba ukhulelwe nangesikhathi lapho usubona ukuthi usukhulelwe ukuze uthole izeluleko zokudla nezakhamzimba okumele uzithathe ngaphambi kanye nangesikhathi usukhulelwe.

I-FOLATE NOMA I-FOLIC ACID

- … lkuvikela ezifweni ezijwayelekile
- … yenza ingane ikhule kahle
- … ivikela ingane ekukhubazekeni kanye
- … nokusiza ekukhuleni kahle komgogodla wengane.

Ukudla okunothe nge-folic acid kubandakanya:

✱ ispinashi ✱ isibindi ✱ ubhontshisi ✱ ummbila owenziwe busha ✱ isinkwa esenziwe busha

Gwema ukuphuza amaphilisi e-folate kanye nokudla okune-folate neziphuzo ezine-caffeine ezinjengekhofi, itiye kanye neziphuzo ezihlohlozayo. Kukhinyabeza ukwamukelwa kwe-folate umzimba.

I-AYONI iqinisa igazi emzimbeni ivimbe nokuphelelwa yigazi. Izimpawu zokuphelelwa yigazi zibandakanya ukukhathala, ukuba ntekenteke, ubuzizizi kanye nokushaya ngamandla kwenhliziyo.

Yibuphi ubungozi bamaphilisi e-ayoni?
Uma uphuza amaphilisi e-ayoni ungezwa izinto ezinjengokufuna ukuphalaza, ukuqunjelwa noma ukukhishwa yisisu. Kujwayelekile lokhu futhi akuyona ingozi. Zama ukuphuza amaphilisi e-ayoni nokudla ukuze wehlise isicanucanu bese uphuza okungenani amalitha amabili amanzi ahlanzekile udle nezinye izithelo ukugwema ukuqunjelwa. Gwema ukudla amaphilisi e-ayoni kanye nokudla okugcwele i-ayoni ukuthathe neziphuzo ezine-caffeine njengekhofi, itiye kanye neziphuzo ezihlohlozayo. Kunciphisa ukwamukelwa kwe-ayoni umzimba wakho. Ungabuye ukhiphe indle emdaka kanye nomchamo omdaka uma udla amaphilisi e-ayoni. Lokhu kuyophela uma usuyeka ukuthatha amaphilisi e-ayoni.

Yidla kakhulu imifino emisha, izithelo ezintsha kanye nemikhiqizo enokolo ukhuthaze ukugayeka kokudla. UVithamini C osezithelweni nasemifinweni uyohlala usiza umzimba wakho ukuba wamukele ubuye usebenzise i-ayoni.

Ukudla okunoVithamini C kubandakanya:

✱ amawolintshi ✱ amagwava ✱ uphayinapha ✱ umango ✱ iklabishi eliluhlaza ✱ utamatisi oluhlaza

Zama ukusebenzisa usawoti ne-ayodini ngokuzithiba ngoba ku:

- … kubalulekele ukukhula kwengane,
- … kubalulekele ukukhula kwengqondo yengane
- … kuvikela ekuvuvukaleni kwentamo

Bheka usawoti onamagama athi ***Iodated salt*** bese uzama ukusebenzisa omncane owudingayo. **Ungafaki usawoti ongaphezu kwethispuni ngosuku.** Kujwayelekile kubantu besifazane ukuba babe nomfutho wegazi ophezulu ngesikhathi bekhulelwe. Uma usebenzisa usawoti omningi ungenyusa kakhulu umfutho wegazi wakho. Kungcono udle ukudla okunosawoti omncane noma okungenawo. Gwema ukudla okunosawoti njengama-beef cubes, amasobho asemaphaketheni, izinongo ezinosawoti kanye namachips. Esikhundleni salokho, nonga ukudla kwakho ngezithako ezinjengo-parsley, i-thyme, i-paprika, ukhari noma ulamula.

NGESIKHATHI UKHULELWE

Ukukhulelwa nokuncelisa kudla amandla kumama. Kubalulekile ukudla ngendlela efanele nenempilo ukuze uphile ube namandla ngesikhathi ukhulelwe nalapho usuncelisa.

Amathiphu okupheka ngesikhathi ukhulelwe

1 Kubalulekile ukuthi uphekisise ukudla kwakho ngesikhathi ukhulelwe (isb. amaqanda, inkukhu, inyama, inhlanzi) ukugwema ukungena kwamagciwane emzimbeni wakho. Gwema ukudla okungaphekiwe njengomqwayiba, inhlanzi eluhlaza ngoba kungaba namagciwane. Hlanza zonke izithelo nemifino kubandakanya namacembe kasaladi ukuze kungabi nabuthi.

2 Uma uba nesicanucanu ekuseni zama ukusehlisa ngokudla ikhekhe elomile, ucezu lwesinkwa, irayisi noma iphalishi ngesikhathi uvuka ekuseni, gwema ukuphuza ngenkathi udla, gwema ukudla okuthosiwe, okunamafutha noma okunezinongo bese ulibalekela iphunga lokuphekwayo.

3 Uma ngesikhathi ukhulelwe uba nesilungulela, zama ukudla kancane izikhathi ezehlukene, gwema ukudla okuthosiwe okunezinongo ezininginokunamafutha. Linda amahora amabili ngaphambi kokuba ulale emva kokudla, lala ikhanda lakho liphakame ledlule isisu, gwema iziphuzo ezihlohlozayo bese uphuza ingilazi yobisi.

UMA UNEMINYE IMIBUZO, SICELA UTHINTE ITHIMBA LESIFUNDA LEZOKUDLA ENOMBOLWENI ETHI- 031 240 5346

UNAKEKELO LWENHLIZIYO

UYAKWAZI OKUMELE UKWENZE ENDAWENI YENGOZI EMGWAQENI?

No-Rob McKenzie
Wezezimo Eziphuthumayo e-KZN

Abezimo Eziphuthumayo e-KZN baphuthuma ezingozini eziningi nsuku zonke. Sivame ukubikelwa abashayeli abedlula leyo ngozi. Uma kufika abezimo eziphuthumayo kusuke kugcwele abantu abazama ukusiza nabasuke befuna ukubona okwenzekayo.

Ziningi izindlela abedlulayo abangasiza ngazo endaweni yengozi, ikakhulu uma bengakafiki abezimo eziphuthumayo. Ungasiza kanjani uma uhlangabezana nesimo sengozi noma esinye isigameko?

Nansi indlela ongasiza ngayo

Okubalulekile ongakwenza ukushayela abezimo eziphuthumayo.

Abezimo eziphuthumayo basuke bedinga ulwazi olusemqoka uma ubika ngengozi.

Uma ushayela abezimo eziphuthumayo uyobuzwa imibuzo eminingi mayelana nengozi. Ingabonakala ingenasidingo kuwe kepha iyabasiza bona uma sebelungiselela leso simo, okubandakanya isibalo sama-ambulensi adingekayo. Imibuzo oyobuzwa yona ibandakanya:

- Igama nenombolo yakho yocingo
- Uhlobo nolwazi ngesimo esiphuthumayo
- Indawo
- Isibalo nohlobo lokulimala
- Uma ukhuluma nobambe ucingo zama ukuba ungatatazeli

Hlala njalo ubhekelela ukuphepha kwakho!

Uma ubona ingozi wedlula, gcina njalo lokhu emqondweni wakho:

Izimoto ezizayo nezedlulayo endaweni yengozi, ziyingozi futhi zingashayisa wena noma indawo yengozi.

Uma uma endaweni yengozi, paka kahle imoto yakho bese ushaya amahazadi.

Uma kungenzeka beka unxantathu wesimo esibucayi emgwaqeni ukuze wexwayise abashayeli.

Lekelela ngosizo lokuqala uma uqeqeshelwe lona.

Ungabakhiphi abalimele emotweni ngoba ungahle ubalimaze kakhulu ngaphandle uma kunobungozi obukhulu kwabalimele, isb. uma imoto isha.

Uma ungeke ukwazi ukusiza, musa ukuma endaweni yengozi ngoba ufuna ukubona ngoba uzibeka engozini futhi udala isiminyaminya.

Uma kulimele umgibeli wesithuthuthu, ungasikhiphi isigqoko sakhe!

Ungabhemi endaweni yengozi.

Uma usondela endaweni yengozi:

- Yehlisa ijubane uqaphele
- Thobela imiyalelo yamaphoyisa omgwaqo
- Ungahambi kancane ngoba ufuna ukubuka
- Ungahambi emzileni wezimo eziphuthumayo. Dlulisa izimoto zezimo eziphuthumayo.

IZINOMBOLO ZEZEZIMO EZIPHUTHUMAYO ZASE-KZN

10177
Inombolo yamahhala uma ushaya ngocingo lwasendlini. Le nombolo ixhumene nesikhungo sezezimo eziphuthumayo esisendaweni oshaya kuyo.

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Le inombolo yamahhala kwabashaya ngamaselula. Le nombolo ixhumene nesikhungo esithile lapho uyobuzwa indawo okuyona kanye nohlobo losizo oludingekayo (izicishamlilo/amaphoyisa/i-ambulensi), ucingo lube seledluliselwa endaweni efanele duze nalapho ukhona.

0800 00 3155
Zama le nombolo uma ungabatholi abezimo eziphuthumayo ku-10177.

health
Department:
Health
PROVINCE OF KWAZULU-NATAL

SILWA NEZIFO, SILWA NOBUBHA, SINIKA ITHEMBA