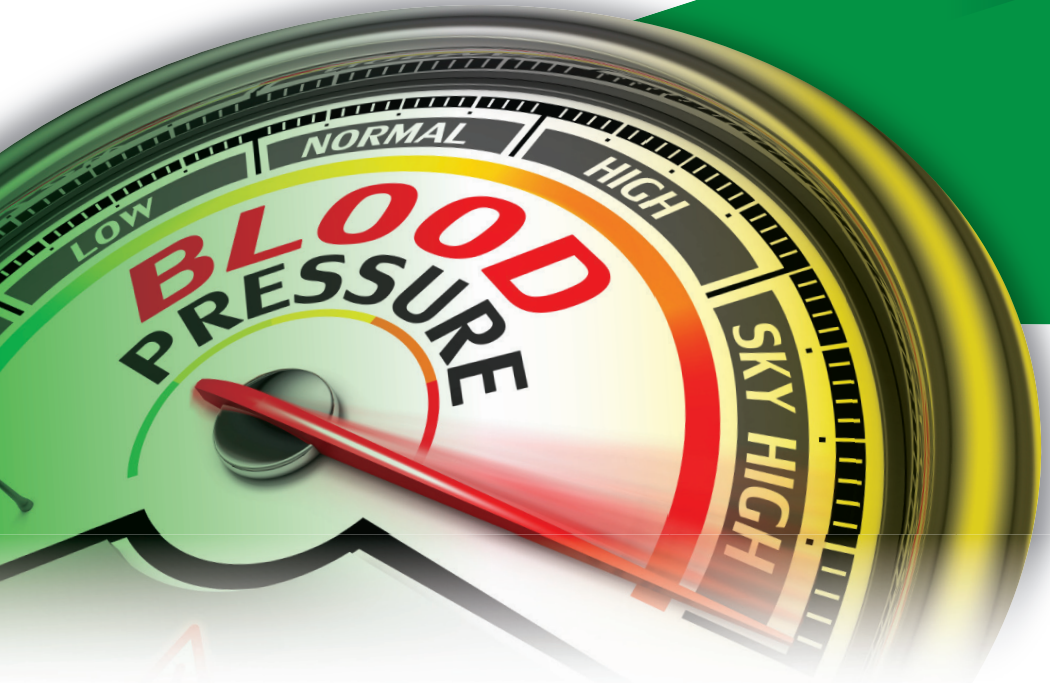
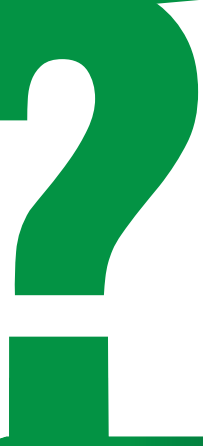




**KWAZULU-NATAL PROVINCE**

HEALTH  
REPUBLIC OF SOUTH AFRICA

# Uyini umfutho wegazi



 KwaZulu-Natal Department of Health

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 KZN Department of Health

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**GROWING  
KWAZULU-NATAL  
TOGETHER**

Umfutho wegazi ophezulu (hypertension) ubizwa ngoku “umabulala buthule” njengoba zingekho izimpawu ezibonakalayo. Ezimweni lapho usuke usudlondlobele kuyenzeka uzizwe uphathwe yikhanda, ikakhulu ikhanda elinkenketha ngemuva kwehlo, kuphazamiseke ukubona, ube nokucanuzela kwenhliziyi nokuphalaza, uzizwe wezela kanye nokudlikiza imbala ezimweni ezinzima. Abantu ababili kwabathathu abanomfutho wegazi ophezulu abazazi ukuthi banalesi simo.

Kuqagulwa ukuthi umuntu oyedwa kwabane eNingizimu Afrika abaneminyaka ephakathi kweyi-15 nengama-64 ubudala uhlaselwa wumfutho wegazi ophezulu. Umfutho wegazi ophezulu ungezinye zezimbangela ezihamba phambili ezidala isifo senhliziyi, isifo sohlangothi, ukungasebenzi kwezinsu kanye nokusheshe ushone singakashayi isikhathi.

## UYini umfutho wegazi?

Umfutho wegazi wukushaya ngamandla kwenhliziyi, okungaphezu kwendlela imithambo yegazi ekwazi ukuhambisana nayo ukuze igcine igazi lihamba ngendlela emzimbeni wakho. Umfutho wakho wegazi uba phezulu uma inhliziyi ishaya ngamandla ngokweqile. Ukukalwa komfutho wegazi kwehlukaniwa kabili: i-Systolic (okungumfutho igazi eligijima ngawo emzimbeni) kanye ne-Diastolic (okuyizinga lokushaya kwenhliziyi). I-Systolic yenzeka emithanjeni yegazi ngesikhathi inhliziyi iphampa ingenisa igazi kanti i-Diastolic yenzeka maphakathi nezikhashana eziyikhefu lapho inhliziyi ishaya. Yingakho umphumela wokukalwa komfutho wegazi uba yinombolo phezu kwenye, isibonelo i-140/90mm Hg. Abacwaningi bakholelwa ukuthi umfutho wegazi olingana ne-130/85mm Hg ungathathwa ngokuthi ukahle, bese kuthi olingana ne-140/90mm Hg wona uthathwe ngokuthi uphezulu kakhulu kunokulindelekile.

### Usuke usufike kuliphi izinga umfutho wegazi uma kuthiwa usuphezulu?

Ngezansi kunomkhombandlela wamazinga mukelekile omfutho wegazi:

Izinga elikahle	<130/85
Izinga Eliphezulu	130/85 kuya ku-140/90
Umfutho wegazi ophezulu	
- Ophansi	140/90 kuya ku-160/100
- Ophezulu	160/100 kuya ku- 180/110
- ngokusezingeni	
- Osuphezulu kakhulu	180/110 kuya ku- 210/110
Izinga eliphezulu ngokweqile	>210 (ngaphezu kwama-210)

Indlela ongazi ngayo ukuthi  
umfutho wakho wegazi  
ophezulu ukuthi  
**uzijwayeze**  
ukuwuhlola

# Uyini umfutho wegazi ophezulu (Hypertension)?

Umfutho wegazi ophezulu (Hypertension) yitemu elisetshenziswa ukuchaza ukwenyuka njalo komfutho wegazi selikhuphuke kakhulu, ngisho isiguli singenzi lutho siziphumulele. Zimbili izinto ezinethonya emfuthweni wegazi: isilinganiso somthamo wegazi eliphantshwa yinhliziyi nokuthi ligeleza kalula kangakanani emithanjeni emincane, uma kulukhuni ukuhamba kwalo kule mithanjana lokho kwenyusa umfutho wegazi.

Zikhona nezinye izinto zemvelo ezenyusa umfutho wegazi nakubantu abanempilo. Indlela umzimba omi ngayo, ukuphefumula, isimo sokomoya, ukuzivocavoca kanye nokulala kunomthelela emfuthweni wegazi. Ngokujwayelekile, wehla kakhulu umfutho wegazi uma umuntu elele bese wenyuka kakhulu uma umuntu ejabule, enengcindezi noma ezivocavoca. Kujwayelekile futhi ukuthi umfutho wegazi wenyuke ngenxa yeminyaka yobudaka kumbe uma umuntu egula.

## Izinto ezingakubeka engcupheni yokwenyukelwa umfutho wegazi:

- Umlando emndenini womfutho wegazi ophezulu.
- Ukudla ukudla okungenampilo, kubandakanya nokunosawoti omningi.
- Ukuphuza utshwala kakhulu.
- Ukuba mkhulu ngokweqile ngokomzimba (ikakhulu ezindaweni ezizungeze isisu) – kukhuphula ubungozi ngokuphindaphindeke ka-2 kuya kokuyisi-6.
- Ukungawunyakazisi umzimba – Ukungazivocavoci.
- Ingcindezi – Kunzima ukukala izinga lengcindezi futhi ziyehlukahlukana izindlela abantu ababhekana ngazo nengcindezi.
- Ubuzwe – ama-Afrika (kubandakanya nama-Afrika aseMelika) kujwayelekile ukuthi abe nofuzo lomfutho wegazi ophezulu.
- Iminyaka yobudala – ngokujwayelekile, ngesikhathi ukhula, yilapho kwanda khona amathuba okuthi umfutho wakho wegazi ube phezulu. Lokho kwenzeka kakhulu kubantu besilisa abanemin-yaka engaphezu kwengama-35. Sekutholakele ukuthi ukukhuluphala uma usumdala nacho kuyimbangela yokwenyuka komfutho wegazi okuhambisana nokuguga.
- Ukukhulelwa.
- Uhlobo oluthile lwemithi efana namaphilisi okuhlela umndeni, izikhuthazamzimba kanye nemithi yokudambisa izinhlungu nokuvuvukala.
- Ezinye izifo ezifana nesifo sezinsu.
- Ukubhema

# Yimuphi umonakalo odalwa umfutho wegazi ophezulu?

Abantu abanomfutho wegazi ophezulu bangazizwa bephile kahle kakhulu iminyaka eminingi kodwa nabo basengozini yokulinyalelwa yimithambo yegazi kanye nezitho ezisemqoka zomzimba.

Ukuqina kwemithambo yegazi (Atherosclerosis) kwenzeka kancane kancane kubo bonke abantu, kodwa kushesha kakhulu uma umfutho wegazi uphezulu. Kuba nzima ukuhamba kwegazi kanti uyanda nomthwalo wokusebenza kwenhliziyo.

Uma singelashwa isifo somfutho wegazi ophezulu, inhliziyo igcina ingasakwazi ukumelana nomsebenzi wayo nokugcina sekudala izinkinga zenhliziyu. Umuntu agcine esezithola efikelwa ukukhathala, ukuncisheka umoya wokuphefumula kanye nokuvuvukala kwamaqakala. Umfutho wegazi ophezulu ungaholela ekutheni umuntu aphantwe yisifo senhliziyo noma sohlangothi (ukungasebenzi kwengqondo) kuphinde kukhinyabezeke nezinye izitho zomzimba ezifana namehlo (ukulimala amehlo, ukungaboni), izinso (isifo sezinsu nokungasebenzi kwazo) kanye nesifo sokungahambi kahle kwegazi emzimbeni (inkinga yokungahambi kahle kwegazi lapho imithambo ehambisa igazi emilenzeni nasezingalweni ivaleka noma iminyane khona).

Kunabantu abasengcupheni kakhulu yokuhlaselwa yisifo somfutho wegazi ophezulu kunabanye. Labo abasengcupheni enkulu yokuhlaselwa yilesi sifo: yizinhlaka zama-Afrika, yintsha, ngabantu besilisa, abahlala benomfutho wegazi ngokokushaya kwenhliziyo ongaphezu kwe-115, ababhemayo, abanesifo sikashukela, abanamafutha amaningi egazini, abakhuluphele ngokweqile kanye nabaphuza utshwala ngokweqile.

Akumele kufundwe izinombolo zomfutho wegazi kuphela nje kodwa kusemqoka nokubheka indlela owenza ngayo esikhathini esingamahora angama-24 (ikakhulu kubantu besifazane). Ubungozi bokushona kubantu abehlelwa ngumfutho wegazi ngama-10% ebusuku buphindaphindeke kathathu.

## Uma kuqhathaniswa abantu abawulawulayo umfutho wabo wegazi kanye nalabo abangawulawuli, labo abangawulawuli:

- basemathubeni ngokuphindaphindwe kathathu okuhlaselwa yisifo senhliziyo
- basemathubeni ngokuphindaphindwe kasithupha okumelwa yinhliziyu
- basemathubeni ngokuphindaphindwe kasikhombisa okuhlaselwa yisifo sohlangothi

**Phuza imithi nanoma yimiphi imithi yokwelapha isifo somfutho wegazi ngendlela oyalelwe ngayo. Ungayiyeki kumbe uyishintshe ngaphandle uma kusho udokotela.**

# Ngingalinciphisa kanjani izinga lomfutho wegazi?

## Ngezansi yimikhombandlela yokwehlisa noma yokubeka ezingeni elifanele umfutho wegazi ophezulu:

- Yidla ukudla okuncanyana izikhathi ezi-3 kuya kweziyisi-6 ngosuku.

- Yidla ukudla okunempilo okunazo zonke izakhimzimba, okungenawo amafutha amaningi (amafutha ezilwane atholakala enyameni ebomvu, esikhumbeni senkukhu kanye nasemikhiqizweni enezaqheqhe eyenziwa ngobisi) okubandakanya izinhlobo zokudla ezinikeza i-potassium eyanele (etholakala ezithelweni, imifino, imikhiqizo enobisi kanye nenhlanzi), i-calcium, i-magnesium (etholakala kokusanhlamvu, emakinatini kanye nakuphizi nobhontshisi owoyisiwe), okune-omega -3 fatty acids (etholakala ezinhlanzini ezinamafutha ezifana ne-salmon, i-mackerel, i-saidine ne-snoek).

- Abantu abakhuluphele ngokweqile bayanxuswa ukuba behlise isisindo semizimba yabo ukuze babe nemizimba efanelekile. Ukuncipha ngesikalo esilinganiselwa kuma-4,5kg kungehlisa umfutho wegazi ngendlela ebonakalayo.

- Nciphisa isilinganiso sikasawoti (i-sodium chloride) owudlayo sifinyelele kwithisipunu eyodwa ngosuku. "Usawoti ongabonakali" ekudleni esikuthenga sekwenziwe ulinganiselwa kuma-60-80% bese kuba ngama-15% osawoti esiwuvuzela sesisetifuleni. Nciphisa izinga lokudla okuthenga sekwenziwe, ukudla okunosawoti omningi kanye nalokho okufakwe usawoti wokunonga. Funda amalebula emikhiqizo ukuthi iqukethe usawoti ongakanani ngaphambi kokuthenga! Ukusetshenziswa kukasawoti osekudleni okune-potassium kumele kube yikho okuba sesikhundleni sikasawoti ojwayelekile ngaphansi kweso likadokotela.

- Uma uphuza utshwala, phuza ngokuzinakekela. Yiba nesikalo sokuthi uphuza ka-2/3 ngosuku. Isiphuzo esisodwa silingana nama-340ml kabhiya, nama-120ml awayini nama-25ml kagologo.

- I-Caffeine etholakala ekhofini, etiyeni eziphuzweni ezine-cola kanye nakushokoledi ingawenyusa umfutho wegazi okwesikhashana. Ngakho-ke akunconywa ukuphuza ngokweqile lezi ziphuzo.

- Ukuzivocavoca kumele kube yingxenywe yezinto ozenza nsuku zonke. Zama ukuzivocavoca okungenani imizuzu engama-30 kuya kwengama-45 ezinsukwini ezingi evikini. Gwema ukuzivocavoca ngendlela egqilazayo efana nokuqukula izinto ezisindayo, okuyinto engeniyusa umfutho wegazi. Okungenani zama ukuthi uzihambe, ubhukude, ushove ibhayisikili noma udlale igalofu. Xoxisana nodokotela wakho mayelana nezinhlobo zokuzivocavoca ongazenza.

- Ukulawulwa kwengcindezi kubalulekile ekutheni ugcine umfutho wakho wegazi usezingeni elifanele.

## **Ukuqonda ngosawoti “ongabonakali”:**

Okunye ukudla ngeke uze ukucabange ukuthi kunosawoti. Indlela engcono yokuthola ngalokhu wukuthi ufunde ilebula yomkhiqizo ngaphambi kokuthi uthenge. Gwema imikhiqizo enosawoti- bheka igama elithi “sodium” ohlwini lwezithako. Izibonelo zibandakanya i-sodium chloride (okungusawoti esijwayele ukuwengeza sesisetafuleni), i-monosodium glutamate ne-sodium bicarbonate (isoda yokubhaka). Okungcono ungakhetha imikhiqizo ebhalwe ukuthi “low salt”- uma ikhona.

## **Unganciphisa kanjani ukudliwa kukasawoti ekhaya:**

Ungawubeki omunye usawoti etafuleni uma uwusebenzisile ngesikhathi upheka . Zifundise ukusebenzisa amakhambi nezipayisi kanye nokuthokozela incasa yemvelo ekudleni. Kungenjalo, uma upheka, esikhundleni sikasawoti ungasebenzisa u-pepper, izipayisi ezingenawo usawoti, uviniga, ujusi kalamula, ugalikhi ophuma engadini, i-horseradish ephuma engadini, isosi kapelepele obabayayo, impushana kagalikhi neka-anyanisi , izithelo nojusi wezithelo, ama-salad dressing anosawoti omncane nama-salad dressing enziwe ekhaya anosawoti owengeziwe.

## **Ubunzima bokungawulawuli uMfutho Wegazi Ophezulu:**

Umfutho wegazi ophezulu (HBP) ongalawulwa ungakulimaza noma ukubulale. Ngesinye isikhathi ubizwa ngokuthi “umabulala buthule” ngoba i-HBP ayinazo izimpawu, ngenxa yalokho akulula ukuthi wazi ukuthi idala umonakalo emithanjeni yakho yegazi, enhliziyweni nakwezinye izitho zomzimba. Okungenzeka empilweni ngokuhamba kwesikhathi uma umfutho wegazi ungelashwa kubandakanya:

- Umonakalo enhliziyweni kanye nasemithanjeni yenhliziyayo, okubandakanya ukuhlaselwa yisifo senhliziyayo, ukuminyana nokuma kwenhliziyayo, ukwehluleka kokusebenza komthambo omkhulu ohambisa igazi enhliziyweni kanye nesifo sokuqina kwemithambo (ukwakheleka kwamafutha emithanjeni nokuyenza ukuthi iqine)
- Isifo sohlangothi
- Ukungasebenzi kwezinsiso
- Ukungaboni emehlweni
- Ukungavuki kwenduku
- Ukukhohlwa
- Uketshezi emaphashini
- Ubuhlungu esifubeni obudalwa yisifo senhliziyayo
- Isifo semithambo yenhliziyayo



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