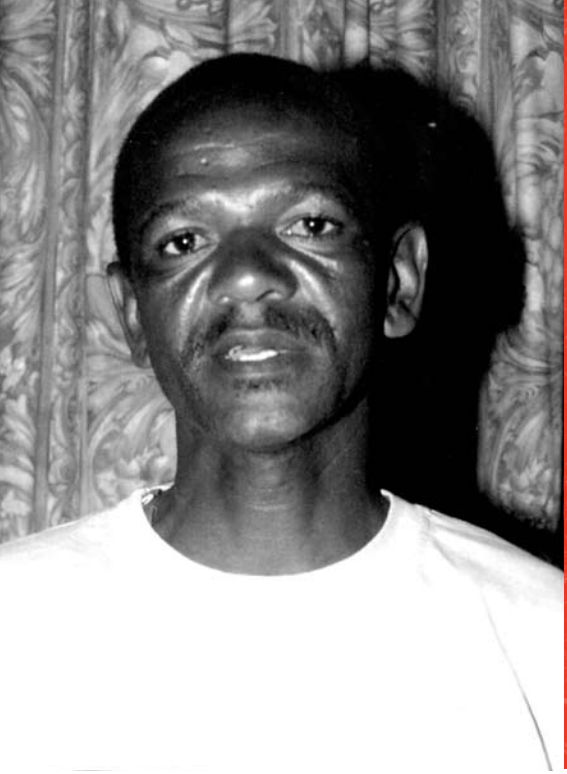
# vavanyelwa i-TB

# IYANYANGEKA



*Bendine-TB. Ndavavanywa ndayangwa. Ngoku ndiphi lile.*

Fikile Boyce

## *Yintoni iTB?*

Isifo sephepha(saziwa ngokuba yiTB) sisifo esenziwa yintsholongwane ebangelwa yintsholongwane ekuthiwa yiMycobacteria (MTB). I-TB yosuleleke kwizigidi zabantu elizweni lonke jikelele kumakhulu eminyaka edlulileyo. Abantu abane imyuni sistim esempilweni abasoloko begula yiTB nokuba intsholongwane yeTB isemizimbeni yabo. I-TB yenza abantu bagule xa imizimba yabo ingekho sempilweni yokuba ilwe iintsholongwane zeTB. Ukuba umzimba wakho awukho sempilweni, intsholongwane yeTB iyaziphinda-phinda. Le nto ibizwa ngokuba yiActive TB. i-Active TB sisifo esinibungozi, kwaye singakubulala.

## *I-TB yosuleleka ngokusuka komnye umntu iye komye umtu emoyeni*

Uninzi lweActive TB ekhula emiphungeni, ibizwa ngokuba yiPulmonary TB. Umntu ogula yiTB uyakhohlela okanye athimle- intsholongwne yeTB iyasasazeka emoyeni. Intsholongwane ingahlala emoyeni ixesha elide, ingakumbi endaweni enabantu abaninzi, indawo emanzi okanye indawo enomoya ongacocekanga. Uninzi lwentsholngwane yeTB ihlala emiphungeni, noxa ngelinye ixesha ikhula kwamanye amalungu omzimba. I-TB ekhula ngaphandle kwemiphunga ibizwa ngokuba yiExtra Pulmonary TB.

## Umzantsi Afrika unenani elikhulu elibaxekileyo lendyikityha yokufa yentsholongwane iTB

Isininzi sabantu esifayo sibulawa yiTB. Zininzi izizathu ezibangelwa koku:ukungabikho kwenani lezindlu elaneleyo, ukungongondleki, ukusela utywala kakhulu, kunye nempilo yethu ebuthathaka kunyusa izinga lokuba wosuleleke. Noxa esona sizathu sokuba izinga leTB lixhome kangaka eMzantsi Afrika, yintsholongwane iHIV. I-HIV yenza i-imyun sistim ingakwazi ukulwa intsholongwane yeTB. Noxa inani elininzi labantu abafayo yiTB eMzantsi Afrika ingabaneHIV, abantu abaninzi abangenaHIV bayafa ngenxa yeTB. Nangona kunjalo, abantu abaneHIV ngabona basemngciphekweni ophezulu, nabani na angagula yiTB.

## Fumana Uvavanyo

Kubalulekile ukuvavanyelwa iTB, ingakumbi ukuba uneHIV okanye ukuba uneempawu zeTB. Eyona ndlela yokuvavanya iTB kukuthatha isikhohlela ze sivavanyelwe intsholongwane iTB ekliniki. Uvavanyo luzakubuya lusithi"smear negetive" or "smear positive". Uvavanyo oluthi "smear positive" luthetha ukuba unentsholongwane yeTB emiphungeni yakho kwaye kufuneka uqale unyango ngoko nangoko. Ukuvavanywa kwesikhohlela kusetyenziswe iminyaka emininzi; kuvavanywa iTB emiphungeni yakho. Ukuba uneTB kubalulekile ukuba uyazi imeko yakho yempilo malunga neHIV.

## I-TB iyanyangeka

Amayeza angayinyanga iTB. Ukuba uneTB kubalulekile ukuba utye amayeza wakho ngendlela eyiyiyo. Ukuba wawukhe wanyangelwa iTB ngaphambili, uneHIV, ukhulelwe okanye utya iipilisi zokucwangcisa – kunyanzelekile umxelele ugqirha wakho, kuba amayeza wakho ayohluka.

## Impawu Ze-TB

| Limpawu ze-TB | I-Extra Pulmonary TB |
|---|---|
| I-TB yemiphunga | Iintlungu okanye ukudumba kwesisu |
| Ukukhohlela iiveki ezimbini okanye nangaphezulu | Iintlungu okanye igazi xa uchamayo |
| Ukhukhohlela amathe/amanzi angqindilili okanye igazi | Umkhuhlane, ukucatshuzelelwa yintliziyo |
| Ukugodola kunye nomkhuhlane, ukubila ebusuku | Iingqaqambo kunye neentlungu emqololo okanye kumalungu omzimba |
| Ukwehla emzimbeni kunye nokungacaceli kutya | Iingxaki zokuzala |
| Isifuba esibuhlungu okanye ukuba nengxaki xa uphefumla | |

**I-Drug Resistant TB** yingxaki enkulu emzantsi Afrika.I-Drug Resistant kuxa umntu enentsholongwane yeTB, ze iyeza lokuyinyanga iTB lingasebenzi lula kuye. Iyenye yezizathu zokuba iTB ibe yinto enkulu. Kunzima ukuyinyanga iDrug Resistant TB, kodwa ayiyonto engenokunganyangeki. I-Drug Resistant TB inokoyiswa ukuba:

(1) abantu abasemngciphekweni wokosuleleka bayavavanywa rhoqo,

(2) abantu abane-active TB banikwa amayeza angawona kunye nokuba

(3) abantu abatya amayeza eTB bawetya kude kuphele ixesha lawo.

## *Sonke Singasikhusela Kwi-TB*

Sonke singakukhusela ukosuleleka yiTBKukho izinto ezilula ezinokwenziwa nguye wonke ubani ukuqanda ukosuleleka yiTB:

- Yenza uvavanyo lweTB ukuba uneempawu, naziphina, ingakumbi ukuba unokhohlo-khohlo okanye uyehla emzimbeni
- Ukuba uHIV, cela ekliniki bakuvavanyele iTB rhoqo
- Beka isandla emlonyeni xa uthimla okanye ukhohlela
- Ukuba umntu osecaleni kwakho uyakhohlela, jonga kude uze uvale umlomo wakho
- Ukuba uneTB, yitya amayeza wakho ngendlela eyiyiyo
- Vula iifesitile, ingakumbi endlini enabantu abaninzi okanye eziteksini

TAC
TREATMENT ACTION CAMPAIGN

Tel: 021 422 1700

# vavanyelwa i-TB

# IYANYANGEKA

Xhosa