



**hamba  
uyohlolwa i-**

**TB**

**i-TB isifo**

**esingalapheka**



*Bengine-TB.  
Ngaya kohlolwa  
futhi ngabe  
sengelashwa.  
Manje  
sengipholile.*

Fikile Boyce

## ***Iyini i-TB?***

Isifo Sofuba esaziwa ngokuthi i-TB yisifo esibangwa igciwane elaziwa ngokuthi Mycobacterium tuberculosis (MTB). I-TB isigulise izigidi zabantu emhlabeni wonke jikelele eminyakeni eyizinkulungwane eyedlule. Abantu abanemizimba ephilile enamandla abavamile ukuguliswa i-TB yize noma benalo igciwane le-TB emizimbeni yabo. I-TB iqala ukugulisa abantu uma imizimba yabo ingaphilile futhi ingenamandla anele okukwazi ukulwisa igciwane le-TB. Uma umzimba womuntu ulula ungenamandla okuzivikela ezifweni, igciwane le-TB liyazalane lande. Lokhu kwaziwa ngokuthi yi-TB Egulisayo (Active TB). I-TB egulisayo iyingozi kakhulu futhi ingakubulala.

## ***I-TB isuka komunye iye komunye ngokuhamba emoyeni***

I-TB Egulisayo ebizwa ngokuthi i-Active TB ikhulela emaphashini, yaziwa ngokuthi i-Pulmonary TB. Uma umuntu oguliswa i-TB ekhwehlele noma ethimule – amagciwane e-TB aphuma kumuntu maqede angene emoyeni. Amagciwane ayakwazi ukuphila isikhathi eside emoyeni, ikakhulukazi uma indawo igcwele abantu abaningi, iswakeme noma ingenawo umoya owanele. Umuntu oseduzane noma okulezi zindawo angangenwa kalula yigciwane le-TB ngokuphemulela umoya onegciwane emaphashini akhe. Amagciwane amaningi e-TB akhela emaphashini. Kuyenzeka ngesinye isikhathi akhele kwezinye izitho zomzimba. Igciwane le-TB elikhulela ngaphandle kwamaphaphu laziwa ngokuthi yi-Extra Pulmonary TB.

# ***INingizimu Afrika inesibalo esiphakeme kakhulu sabantu abane-TB ebulalayo***

Eningizimu Afrika abantu abaningi babulawa kakhulu yi-TB kunezinye izifo. Ziningi izizathu ezibanga lokhu: ukwesweleka kwezindlu zokuhlala, ukudla okungenawo umsoco, utshwala, kanye nokwehla kwezinga lezokwelashwa okuqhubela phambili amathuba okungenwa kalula yi-TB. Kodwa imbangela enkulu yokwanda ngamandla kwe-TB eNingizimu Afrika, yigciwane i-HIV. I-HIV iyawehlisa amandla omzimba okuzivikela ezifweni, yingakho nje imizimba yabantu abanaleli gciwane yehluleka ukulwisa amagciwane e-TB. Yize noma abantu abane-HIV besengozini enkulu, kodwa wonke umuntu ingamugulisa i-TB.

## ***Hamba uyohlolwa***

Kubalulekile ukuthi uhlolwe i-TB, ikakhulukazi uma unegciwane i-HIV noma ukwehlela. Indlela ephuma phambili yokuhlola i-TB emtholampilo ukukhishwa kwenembe lesikhwehlela emphinjeni bese lihlolwa igciwane le-TB. Umphumela walokhu kuhlolwa uzobuya uthi “inembe alinalo igciwane” (smear negative) noma uthi “inembe linegciwane” (smear positive). Umphumela obuya uthi kunegciwane usho

ukuthi kukhona igciwane le-TB emaphashini akho nokuthi kufanele uqale ukusebenzisa imithi yokwelashwa ngokushesha.

Umphumela othi inembe alinalo igciwane usho ukuthi kungenzeka ukuthi awunalo igciwane le-TB. Kodwa abantu abaningi abane-HIV imiphumela yokuhlolwa kwesikhwehlela sabo ivame ukubuya ithi abanalo igciwane le-TB yize benalo ngempela. Uma une-HIV futhi ukhombisa izimpawu zokuthi une-TB kodwa imiphumela yokuhlolwa kwesikhwehlela sakho ithi awunalo igciwane zikhona ezinye izindlela zokuhlola abangazisebenzisa emtholampilo wakho ukuqinisekisa ukuthi awunalo igciwane le-TB elenqaba imithi yokwelashwa. I-x ray yokuhlola isifuba ingakhombisa uma likhona leli gciwane. Kanti futhi ungenza ukuhlolwa koketshezi olukhuliswa kulona amagciwane e-TB, kodwa imiphumela yalokhu kuhlolwa ayisheshi ukuphuma ithatha amasonto ambalwa.

## ***ITB ingalapheka***

Imithi yokwelapha iyakwazi ukuyilapha i-TB. Uma une-TB, kubalulekile ukuthi uphuze imithi yakho ngokulandela indlela efanele.. Uma uke walashwa isifo sofuba ngaphambilini, okanye une-HIV, ukhululelwe noma uphuza imithi yokuzivikela ukukhulelwa – kufanele amazise udokotela ngoba imithi yakho kufanele yehluka kweyewayelekile.

## ***Izimpawu ezikhombisa ukuthi une-TB***

### **Pulmonary TB**

Ukukwehlela amasonto amabili noma ngaphezulu

Ukukwehlela ukhiphe izindende noma igazi

Ukugodola, imfiva nokujuluka ebusuku

Ukwehla komzimba nokungathandi ukudla

Amahlaba esifubeni noma ukucinana

### **I-TB ekhulela ngaphandle kwamaphaphu**

Ubuhlungu noma ukuvuvuka kwesisu

Ubuhlungu noma ukuchama igazi

Imfiva, ukucanuzela kwenhliziyo

Ukunkenketha nokuba buhlungu komgogodla noma amajoyini

Ukuba nezinkinga ngesizalo

**I-TB eyenqaba imithi yokwelashwa** (I-Drug Resistant TB) iyinkinga enkulu eNingizmu Afrika. Ukwenqaba imithi yokwelashwa kwenzeka lapho umuntu engenwa igciwane le-TB kodwa lingavumi ukulapheka ngemithi okuyiyona yokwelapha i-TB. Lesi yisona sizathu esenza ukuthi i-TB ibe yinkinga enkulu. Kulukhuni ukulwelapha lolu hlobo lwe-TB olwenqaba ukwelashwa (iDrug Resistant) kodwa noma kunjalo lungalapheka. I-TB eyenqaba ukwelashwa (iDrug Resistant) ingathenwa amandla uma:

- (1) abantu abasengozini yokuphathwa yi-TB behlala njalo beyohlolwa
- (2) abantu abane-TB eyenqaba imithi yokwelashwa benikezwa imithi ekwazi ukwelapha leli gciwane
- (3) abantu beyiphuza yonke imithi futhi belandela indlela efanele.

## ***Sonke singakwazi ukuzivikela ku-TB***

Kunezinto ezisobala wonke umuntu angazenza ukuvimbela ukuzalana nokwanda kwegciwane le-TB

- Hamba uyohlolwa i-TB uma ukhombisa izimpawu zokugula, ikakhulukazi uma ukhwehlela noma umzimba wakho wehlile kakhulu
- Uma unegciwane i-HIV, hamba uye emtholampilo wangakini bakhulole i-TB ngaso sonke isikhathi
- Vala umlomo uma uthimula noma ukhwehlela
- Uma umuntu oseduze kwakho ekhwehlela , fulathelisa ubuso bakho uvale umlomo wakho
- Uma une-TB, phuza imithi yakho ngendlela efanele
- VUla amafasitela , ikakhulukazi emagumbini noma emathekisini agcwele abantu



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