

YEYIPHI IMIGAQO EMITSHA YONYANGO LWE-ANTIRETROVIRAL (ANTIRETROVIRAL THERAPY) (ART)?

Ukuqala i-ART kwisibalo se-CD4 esingama-350 kwehlisa ukusweleka kunye nosulelo olungenelelayo. Kulandela isibhengezo sikaMongameli Zuma soSuku lweHlabathi LUKAGAWULAYO 2009, ngo-Aprili 2010 amanye amaqela ayawukwazi ukufumana unyango kwangoko.

NGUBANI OYA KUFUMANA UNYANGO LWAKWANGOKO?



AbaNtu abanazo zombini i-HIV/TB

Ukuba ngaba une-HIV ukwanayo ne-TB, kufuneka ngoku unikwe unyango msinyane nje ukuba isibalo sakho se-CD4 sibe ngaphantsi kwe kwama-350. Ukufumana unyango kweli bakala lakwangoko kuya kunceda umzimba wakho ukuba uhlale usempilweni kwaye ulwe usulelo olungenelelayo. Ngokuqhelekileyo, umniki khathalelo lwempilo uyakuqala ii-antiretrovirals kwiiveki ezimbalwa emva kokuqala unyango lwe-TB. Sazi isimo sakho se-TB/ HIV ukuze ufikelele kunyango lwakwangoko.



AbaseTyhini abakhulelweyo

Ukuba ngaba ukhulelwe kwaye unesibalo se- CD4 esingaphantsi kwe kwama-350, kuya kufuneka ukuba unikwe unyango oluthathu lwe-ART (triple therapy ART) ngoko nangoko. Oku kwenzela impilo yakho kodwa kuya kunceda kwakhona ukuthintela ukosulelwa kosana lwakho yi-HIV.

Ukuba ngaba ukhulelwe kwaye isibalo sakho se-CD4 singaphezulu kwama-350, kufuneka unikwe unyango lwe-PMTCT ukusukela kwiveki ye-14 yokukhulelwa kunokuba ulunikwe kuphela kwithuba lesithathu (kwiiveki ezingama-24). Vavanyelwa i-HIV ukuze ufikelele kunyango lwakwangoko kwaye ukhusele impilo yakho kunye nempilo yomntwana wakho.



liMveku

Ukuba ngaba usana lwakho lungaphantsi konyaka omnye wobudala kwaye lune-HIV kufuneka ke ngoko lunikwe i-ART ngoko nangoko. Ukuba usana lwakho lune-HIV, ukuqala unyango kwangoko kungawonyusa amathuba okuphila kosana lwakho nge ngama-75%. Ukwazi isimo sosana lwakho kuyimfuneko ekufikeleleni kunyango lwakwangoko. Cela ukuba usana lwakho lwenziwe uvavanyo lwe-PCR kwiiveki ezintandathu ukuze ufumanise ngesimo salo.

YEYIPHI IMIGAQO EMITSHA YOVAVANYO?

Phantsi kwemigaqo emitsha yokuCetyiselwa nokuVavanyelwa i-HIV (HIV Counselling and Testing) (HCT), kufuneka rhoqo wenziwe uvavanyo lwe-HIV xa ungena kwisibonelelo sempilo sikarhulumente. Ngexa ukwenziwa kovavanyo lwe-HIV kufuneka kwenziwe ngesiqhelo, ngeke walelwe ukufikelela kwiinkonzo zokhathalelo lwempilo ukuba ngaba uyalwala uvavanyo. Koko, ukwala uvavanyo kukuthintela ekubeni ufikelele kuthintelo lwe-ART, lwe-TB, kwaye akukukhuseli kwiingozi ezingeyomfuneko zosulelo, umhlaza, okanye ezinye izigulo, okukhona ulinda ixesha elide. Ukwazi isimo sakho kubalulekile ekukhuseleni impilo yakho kunye nempilo yamaqabane akho owabelana nawo ngesondo.

