

Ulwaluko lwamadoda esibhedlele yinkqubo nje yotyando elula eyenziwayo yokususa ijwabi lelungu lobudoda.

Inkqubo le ngoku sele isenziwa kwicandelo likarhulumente ngaphandle kwentlawulo.

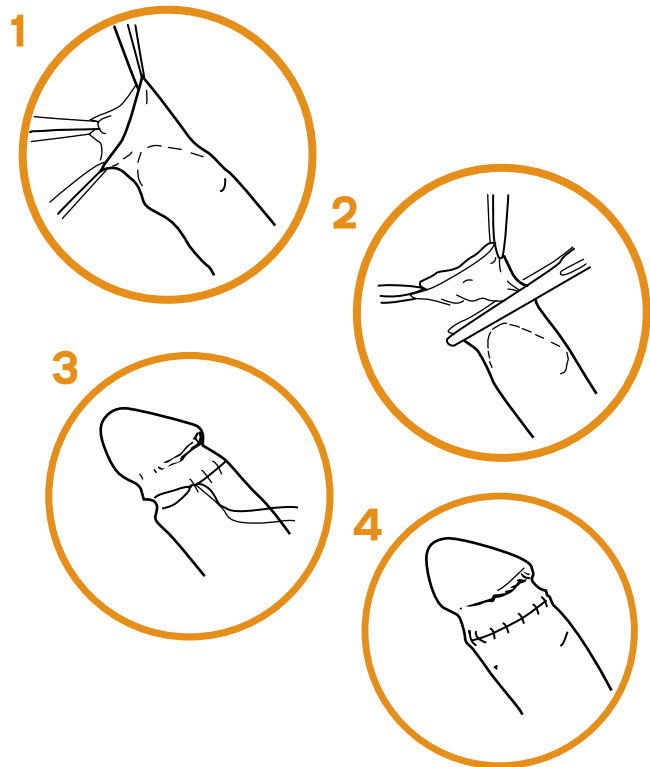
Ukwaluka esibhedlele kwehlisa amathuba endoda eyabelana ngesondo nesini esingafaniyo nesayo okosulelwa yi-HIV nezinye ii-STIs (Izifo ezosulela ngokwabelana ngesondo).

Lwenziwa njani ulwaluko lwasesibhedlele ?

Eyona ndlela ixhaphakileyo yokwenziwa kolwaluko esibhedlele kwicandelo likarhulumente yindlela ekusetyenziswa izibambo (forceps) kuyo. Engaxhaphakanga kakhulu, kodwa nayo ikwakhuselekile kutyando lokwalusa yi-dorsal slit kunye ne-sleeve resection.

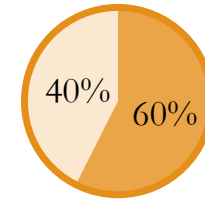
Xa kusenziwa ulwaluko ekusetyenziswa izibambo kulo unikwa isibulala-ntlungu, kuze ke kutsalwe ijwabi logqume intloko le yelungu lobudoda ngezibambo (forceps) liye ke ijwabi lisikwe kusetyenziswa izibambo njengesikhokelo. Kuye kwenziwe imithungo ke ejikeleze ilungu lobudoda ukuze ugcine isikhumba singasuki kuze kufakwe ibhandeji.

Ulwaluko lwamadoda esibhedlele yenye yeenkqubo ezixhaphake kakhulu ezenziwa ilizwe xa lilonke kwaye ayinazo iingxaki ezininzi kwaye xa zikhona ziqhele ukusonjululwa ngokulula.



Luyintoni uncedo kwezempilo lolwaluko lwamadoda esibhedlele ?

Ukuba ngaba uyindoda eyabelana ngesondo nesini esingafaniyo nesayo, ulwaluko esibhedlele kwendoda ke kuyakwehlisa amathuba akho okosulelwa yi-HIV.



Amalingo onyango amathathu, aqhutywe eKenya, eMzantsi Afrika nase-Uganda, abonise ukuba ukwaluka esibhedlele kwehlisa amathuba endoda kwingozi yokosulelwa yi-HIV ngama-50 ukuya kuma-60%.

Kukho amancedo abonakalayo kwimpilo anxulunyaniswa nokoluka. La mancedo aquka ukuncipha kwengozi kolunye usulelo olusasazeka ngokwabelana ngesondo njenge-herpes, igcushuwa ne-human papilloma virus. (I-human papilloma virus yonyusa ingozi yomhlaza onxulumene nelungu lobudoda (penile cancer) emadodeni kunye nomhlaza womlomo wesibekele kwabasetyhini.) Ingozi yokuba nosulelo lothungelwano lwamalungu omchamo ebantwaneni, i-phymosis (ukuncamathela kwejwabi kwilungu lobudoda) ne-balanitis (usulelo longundo kwilungu lobudoda) nazo ziyancipha.

Ngubani ongoluka ?

Ukwaluka kwamadoda esibhedlele kusimahla kwicandelo likarhulumente kwiimveku, abo bafikisayo kunye nabantu abadala. Ulwaluko yinkqubo yokuzithandela kwaye uhlala unelungelo lokukwala ukoluka.

Amadoda ane-HIV nawo anelungelo lokoluka. Koko kuphela ngamadoda ane-HIV okwangoku asempilweni ayakuvunyelwa ukuba enze inkqubo le koko kuyakufuneka ukuba kuthathwe isibalo sawo se-CD4 kwaye abe kwimo yempilo entle.

Abantwana abaphakathi kweenyanga ezi-6 neminyaka esi-7 yobudala kufuneka bangoluswa kuba izibulala ntlungu (ukungeva ntlungu jikelele) ezinikwayo kwinkqubo le zinokuba nobungozi kwaba bakweli qela leminyaka.

Kwenzeka ntoni ke ngeekhondom ?

Kubaluleke kakhulu ukuhlala uzikhusela wena neqabane lakho ngokusetyenziswa ngokuchanekileyo narhoqo kwekhondom emva kokwaluka. Isiphumo esikhuselayo ulwaluko esibhedlele olunaso ekwehliseni usulelo lwe-HIV kuphela siyinxenye nje ngoko ke sinokusebenza kuphela njengenyathelo lokhuselo elongezelelweyo. Ulwaluko alungeni endaweni yeeekhondom!

Kuyakufuneka ukuzile ukwabelana ngesondo malunga neeveki ezintandathu emva kokwaluka. Oku kwenzelwa ukuba isilonda siphole. Ukwabelana ngesondo phambi kokuba isilonda siphole ngokupheleleyo kunokunyusa amathuba akho okosulelwa yi-HIV.

Ngolwazi oluthe vetshe malunga nolwaluko lwasesibhedlele lwamadoda ngokuzithandela, qhagamshelana ne-ofisi yakho ye-TAC ekufutshane:

EyeSizwe: 021 422 1700

EKhayelitsha: 021 364 5489

Ekurhuleni: 011 873 4130

E-Gert Sibande: 017 811 5085

EMopani: 015 307 3381

ELusikisiki: 039 253 1951/2

E-Umgungundlovu: 033 394 0845



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Ulwaluko luyakubuchaphazela njani ubomi bam bezokwabelana ngesondo ?

Kubekho ubungqina obahlukahlukeneyo ngokuba ulwaluko lukuchaphazela njani na ukwaneliseka ngokwezosondo. Jikelele, akukho kwehla kutheni ekwanelisekeni okuxeliweyo.

Amalingo okuluka kwamadoda esibhedlele ngokuzithandela e-Uganda nase-Kenya aye ajonga ukwaneliseka kwezokwabelana ngesondo – akukho kwehla ekwanelisekeni kwezokwabelana ngesondo kuxeliweyo ngamadoda.

Ulingo lwase-Uganda luye kwakhona lajonga ukwaneliseka kweqabane lasetyhini ekwabelaneni ngesondo: i-3% yabasetyhini ixele ukwaneliseka ekwabelaneni ngesondo okwehlileyo; ama-57% axele ukungabikho kotshintsho lokwaneliseka ekwabelaneni ngesondo aze ama-40% axela ukuphucuka kokwaneliseka ekwabelaneni ngesondo emva kokwaluka kweqabane.

ulwaluko lwemveli kunye nolwaluko lwasesibhedlele ?

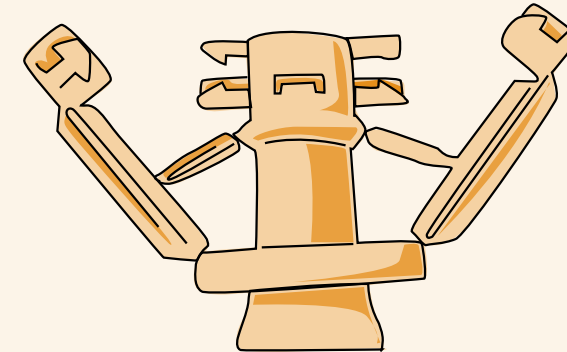
Ulwaluko lwemveli alunawo lamancedo othintelo lunawo ulwaluko lwasesibhedlele.

Oku kungenxa yokuba ulwaluko lwemveli, ngokungafaniyo nolwaluko lwasesibhedlele, kaninzi alususi lonke ijwabi. Amadoda awoluke ngokwemveli asenokwaluka esibhedlele. Thetha nomsebenzi ojongene nezempilo wakho malunga noku.

Kwakhona, ulwaluko lwemveli kaninzi alwenziwa ngokukhuselekileyo nangokucocekileyo.



Yintoni i-Tara KLamp ?



I-TAC ilumkisa ngokusetyenziswa kwe-Tara KLamp ekwaluseni.

I-Tara KLamp sisixhobo seplastiki esingakhuselekanga kwezinye iimeko esisetyenziswe liSebe lezeMpilo ekwaluseni. Kubanjwa ngayo ilungu lobudoda lendoda iintsuku ezisi-7 ukuya kwezili-10 de ijwabi life liwe nesibambi eso . Ulingo olwenziwe nge-Tara

KLamp lwafumanisa ukuba isixhobo esi asikhuselekanga. Ulingo lwaye lwayekiswa kwangoko ngenxa yamazinga aphezulu ezehlo ezingalunganga ezibangwe yi-Tara KLamp. Izehlo ezingalunganga ziquka ukudumba, ukutyhefeka, ukopha kunye neentlungu ezigqithisileyo.

Ukuba ngaba uceba ukuyokoluka esibhedlele, buza umboneleli ngokhathalelo lwempilo wakho ukuba yeyiphi na indlela ezakusetyenziswa. Ungayala i-Tara KLamp uze ucele indlela eqhelekileyo yotyando – indlela ekusetyenziswa izibambo kuyo. Indlela ekusetyenziswa izibambo kuyo yaziwa njengendlela ekhuselekileyo nguMbutsho wezeMpilo weHlabathi (World Health Organisation) (WHO). I-Tara KLamp ayiqondwa kakuhle okanye ivunywe yi-WHO.

I-Tara KLamp isetyenziswa kuphela liSebe lezeMpilo KwaZulu-Natal. Alikho elinye iphondo elisebenzisa esi sixhobo ngenxa yemiba yokhuseleko.



IsiXhosa

ULWALUKO

Yintoni ekufuneka uyazi