



**Itekole  
mabapi le**

**TB**

**eka kgona ho**

**PHEKOLEHA**



*Kene kenale TB.  
Ke ile ka itekola  
ka fuma- na  
pheko. Mme  
jivak fodile.*

Fikile Boyce

## ***TB ke eng?***

Tuberculosis (etsebahala ka TB) ke lefu le bakwang ke kokwanahloko e bitswang Mycobacterium Tuberculosis (MTB). Keka dilemolemo tse ngata TB entse e ama maphelo a di-million tsa batho lefatsheng hopota.

Batho bao masole a bona a mmele “immune system” a phetse hantle haba atise ho kudiswa ke TB lehaba ntse banale kokwanahloko ya TB mmeleng. TB e qala ho etsa motho a kule ha masole a mmele asa kgone hoitwanela kokwanahlokong ya TB, ha mosole a mmele ase a fokola TB e qala ho hola le ho hoikatita, ena ebitswa TB e iponahatsang “Active TB”. Active TB e kotsi haholo mme eya bolaya.

## ***TB e fetela mothong e mong moyeng (ho hema).***

Hangata “Active TB” eholo ka matshwafong mme ibitswa Pulmonary TB. Ha motho a tshwerweng ke TB a kgohlola kapa a thimola kokwanahloko e tswela moyeng. Kokokwanahloko ena a dula moyeng sebaka se setelele, haholo-holo sebakeng se bipetsaneng, mongobo kapa moo ho senang moya o hlwekileng. Motho a haufinyana aka tshwaetseha ha bonolo kaho hema kokwanahloko ena matshwafong. Boholo ba kokwanahloko tsa TB didula matshwafong leha feela nakong dinale ho dula dithong tse ding tsa mmele. TB e kantle ho matshwafo e bitsa Extra Pulmonary TB.

## **Afrika Borwa enale dipalopalo tse phahameng le masitlapelo a TB.**

Boholo ba batho Afrika Borwa ba bolawa ke TB ho feta mafu a mang. Mabaka a mangata a etsang sena: Ho hloka bodulo, phepo e fosahetseng, jwala, le ho fokola ha masole a mmele, tshohle tsena di eketsa ho tshwarwa ke TB. Empa lebaka le leholo la kgolo ya TB ke ho ata haholo ha HIV (Lefu la Bosolla Thlapi) Afrika Borwa. HIV e holofatsa masole a mmele hoo qetellong mmele wa motho osa kgoneng ho lwantsa kokwanahloko ya TB. Le ha feela boholo ba batho ba bolawang ke TB Afrika Borwa banang le HIV, ba bangata batho bashwang ke TB ba sena HIV. Batho ba nang le HIV ba kotsing e kgolo ya ho tshwarwa ke TB, empa motho e mong le e mong a ka tshwarwa ke TB.

## **Ho Lekolwa**

Ho bohlokwa ho lekolwa mabapi le TB hahoholo ha onale HIV kapa o kgohlola. TB. TB e lekolwa ka ho nka sekgohelela

(mamina a qoqothong) mme ho lekolwa kokwanahloko ya TB ntlong ya kokelo (medical clinic). Diteko dika kgutla dire - ekare TB e teng “smear positive” kapa ekare TB haeyo “smear negative”.

“Smear Positive” ebolela hore TB e teng matshwafong mme o tshwanetse ho fumana pheko ka nako. A smear negative ebolela hore kare ha ona TB. Empa, Hangata batho ba nang le HIV diteko tsa bona dikgutla dile “smear negative”, empa ba ntse banale TB. Ha ole HIV positive mme onale matswao a TB empa ole “smear negative” honale diteko tse ding tseka etswang ho lekola hre ha ona TB e iponahatsang. X-ray ya sefubeng eka kgona ho lekola sena. Kapa wa etsa empa dipheto tsa diteko di nnka dibeke tse itseng

## **TB eya phekoheha**

Meraina e kgona ho phekola TB. Ho bohlokwa ho nka meriana ya hao ka nepo ha onale TB. Haebe o kile wa phekoheha peleng, onale HIV, ole mmeleng kapa o nka dithibela pelehi- o tshwanetse ho bolella ngaka kaha meriana ya hao etla fapana.

## **Mathwao A TB**

### **TB eka matshwafong**

Ho kgohlela hofeta beke tse pedi  
Ho kgohlela lero le tiileng kapa madi  
Mokgohlane, feberu le ho fufulelwa bosiu  
Holahlehelwa ke mmele le takatso ya dijo  
Bohloko sefubeng kapa mathata a ho hema

### **TB e kantle ho matshwao**

Bohloko kapa ho ruuha ha dimpa  
Bohloko kapa hotswa madi hao rota  
Feberu, ho tsekela  
Tsitsipano kap bohloko le mokokotlong kapa maqaqailaneng  
Mathat a hoba le bana

**Drug Resistant TB** (TB esa pheko leheng ha bonolo) ke bothata bo boholo Afrika Borwa. "Drug Resistant TB" keha motho a kenwa ke kokwanahloko tse ngata tsa TB mme tseo meriana e bohlokwa ya TB esa kgoneng ho sebetsa. Lena ke le leng le etsang hore TB ebe kotsi hakanakana. Ho thata ho phekola Drug Resistant TB empa ea pheko leha. Drug Resistant TB eka hlolwa kahore:

- 1) batho ba itekole kgafetsa mabapi le TB
- 2) batho ba tshwereng ke Active TB ba fumanane ditlhare tse nepahetseng.
- 3) Batho ba nkang meriana ya TB ba enwe ka botlalo

## ***Reka thibela TB kaofela***

Mehato e bobebe eo reka en kang ho thibela ho ata ha TB

- Ho lekolwa mabapi le TB, haholo ha onale matshwao akareng ho kgohlela kapa ho lahlehelwa ke mmele
- Ha onale HIV, ho lekolwa ka mehla sepetlela
- Kwala molomo hao kgohlela kapa o thimola
- Ha motho a pela hao a kgohlela, shebela ka thoko o ntano kwala molomo wa hao
- Ha onale TB, nka meriana ya hao ka nepo
- Bula di-fenstere ka phaposing e tletseng kapa ka tekesing.



Tel: 021 422 1700

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