

**Incwajana enezeluleko  
kubantu besimame**

*Ukugwema umdlavuza*  
**wesibeletso**



**TAC**  
TREATMENT ACTION CAMPAIGN

## Umdlavuzwa wesibeletu

- Umdlavuzwa wesibeletu udalwa yizinhlobo ze- Human papilloma Virus (HPV). Nyakawonke cishe abantu besimame abangu 500,000 baguliswa umdlavuzwa wesibeletu, bese abawu 270,000 –300,000 bayafa bebulawa yilesifo. Emhlabeni wonke, umdlavuzwa webele yiwona owenza umdlavuzwa kubantu besimame, futhi emazweni amaningi yiwona ohamba phambili. U-80 phesenti wabantu abashonayo bebulawa umdlavuzwa webele kwenzeka emazweni asathuthukayo (izingxenye eziyisishagalombili kwezilishumi) ngenxa yokushoda kwezindlela zokuhlola lesifo masinya.
- Umdlavuzwa wesibeletu ubonakala emvakweminyaka engamashumi amabili emva kokuqala komuntu wesimame ekuzibandakanyeni ocansini, lokho kusho ukuthi emazweni la izingane eziqala khona ukuzibandakanya ocansini zisencane, umdlavuzwa webele uqala ukubonakala kubantu besimame sebeneminyaka esidlulile kumashumi amathathu kuyela kumashumi amane. Emazweni lapho abantu besimame beqala khona sebedlulile ebusheni babo noma besengaphansi kweminyaka engamashumi amabili, lapho ibonakala kubantu besimame esebeneminyaka eyengezwe ngeminyaka eyishumi. Indlela efanele engasebenza ukuthi bahlolwe kusukele kwiminyaka engamashumi amathathu njalo emvakweminyaka emibili.
- Inqubomgomo yase Ningizimu neAfrika inikeza abantu besimame ukuhlolwa kwamahhala kathathu impilo yabo yonke, kuthathwa njalo emvakweminyaka eyishumi, kubobonke

abantu besimame masingaziwa isimo sabo sesandulela ngculazi (okufaka phakathi omame abakhulelwe cishe abanamaviki angamashumi amathathu). Ngalokho abantu besimame kufanele bahlolwe eminyakeni eya kumashumi amathathu, amane, namahlanu, nokuhlolwa okulandelelayo kumahhala. Lokhu kuzoba nemithelela emikhulu ekugwemeni lesifo masinya ngoba kuthatha isikhathi eside ukuthi iseli engajwayelekile ukuthi iphenduke iseli yomdlavuzwa, ngenxa yalokhoke iphatha abantu besimame esebekhulile kunabasebasha.

- Umdlavuzwa wesibeletu ujwayelekile kubantu besimame abanesandulela gculazi. Ezinye sezimo lapho amaseli angajwayelekile abonakala khona makhulolwa **ngaphambi** kokuthi abe wumdlavuzwa, futhi umdlavuzwa **ungagwemeka**. Kubalulekile ukuthi wonke umuntu wesimame osehloliwe azi ukuthi ubehlolwelani, ukubaluleka kokuthola imiphumela, nanokuthi ukwelashwa kungadingeka.
- Umuntu wesimame ohlolwayo esikhungweni sezempilo **kufanele athole usuku azobuya ngalo emasontweni ayisishiyagalolunye ukuzothola imiphumela yokuhlolwa**. Uma umuntu wesimame engayazi imiphumela yokuhlolwa obekuphambilini noma uma imiphumela ingatholakali kumarekhodi, kufanele athathwe njengomuntu ongahlolwanga futhi kufanele aphinde ahlolwe. Loluhlelo lokuhlola kufanele luhlanganiswe **nohlelo lokuhlola amabele** ukunyusa ukuqwashisa ngokuhlolwa kwamabele futhi nokuhlola umdlavuzwa webele.

## I- TAC igcizelela ini?

1. Hlola uma ungenaso isandulela gculazi, futhi uma uneminyaka engamashumi amathathu noma ngaphezulu.
2. Hlolelwa umdlavuzwa webele uma unesandulela gculazi, futhi njalo ngonyaka emvakwalokho.
3. Uma wopha ngendlela engajwayelekile nokuchicha kwesitho sangasese, hlolwa.
4. Okwamanje, labo abakhonayo ukuhambisa izingane ukuyogonyelwa i-HPV kumele benze njalo. I-TAC ikhankasela ukwehlisa kwemali yokwenza lokhukugonywa, futhi igcizelela uhulumeni ukuthi ahlele ukuthi zitholakale emitholampilo yasemiphakathini nasezibedlela.



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# Uwugwema kanjani umdlavuzwa wesibebeletho?

## Imijovo evimbela i- HPV, ubuthi obudala umdlavuzwa wesibebeletho, ngaphambi kokuthi ifafazeke

Njengamanje kukhona imigomo emibili evikela izinhlobo ezithize ze-HPV, ngalokho ivimbela ukuthuthuka komdlavuzwa webele. I-Cervarix ikhiqizwa ngabakwa GlaxoSmithKline futhi ivikela ezinhlobeni 16 no 18, okuyizona ezidala isibalo esingu 70% womdlavuzwa webele emhlabeni jikelele. I-Gardasil yakhiwe ngabakwa Merck futhi ivikelana kwi HPV eyizinhlobo 16 no 18, nezinye izinhlobo ezimbili ze HPV ezidala izinsumpa esithweni sesibebeletho. Kubalulekile ukuthi lomjovo unikezwe intombazane noma umuntu wesimame osemusha engakazibandakanyi ocansini, ngalokho keke iyanconywa kwiminyaka esuka kweyishumi kuyela kwengamashumi amabili nesithupha. Lemigomo ayinamithelela kwabane HPV, noma kumdlavuzwa osukhona.

Kukhona ezinye izinhlobo HPV ezidala umdlavuzwa ezingagwemeki ngokugoma ngalemigomo, kodwa zinemithelela kwezinye izibalo ezincane zezinto ezidala umdlavuzwa wesibebeletho. Yombili lemigomo iyabiza (Gardasil Ibiza cishe u-R900 isilinganiso), futhi kudinga ukulandaneliswa ngezindlela ezintathu zokuyisebenzisa. Zombili izinkampani zizama ukuxazulula inkinga yokubiza kwalemithi, zizama ukwenza ukuthi amanani abe phansi, ngaleyondlela zishibhe wonke umuntu akwazi ukuba namandla okuyithenga. U-Merck unikela ngemigomo eyizigidi ezintathu (okunganela isigidi sabantu) emazweni asathuthuka, kodwa amanani aphansi adingakalayo kulamazwe.

## Izindlela zokuhlola amaseli angajwayelekile ngaphambi kokuthi umdlavuzwa wakheke noma ukuvimba ukwethuthuka komdlavuzwa wesibebeletho.

Umdlavuzwa wesibebeletho ungagwemeka uma izinto ezingalungile seziqala ukuvela (isigaba lapho umdlavuzwa ungakabonakali khona) futhi enye yezinto ezilaphekayo mazibonakale ngokushesha. Kukhona izindlela ezimbalwa zokuhlola umdlavuzwa wesibebeletho:

**Ukuhlolwa kwesibebeletho ukuthi asinasifo** – Lena iyona ndlela ejwayelekile esetshenziswayo yokuvimbela umdlavuzwa wesibebeletho. Indlela enhle yokuhlola umdlavuzwa ungakaqali, kodwa idinga amathuluzi akhethiweyo namakhono obuchwepheshe aphakeme okungatholakali ezindaweni eziningi, ikakhulukazi ezindaweni zasemakhaya ezikhungethwe ukhulupheka. Izinga ukwefakwa kwe -speculum (ithuluzi elifana nesipunu) kwiphaseji lesitho sangasese, futhi nokuqoqwa kwamafinyila e-cervix (amaseli emlonyeni wesibebeletho). Esikhathini esiningi lamasampula kumele athunyelwe emadolobheni amakhulu ukuze ahlaziywe ezakhiweni ezikhethiweyo. Lokhu kuyalibazisa, futhi kudinga ukuthi abantu besimame babuyele imiphumela okungenzeki esikhathini esiningi. Uma imiphumela ikhombisa okungajwayelekile, lowomuntu wesifazane kumele abizwe, ahlolwe bese eyalashwa noma adluliselwe lapho azolashwa khona.

**Ukuhlolwa okubonakalayo**- i-acetic acid (VIA) – Indlela esemazingeni aphansi lena, kodwa iyaqhathaniseka ngokwenemba ekusetshenzisweni ezindaweni

ezikhungethwe ukwehlupheka emakhaya. Izinga ukweshuthekwa kwe speculum, kubhekwe izimpawu ezingajwayelekile noma umdlavuzwa, bese kumuncwa I-cervix ngokusebenzisa uviniga kubhekwe amapheshi amhlophe, ayizimpawu zokuqala komdlavuzwa noma amaseli angajwayelekile. Uma kutholakala izimpawu zokuqala komdlavuzwa noma makutholakala amaseli angajwayelekile, isiguli singalashwa ngokusebenzisa indlela ebizwa nge-cryotherapy uma itholakala (lokhu kumisa izindawo ezingasesibebelethweni). Uma kutholakala umdlavuzwa, lowomuntu wesifazane kuyomele adluliselwe la azothola khona ukwelashwa.

I-VIA ayisetshenziswa ngaleyo ndlela ngisho isebenziseka ezindaweni ezisemazingeni aphansi nanokuthi iyakwazi ukuthola okungalungile. Abanye abasebenzi bezempilo bacabanga ukuthi i-VIA isemazingeni aphansi mawuyiqhathanisa nokuhlolwa ukuthi asinasifo isibebeletho, kodwa ubufakazi abusho njalo. Futhi, ngenxa yokuthi i VIA ayidingi ukuthi owesimame abuyele imiphumela, ivumela ukwelashwa ngalo lolosuku. Ukwenza lobuchwepheshe butholakale kalula kufanele kuqiniseke ngabenza inqubomgomo yezempilo.

**I-Colposcopy** – Lokhu ukuhloliswa komlomo wesibebeletho ngokusebenzisa ithuluzi eliwuphisi okhethiweyo. Lokhu akutholakali ngaphandle kwezikhungo ezisemazingeni esithathu kwezempilo.

## Abesimame abaphila nesandulela ngculazi nomdlavuzwa wesibebeletho, nokuhlolwa kwabesimame abaphila nesandulela ngculazi

Khona ubufakazi bokuthi abesimame abanesandulela ngculazi bengawuthola umdlavuzwa wesibebeletho besabancane, nanokuthi ukugula kungashesha. Yingakho umdlavuzwa wesibebeletho esikhathini esiningi ubukeka njengesifo esihlobene nengculazi kwabesimame abaphila nesandulela ngculazi.

Noma yimuphi umuntu wesimame onesandulela ngculazi, ngisho sengabe ukumaphi amazinga alesiyo noma uyayisebenzisa imishwangula noma cha, kumele athole ukuhlolwa kwesibebeletho ukuthi asinasifo uma esifikile eminyakeni engamashumi amabili. **Uma umuntu wesimame onesandulela ngculazi ethola imiphumela ejwayelekile, kufuneka aphinde futhi ahlolwe emva kweminyaka emithathu. Uma kukhona amaseli angajwayelekile asemazingeni aphansi, lowo muntu wesifazane kufanele ayohlolwa futhi emva kwezinyanga eziyisithupha. Uma namanje womuntu wesifazane esenamazinga aphansi wamaseli angajwayelekile emva kwezinyanga eziyisithupha, engathunyelwa endaweni azolashwa kuyo. Amazinga aphakeme ongungajwayelekile kufanele alashwe njengomuntu ongenaso isandulela ngculazi.**

### Izindlela zokwelapha

Uma usahlala indlela yokwehlola (okuphikisana nokuvikela) isifo, kubalulekile ukucabanga ukuthi ukwelashwa kuzotholakala kanjani kwabakudingayo. Kulabo asebesemazingeni aphakeme noma abesemazingeni aphakeme womdlavuzwa okuthiwa wumdlavuzwa wesibebeletho, abantu besimame abaningi abakwazi ukuthola ukulapheka okwedlula ukusithambisa lesiyo. Lokukulashwa akulona ikhambi, kodwa kwenza isiguli sizizwe singconywa noma sikhululekile ngokugula kwaso. Lento yinto abashushisi bezempilo okuzofanele bayiguqule ngokuhamba kwesikhathi ngenkathi amathuluzi nabezempilo abanamakhono bethuthuka.

Abesimame bahlolwa ngokusebenzisa I- VIA, abatholakala nezimpawu ezingajwayelekile, amaseli avela ngaphambi kokuvela komdlavuzwa noma umdlavuzwa wamasinya bengalashwa ngokusebenzisa i-cryotherapy. Lokhu wubuchwepheshe okungasetshenziswa abahlengikazi abaqeqeshiwe abasemazingeni aphakathi emazingeni ezempilo asemazingeni aphansi futhi kufanele kutholakale kalula. Lelisu eloku “hlola nokulapha” ngaso lesosikhathi ufikile ukuze bangashiywa ngaphandle abesimame abangabuyi ukuzobheka imiphumela yokwehlolwa kwabo. (Lokhu akuyona indlela ekahle uma uthembele ekuhlolweni kwesibebeletho ukuthi asinawo umdlavuzwa.)