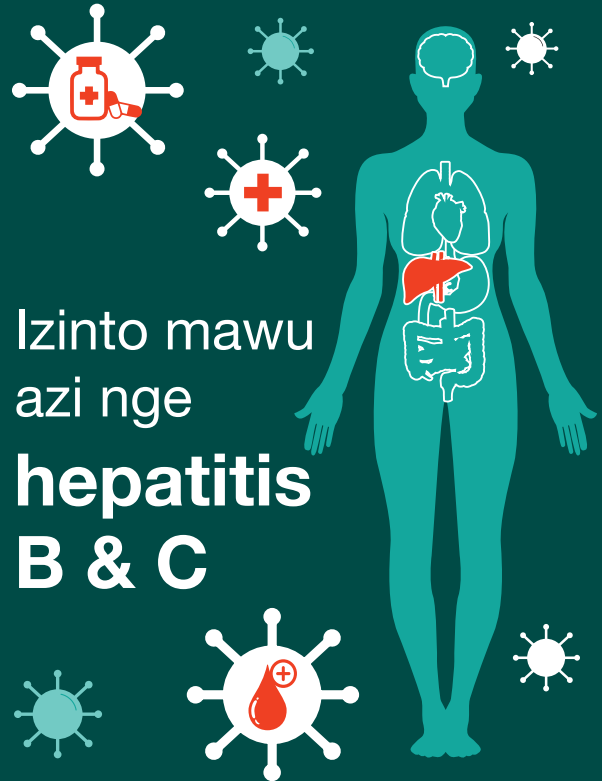




Ngeenkukacha ezithe vetshe kwi
hepatitis bona u-
<http://www.worldhepatitisalliance.org/>



Izinto mawu
azi nge
**hepatitis
B & C**



UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD



Bristol-Myers Squibb
Foundation

Le ncwadana ibiphuhliswe ngenxaso-mali
yesiSeko sabakwaBristol-Myers Squibb

Iziqulatho

linkcukacha gabalala

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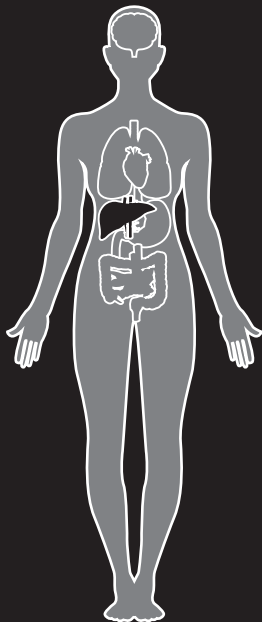
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Ingaba le ncwadwana imalunga nantoni?

Le ncwadana iineenkukacha ngehepatitis B noC intlobo ezimbini ze hepatitis eyesulelayo. Yenziwe njengencwadi yereferensi ukukunika iinkukacha gabalala kwaye ikuncede wenze ukhetho olwaziyo malunga nokuvavanya kwaye uzikhathalele nokuba ubume bakho bunjani.

Iqala ngeenkukacha gabalala ezingena kuzo zombini ihepatitis B noC emveni koko ibenenkukachana ezongezelelweyo ngehepatitis B (bona iphepha 18) kwaye ngehepatitis C bona iphepha 20.



Yintoni ihepatitis?

Ihepatitis ithetha ukudumba kwesibindi



Isibindi lilungu elibaluleke kakhulu. Sophula izinto ezibubungozi ezingena emzimbeni, izinto ezifana neziyobisi, amayeza kunye notywala. Igcina zinto ezifana nezondlo zomzimba, kwaye ezikhuphe xa umzimba wakho ezifuna. Sivelisa iprotryini enceda umzimba wakho usebenze kakuhle, kwaye nezo zenza amanxebaaphole. Xa Ukuba isibindi sidumbile okanye sonakele, umsebenzi waso angachaphazeleka. Ihepatitis ingenziwa

nakukusebenzisa utywala kakhulu, izinto ezinobungozi, amayeza, iisaplimenti kunye neemeko ezithile zempilo. Nangona, ihepatitis ngamaxesha amaninzi yenziwa yintsholongwane. Intlobo ezona ziqhelekile zehepatitis eyesulelayo zibizwa uA, uB noC. Le ncwadana iquka ihepatitis B noC.

I hepatitis B ikwaziwa njenge hep B or HBV kunye ne hepatitis C ikwaziwa njenge hep C okanye iHCV.





Zintoni iimpawu?

Abantu abaninzi abane hepatitis B okanye C abanazimpawu ke ngoko abazazi basulelekile. I hepatitis B anganwenwa nokuba akukho mpawu.

Ukuba iimpawu zingakho zingaquka:



UMKHUHLANE



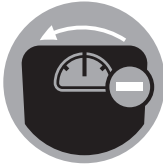
UKUDINWA



**UZIVE UGUKALA
UKUGABHA**



**UKUPHELELWA
NGUMDLA
WOKUTYA**



**UKWEHLA
EMZIMBENI**



**AMALUNGU
ABUHLUNGU**



**ISIKHUMBA
ESITYHELU
NAMEHLO**



**ILINDLE ELIMPANT-
SHAMPANTSHA,
NOMCHAMO
OMNYAMA**



**ISISU
ESIBIHLUNGU**

Ingaba intsholongwane inwenwa kanjani?



IHepatitis B

Ihepatitis B iyisulela xa igazi okanye iincindi zomzimba ezisuka kumntu onayo ihepatitis B intsholongwane ingena kumzimba womnye umntu. Intsholongwane isulela kukhulu amakhulu kuneHIV kwaye ingahlala iintsuku ezisi-7 ngaphandle komzimba. (Bona iphepha 18 yeenkcukacha ezithe vetshe)





IHepatitis C

Ihepatitis C iyisulela xa igazi eliisuka kumntu onayo ihepatitis B intsholongwane ingena kumzimba womnye umntu. Ihepatitis C isulela kukhulu kuneHIV kwaye ingahlala iintsuku ezine ngaphandle lkomzimba. (Bona iphepha 24 yeenkcukacha ezithe vetshe)



Ingaba ndingathini xa ndizifumana ndinayo?



Funa inkxaso yezempilo



Khathalela isibindi sakho (iphepha 10 no 11)



Khuthaza iqabane lakho lezesondo ukuba livavanywe kwaye ukuba kuyangena ligonywe.



Zikhathalele ukungandisi iintsholongwane (12 ukuya ku17)



Zikhathalele ukuba ungafumani ezinye izigulo okanye iintlobo ze hepatitis ukugula zii hepatitis B. ezingaphezu kwesinye kungakwenza ugule ngokukhawuleza.



'Ukusuleleka iintsholongwane yehepatitis kuthetha ukuba xa umntu ongenayo intshoongwane eyifumana iintsholongwane ngenxa yokudibana nomntu onayo.

Ingaba kwenzeka ntoni xa ndineHIV nehepatitis eyasulelayo?



Xa umntu enentsholongwane yeHIV kunye nehepatitis eyesulelayo kunzima kwimizimba yabo ukulwa intsholongwane. Oko kuthetha ukuba kunakho ukwenza ukunganyangeki kwentsholongwane kunye nokuxakayo

- Ukudumba kwesibindi nokuba sisikeke (kwaziwa ngokuba yi-cirrhosis)
- Ukwehluleka kwesibindi
- Umhlaza wesibindi

Ukuba uneHIV kunye ne hepatitis eyasulelayo kubalulekile ukuba uthabathe iiARVs ngokukhawuleza kwaye uzithabathe yonke imihla ubomi bakho bonke.

Ingaba ndizikhusela kanjani nabo abandijikelezile?

Ukukhusela isibindi sakho

Ukuba unehepatitis, kufuneke ulumke kakhulu ukujonga isibindi sakho.



Ukwenyusa utywala yingozi yokwenza iingxaki zecirrhosis kunye nokufelwa sisibindi. Baleka okanye wehlise ukuthabatha kangangoko unako.

Iziyobisi zingenza ukonakala kwesibindi. IAmphetamines (iquka, necocaine), iGBH neheroin ezonto zinzima kakhulu kwisibindi. Kubaleke okanye wehlise ukubusebenzisa kangangoko, okanye utshintshele kwisiyobisi esingaphantsi esingenofane simoshe isibindi.

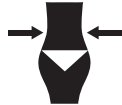


Sebenzisa nawaphi amayeza ukuquka iipilisi zeentlungu ukuba zicetyiswe ngugqirha. Amayeza adla ngokuqhekezwa kwisibindi kwaye ukuthabatha umlinganiselo ongalunganga angamosha kakhulu isibindi sakho. Baleka okanye wehlise ukuthabatha kangangoko unako.



Zama ukubasempilweni kangangoko unako. Ukulalala ngokwenela, ukuzilolonga, usele amanzi amanzi kunye nokutya okusegazini kunceda ukuba ulwe ukwasulelwa.

Ukuba umkhulu zama ukwehla. Ukuba mkhulu emzimbeni kungenza izifo zesibindi esityebile okanye iswekile, zombini ezo zomoshisa isibindi sakho.

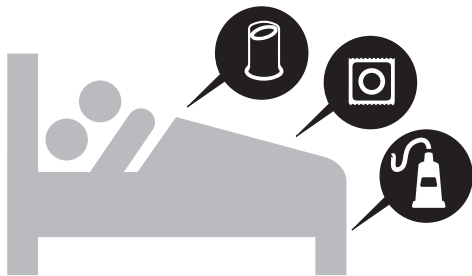


Lumnka ukusebenzisa izinto ezithengiswa evenkileni zesibini okanye 'ezikhuthaza isibindi' ngaphandle kokuva kumnikezi ezempilo wakho ukuqinisekisa zikulungele.

Ukukhusela wena neqabane lakho ngexesha lesondo

YIBANESONDO OLUKHUSELEKILE

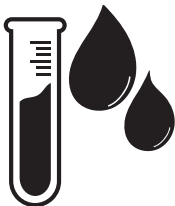
Ukusebenzisa ikhondomo nelubhu eyenziwe ngamanzi kungehlisa amathuba okufumana i hepatitis ngesondo. Ukusebenzisa isimanzisi kubaluleke kakhulu kwisondo lempundu.



Ukuba une hepatitis , ukusebenzisa ikhondom nesimanzisi neqabane lakho lezesondo lokwehlisa ubungozi bokwesulela.

FUMANA UNYANGO OLULULO

Unyango lwehepatitis B okanye uC kwehlisa amathuba ukuba udlulisele intsholongwane ngesondo.



GONYWA

Ukuba iqabane lakho lifunyenwe lingenayo i hepatitis B, bangagonywa ukukhuselwa kwintsholongwane

VAVANYWA

Khuthaza iqabane lakho lezesondo ukuba libenovavanyo lwegazi lwe hepatitis B noC.



Ukukhusela isiqu sakho ukuba usebenzisa iziyobisi

Intsholongwane yehepatitis B noC zisulela kakhulu kwaye zingasulela lula xa umntu ebamba indawo, izinto okanye iizinto ezibambekayo ezichaphazelekile ngegazi, nokuba lincinci akunalo ukulibona.

Abantu abasebenzisa iziyobisi bangayifumana ihepatitis C no B ukuvela

KWIINALITI NEZIRINJI

Ukwabelana okanye ukuphinde usebenzise inaliti okanye isirinji kunyusa amathuba okusasaza iHIV hepatitis B nehepatitis C. Izirinji ezine-naliti ezisukayo zenyusa ubungozi kakhulukuba zingagcina igazi elininzi emveni kokuba zisetyenzisiwe kunesirinji esinenaliti engasukiyo. Ukuba utofa iziyobisi, qiniseka ukuba usoloko unenaliti yakho entsha kwaye ungabelani nabanye.



IZINTO ZOKULUNGISA

Naziphi izixhobo, ezifana nezipheki, amalaphu, amanzi, into zokubopha kunye nezinto zokwesula ezinotywala zichola lula ezintsholongwane kwaye zizandise. Soloko uqinisekisa ukuba usebenzisa izinto zakho kwaye sukwabelana nabanye abantu.



EZINYE IZIYOBISI_IMEKO YOKUISEBENZISA

liphayiphi eziqhekekile, izistraws, nezinye izixhobo, nazo zingayesulela intsholongwane yehepatitis. Soloko usebenzisa izinto zakho kwaye sukwabelana nabanye abantu.



IMINWE

Iminwe ebamba igazi elosulelwe kungasasaza ihepatitis B kunye nehepatitis C. Igazi eminweni nasezandleni zingachaphazela indawo yokutofa, amalaphu kunye nezipheki, izibopha kunye nento zokwesula.



Ukukhusela isiqu sakho ukuba usebenzisa iziyobisi

Eyona ndlela igqibelele yokunqanda ihepatitis kukuyeka ukutofa. Ukutshintshela ekutshayeni iziyobisi, okanye ekusebenziseni enye indlela yonyango ingehlisa ubungozi behepatitis C. Ukuba awukwazi okanye awufuni kuyeka iziyobisi ezitofwayo, kukhona amanyathelo ongawathtaha ukwehlisa ubungozi bokwesulelwa.



Soloko usebenzisa iinaliti ezisuswe iintsholongwane (ezintsha), isirinjo kunye nazo zonke izixhobo - izipheki, amalaphu, amanzi, izibophi, kunye nento zokwesula zotywala- qho utofa.

Misela indawo ecocekile ngaphambi kokuba ubeke izixhobo zakho zokutofa.



Sukwehlula nabelane ngeziyobisi nisebenzisa izixhobo nisebenzisa izixhobo ezakhe zasetyenziswa.

Hlambisisa izandla ngesepu namanzi ngaphambi kokuba utofe nasemveni kotofa ukususa igazi okanye iintsholongwane.



Cloca indawo yokutofa ngeyeza okanye isephu kunye namanzi ngaphambi kokutofa.



Faka amandla kwindawo yokutofa ngephedi eqinile ukuyekisa nokuphi ukopha emveni kokutofa. Sikulisebenzi ilaphu elunotywala njengokuba ukopha kuza kuqhubeka.



Sukutofa omnye umntu.

Jongana negiya yakho kuphela Ukuba awutofa nabanye abantu wehlule izinto zakho ukubaleka ukwabelana ngempazamo.

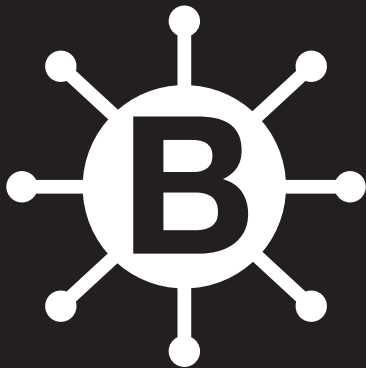
Ukulahlwa kweenaliti khuselekileyo ngokuzilahla endaweni yokulahla iinaliti.



Ukucoca akuyibulali intsholongwane nehepatitis B noC.

Ukublitsha, ukubilisa, okanye usebenzise manazi aqhelekile okucoca, utywala okanye iperoxide akuziyibulala intsholongwane yehepatitis B neC. Kungcono ungazami ukususa iintsholongwane kwizixhobo zokusebenzisa iziyobisi. Soloko uqinisekisa ukuba uneyakho kwaye sukwabelana nabanye abantu.

IHepatitis



Ingaba inwenwa njani ihepatitis B?

Ukwabelana ngesondo ngaphandle kwekhondom. Iingozi zokwabelana ngesondo kuyenyuka kwisondo elonakalisa ilungu lobubhinqa okanye umgca



wempundu, okanye xa omnye enentsholongwane eyesulelayo efana neHIV.



Ukwebelana izinto zempilo okufana nebrashi yamazinyo, ireyiza kunye nesixhobo sokucheba amazipho.



Ulwesulelo okusuka kumama ukuya emntwaneni ekuzalweni.



Ukwenza ithathu okanye ugqobhoze umzimba ngezinto ezingacocisiswanga kwabulawa iintsholongwane.

Ukungacoceki kwintsholongwane kuthetha ukungakhululeki nakweziphi zinto eziphilayo Izinto zingabonakala zicocekile kodwa zibe zingacocekinga kwintsholongwane.



Ingaba athini amanqanaba okwesulela?



Ihepatitis B ecaciswa ngohlobo lentsholongwane e-Acute nenganyangekiyo.

UAcute ubhekisele kwezinyanga zokuqala emveni kokuba intsholongwane uyifumene. Iimpawu zingaphuhla kwelo nqanaba kodwa azisoloko zivela. ukuba ihepatitis

B ifunyenwe ngexesha lobuntwana, kudla ngokungabikho mpawu kwaye bubungozi obuphezulu bokufumana usulelo olunganyangekiyo

Abantu abadala abaninzi bayaphumelela ukususa

(ukubuala) intsholongwane ngexesha emveni koko bangaphinde banehepatitis. Abanye abadala bakhula ukunganyangenki (usulelo lwexesha elide) letsholongwane Emveni kwexesha oku kungenza iingxaki ezinzima zesibindi ukuquka ukudumba kwesibindi kunye nokuqhekeka, ukuyeka kokusebenza kwesibindi kunye nomhlaza wesibindi.

Iimpawu, ukuba zibakhona, ziyafana namanqanaba omabini.

Ingaba ndazi kanjani ukuba ndinehepatitis B?

Ukuvavanya yindle ayokuqiniseka ngobume behepatitis B yakho.

Uvavanyo lwegazi luyafuneka ukujongisisa ulwesulelo nge hepatitis B.

Abantu abaninzi abazazi ukuba basulelwe yihepatitis B kuba ayinazo kwampawu.

Uvavanyo olungelulo lomzimba lungaxela ukuba umntu wakhe wagonywa, okanye wasuleleka yihepatitis B. Uvavanyo lwe-antigen lungachaza ukuba ngoku unayo ihepatitis B.



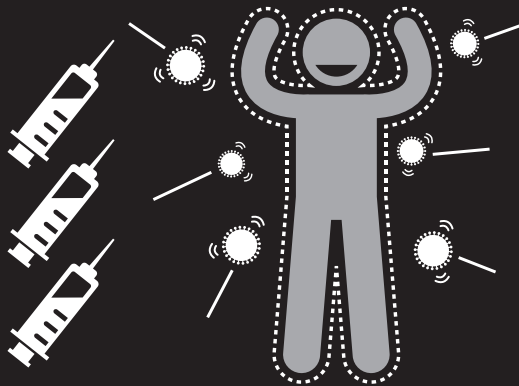
IHEPATITIS B



I-Antigen yiyo nayiphi into eyenza umzimba avelise impendule entle ukukugcina uphilile.

Ingaba ndingagonywa?

Ewe. Ukugoma kungakukhusela ukubeni ufumane ihepatitis B, kwabadala ugomo lwehepatitis B linikezwa iziqendu ezi-3 zezitofu emveni kwamathuma enyanga ezi-3 ukya kwezi-6. Zonke izintofu ezi-3 ziyadingeka ukukhusela ngokuphelele. Izitofu zokuvuelela emveni konyaka omnye ngamanye amaxesha ziyacetyiwa.



Ingaba likhona iyeza lokunyanga?



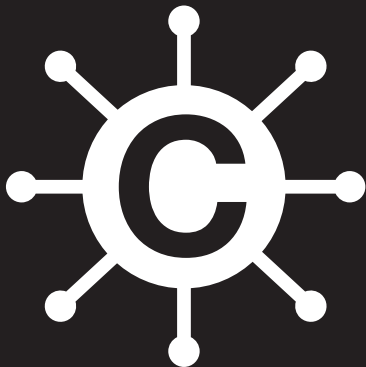
Ihepatitis B enganyangekiyo kunzima ukuyinyanga ngamayeza angoku, kwaye unyango ludla ngokuthabatha ubomi bonke. Nangona, unyango olunqanda ulwesulelwano luyakwazi ukunceda uchaphazelo lwentsholongwane kwaye lungqande ukuvela kobubi njongokudumba kwesibindi nokusikeka kunye nokuyeka kokusebenza kwesibindi. Yehlisa ubungozi bomhlaza wesibindi. Zonke izigulane ezinehepatitis B anganyangekiyo kufuneke zijongisiwe ubomi bazo bonke, kodwa imfuno yabo ye kunye nohlobo lokugula kuxhomekeka kwinqanaba lentsholongwane yehepatitis

B enganyangekiyo kunye nobume bomntu ngamnye bezempilo.

Kubaluleke kakhulu ukuthabatha amayeza akho ngokucetyisiwe ngumnikezi wezempilo. Ukuyeka unyango kungenza usulelo olwenyukayo. Ukungathabathi amayeza onke amaxesha kungeza ekuphuhliseni ulwesulelo lehepatitis B oko kukukwala amayeza.

Ukugula yintsholongwane engaphezulu kwesinye ingakwenza loo nto ugule ngokukhawuleza.

IHepatitis



Ingaba inwenwa njani ihepatitis C ?

Ukwabelana ngesondo ngaphandle kwekhondom. Iingozi zokwabelana ngesondo kwisondo elonakalisa ilungu lobubhinqa okanye umgca wempundu, okanye xa omnye enentsholongwane eyesulelayo efana neHIV.



Ukwabelana ngezitofu kunye nezixhobo zeziyobisi.



Igazi okanye iimveliso zokudluliselwa kwegazi ezenzeke ngaphambili kuka 1992.



Izinto zeingasuswanga ntsholongwane zezempilo okanye ezifakwa emazinyweni.

Ulwesulelo okusuka kumama ukuya emntwaneni ekuzalweni.



Ukwenza itathu okanye ugqobhoze umzimba ngezinto ezingacocisiswanga kwabulawa iintsholongwane.

Ukungacoceki kwintsholongwane kuthetha ukungakhululeki nakweziphi zinto eziphilayo Izinto zingabonakala zicocekile kodwa zibe zingacocekanga kwintsolongwane.



Ingaba athini amanqanaba okwesulela?



Ihepatitis C ecaciswa ngohlobo lentsholongwane e-Acute nenganyangekiyo.

UAcute ubhekisele kwezinyanga zokuqala emveni kokuba intsholongwane uyifumene. Bambalwa abantu ababanempawu ezicacile ngelo xesha.

Abantu abaninzi abasulelwa yihepatitis C kuphuhla intsholongwane enganyangekiyo (yexesha elide). Abanye

abantu bayaphumelela ukususa (ukubuala) intsholongwane ngexesha lamanqanaba e-acute emveni koko bangaphinde banehepatitis C emveni koko.

Emveni kwexesha ihepatitis enganyangekiyo ingenza iingxaki zempilo ezimbi ukuquka ukudumba kwesibindi kunye nokusikeka, ukungasebenzi kwesibindi kunye nomhlaza wesibindi.

Ingaba ndazi kanjani ukuba ndinehepatitis C?

Ukuvavanya yindle ayokuqiniseka ngobume behepatitis C yakho. Abantu abaninzi abazazi ukuba basulelwe nii yihepatitis C kuba ayinazo kwampawu. **Uvavanyo lwegazi luyafuneka ukujongisisa ulwesulelo nge hepatitis C.**

Uvavanyo lwe-antibody ziyasetyenziswa ukuchaza ukuba umntu umntu wakhe wasuleleka, yihepatitis C. Iziphumo eziyibonisayo azithethi ukuba usachaphazelekile. Ayibonisi ukuba uza kuphuhla ihepatitis C enganyangekiyo. Uvavanyo olubonisayo lwe-antibody kufuneka lulandelwe luavanyo lwePCR ukunikeza ezi nkukacha.

Uvavanyo lwePCR luyaveza ukuba usenayo intsholongwane emzimbeni

Ingabonisa nentsholongwane ekhona kwigazi lakho Ukuba iziphumo zinayo olunye uvavanyo luza kuqikelela uhlobo lwehepatitis C esulelayo, eyaziwa ngokuba luhlobo oluthile lwesifo.

Uvavanyo lwegenotype luyachaza ukuba loluphi uhlobo lwegenotype onalo. Oku kunceda ukuqikelela ukuba loluphi unyango oludingayo.



Ukuba umntu umntu unesifo esasulelayo sentsholongwane yehepatitis. Oko kuthatha ukuba uvavanyo lufumanise ukuba banentsholongwane emzimbeni wabo.

Ukuba umntu akubonwanga nto eyintsholongwane kuvavanyi oko akufunyaniswanga ukuba unayo intsholongwane emzimbeni wakhe.

Ingaba ndingagonywa?

ayi ngoku akukho gomo lwehepatitis C.

Ingaba likhona iyeza lokunyanga?

Ihepatitis C inganyangeka kubantu abaninzi lzinqandi ntsholongwane ezithe ngqo ziyathathwa kwiveki ezi-12 ukuya ku25. Nangona, olu nyango lungekabhaliswa eMzantsi Afrika kwaye ingekafunyanwa kufuna ukhuthazo kwingcaphephe yehepatitis yesibhedlele sikarhulumente okanye ngugqirha wabucale oyingcaphephe amalungu omzimba. Unyango oluthabatha ixesha elide (mhlawumbi unyaka) ifumaneka lula kwindawo kawonke wonke.

Kubaluleke kakhulu ukuqiba amayeza onyango ukuba sele uwaqalile Ukungathabathi amayeza kakuhle kungenza ukuba unyango lwehepatitis C lungasebenzi.

Ukuba inyangiwe, kuyenzeka uphinde uchapazeleke, ke ngoku kubalulekile ukubaleka ukuphinde wosuleleke.

