

Ukuze uthole ulwazi oluthe xaxa nge-hepatitis bheka lapha  
<http://www.worldhepatitisalliance.org/>



Izinto okumele uzazi mayelana

# ne-hepatitis B & C



Le ncwajana yenziwe ngokuxhaswa ngokwezimali ngabakwa-Bristol Myres Squibb Foundation

Bristol-Myers Squibb Foundation

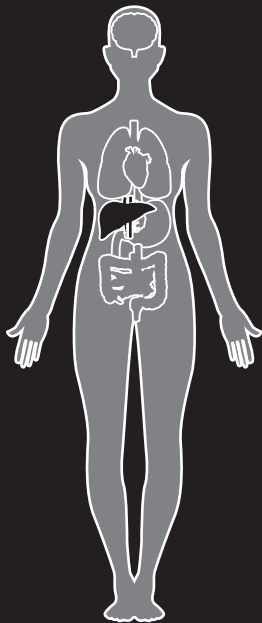
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# Ingabe le ncwajana imayelana nani?

Le ncwajana iqukethe ulwazi mayelana ne-hepatitis B no-C, imigudu emibili ye-hepatitis. Yenzelwe ukuba ibe umhlahlandlela ozokunikeza ulwazi olujwayelekile iphinde ikusize ukwazi ukuthatha izinqumo eziphusile mayelana nokuhlolwa, kanye nokuzinakekela noma ngabe sithini isimo sakho.

Iqala ngolwazi oluyisisekelo oluqondise kuzo zombili izinhlobo i-hepatitis B no-C, futhi inolwazi oluthe xaxa mayelana ne-hepatitis B. (bheka ekhasini 18) ne-hepatitis C (bheka ikhasi 24).



# Yini i-hepatitis?

## I-Hepatitis ichaza ukuvuvukala kwesibindi.




Isibindi yisitho somzimba esibalulekile kakhulu. Sihlakaza izakhi eziyingozi ezingena emzimbeni, njengezidakamizwa, imithi kanye notshwala. Sigcina izakhi ezifana namavithamini, bese zikhulula lezi zakhi ngenkathi umzimba ozidinga. Sikhiqiza amaphrotheni asiza umzimba wakho usebenze ngendlela, njengalezo ezizusiza ukuba uzelaphe. Uma isibindi sivuvukele noma silimele, ukusebenza kwaso kungathikamezeki.

I-hepatitis ingadalwa ukuphuza utshwala ngokweqile, ukungcola emzimbeni, imithi, izakhamzimba kanye nezinye izimo zempilo. Noma kunjalo, i-hepatitis ivame ukudalwa yigciwane. Izinhlobo ezivamie kakhulu ze-hepatitis zibizwa nge-A, B no-C. Le ncwajana ibheka i-hepatitis B no-C.

**I-hepatitis B iphinde yaziwe ngokuthi i-hep B noma i-HBV bese i-hepatitis C yaziwe nge-hep C noma i-HCV.**





# Ziyini izimpawu zakhona?

Abantu abaningi abane-hepatitis B noma C abanazo izimpawu ngakho-ke abazazi ukuthi bathelelekile. I-hepatitis ingasabalala ngisho noma kungekho izimpawu.

Uma kuba nezimpawu, zingabandakanya:



**IMFIVA**



**UKUKHATHALA**



**UKUZIZWA UGULA/  
UKUPHALAZA**



**UKUNGATHANDI  
UKUDLA**



**UKWEHLA  
KWESISINDO  
SOMZIMBA**



**AMAJOYINTI  
ABUHLUNGU**



**ISIKHUMBA  
NAMEHLO  
APHUZI**



**AMAKAKA  
APHASHILE,  
UMCHAMO  
OMNYAMA**



**UBUHLUNGU  
BESISU**

# Ingabe leli gciwane lisabalala kanjani?



## I-hepatitis B

I-hepatitis isabalala uma igazi noma uketshezi lwasezimbini womuntu othelelekie nge-hepatitis B lungena emzimbeni womunye umuntu. **Igcwane linamandla ngokuphindwe kayikhulu ngaphezu kwegciwane leSandulela-Ngculazi futhi lingahlala izinsuku ezifinyelela kwezizikhombisa lingaphandle komzimba.** (Bheka kusuka ekhasini 18)





## i-hepatitis C

I-hepatitis C isabalala uma igazi lomuntu othelelekie nge-hepatitis B lingena emzimbeni womunye umuntu.

**I-hepatitis C inamandla ngokuphindwe kayikhulu ngaphezu kwegciwane leSandulela-Ngculazi futhi ingahlala izinsuku ezifinyelela kwezine ingaphandle komzimba.** (Bheka kusuka ekhasini 24 ukuze uthole ulwazi oluthe xaxa.)





# Ngenzenjani uma imiphumela yokuhlolwa kwami ithi nginayo?



+ Funa usizo lokunakekelwa kwempilo

+ Nakekela isibindi sakho (ikhasi 10 nele-11.)

+ Khuthaza uphathina/ophathina bakho kwezocansi ukuba bahlolwe futhi, uma kudingeka, bagonywe

+ Qikelela ukuba ungasabalalisi igciwane (12 kuya ku-17.)

+ Qikelela ukuba ungangenwa esinye isifo noma olunye uhlobo lwe-hepatitis ngoba ukuphathwa uhlobo olungaphezu kolulodwa lwegciwane le-hepatitis kungakwenza ugule kakhulu futhi ngokushesha.



**'Ukungenwa' yigciwane le-hepatitis kusho lapho umuntu ongenalo igciwane 'engenwa' yigciwane ngokuthintana nomuntu onalo.**

## Kwenzekani uma nginegcwane leSandulela- Ngculazi kanye ne-hepatitis?



Lapho umuntu onegciwane leSandulela-Ngculazi engenwa yi-hepatitis kulukhuni ukuba umzimba wakhe ulwe nala magciwane. Lokhu kuchaza ukuthi maningi amathuba okuba nesifo esingelapheki kanye nezinkinga zezempilo:

- Isibindi esivuvukele kanye nokuba nezibazi (okwaziwa ngokuthi yi-cirrhosis)
- Ukungasebenzi kahle kwesibindi
- Umdlavuzwa wesibindi

**Lapho umuntu onegciwane le-hepatitis kubalulekile ukuqala ama-ARV ngokushesha kanye nokuwaphuza zonke izinsuku impilo yakho yonke.**

# Ngizivikela kanjani mina kanye nalabo abaseduze nami?

## Ukuvikela isibindi sakho

**Uma une-hepatitis, kudingeka uqikelele kakhulu ngokunakekela isibindi sakho.**



Uphuzo oludakayo lunyusa amathuba obungozi bezinkinga ze-cirrhosis kanye nokufeyila kwesibindi. Gwema noma nciphisa isikali sotshwala ngako konke okusemandleni.

Izidakamizwa zingadala ukulimala kwesibindi. Ama-amphetamine (kubandakanya i-tik, ne-cocaine), i-GBH kanye ne-heroin yikho okunamandla kakhulu esibindini. Gwema noma nciphisa ukusebenzisa lezi zidakamizwa, noma shintshela esidakamizweni esinamathuba amancane kakhulu okwenza umonakalo esibindini.

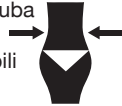


Ngaso sonke isikhathi sebenzisa imithi, kubandakanya amaphilisi ezinhlungu, njengoba uyalelwe. Imithi esikhathini esiningi ihlakazwa esibindini kanti ukuphuza isikali esingeyiso kungalimaza kakhulu isibindi sakhó. Gwema noma nciphisa isikali sakhona ngako konke okusemandleni.



Zama ukuzigcina unempilo ngakho konke okusemandleni. Uzinikeze isikhathi sokulala esanele, ukuzivocavoca, ukuphuza amanzi enele, ukudla ukudla okunomsoco kusiza umzimba wakho ulwe nezifo.

Uma unesisindo somzimba eseqile, zama ukunciphisa isisindo sakhó somzimba. Ukuba nesisindo somzimba eseqile kungadala isifo sesibindi kanye nesikashukela, kokubili kungalimaza isibindi sakhó.



Qikelela indlela osebenzisa ngayo imithi ozithengela yona ngaphandle kwencwadi kadokotela engama 'liver tonics' noma 'izikhuthazi zesibindi' ngaphandle kokuhlola nomhlinzeki wakho wezempilo ukuze uqikelele ukuthi iphephile ukuba ungayisebenzisa.

# Ukuzivikela wena kanye nomlingani wakho ngesikhathi niya ocansini

## ZIBANDAKANYE OCANSINI OLUPHEPHILE

Ukusebenzisa amakhondomu kanye nesithambisi esakhiwe ngamanzi kunganciphisa amathuba okutheleleka nge-hepatitis ngenkathi usocansini. Ukusebenzisa isithambisi kubaluleke kakhulu ocansini lwendunu.



**Uma une-hepatitis, ukusebenzisa amakhondomu kanye nesithambisi nomlingani /abalingani bakho bocans ikuzonciphisa kakhulu amathuba okutheleleka.**

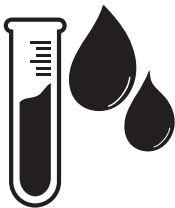
## THOLA UKWELASHWA OKULUNGILE

Ukwelashwa kwe-hepatitis B no-C kwehlisa amathuba okuba udlulisele igciwane kwabanye ngokuya ocansini.



## HLOLELWA ISIFO

Khuthaza abalingani bakho bezocansi ukuba bahlolwe igazi behlolelwa i-hepatitis B no-C



## GONYWA

Uma uphathina wakho etholakala engenayo i-hepatitis B, bangagonywa ukuze bavikeleke egciwaneni.



# Ukuzivikela wena uma usebenzisa izidakamizwa

**Amagciwane e-hepatitis B no-C athelelana ngamandla amakhulu futhi asabalala ngokushesha uma umuntu ethinta izindawo eziphansi, imishini yokusebenza, noma izinto ezinegazi elinawo, ngisho noma kungumthamo omncane kakhulu ongabonakali.**

**Abantu abasebenzisa izidakamizwa bangathola i-hepatitis C no-B lapha**

## IZINALITI NAMASIRINJI

Ukwabelana noma ukusebenzisa ngokuphindelela izinaliti namasirinji kunyusa amathuba okusabalala kwegciwane leSandulela-Ngculazi, hepatitis B no-hepatitis C. Amasirinji ezinaliti ezikhumulekayo akhuphula amathuba engcuphe nakakhulu ngoba angagcina igazi eliningi emva kokuba esetshenziwe uma kuqhathaniswa namasirinji anezinaliti ezingakhumuleki. Uma uzijova ngezidakamizwa, qinisekisa ukuthi ngaso sonke isikhathi unenaliti entsha, ehlanzekile futhi ungabelani ngayo nabanye abantu.



## UKULUNGISA IZINSIZA

Noma iyiphi insiza, njenge-cooker, i-cotton, amanzi, izibopho, noma amaswabhu otshwala kungacoshisa kalula la magciwane uma echaphakele kuzo. Ngaso sonke isikhathi qinisekisa ukuthi unezinsiza zakho futhi ungabelani ngazo nabanye.



## EZINYE IZIMPAHLA ZOKUSEBENZISA IZIDAKAMIZWA

Amapayipi e-crack, ama-straws kanye nezinye izinsiza kungase kudlulise amagciwane e-hepatitis. Ngaso sonke isikhathi sebenzisa ezakho izinsiza futhi ungabelani ngazo nabanye.



## IMINWE

Iminwe ehlangabezana negazi elithelekile ingasabalalisa i-hepatitis B ne-hepatitis C. Igazi eminweni nasezandleni kungaletha amagciwane endaweni okujovwe kuyo, i-cotton, ama-cooker, izibopho namaswabhu.





## Ukuzivikela wena uma usebenzisa uzijova ngezidakamizwa

**Indlela ehamba phambili yokuvikela i-hepatitis ukuba uyeke ukuzijova. Ukuguqukela ezidakamizweni ezibhenywayo, noma ukusebenzisa uhlelo lokwelapha olusebenzisa i-opioid- kungahlisa ingcuphe yakho yokuthola i-hepatitis C. Uma ungakwazi noma ungazimisele ukuyeka izidakamizwa ezijovwayo, kunezinyathelo ongazithatha ukuze unciphise ingcuphe yokutheleleka.**



Ngaso sonke isikhathi sebenzisa izinaliti (ezintsha) ezingenamagciwane, amasirinji kanye nazo zonke izinsiza—ama-cooker, i-cotton, amanzi, izibopho, namaswabhu otshwala—ngaso sonke isikhathi uma uzijova.

Lungisa indawo ngaphambi kokubeka phansi izinsiza zokujova.



Ungahlukanisi noma wabelane ngezidakamizwa usebenzisa insiza eseyisetshenzisiwe vele.

Gezisisa izandla ngensipho namanzi ngaphambi nangemva kokukhipha igazi noma amagciwane.



Hlanza indawo okujovwe kuyo ngotshwala noma insipho namanzi ngaphambi kokujova.



Cindezela indawo yokujova ngephedi elingenamagciwane ukuze unqamule ukopha emva kokujova. Ungasebenzisi iswabhu yotshwala ngenkathi ukopha kuqhubeka.



Ungajovi omunye umuntu.

Phatha ezakho izimpahla kuphela. Ungajovelani nabanye abantu, hlukanisa impahla yakho kweyabanye ukuze ugweme ukwabelana ngephutha.

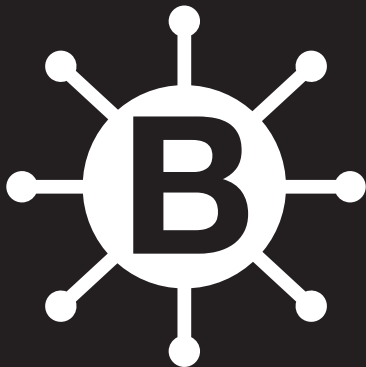
Lahla uzijova zakho esezisebenzile ngendlela ephephile ngokuba uyozilahla endaweni yokulahla izinaliti esezisebenzile.



### **Ukuhlanza nje okujwayelekile akubulali igciwane le-hepatitis C no-B.**

Ukubhlisha, ukubilisa, ukushisa, noma ukusebenzisa uketshezi olujwayelekile lokuhlanza, utshwala, noma i-peroxide ngeke kubulale igciwane le-hepatitis B no-C. Kungcono ukungazami ukuhlanza ngokubulala amagciwane izinsiza ezisetshenziselwa izidakamizwa. Kunalokho qinisekisa ukuthi ngaso sonke isikhathi unezinsiza zakho futhi ungabelani ngazo nabanye.

# I-hepatitis



# Ingabe i-hepatitis B isabalala kanjani?

Ucansi ngaphandle kwekhondomu. Ingcuphe yezocansi iyanyuka kakhulu ngocansi olulimaza unqenqema lwesitho sowesifazane kanye



nolwendunu noma uma umuntu enesinye isifo sezocansi esithathelana ngocansi njengegcwane leSandulela-Ngculazi.



Ukwabelana ngempahla yakho, njengezixubho, amareyiza nemishini yokunquma izinzipho.



Ukuthelaleka kwengane ngumama ngenkathi izalwa.



Ukwenza ama-tattoo noma ukugqobhoza umzimba ngemishini engabulawanga amagciwane.

**Ukungabulawa amagciwane kusho ukuthi akubulawanga konke okuphilayo. Izinto zibukeka zihlanzekile, kodwa uthole ukuthi kusenamagciwane kuzo.**



# Zithini iziteji zokutheleleka ngesifo?



I-hepatitis B ichazwa ngengeciwane elidlondlobele nelingumahlalakhona.

## **Ukudlondlobala**

kusho izinyanga eziyisithupha zokuqala emva kokutheleleka.

**Izimpawu zingaqala ngalesi sikhathi, kodwa hhayi njalo.** Uma

i-hepatitis B itholakala ngesikhathi sobungane, kuvame ukungabi nazimpawu kanye nengcuphe epehuzulu yokungenwa yigciwane elingumahlalakhona.

Abantu abaningi abadala bakwazile 'ukuqeda'

igciwane ngesikhathi sokudlondlobala kwegciwane bese betholakala bengenalo igciwane le-hepatitis emva kwalokho. Abanye abantu abadala baba sesikhathini segciwane elingumahlalakhona (isikhathi eside). Ngokuhamba kwesikhathi lokhu kungadala izinkinga zezempilo ezibucayi kubandakanya ukuvuvukala kwesibindi kanye ukuba nezibazi, kanye nokuhluleka kwesibindi ukusebenza kanjalo nomdlavuza wesibindi. Izimpawu, uma ziba khona, ziyafana ezigabeni zonke.

# Ngazi kanjani ukuthi nginge-hepatitis B?

Ukuhlolwa yiyona ndlela kuphela yokuqiniseka isimo sakho se-hepatitis B.

Ukuhlolwa kwegazi kuyadingeka ukuze kuhlolwe ukuthi utholelekile na nge-hepatitis B.

Abantu abaningi abane-hepatitis B abazi ukuthi bathelelekile ngoba abanazo izimpawu.

Ukuhlolwa kwama-antibody kukhombisa ukuthi abantu bake bagonyelwa, noma batheleleka nge-hepatitis B, ukuhlolwa kwama-antigen kungakhombisa ukuthi ingabe njengamanje unayo na i-hepatitis B.



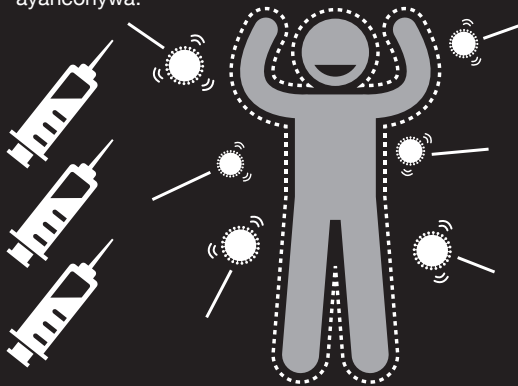
I-HEPATITIS B



**Ama-antigen yinoma yini edala ukuba umzimba ukhiqize amasha omzimba okukugcina unempilo.**

# Ngingakwazi ukuyigomela?

Yebo. Ukugoma kungakuvikela ekubeni ungenwe yi-hepatitis B. Kubantu abadala, umgomo we-hepatitis B unikezwa ngochungechunge lwemijovo emithathu esikhathini sezinyanga ezintathu noma eziyisithupha. Yonke le mijovo emithathu iyadingela ukuze uthole ukuvikeleka okuphelele. Ama-booster injections, emva konyaka owodwa, kwesinye isikhathi ayanconywa.



# Ingabe likhona ikhambi?



I-hepatitis B engumahlalekhona kulukhuni kakhulu ukuyelapha ngemithi ekhona manje, ngakho iye ithitshwe ngokwelapha okuba okwempilo yonke. Noma kunjalo, ukwelapha okulwa negciwane kuyakwazi ukulawula imiphumela yegciwane kanye nokuvikela ukuthuthuka kwezinkinga ezifana nokuvuvukala kwesibindi kanye nokuba nezibazi kanjalo nokuhluleka ukusebenza kwesibindi. Kuphinde kunciphise ingcuphe yomdlavuzwa wesibindi.

Zonke iziguli ezine-hepatitis B engumahlalakhona kudingeka kuqashelwe izimpilo zazo zonke, kodwa isidingo sokuba, kanye nohlobo lwakho, ukwelashwa kuqagulwa

yisigaba esesikuso isifo esingumahlalakhona ne-hepatitis kanye nesimo sesiguli sodwana.

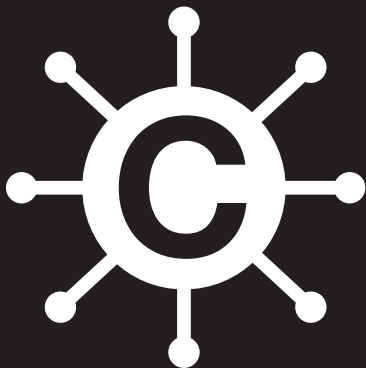
**Kubalulekile kakhulu ukusebenzisa imithi yakho njengoba uyalelwe umhlinzeki wakho wosizo lwezokwelashwa.**

**Ukuyeka ukusebenzisa imithi yokwelapha kungaholela ekuqubukeni nasekubhebhethekeni kwezifo. Ukungasebenzisi imithi ngaso sonke isikhathi kungaholela ekuqubukeni kwesifo se-hepatitis B engasazweli emithini.**

Ukuba nesifo esingaphezu kwesisodwa kungakwenza ugule kakhulu futhi ngokushesha.



# I-hepatitis



# Ingabe i-hepatitis C isabalala kanjani?

Ucansi ngaphandle kwekhondomu. Incuphe yezocansi iyanyuka kakhulu ngokulimala konqenqema kwesitho sowesifazane kanye nolwendunu noma uma umuntu enesinye isifo sezocansi esithathelana ngocansi njengegciwane leSandulela-Ngculazi.



Ukusebenzisa ngokuhlanganyela izinsiza zokubhema izidakamizwa.



Igazi noma ukufakelwa imikhiqizo yegazi okwenzeka ngaphambi kuka-1992.



Imizamo yokungenelela kwezempilo noma imizamo yokungenelela ebhekene namazinyo kungabulawanga amagciwane.

Ukutholeleka kwengane ngumama ngenkathi izalwa.



Ukwenza ama-tattoo noma ukugqobhoza umzimba ngemishini engabulawanga amagciwane.

**Ukungabulawa amagciwane kusho ukuthi akubulawanga konke okuphilayo. Izinto zibukeka zihlanzekile, kodwa uthole ukuthi kusenamagciwane kuzo.**



# Zithini iziteji zokutheleleka ngesifo?



I-hepatitis C ichazwa ngengegcwane elidlondlobele nelingumahlalakhona.

**Ukudlondlobala** kusho izinyanga eziyisithupha zokuqala emva kokutheleleka. Abantu abambalwa baba nezimpawu ezimbalwa ngalesi sikhathi.

Abantu abaningi abangenwa yigciwane le-hepatitis C baba nesifo esingumahlalakhona (sesikhathi eside).

Abanye abantu bayakwazi 'ukuqeda' igciwane ngesikhathi sokudlondlobala kwegciwane bese betholakala bengenalo igciwane le-hepatitis C emva kwalokho.

Ekuhambeni kwesikhathi, i-hepatitis C engalapheki ingadala izinkinga zempilo ezibucayi ezibandakanya ukuvuvukala nokuba nezibazi, ukuhluleka kwesibindi ukusebenza ngisho nanomdlavuzwa wesibindi.

# Ngazi kanjani ukuthi nginge-hepatitis C?

Ukuhlolwa yiyona ndlela kuphela yokuqiniseka isimo sakho se-hepatitis C. Abantu abaningi abane-hepatitis C abazi ukuthi bathelelekile ngoba abanazo nhlobo izimpawu. **Ukuhlolwa kwegazi kuyadingeka ukuze kuhlolwe ukuthi uthethelekile na nge-hepatitis C.**

Ukuhlolwa kwama-antibody kusetshenziselwa ukubona ukuthi umuntu uke wathetheleka nge-hepatitis C. Ukuhlolwa okuvela isifo akusho ukuthi usathethelekile. Akukhombisi noma uzoqalwa yisifo se-hepatitis C. Ukuhlola okuvela i-antibody kufanele kulandelwe ukuhlolwa kwe-PCR ukuze kuhlinzekwe ngalolu lwazi.

Ukuhlolwa kwe-PCR kukhombisa ukuthi ingabe Usenalo igciwane emzimbeni

wakho. Kungaphinde kuveze nesibalo segciwane esikhona egazini lakho. Uma imiphumela yokuhlolwa ithi likhona, okunye ukuhlola kuzoveza uhlobo lwesifo se-hepatitis, okwaziwa nge-genotype.

Ukuhlolwa kwe-genotype kuveza ukuthi yiluphi uhlobo lwe-genotype onalo. Lokhu kusiza ukuveza uhlobo lokwelapha okudingayo.



Uma umuntu kuvela ukuthi 'unaso isifo' lesi esithelelanayo njenge-hepatitis, kuchaza ukuthi ukuhlola kuveze ukuthi igciwane likhona emzimbeni. Uma umuntu kuvela ukuthi 'aliveli igciwane', kuchaza ukuthi ukuhlola akuvezanga igciwane emzimbeni.

# Ngingakwazi ukuyigomela?

Cha. Okwamanje akukho mgomo we-hepatitis C.

# Ingabe likhona ikhambi?

I-hepatitis C ingelashwa kubantu abaningi. Izivikela magciwane ezibhekene ngqo nesifo zithathwa isikhathi esingamaviki ayi-12 – 24. Noma kunjalo, lokhu kwelashwa alukabhaliswa eNingizimu Afrika kanti ukubhaliswa kwako kudinga ukuba kugqugquzelwe yisibhedlela sikahulumeni esibhekene nalokhu noma udokotela ozimele oyi-gastroenterologist. Ukwelashwa okuthatha isikhathi eside (ngokuvamile unyaka) kutholakala kalula ezikhungweni zikahulumeni.

**Kubalulekile ukuqeda ukwelashwa lapho usukuqalile. Ukungasebenzisi imithi ngendlela kungaholela ekungasabelini kwe-hepatitis C emithini yokuyelapha.**

**Uma ilashiwe, kungenzeka kube nokutheleleka, ngako kubaluleke kakhulu ukuvikela ukutheleleka esikhathini esizayo.**



**Isikhathi sokwelashwa sincike ekutheni kukhona yini ukulimala kwesibindi.**