Malwadze a sa fholiho: Kha vha dzhie ndango

Vhulwadze vhu sa fholiho ndi mini?

Vhulwadze vhu sa fholi ndi vhulwadze vhune muthu a tshila naho misi yothe. Naho vhu sa fholi, zwavhudi ndi zwauri ri a kona u vhu langa. Malwadze a sa fholi o doweleaho ndi a nga ho sa vhulwadze ha mutsiko wa malofha, vhulwadze ha swigiri, vhulwadze ha musi muthu a tshi kundelwa u fema, na manwe manzhi a so ngo bulwaho.

Vhulwadze uvhu vhu sa fholiho ri vhu langisa hani?

Vhunzhi ha malwadze a sa fholiho a nga khwinisea nga:

- Kutshilele kwa vhudi sa:
  - U la miroho na mitshelo misi yothe.
  - U ita nyonyoloso mithethe i linganaho mahumi mararu, zwitukusa zwi vhe lutanu nga vhege.
  - U sa daha fola kana u shumisa zwi ngaho zwenezwo.
  - U fhungudza muno na swigiri kha zwiliwa zwavho.
- U shumisa mishonga yavho nga ndila yo fanelaho:
  - Rakhemisi wavho a nga vha thusa kha uri vha divhe na u pfesesa kushumisele ko teaho kwa mishonga yavho.
  - Mushonga munwe na munwe u fanela u nwiwa u kha muelo wo tewaho, nga ndila yone na tshifhinga tsho teaho.
  - Kha vha ise phanda na unwa mishonga yavho naho vha tshi pfa vho no vha khwine.
  - Mishonga yavho ndi ya vho vhe vhothe, a i nwiswi munwe.
  - Arali vha tshi todou divha zwinzhi nga mishonga yavho, a vha vhudzise Rakhemisi wavho.

Venda

Bolwetši bjo bo sa folego: Tšea taolo

Malwetši ao a sa folego ke eng?

Malwetši ao a sa folego ke mehuta ya malwetši ao a tšeago nako e telele mo bathong, le ge ele gore ga a folele sa ruri eupša, a ka okobala. Mohlala wa malwetši ao a sa folego e kaba bolwetši bja madi a magolo, bolwetši bja swikiri, bolwetši bja mafahla, le a mangwe ao re sa a ngwalang mo letlakaleng.

Nka kgona go laola bjang bolwetši bo bo sa folego?

Malwetši a mantši ao a sa folego a ka kaonafatšwa ka:

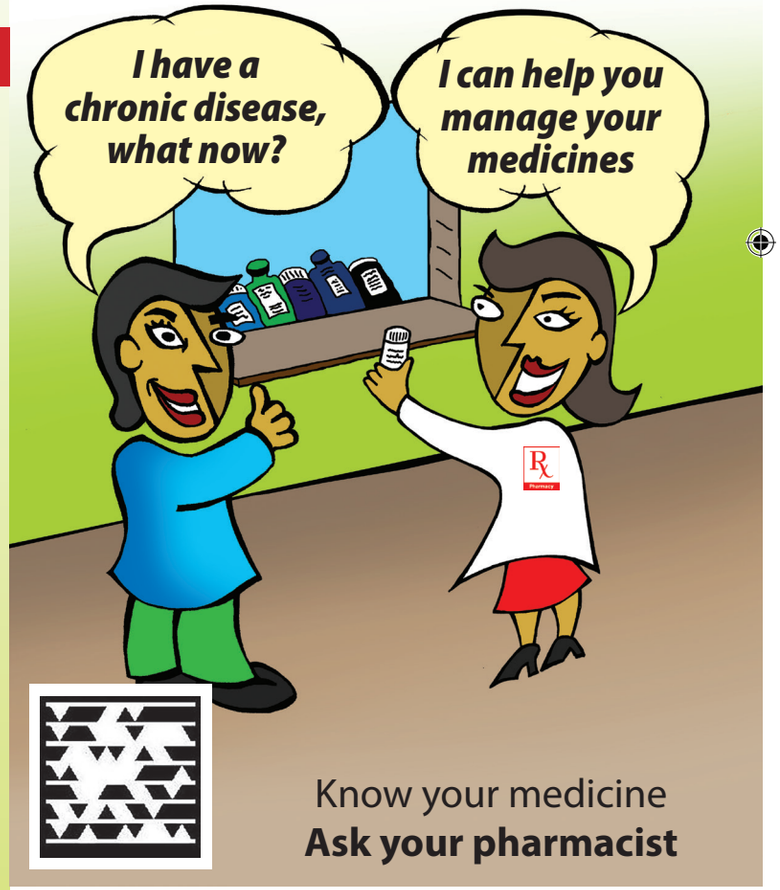
- Go phela bophelo bjo bo itekanetšeng go swana le:
  - Go ja merogo le dienywa kgafetša-kgafetša.
  - Go itšhidulla mmeleng metsotso e masome a mararo, ga hlano mo bekeng.
  - Go tlogela go fola motsoko.
  - Go fokotša letswai le swikiri dijong.
- Go nwa dihlare ga botse:
  - Rakhemisi a ka go hlahla gore dihlare tša gago di šomišwa bjang.
  - Šomiša dihlare tša gago ka nako ya maleba, ka mokgwa wa maleba le seelo sa maleba.
  - Tšwelapele ka go šomiša dihlare le ge o ekwa gore bolwetši bo okobetše.
  - O sehlalelele motho dihlare tša gago.
  - Ge ona le mathata ka dihlare tša gago o butšiše Rakhemisi.

Sepedi

PHARMACY

Towards quality care together

Chronic Diseases: Take control



health
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REPUBLIC OF SOUTH AFRICA

South African Pharmacy Council

Pharmaceutical Society of South Africa

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Mavabyi lamangaholiki: Teka vuti hlamuleri

Iyini vuvabyi lebyi nga holiki?

Vu vabyi lebyi nga holiki I vuvabyi lebyi tshamaka e mirhini nkarhi wo leha. Hambi leswi byi nga horiki, bya lawuleka. Mavabyi lama tolovelekeke lama nga holiki mafana na High blood pressure, vu vabyi bya chukele na asima, na hambi leswi kungana manwani.

Vuvabyi lebyi ubyi hlayisa njhani

Mavabyi motala manga lawuleka hi:

- Kuhanya vutomi byakahle bya vuti hlamuleri ku fana na:
  - Ku dya matsavu ni mihandzu minkarhi hi nkwayo.
  - Ku ti olola ti minete ta makume nharhu hi siku, kuringana ka nthlanu a vhikini.
  - Kunga dzahi kumbe ku tirhisa swimakiwa swa tobacco.
  - Ku hunguta ku teka munyu wotala na chukele rotala.
- Ku teka mirhi ya wena hi laha ku faneleke:
  - Mu tirha a khemisi anga ku pfuna kuri u twisisa ku mirhi ya wena u yi teka njhani.
  - Murhi unwana ni unwana wufanele kutekiwa hi mpimo lowu wu nga tsariwa, hi ndlela ya kahle, hi nkarhi wa kahle.
  - Humelerisa a mahlweni ku teka mirhi ya wena hambi u ti twa u lulamile.
  - Unga teki mirhi ya wena u nyika va nwana.I ya wena u ri weshe.
  - Loko u ri na phirobileme hi mirhi ya wena, vutisa mu tirhakhemisi.

Tsonga

Chroniese siektes : Neem beheer

Wat is 'n chroniese siekte?

'n Chroniese siekte is 'n langdurige toestand. Alhoewel dit nie genees kan word nie, kan dit bestuur word. Algemene chroniese siektes sluit in hoë bloeddruk , diabetes en asma, maar daar is nog baie meer.

Hoe om jou kroniese siekte te bestuur

Baie chroniese siekte kan verbeter word deur :

- Gesonde leefstyl keuses soos:
  - Eet groente en vrugte so dikwels as moontlik.
  - Om fisies aktief vir 30 minute per dag , ten minste vyf keer 'n week te wees.
  - Nie te rook of tabakprodukte te gebruik nie.
  - Vermindering van sout en suiker inname.
- Jou medisyne behoorlik te gebruik:
  - Jou apteker kan jou help om te verstaan hoe om jou medisyne reg te gebruik.
  - Die regte medisyne dosis op die op die regte manier, op die regte tyd te gebruik.
  - Gaan voort om jou medisyne te gebruik, selfs al voel jy beter.
  - Moenie jou medisyne deel nie.
  - As jy probleme met die gebruik van jou medisyne het , vra gerus jou apteker.

Afrikaans

Chronic Diseases: Take control

What is a chronic disease?

A chronic disease is a long lasting condition. Although it may not be cured, it can be managed. Common chronic diseases include high blood pressure, diabetes and asthma, although there are many more.

How to manage your chronic disease

Many chronic diseases can be improved by:

- Healthy lifestyle choices such as:
  - Eating vegetables and fruits as often as possible.
  - Being physically active for 30 minutes a day, at least five times a week.
  - Not smoking or using tobacco products.
  - Reducing salt and sugar intake.
- Taking your medicines properly:
  - Your pharmacist can help you understand how to take your medicine.
  - Every medicine should be taken at the correct dose, in the correct way, at the correct time.
  - Continue to take your medicine even if you are feeling well
  - Do not share your medicine.
  - If you have problems with your medicine, ask your pharmacist.

English