



IBHUKWANA LOLWAZI LESIGULI UKWALIWA AMAQANDA

Isimo sokwaliwa ngamaqanda sihlasele cishe abantwana abancane abasanda kuzalwa ababalelwa kumaphesenti ama-2 kanti lesi simo sejwayeleke kakhulu eminyakeni emithathu yokuphila komntwana ikakhulukazi kulabo bantwana abanokhwekhwe.

NGABE YINI EBANGELA UKWALIWA AMAQANDA NA?

- Amaphrotheyini amakhulu kwingaphandle leqanda kule ndawo emhlophe abizwa ngokuthi yi-ovomucoid, ovalbumin, ovotransferrin kanye ne-lysozyme.
- Iphrotheyini elikhulu kwisikhupha seqanda esiphuzi libizwa ngokuthi yi-alpha-livetin. Ukungaphatheki kahle kuvame ukubangwa ngamaphrotheyini atholakala endaweni emhlophe yeqanda.

UKUHLONZWA NGOKWEMITHI

- Isimo esejwayeleke kakhulu sokwaliwa yiqanda yi-IgE-mediated noma isimo “esisheshe” siziveze.
- Lokhu kwenzeka cishe ngemuva kwemizuzwana nje kodwa futhi kuyenzeka kuze kube yisikhathi esingaye sifinyelele kumahora ama-2 ngemuva kokuthi umuntu eye wazithela phezu kwamaqanda, wawadla.
- Kuyenzeka isimo sokwaliwa ngamaqanda kube yisimo esingenzima kakhulu noma kube yisimo esibeka impilo yomuntu engcupheni, kkanti zifaka phakathi, amaqhuquva, ukuluma, ukuvuvukala, ukuluma, isicanucanu, ukuhlanza, ukundonda, ubunzima bokuphefumula kanye nokuwa imbala (i-anaphylaxis).

NGABE SIHLONZWA KANJANI LESI SIMO NA?

- Izimo lapho khona lesi simo sisheshe siziveze khona, zingakwazi ukuhlolwa ngisho nakubantwana abancane, ngokuthi kuhlolwe igazi kanye/noma ngokuchumbusa umunwe.
- Izivivinyo zegazi ziyenziwa ukuhlola iqanda elimhlophe, isikhupha seqanda esiphuzi kanye ne-ovomucoid.
- Ukuchumbusa umunwe kungenziwa ngisho nakubantwana abancane ngokubeka amaconsi eqanda ambalwa esikhunjani bese umntwana echunjuzwa kulelo consana.
- Uma kwenzeka ukuthi le miphumela ingaphumeli obala (ingabinasiqiniseko), lapho-ke kuyodingeka ukuthi kwenziwe “inselelo yokudla okungena ngomlomo” bokuyobe sekudingeka ukuthi udokotela noma umhlengikazi enika isiguli inani elithile leqanda ezimweni ezilawulwayo nokuvame ukuthi kube sesibhedlela, ukuze bakwazi ukwelapha izimo ezinzima uma kwenzeka ziqubuka.

UKUSILAWULA LESI SIMO

- Abantwana kanye nabantu abadala abanalesi simo sokwaliwa yiqanda kufanele babhekwe ngokubambisana nodokotela oqeqeshelwe izinhlobo zokudla okumele zidliwe futhi onamava ekubhekaneni nesimo sokwaliwa ukudla. Lo dokotela uyohlinzeka ngeseluleko, ngamaresiphi kanye nangemfundo ukuze umuntu onalesi simo akwazi ukudla okunempilo nomsoco futhi okuphelele.

- Abazali kufanele bafundiswe ukuthi bafunde amalebula okudla futhi bakwazi ukubona lawa malebula aveza ukuthi likhona iqanda kwizithako zokudla okuthile.
- Uhlelo olwendlala konke “okuhlela ukuthi kwenziwe” kumele lubekwe lube khona uma kwenzeka umuntu equtshukelwa yisimo esifuze lesi. Lokhu kumele kuchaze umehluko phakathi kwesimo esingesibi kakhulu kanye nesimo esibi kakhulu kanye nezinto okumele zenziwe kwisimo ngasinye. Lolu hlelo kufanele lunikezwe nesikole somntwana kanye nabanakekeli bakhe.

UKUSIQEDA LESI SIMO

- Indlela yokusiqeda nya lesi simo ukugwema izinto ezenza ukuthi sibe khona nokuyiqanda. Ngisho noma ngabe lo muntu onalesi simo ukugwema konke ukudla okunamanenjana eqanda, noma ngabe uyakwazi ukubekezelela izincucwana ezincane zeqanda elishisiswe kakhulu, nelifana nalelo elitholakala ezimpahleni ezibhakiwe, konke lokho kuncike kwisimo sokwaliwa amaqanda komuntu ngamunye.
- Bangaphezu kwamaphesenti angama-70 abantwana abaliwa amaqanda kodwa abakwaziyo ukubekezelela ukudla okubhakiwe nokufaka phakathi amaqanda, lapha singabala amabhisikidi kanye namakhekhe yize-ke uthola ukuthi laba bantwana kuyenzeka uthole ukuthi baba nakho lokho kuphatheka kabana okuncane nje ngenxa yokudla kwabo izinto ezithakwe ngamaqanda, kanti lokhu kwenzeka kwizinto ezifana namaqanda asuke engaphekwanga kahle, njengeqanda elishaywayo bese liyagoqozwa. Laba bantwana-ke kodwa kufanele bakhuthazwe ukuthi badle izidlo ezinamaqanda abhakiwe isikhathi esiningi. Lokhu kubangasiza ukuthi bakwazi ukuhlukana nezimo zabo zokwaliwa ngamaqanda uma sebekhulile.

UKUDLA OKUNGENZEKA KUBE NEPHROTHEYINI LEQANDA

Ukudla kwase-Eshiya

Ukudla okubhakiwe

Ukudla okugcotshiwe

Amabhisikidi

Amakhekhe

Ukudla kwamakhekhe

Ikhroisanti

Ukudla okugayiwe

Ikhastadi

Amadezethi axutshiwe

Okuphuzwaywo

Ama-noodles amaqanda/ipasta

Irayisi elichochobalisiwe

Iziphuzo ezinempilo

U-ice cream/i-frozen dessert

I-icing

I-marshmallow

I-mayonnaise

I-meringue

I-mousse

I-nougat

Ophaya

Imithi ethakiwe
Amaphuthini
Ama-salad dressings
Amasoseji
Isobho
I-tarts/pastry

AMATEMU ASHO UKUTHI KUNGENZEKA UKUBA UMKHIQIZO LOWO UNEQANDA

Albumin
Globulin
Lecithin
Livetin
Lysozyme
Vitellin

Amagama aqala ngezinhlamvu ezithi: "ova" noma "ovo," njengamagam athi; ovalbumin noma elithi ovoglobulin

IMIJOVO KANYE NOKWALIWA AMAQANDA

Umjovo wesimungumunguwane, womkhuhlane ("iflu") kanye nomjovo owaziwa ngokuthi yi-measles-mumps rubella (MMR) awunayo iphrotheyini eyanele yeqanda futhi kumele kunikezwe nje abantwana abangakudli ukudla okunoshukela. Umjovo wamarabi kanye nokamalaleveva kungenzeka usiqubule lesi simo kanti umuntu okwaziwayo ukuthi waliwa amaqanda kodwa ebe ewudinga omunye wale mijovo kufanele aqale abonane nodokotela onguchwepheshe kulo mkhakha.

NGABE UMNTWANA WAMI SIZOMYEKA YINI LESI SIMO UMA ESEKHULILE NA?

- Abantwana abaningi baba nesimo sokwehluleka ukubekezelela amaqanda kusukela bebancane koda lokhu futhi kuya ngesimo sokwaliwa kwabo ukudla, isikhathi lesi simo esihlonzwe ngaso, izinga lezivikelamzimbo kubona ngesikhathi kuhlonzwa lesi simo kanye nephrotheyini eliqondile umntwana okuyilona elimalayo.
- Abantwana abanezivikelamzimba eziphezulu ukulwa ne-ovomucoid abakwazi kahle hle ukwehlukana nalesi simo ngisho sebekhulile. Abantwana abakwaziyo ukudla amaqanda asezintweni ezibhakiwe ezifana namakhekhe kuyenzeka ukuthi uma sebedadala bangabe besaba nalutho.

UKULANDELELA

Abantwana abanesimo sokwaliwa amaqanda kufanele balandelelwe izikhathi zilandelana ukuze kuhlwe ukukhula kanye nokondleka kanye nokwenza ukuthi kuzanywe indlela yokugwema lesi simo kuhlenganisa nezinhlelo zezimo eziphuthumayo ezihambisana nalesi simo. Ukuthathwa kwegazi kanye nokuhlolwa kokuchumbusa umunwe kuyenziwa njalo kanye ngonyaka ukuhlola ukuthi ngabe abantwana bayakwazi yini ukushiya lesi simo sabo ngemuva njengoba bekhula nje.

Ukuze ufunde kabanzi, vakasheka ku: http://en.wikipedia.org/wiki/Egg_allergy

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