



IBHUKWANA LOLWAZI LESIGULI UKWELASHWA

- Le ndlela yokwelapha yiyona ndlela yokwelashwa ngokwezemithi ekwaziyo ukwelapha izimo zokwaliwa yizinto ezithile kwabantu.
- Into eyala umuntu yinto umuntu angakwazi ukuphilisana nayo.
- Kuthi lapho-ke isiguli seselashwe ngokuphelele, kuyaye kuthi noma sesisondelene nesimo ebesalana naso kungabe kusenzeka lutho.
- Ukwelashelwa isimo sokwaliwa yinto ethile yisimo esisebenza kahle kakhulu kwiziguli ezikhethwe ngokucophelela.
- Kuyatholakala ukubhekana nobuthi bokutinyelwa yinyosi noma umnyovu ngokuthi ujoywe kuleyo ndawo. Lokhu kodwa kunikezwa lezo ziguli ezisuke zikhethwe ngokucophelela futhi ezisuke zitinyelwe kakhulu wudosi lwezinyosi noma lweminyovu.
- Ukwelashelwa izimo zokwaliwa amakati, yizinja, amhhashi, yizimpova zotshani, yizimpova zesihlahla, yizimpova zokhula, yizikhutha ezithile kanye nezimbungulu (izilwane ezihamba ngomoya) nakhu futhi kuyatholakala.

NGABE KUSETSHENZISWA KANJANI LOKHU KWELASHWA NA?

Ukwelashwa lokhu kuyizindlela ezimbili:

- Yi-subcutaneous (Okungumjovo) Immunotherapy
- Yi-sublingual (Okungena ngomlomo) Immunotherapy
- Ukwelashwa okungumjovo kusetshenziselwa izimo ezihambisana nobuthi.
- Ukwelashwa okungena ngomlomo kungcono ezimweni lapho kusuke kubulawa izimo ezihamba ngomoya.

Ukwelashwa okungumjovo:

Kuba yisilinganiso esincane nje, kodwa siyaye silokhu sikhuliswa isonto nesonto, kuze kuba kufinyelelwa esilinganisweni esifanele. Lokhu kuvamise ukuthatha isikhathi esingamasonto ayi-16 kuya kwayi-18. Kuyaye kuqhubeka izikhawu eziyi-6 kuya kweziyi-8 njalo ngamasonto kuze kuphele iminyaka emithathu.

Ukwelashwa okungena ngomlomo:

Lo mjovo usetshenziswa nsuku zonke, ngoba kuba amathonsi nje abekwa ngaphansi kolimi. Lokhu kufanele kuqhutshwe iminyaka emithathu.

NGABE YIZIPHI IZIGULI EZISIZAKALAYO?

- Ukwelashwa lokhu akusebenzi kuzona zonke iziguli ezaliwa yizimo ezithile.
- Lena yindlela yokwelapha kuphela iziguli ezitinyelwe yizinyosi noma yiminyovu.
- Kusebenza kangcono uma iziguli zizwela kuphela esimweni esisodwa uma zaliwa yinto ethile.
- Kuyasebenza kakhulu futhi kwiziguli ezinezimpawu eziningi zokuhlushwa yizimbungulu.
- Kungenzeka kunikezwe iziguli ezithile ezikhethekile ezinokungezwani namakati, izinja kanye namahhashi.
- Iziguli ezaliwa yizinto eziningi ngesikhathi esisodwa azivamile ukwelapheka kahle ngalokhu kwelashwa.
- Kubalulekile ukuthi ngaphambi kokuba isiguli selashwe ngale ndlela siqale sixolongwe ngudokotela onolwazi olunzulu lokwelapha izimo zokwaliwa yizinto ezithile kanye nasekusebenziseni lolu hlobo lokwelapha.
- Izivivinyo zokwaliwa yisimo esithile kudingeka ukuthi zenziwe futhi kufanele kulandelwe izindlela zokugwema isimo esithile.

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

ILUNGELO LOBUNIKAZI: YI-ALLERGY SOCIETY OF SOUTH AFRICA

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