



IBHUKWANA LOLWAZI LESIGULI ISIMO SOKWALIWA UBISI LWENKOMO

Ukwaliwa ubisi lwenkomo kuhlasela abantwana abancane kakhulu ababalekwa ku: 2-7.5%, kanti yisimo esijwayeleke kakhulu eminyakeni emithathu yokuqala yomntwana.

NGABE YINI EBANGELE UKWALIWA UBISI LWENKOMO NA?

- Ubisi lunamaphrotheyini amaningi ehlukene nangenza ukuthi umuntu angaphatheki kahle.
- Amaphrotheyini amakhulu akhona yi-casein kanye ne-whey.
- I-casein wuqweqwe olwakhela obisini uma ubisi luyekwa luze luvuthwe lube amasi. I-casein yiyona eyenza u-80% wamaphrotheyini obisi kanti ivame ukungabinankinga uma ubisi lubilisiwe.
- I-whey yileyo ngxenyana esamanzana. I-whey yenza enye ingxenye engu-20% kanti iyakwazi ukuthi incibikaliswe ukushisa (iziguli ezaliwa yi-whey kuyenzeka zingabinankinga yokusebenzisa ubisi olubilisiwe noma i-long-life milk).

KUYINI UKWEHLULEKA UKUBEKEZELELA I-LACTOSE NA?

- I-lactose wushukela noma wubushukela obutholakala obisini. Kanti i-lactase yi-enzyme eliqhephula ubushukela noma i-lactose ukuze ikwazi ukugwinywa yizibilini ezifana namathumbu emzimbeni.
- Uma amazinga e-lactase ephansi, lokho kusho ukuthi ubushukela obutholakala obisini abukwazi ukugayeka, kanti lokho kwenza ukuthi buvele bunqwabelane ezibilini ngasemathunjini, kwenze nokuthi kube nokuqumba, uhudo, ukusuza, isicanucanu kanye nobuhlungu besisu.
- Ukungakwazi ukubekezelela ubushukela obusobisini lwenkomo yinto kodwa engavamile neze kubantwana abancane kakhulu kodwa-ke iba khonyana-ke kubantwana asebekhulile nakubantu abadala.
- Abantu abanezimo zokwehluleka ukubekezelela ubushukela obutholakala obisini (i-lactose) banamazinga angefani ama-enzyme. Labo abangenabo ngisho nobuncane ubushukela abakwazi ngisho nokubekezelela amanani amancane obisi, bese kuthi labo abanamazinga amancane obushukela bangakwazi ukudla noma kuphuza inani elincane ngaphandle kokuba nezimpawu ezithile.
- Miningi kakhulu imikhiqizo yasederi enobushukela obuncane kakhulu ngaphezu kobisi. Isibonelo nje, iyogathi kanye noshizi kungenzeka kukwazi ukubezeleleka kahle. Kukhona futhi nezinye izinhlobo zobisi ezinobushukela obuphansi noma obungekho sanhlobo kanye nezinye izichibiyeli zama-enzymes ezingafakwa kwimikhiqizo yobisi noma zidliwe umuntu ngaphambi kokuba aphuze umkhiqizo wobisi.
- Umuntu owaliwa ubisi uyoqhubeka nokuba nezimpawu zokwaliwa ubisi ngenkathi ephuza imikhiqizo yasederi engenawo ushukela otholakala obisini, noma i-lactose.

IZIMO ZOKWALIWA UBISI

- Cishe ukungaphathwa kahle wubisi lwenkomo okungamaphesenti angama-40 okwaziwa ngokuthi yi-asIgE-mediated noma isimo “esisheshe” sibonakale, nokwenzeka kungakapheli ngisho nemizuzu emibili ngemuva kokusetshenziswa kobisi lomntwana.

- Izimo zokwaliwa ubisi lwenkomo kuyenzeka kungabi ngezimbi kakhulu noma kube yilezo ezibeka impilo engcupheni kanti zifaka phakathi amaqhuquva, ukuba bomvu emzimbeni, ukuvuvukala, ukulunywa, isicanucanu, ukuhlanza, ukunhlinhliza, ukubanzima kokuphefumula kanye nokuwa imbala (okuyi-anaphylaxis).
- Izimo ezingasheshe ziziveze kungenzeka ziqale ukubonakala ngemuva kwamahora ambalwa kuya ezinsukwini ezimbalwa ngemuva kokudla ukudla okunobisi lwenkomo kanti izimpawu zakhona zifaka phakathi ukuhlanza, uhudo, ubuhlungu besisu, ukungakwazi ukukhula ngendlela kanye nokhwekhwe.

NGABE SIHLONZWA KANJANI LESI SIMO NA?

- Izimo zokwaliwa ubisi lwenkomo ezisheshe ziziveze zingakwazi ukuthi zihlolwe ngisho nakubantwana abancane kakhulu imbala, ngokuthi kudonswe igazi kubo kanye/noma bachumbuzwe iminwe. Uma lezi zivivinyo kutholakala ukuthi aziphumi nempendulo eqondile, lapho-ke sekungenziwa “inselelo yokudla okungena ngomlomo” nokuyilapho khona udokotela noma unesi enikeza umuntu amanani athile obisi adamane ekhuliswa, isikhathi esiningi kuvame ukuthi kube sesibhedlela, ukuze kukwazeke ukuthi ukuthi kubhekwane nesimo sokwaliwa ubisi lwenkomo uma kwenzeka sivuka.
- Ezinye izinhlobo zokwaliwa ubisi lwenkomo angeke zakwazi ukuhlolwa ngalezi zinhlobo zezivivinyo. Esimweni esifana nalesi-ke kufanele kwenziwe inselelo lapho kukhishwa khona yonke into elubisi ekudleni komuntu lowo. Lokhu kufanele kubonise ukuphela kwezimpawu uma sekususwe ubisi ekudleni komntwana futhi kubonakale ziqala phansi izimpawu uma ubisi lubuye lwethulwa futhi ekudleni komntwana. Lokhu kufanele kubhekwe ngodokotela owejwayelekile kanye nodokotela oqeqeshelwe ukudla ukudla okunempilo.

UKUSIPHATHA NGENDLELA LESI SIMO

- Abantwana kanye nabantu abadala abanesimo sokwaliwa ubisi lwenkomo kufanele ukuthi isimo sabo sibhekwe kahle futhi babe ngaphansi kweso likadokotela onolwazi olunzulu ngokudla okufanele kudliwe ezikhathini ezithile. Lo dokotela kufanele ahlinzeke ngeseluleko, ngamaresiphi kanye nangemfundo yokuthi umuntu angakwazi kanjani ukudla ukudla okuphelele nokunempilo.
- Izelekeleli zekhalsiyamu kufanele nazo zibe yingxenye yokudla okungenalo ubisi.
- Abazali kufanele bafundiswe ukuthi bakwazi ukufunda amalebula okudla futhi bakwazi nokubona amatemu angabe esho ukuba khona kwamaphrotheyini obisi lwenkomo. Lawa matem u afaka phakathi lawa: whey, lactose, casein, casenate, lactalbumin kanye nelithi lactoglobulin.
- “Uhlelo lokuzokwenziwa” olubanzi kufanele luhlale lukhona ezimweni lapho khona kunokuthile okusuke kufanele kwenziwe ukubhekana nalesi simo. Lolu hlelo kufanele luwucacise bha umehluko phakathi kokuba khona kwalesi simo esingesibi kakhulu kanye nesimo esibi kakhulu kanye nezinto okusuke kudingekile ukuba zenziwe kuzona zombili izikhathi. Lolu hlelo kusuke kufanele futhi nokuthi lunikwe isikole lapho kufunda khona umntwana noma kubanakekeli abagada umntwana lowo onalesi simo sokwaliwa ubisi lwenkomo.

UKWELASHWA KWALESI SIMO

- Esikhathini esiningi kusuke kungadingekile ukuthi umama oncelisayo yena agweme yonke into elubisi kulokho kudla akudlayo, ngoba isikhathi esiningi amanenjana obisi lwenkomo abantwana abancelayo abaluthola ngokuncela konina bavame ukungabi nayo inkinga nalo. Kodwa-ke uma kwenzeka kuba nezimpawu ezenzekayo, umama womntwana kungadingeka ukuthi ayeke yonke into elubisi engahle ithikameze umntwana wakhe kuthi ngaleso sikhathi umama womntwana adle ukudla okunekhalsiyamu.
- Ukwelashelwa ukwaliwa ubisi okuhlala isikhathi eside kuba ukugwema amaphrotheyini obisi lwenkomo. Noma ngabe-ke umuntu lowo ugwema yonke nje into ehlangene nobisi, noma ubekezelela inani elincane lobisi olushisiswe kakhulu (amabhisikidi noma amakhekhe), kuncike kwimvelo yesimo sokwaliwa ubisi salowo muntu.

IZINTO EZINGASETSHENZISWA ESIKHUNDLENI SOBISI

- Ezimweni lapho khona kunokungaphetheki kahle okungekukhulu kakhulu ngenxa yobisi, umntwana lowo onalesi simo kufanele anikezwe olunye ubisi oluyimpuphu olunama-amino-acid olufana ne-Neocate.
- Ukungaphatheki kahle okungekukhulu kakhulu: sebenzisa ubisi oluyimpuphu olunesithako esiphezulu kakhulu esingamanzi esifana ne-Alfare, Alimentum, Allernova noma ne-Pepticate.
- Ubisi olune-soy kungenzeka lusetshenziswe. (Isivivinyo esingakufaki ukwaliwa yi-soy)
- Ubisi lwezimbuzi kanye nobisi lwezinye izilwane (olwezimvu, lwehhashi, lwembongolo) lunamaphrotheyini alingana ngamaphesenti angu-90 nobisi lwenkomo, futhi lunezinkinga zalo-ke nje zangokomsoco futhi akufanele neze ukuba lungasetshenziswa ngumntwana.

NGABE UMNTWANA WAMI KUYOMYEKA YINI UKWALIWA WUBISI LWENKOMO UMA ESEKHULILE NA?

- Abantwana abaningi bayaye baliwe ubisi lwenkomo besebancane kakhulu, kuye ngokuthi lubala ndlelani, isikhathi sokuhlonzwa kokwaliwa kwabo ubisi lwenkomo, izinga lezivikelamzimba kobona abantwana labo ngesikhathi sokuhlonzwa kwesimo leso kanye nephrotheyini okuyilona elenza kube nesimo sokwaliwa ubisi lwenkomo kumntwana lowo.
- Abantwana abaliwa yi-casein akulula ukuthi sibayeke lesi simo ngisho sebekhulile.
- Abantwana abaliwa ubisi lwenkomo kufanele bahlale njalo beyohlolwa odokotela ukubheka ukukhula kwabo kanye nokondleka kwabo kanye nokwenza ukuthi bakwazi ukulugwema bangalusebenzisi futhi kwenziwe nezaba ezimweni eziphuthumayo. Ukuhlolwa kwegazi kanye nokuchumbusa umunwe yizivivinyo ezenziwa njalo kanye ngonyaka ukubheka ukuqhubeka kokwaliwa wubisi kumntwana, kanye nokuthatha isinqumo mayelana nesikhathi lapho kungenziwa khona inselelo yokudla okungena ngomlomo kumntwana.

Ukuze ufunde kabanzi ngokuye, vakasheka ku: <http://en.wikipedia.org/wiki/Milk.allergy>