



IBHUKWANA LOLWAZI LESIGULI UKWALIWA UKUDLA

INCAZELO KANYE NOKUBEKWA NGONONINA

- *Ukuzwela kakhulu ekudleni yitemu* elithile elingasho okuthile nelisho noma yisiphi isimo sokungaphatheki kahle nokubangelwa ukudla noma izithako zokudla.
- *Ukwaliwa ukudla* wuhlobo oluthile lokuzwela kakhulu kokudla lapho khona amasotsha omzimba ebamba khona iqhaza ngokuthi abe namawala uma ebhekene nephrotheyini elithile eliyinxenye yalokho kudla emzimbeni.
- Zibalwa izinhlobo zokuzwela kakhulu ekudleni nezingesikhona *ukwaliwa ukudla*,
- Ezinye zezimpawu zokungakwazi ukubekezelela ukudla okudliwe kanye nokwaliwa ukudla ziyefana, kodwa umehluko phakathi kwalezi zinto ezimbili ubaluleke kakhulu.
- Izimo zokwaliwa ukudla kungenzeka zibeke impilo engcupheni, kanti ngezinye izikhathi kuyenzeka kubangwe wukudla okuncane nje okungekuningi, ngakho-ke abantu abaliwa ukudla kufanele baqaphele ukuthi bazigweme lezo zinhlobo zokudla ezibangela lesi simo.
- Izimo zokungakwazi ukubekezelela ukudla aziyona inkinga engabeka impilo engcupheni ngoba kuyenzeka ukuthi abanye abantu bangabinankinga uma bedle ukudla okuncane, kodwa zivele kakhulu futhi izimpawu uma bedle ukudla okuningi okubalayo.
- Esinye isizathu esithokozisayo ngokungakwazi ukubekezelela ukudla esokuthi le nto isemqondweni. Kunabantu abavele bazitshela ukuthi bona ngeke bakwazi ukubekezelela izinhlobo ezithile zokudla.

UKWABIWA NGONONINA KWEZIMO ZOKWALIWA UKUDLA

Ukuzwela Kakhulu Ekudleni

Ukudla okungali muntu

Ukuzwela kakhulu ekudleni (Ukwehluleka ukubekezelela ukudla)

Ukwaliwa Ukudla (Okuhlobene namasosha omzimba)

NGABE KUJWAYELEKE KANGAKANANI UKWALIWA UKUDLA NA?

- Ukwaliwa ukudla kwangempela akusiyona into eyande kakhulu njengalokhu abaningi becabanga.
- Yize kunesibalo sabantu esingaye sifinyelele kumaphesenti aphakathi kuka-20 kanye no-30 abakholwa ukuthi ngesikhathi esithile banesimo sokwaliwa ukudla, iqiniso ukuthi balinganiselwa kumaphesenti angu-2 kuya kwangu-5 abantu abanesimo sokwaliwa ukudla ngempela.
- Isimo sokwaliwa ukudla singahlasela abantwana kanye nabantu abadala ngokufanayo.
- Yize abantwana abaningi bayaye bangabe besaliwa ukudla uma sebekhulile, kodwa kuyenzeka futhi ukuthi nabantu abadala baliwe yizinhlobo ezithile zokudla.
- Ukwaliwa ukudla kuvame ukwanda kakhulu kubantwana abancane (bangaye bafinyelele ku-10%) ukunabantu abadala, futhi izinhlobo zokudla eziningi ezifana nobisi kanye namaqanda zivame ukuthi zingabe zisamala umuntu uma esemdala. Kumaqembu athile akhethekile, afana nabantwana abanokhwekhwe (utwayi), kungenzeka ukuthi amazinga okwaliwa ukudla abe phezulu kakhulu mhlawumbe aze afinyelele ko-30-40%.

NGABE ZIYINI IZIMPAWU ZOKWALIWA UKUDLA NA?

- Zimbili izinhlobo eziphambili zokwaliwa ukudla, izinhlobo zokwaliwa ukudla ezingama-IgE-mediated (ezisheshe ziziveze uma zimala umuntu) , kanye nezinhlobo zokudla ezingama-non-IgE mediated (ezingasheshe ziziveze uma zimala umuntu).
- Lezi zinhlobo zokwaliwa ukudla ziziveza ngezindlela ezahlukile ngoba zinezindlela ezahlukene kuzo.
- Izinhlobo zokudla ezisheshe ziziveze uma umuntu zimala kujwayele ukuthi kube ubisi, amaqanda enkukhu, amakinati kanye nolunye uhlobo lwamakinati, inhlanzi, inhlanzi enegobolondo, isoya kanye nokolo.
- Izinhlobo zokudla ezingasheshi ziziveze uma umuntu zimala kujwayele ukuthi kube ubisi lwenkomo kanye nesoya, kodwa-ke futhi ziyenzeka nakwezinye izinhlobo zokudla okuqinile.

Izinhlobo zokwaliwa ukudla ezi-IgE-mediated (izinhlobo ezisheshe ziziveze)

- Izinhlobo zokwaliwa ukudla ezisheshe ziziveze noma ezi-IgE-mediated yizona ezejwayelekile kanti zihlale zikhona nje futhi zithathwa ngokuthi “ezingasozwe zabuna” nokuyizinhlobo zokudla ezidume ngokuthi uthi umuntu eqeda nje ukuzidla kungakapheli ngisho nemizuzu emibili ekudlile lokho kudla okumalayo bese eqale ezwa ukungaphatheki kahle.
- Abantu abaningi badinga izinhlobo ezahlukene zokudla ukuze izimpawu ziqale zibonakale, isibonelo, esimweni lapho khona omunye umuntu kuba nesidingo sokuthi adle inani elanele lokudla ngaphambi kokuba izimpawu zivele, kanti esimweni esibi kakhulu kungenzeka adinge ukuthi adle inani elincane kakhulu lokudla.
- Abanye abantu kuyenzeka babe nenkinga ngisho nangokuthintana nje nokudla ngesikhumba sabo, isib. ngemuva kokuba beqatshulwe ngumuntu osanda kudla ukudla, kanti abanye abantu kuyenzeka babe nokuzwela uma izinhlayiyana zokudla zisemoyeni obazungezile, isib. uma kunomuntu ophekayo esebenzisa lokho kudla.

Izingxenye ezithentekayo uma kunesimo sokwaliwa ukudla esisheshe sizibonakalise, zifaka phakathi lezi ezilandelayo:

- *Isikhumba*: isib. umqubuko (“urticaria”), amaqhuquvu alumayo abomvana, ukuvuza, ukuvuvukala kwengaphansi lesikhumba njengaphansi kwamehlo (“angioedema”).
- *Usinga lwethumbu*: ukuvuvukala kwezindebe zomlomo noma kolimi, ukuhlanza, uhudo, kanye namajaqamba esiswini.
- *Umgudu womoya*: ukuhogela nokuthimula, ukuvuvukala kwendawo engenhlalala yokwedlula umoya kwenze nezimpawu ezifuze ukuvuvukala komphimbo, ukugongobala komgudu womoya ongezansi nokwenza ukuthi umuntu ahlaselwe yisifuba somoya, kube nzima ukuphefumula.
- *Amehlo*: ayavuvukala, akhale izinyembezi, alume.
- *Ukuhamba kwegazi (ezenhlinziyo) izibilini*: ukushaya ngamandla kwenhlinziyo, umfutho ophansi wegazi, ukuquleka, ukuwa.
- *Isimo somzimba wonkana nengqondo*: isibhocobhoco, abantwana abangafuni muntu eduze kwabo, ukuphelelwa yithemba .
- Yize-ke izimpawu ezifana nalezi zenzeka ngokushesha okukhulu ngemuva kokuba ukudla sekudliwe, kuyenzeka futhi okunye kwenzeke sekuhamba isikhathi eside, mhlawumbe isikhathi esingaba amahora aphakathi kwayi-6 kuya kwayi-12.
- Uma izibilini zokuhamba kwegazi zibandakanyeka noma umgudu wokuhamba komoya, lesi simo sokwaliwa wukudla siba nzima kakhulu, kanti-ke lapho sisuke sesaziwa ngokuthi yi-anaphylaxis (leli gama liphinyiswa kanje: an-a-fi-LAK-sis). Lokhu kungenzeka ngokushesha okukhulu kanti kuyisimo esibucayi esidinga ukwelashwa ngezemithi ngokushesha okukhulu.

Isimo sokwaliwa ukudla esiyi-Non-IgE (uhlobo oluthatha isikhathi ukuthi luvele)

- Kulesi simo sokwaliwa ukudla, izimpawu zenzeka ngemuva kwamahora noma kwezinsuku ngemuva kokuba umuntu edle ukudla okumgulisayo, ngakho-ke kuvame ukuthi kube nzima ukuthi lokho kugula kumataniswe nalokho kudla umuntu akudlile. Kodwa izimpawu isikhathi esiningi zifaka phakathi umgudu wokugaya ukudla, nokuya kudaleke izimpawu ezifana nohudo, ubuhlungu obuzishaya sasilumo, ukushisa okukhulu, ukuhlanza kanye nokuthela igazi uma umuntu eya ethoyilethe noma ukukhula kancane. Kanti izimpawu ezingaphathelene nokugayeka kokudla zingafaka phakathi isifuba somoya kanye nokhwekhwe (utwayi). Khumbula njalo ukuthi yingxenya encane nje yokhwekhwe ebangelwa ukwaliwa ukudla.
- Umthelela obangelwa ukuvela kwesimo sokwaliwa ukudla sekwedlule isikhathi kwesimo somzimba wonkana kuyisimo esingaqondakali kahle neze. Izimo zokwaliwa ukudla ezihlasela isimo somzimba wonkana zifaka phakathi izimo ezinjengokunkenkethelwa yikhanda, isimo sokwethuka esihambisana nokwaliwa ukudla kanye nomusa oyizigaxa. Kunezinhlalo ezimbalwa zokudla ezisolwa ngokwenza ikhanda elinkenkethayo, kanti lezo-ke yilezi: ushokoledi, iwayini elibomvu, izinsalela zembiliso/zemvubelo, ushizi oqinile, ubisi kanye namaqanda. Kodwa-ke lezimo zivame ukuthi zibe yizimo ezingabekezeleleki.

Isimo sokuhlangana kwemihlathi eyazanayo

- Phela ukwaliwa ukudla kungenzeka kuholele ekutheni umuntu aliwe yiphrotheyini elifanayo elitholaka kwenye nje indawo okungesikhona ukudla-ke manje. Isibonelo nje, abantu abaliwa yimpova yesihlahla ungathola ukuthi babuye baliwe nayizithelo ezithile kanye namakinati athile.
- Lokhu kwaziwa ngokuthi ukuhlangana kwemihlathi eyazanayo. Ukuhlangana kwemihlathi eyazanayo kwenzeka uma amasosha omzimba ekholwa ukuthi iphrotheyini elithile lihlobene kakhulu nelinye.
- Uma-ke lokhu kufaka phakathi ukudla, kubizwa ngokuthi yi-oral allergy syndrome (OAS).

NGABE KUTHOLAKA KANJANI UKUTHI UMUNTU WALIWA UKUDLA NA?

- Ukukwazi ukuthola ukuthi umuntu waliwa ukudla kuncike ekutheni umuntu akwazi ukuqaphela isiguli kanye nemiphumela yezivivinyo ezinye ezenziwayo.
- Uma kulandelwa umlando omuhle kungenzeka futhi ukuthi kutholakale izimpawu ezithile ezidamane zivela uma kudliwe izinhlobo ezithile zokudla. Lokhu kuvame ukuthi kucace bha esikhathini sokuqala sokubonisa ukwaliwa ukudla komuntu bese kuba nasezimweni lapho khona kuthatha isikhathi ngaphambi kokuba kubonakale ukuthi umuntu waliwa ukudla okuthile.
- Ezimweni lapho khona umuntu kuyaye kusheshe kubonakale ukuthi umuntu waliwa ukudla okuthile, izivivinyo zokuhlaba isikhumba kanye nezivivinyo zegazi (nezikwazi ukuthola ama-IgE antibodies ezinhlobeni eziningi ezahlukeneyo zokudla egazini) ziyasebenza kakhulu. Khumbula ukuthi ukuhlolwa kwesikhumba noma kwegazi okubonisa sengathi umuntu waliwa ukudla kusuke kungasho ngokuphelele ukuthi umuntu waliwa wukudla.
- Uma ukuhlonzwa komuntu ukuthi waliwa ukudla kungenasiqiniseko, noma ukuhlola ukuthi ngabe umuntu usekhulile yini ukuthi usengaliwa ukudla, kungenzeka kube nesidingo sokuthi kwenziwa inselelo yomlalo, uyaye anikwe iziqeshana ezincane zalokho kudla okumgulisayo ngaphansi kweso elibukhali ukuze abhekwe ukuthi ngabe kumphatha kanjani lokho kudla na.
- Izivivinyo zasemalabho lethri azisizi zona kangako uma kuziwa ngasekwaliweni ukudla okuvela sekwedlule isikhathi. Kulezo zinhlobo zokwaliwa ukudla, isikhathi sokugcina sokuhlonzwa kwesifo yikhona okusala kube yinkomba yokukhululeka kwizimpawu ekususweni kwaleyo nto yokudla ekuphazamisayo amasonto ambalwa, bese futhi ziqala phansi izimpawu uma iphinda ibuyiswa (inselelo yokuvivinya ngokukhipha. Udokotela oqeqeshiwe kwezokwaliwa ukudla kungadingeka ukuthi naye abamba iqhaza. Ezikhawini ezimbalwa, kungathathwa isampula lethumbu ukuze liyihlolwa.
- Akukho ndima edlalwa ngezinye izindlela zokuhlola ukwaliwa ukudla ezinikwa umphakathi yilabo abaqeqeshelwe ukwenza lokho bekwenza ngaphandle kokukhokhisa, lapha singabala izivivinyo ezifana ne-Vega testing, ukuhlolwa komthambo kanye nezifundo zokucwaninga ngokunyakaza komuntu. Kungenzeka kungabibikho sizinda sobufakazi futhi kungenzeka kuholele ekutheni kubhunjwe kushiwo isimo sokwaliwa ukudla okungesona futhi umuntu aze agweme ukudla okuthile kungenasidingo.

NGABE KWELASHWA KANJANI UKWALIWA UKUDLANA?

- Okwamanje, alikho ikhambi “lokwelapha” izimo zokwaliwa ukudla. Ukugwema ukudla okuyikhona umuntu okumnika inkinga yiyona ndlela enqala esebenzayo ukwelapha isimo sokwaliwa ukudla. Isiguli esinalesi simo siding ukufundiswa mayelana nokulebulwa kokudla kanye nemithombo yokudla efihlakele.
- Kanti ngesikhathi esifanayo kubalulekile ukuthi umuntu athole ukudla okuhlelekile, ukudla okunamaphrotheni enele, amakhalori amaningi, amaminerali kanye namavithamini. Ukubambisana okukhulu phakathi kwesiguli, udokotela ojwayelekile kanye nodokotela wokudla.
- Kwizimo lapho ukudla kungamphathi kahle ngokushesha umuntu okudlile, isiguli leso kudingeka ukuba sifundiswe ngokuthi singakwazi kanjani ukubona kanye nokwelapha izimo zokwaliwa ukudla ezinjalo, uma kwenzeka umuntu edla ngengozi ukudla okumalayo. Lokhu kudinga uhlelo olusheshayo kanye nokwelashwa okuphuthumayo.
- Kwizimo zokwaliwa ukudla ezingatheni (ezincane), umuntu anganikwa i-antihistamine nje kuphela.
- Ezimweni lapho khona isimo sokwaliwa ukudla sinzima kakhulu khona, nokungaba yizimo ezifaka phakathi umgudu womoya noma isimo sokuhamba kwegazi, kungenzeka kudingeke i-adrenaline kanti ingakwazi ukusiza ukuphephisa impilo yomuntu. Udokotela angazikhethela ukuthi ngabe isiguli leso siyadinga yini ukuthi sinikwe i-adrenaline pen ukuze siyigcine ekhaya/esikoleni uma kwenzeka besengcupheni yokuthi bangahlaselwa yisimo esibi kakhulu sokwaliwa ukudla.
- Ezimweni lapho khona isimo sokwaliwa ukudla kuthatha isikhashana ngaphambi kokuba kwenzeke, kufanele umuntu akugweme ngokungaphezi lokho kudla okusokola ukuthi kuyamala, kanti lena yiyona ndlela enempumelelo yokwelapha ngempumelelo leso simo. Uma ukudla okumele kudliwe umuntu onalesi simo kungamhlinzeki ngokukhululeka kwizimpawu zesimo, kungenzeka kube nesidingo sokuthi kwengezwe ngmithi ethile, kuye ngezimpawu zesikole leso esalashwaywo.
- Zikhona izindlela ezimbalwa ezisazanywa nezingezokwelapha lesi simo lezo-ke yizindlela ezifana ne-oral tolerance induction (ukusetshenziswa kokwelashwa okuphuzwayo) kanye nama-anti-IgE antibodies, kodwa-ke wona okuyinto esacwaningwa njengamanje. Kodwa-ke lokhu kwelashwa khona akuvamile ukutholakala eNingizimu Afrika kanti emazweni aphesheya kusetshenziselwa ukwenza ucwaningo kuphela.

NGABE UYINI UMPHUMELA WESIKHATHI ESIDE WESI KHATHI ESIDE WESIMO SOKWALIWA UKUDLA?

- Izindlela eziningi zokwaliwa ukudla kuyenzeka kumyeke umuntu uma esekhulile, isibonelo, ubisi lwenkomo, isoya, iqanda kanye nokwaliwa ukolo – yizona zonke izimo lezo othola ukuthi esikhathini esiningi ziyaphela uma umuntu esekhulile.
- Kodwa-ke kunezinye izimo ezehlukile kubantu abadala okwenzekayo ukuthi baqhubeke nokwaliwa yilezi zinhlobo zokudla ngisho sebekhulile. Kanti ngakolunye uhlangothi, ukudla kwasolwandle kanye namakinati kuyaye kuyeke ukwala abantu abathile abambalwa uma sebekhulile (kuba ngu-20% wabantu noma ngaphansi kwalokho), isizathu salokhu ukuthi lokhu kwaliwa ukudla kuvame ukuthi kuhlaselwe umuntu impilo yakhe yonke.
- Kubalulekile kwisiguli esaliwa ukudla ukuthi sihlale siqashwe ngeso lokhozi udokotela okuqeqeshelwe ukubhekana nezimo zokwaliwa ukudla, ukuze udokotela akwazi ukuqagula ukuthi ngabe isiguli siyayilandela yini indlela yokudla ebekiwe, kanye nokuthi izimo zokwaliwa ukudla ezithuka zizivelela zona ngokwazo zilawulwa ngendlela, kanye nokuthi ngabe kunezimpawu zokuthi kungenzeka ukwaliwa ukudla lokho kumyeke umuntu uma esekhulile. Udokotela uyena oyosho ukuthi kungenzeka yini ukuthi mhlawumbe ngabe kunenselelo yokudla okulawulwaywo yini kanye nokuthi kungenzeka yini ukuthi lowo muntu owaliwa ukudla akwazi ukudlubulundela ekwalilweni ukudla uma esekhulile.

UKWEHLULEKA UKUBEKEZELELA UKUDLA KODWA OKUNGESIKHONA UKWALIWA UKUDLA

- Kunezinhlalo eziningi zokwehluleka ukubekezelela ukudla kodwa futhi ezingesikhona ukwaliwa ukudla.
- Abanye abantu uthola ukuthi ababinayo inkinga uma bedle izinhlobo ezithile zokudla futhi kuwukudla okuncane nje kodwa futhi babe nenkinga uma bedle leyo nhlobo yokudla isiwukudla okuningi, isibonelo, ukolo kubantu othola ukuthi banezimo zokuphendukelwa yizisu kabi kabi.
- Isibonelo esilula nje sokwehluleka ukubekezelela ukudla kodwa futhi okungesikhona ukwaliwa ukudla yilapho ukudla kunobuthi obuthile lapho ukudla kuyaye kutholakale ukuthi kuye kwanindeka ngento ethile engafanele.
- Abanye abantu abangenawao ama-enzymes afanele ukugaya ukudla okuthile. Isibonelo esejwayelekile lapha ukwehluleka ukubekezelela i-lactose. Lokhu kungenxa yokungabibikho kwe-enzyme eyaziwa ngokuthi yi-“lactase,” nebalulekile ekugayeni i-milk sugar lactose. Lokhu kushoda kungenzeka kube yinto elufuzo noma kwenzeka ngezikhathi ezithile ngemuva kokubanjwa yi-gastroenteritis. Ukushoda kwe-lactase enzyme kuholela ekutheni umuntu abe namajaqamba kanye nohudo ngemuva kokudla imikhiqizo yasederi.
- Esinye isibonelo esiwukungabekezeleleki kokudla kodwa futhi okungesikhona ukwaliwa ukudla kuba yileso simo esibangelwa amakhemikhali athile emvelo, noma esibangelwa yizithako zokudla (ukuqubuka kwamakhemikhali). Lokhu kuqubuka kuyefana nokwaliwa ukudla kwangempela futhi kungenzeka kube ukwaliwa ukudla. Izithako zokudla kufaka izinto eziningi ezifana nezinongo, izinto zokufaka ubumnandi, okokushintsha umbala wokudla, njl. Izibonelo ezaziwayo lapha yilezi: i-tartrazine, i-monosodium glutamate (MSG), i-sulphur dioxide kanye ne-benzoates.