



IBHUKWANA LOLWAZI LESIGULI UKWALIWA NGAMAKINATI

ISETHULO

- Isimo sokwaliwa amakinati yisimo sokwaliwa ukudla esihluphayo ngoba siyisimo esejwayelekile, akulula ukusigwema kanti ngezinye izikhathi ngisho namanenjana amancane nje amakinati kuyenzeka avele aqubule izimpawu zokwaliwa yiwona.
- Amakinati angesinye sezizathu ezaziwayo ezibangela izimo ezifana ne-anaphylaxis, nokuyisimo esibi kakhulu sokwaliwa ukudla.
- Ngenxa yokungakwazi ukuqaguleka kwesimo sokwaliwa ukudla kunconywa ukuthi umuntu avele awagweme sanhlobo nje amakinati futhi kube nohlelo lokusingqoba olubalulekile (ikakhulukazi ngezikhathi lapho amakinati edleke ngephutha khona).

NGABE KUJWAYELEKE KANGAKANANI UKWALIWA NGAMAKINATI NA?

- Isimo sokwaliwa ngamakinati sibukeka sisiyimo esesijwayeleke kakhulu emazweni afana no-UK kanye naseMelika, lapho othola khona ukuthi kunesibalo esime kanje- 1:50 esichaza abantwama abanesimo sokwaliwa ngamakinati.
- Asinayo imininingwane egcwele mayelana nezibalo ngokwenzeka lapha eNingizimu Afrika, kodwa kubukeka sengathi ukwaliwa ngamakinati sekwandile impela kule minyaka edlule. Ziningi-ke izizathu ezibalwaywo zokuthi kungani lesi sibalo siye sakhula lapha eNingizimu Afrika, kodwa-ke kuze kube yimanye ayikho impendulo ecace bha.

NGABE AYINI AMAKINATI NA?

- Ikinati akusilona intongomane langempela: kodwa okunalokho ikinati liyilungu lomndeni wakobhontshisi. Kanti amanye amalungu omndeni wakobhontshisi lapho ubhontshisi oyiso, ulentshisi, uphizi wasengadini, kanye nochokwane.
- Amakinati ehlukile-ke kulokho okwaziwa ngokuthi “amantongomane esihlahla” ngoba wona amila ezihlahleni, kuhlanganisa ne-pecan hazelnut, i-walnut, i-almond, i-cashew, i-brazil nut kanye ne-macadamia nut.
- Amaprotheyini akumakinati ehluke kakhulu kulawo asezihlahleni zamantongomane; kodwa-ke cishe yiziguli ezingu-30% ezaliwa ngamakinati othola ukuthi zaliwa nangamantongomane amila ezihlahleni. Yize amakinati engowomndeni wakwabhontshisi, kodwa mancane kakhulu amathuba okuthi uma umuntu aliwa amakinati usengahlanganyelwa yiyona yonke igenge yakwabhontshisi efana nophizi (amathuba alingana nalawa: 5-10%).
- Abantwana abaliwa amakinati basengcupheni ephezulu futhi yokuthi baliwe ngamaqanda kanye nokwaliwa yimbewu yoludonqa.
- Kanti kokubili ukhukhunathi kanye nophayinathi kuyizimbewu, akusiwona amantongomane, kanti nabantu abaningi abangawadli amakinati bangakwazi ukukudla bengabinayo inkinga.

OKUHLOLWE NGODOKOTELA MAYELANA NOKWALIWA AMANTONGOMANE/AMAKINATI

- Izimo eziningi ezimayelana nokwaliwa amakinati ziba yizimo ezisheshe zizwele ngaso lesi sikhathi ("IgE-mediated") kanti zenzeka esikhathini ezisukela emizuzwini kuya emahoreni amabili ngemuva kokuba umuntu - edle ukudla okunamakinati.
- Ukwaliwa amakinati noma yisihlahla samakinati okuningi kuba yisimo esingesi kakhulu, ezifana nomqubuko kanye nokuhlanza.
- Ezinye izimo zokwaliwa amakinati kuyenzeka zibe nzima kakhulu, zenze ukuthi umuntu angakwazi ngisho nokuphefumula imbala ngenxa yokuvuvukala komphimbo noma kokuba nesifo sofuba noma umuntu ehlelwe umfutho wegazi. Kanti-ke lesi simo saziwa ngokuthi yi-anaphylaxis.
- Abanye abantu abaliwa amakinati uthola ukuthi bazwela ngisho nakumanenjana amancane kakhulu amakinati- isib. uma umuntu obesanda kudla amakinati ebaqabula.

UKUHLONZWA KWESIMO SOKWALIWA AMAKINATI

- Umlando onzulu yiwona oyosho ukuthi ngabe kungenzeka yini kube nesimo sokwaliwa ukudla kanye nezinhlobo zokudla okutholakala ukuthi yizona okungenzeka zihamba phambilini ekwaleni abantu abathile. Lokhu kungalandelwa yizivivinyo ezihlola ukuthi kwenzakalani uma umuntu edle amakinati, futhi kungenzeka kufake phakathi ukuhlolwa ngokuchumbuza umunwe, kanye nokuhlolwa kwegazi (i-immunoCAP) kuhlelwa izimo ezithile eziqondene ngqo nokwaliwa yizimo ezithile zokudla. Ukudla okuhambisana namakinati okufana nezihlahla zamakinati kufanele nakho kuhlelwe khona.
- Ngisho nokuhlolwa kwamagazi okuqondile imbala, nokubheka amanenjana amancane kakhulu amaphrotheyini amakinati (afana ne-Arah2 fraction) nakho kuyatholakala kanti futhi kufanele kuhunyushwe udokotela okunguchwepheshe.
- Yize imiphumela yalezi zivivinyo zokwaliwa amakinati iyimihlahlandlela nje kuphela yokusho ukuthi ngabe ngempela umuntu unakho yini ukwaliwa yisimo sokwaliwa amakinati, kodwa-ke ayiqaguli ukuthi ngabe lokho kwaliwa amakinati komuntu kuyoba okukahle nje noma okubi kakhulu. Kubalulekile futhi ukwazi ukuthi akusibona bonke abantu abathi uma behlolwa kutholakale ukuthi banesikhumba sokwaliwa amakinati noma igazi elibonisa ukuthi banesimo sokwaliwa amakinati, abaliwa ngamakinati.
- Ezimweni lapho kungenasiqiniseko khona, udokotela ocwaninga ngokwaliwa ukudla okuthile, kungenzeka enze izincomo zokuthi kube nenselelo yokudla ebhekwe ngeso lokhozi ukuze kubhekwe isimo sokwaliwa amantongomane/amakinati. Lokhu kufaka phakathi ukunikeza umuntu amanenjana amancane amakinati, bese kukhuliswa inani lamakinati kulowo muntu onesimo sokwaliwa amakinati endaweni efanele (esibhedlela).

UKWELASHWA KWESIMO SOKWALIWA AMANTONGOMANE/AMAKINATI

Ukuwagwema

- Okwamanje ukugwema ukudla/ukusebenzisa zonke izinto ezinamakinati phakathi kanye nokugwema izihlahla zamakinati yiyona kuphela indlela esebenzayo njangamanje.
- Kubalulekile ukufunda amalebula wonke amalebula okudla okupakishiwe, okugayiwe, okubhakiwe, amasiriyeli kanye nokudla kwempilo ngokucophelela.
- Kufanele kuqashelwe kakhulu uma kunamadili/amaphathi abantwana kanye nakwizindawo zokudlela.
- Abantwana kufanele baziphathele izikhafutini zabo ezingenawo amakinati ezikoleni futhi akufanele babelane noma bashintshiselane ngokudla ezikoleni.

- Izikole ezimbalwa zinenqubomgomo ethi awavumelekile amakinati ezikoleni ngokwazi ukuthi isimo sokwaliwa amakinati sibhidlangile ezikoleni.
- Amanye amalebula kuyenzeka abeke kanje “kungenzeka kube namathonseyana amakinati” uma kunokwenzeka ukuthi kunentwana encane ngendlela exakile engamakinati okungenzeka ukuthi yagcina isiphoseka ebhodweni ngenkathi kulungiswa ukudla. Ngokuvamile nje, labo abanesimo esibi kakhulu sokwaliwa ngosho ngangamanenjana amancane nje aamakinati, kumele bakugweme ukudla okunjalo, lokho phela okunamalebula abhalwe ukuthi “kungenzeka kube namathonseyana amakinati”.

Ukwelashwa okuphuthumayo kwalesi simo

- Kunzima kakhulu ukuthi umuntu angagwema ukudla noma ukusebenzisa amantongomane/amakinati noma izihlahla zamakinati ngokuphelele, kanti abantu abaningi abaliwa amakinati kuyenzeka umuntu athuke esezibona edla amakinati engaqondile nje njalo ngemuva kweminyaka embalwa. Le ngcuphe inkulu kakhulu ebantwaneni, lapho khona ingcuphe yokuhlangana mahlanze namakinati iba nkulu, lapho onkabi laba behleli nontanga yabo kwabelwanwa ngamathoyizi kanye nokudla.
- Abanakekeli babantwana ezikoleni, amalungu omndeni kanye nabangani kumele baziswe ngokwaliwa amantongomane/amakinati komntwana, futhi batshelwe nokuthi yini okumele bayenze esimweni esiphuthumayo. Umuntu owaliwa amakinati kufanele abe nohlelo olucacile oluveza ngokusobala izinyathelo okufanele ukuthi azilandele uma kwenzeka ezithola ezingqamama nokudla okunamakinati engalindele. Lolu hlelo lokuthi yini okumele mayenziwe kufanele lubonakale ekhaya kanaye nasesikoleni noma emsebenzini.
- Isiguli kufanele sikwazi ukufinyelela ekwelashweni kwaso okusheshayo ngazo zonke izikhathi. Kwizimo zokubanjwa yilesi simo sokwaliwa amakinati ezingatheni, i-anti-histamine ingasebenza kakhulu. Kanti ezimweni zokwaliwa ngamakinati ezinzima kakhulu kungadingeka i-adrenaline ejowwaywo.
- Udokotela obhekene nezimo zabantu zokwaliwa yinto ethile kumele athathe isinqumo sokuthi yini lapho khona umuntu kungahle kwenzeke ahlaselwe yisimo sokwaliwa amakinati bese ethatha isinqumo sokuthi leso siguli kumele sisebenzise ipeni elizojova lona ngokwalo le-adrenaline. Lezo ziguli ezisengcupheni enkulu kufanele ziqeqeshwe ngokwanele ukuthi zikwazi ukusebenzisa i-adrenaline yokuzijova futhi zihlale ziyiphethe ngaso sonke isikhathi.
- Labo bantu abaliwa amakinati kufanele bahlale begqize ngokusasiphandla esihlakaleni okunemininingwane kadokotela wabo ikakhulukazi uma labo bantu benesimo esibi kakhulu sokwaliwa amakinati noma futhi uma benesifo sesifuba somoya.

Ukwelashwa okusacwaningwa

- Sikhuluma nje kunezincwaningo eziqhubekayo njengamanje nezibheka izindlela ezintsha zokwelapha lezi zimo kanti enye nje yezindlela yileyo eyokubulala ukuzwela kwamakinati emlonyeni. Kodwa-ke le ndlela yokubulala ukuzwela kwamakinati emlonyeni kuseyinto esacwaningwa nje kuphela okwamanje.

Ithebula 1: Izinhlobo zokudla okunamakinati/okungenzeka ukuba zinamakinati

- I-peanut butter, amakinati axutshiwe, amafutha amakinati *
- Ukudla okubhakiwe, amabhisikidi, ama-crackers, ama-pastries
- Amasiriyeli, i-muesli
- Ukudla kwase-Eshiya, Ukudla kwase-Indoneshiya, Ukudla kwaseThayi, ukudla kwalabo abadla imifino kuphela

- Ipesto
- Ama-health bars
- Oshokoledi, amaswidi, i-nougat, i-marzipan
- Ama-vegetable fats kanye noteli, izithelo zamaphrotheyini ezimanzisiwe, nezithako “zemvelo”
- I-worcestershire sauce
- Okokugcoba/okhilimu abanamafutha amakinati noma i-arachis oil

*Amafutha enziwe ngamakinati alungiswe kakhulu anamaphrotheyini amancane amakinati kanti aye abonisa ukuthi aphephile ocwaningweni olunye oluye lwenziwa.

UMLANDO WEMVELO YOKWALIWA AMAKINATI KANYE NESIHLAHLA SAMAKINATI

- Ngokuhamba kwesikhathi, abantwana abalinganiselwa ku-20% bayokwazi ukulwa nesihlala sokwaliwa amakinati noma yisihlahla samakinati; abangu-20% bayoba nokwaliwa okubi kwamakinati bese kuthi abangu-60% isimo sabo ngeke siguquke siyohlala sinjalo nje. Akulula-ke nokho ukuqagela ngendlela eshaya emhlohlweni ukuthi ubani isimo sakhe esiyoba ngcono futhi uyena bani isimo sakhe esiyoba sibi kakhulu, ngakho-ke kunconywa ukuthi kube nochwepheshe oqeqeshiwe nozolandeleda (njalo ngonyaka) kwenziwa uchwepheshe oqeqeshiwe. Uma ukwaliwa amakinati kuqhubeka umuntu aze abe yibhobhodlana noma itshitshana, lapho-ke kusuke kungaselula neze ukuthi kumyeke noma kunyamalale.
- Abanye abantu abaliwa amakinati kuyenzeka baphathwe ngesinye isimo sokwaliwa ukudla okufanayo noma okuhlobene ngokuhamba kwesikhathi. Yize abantu abaningi abaliwa amakinati noma abaliwa yisihlahla samakinati beyaye belulekwe ukuthi bayigweme yonke into efaka okusamantongomane noma okusamakinati phakathi, akucaci-ke nokho noma ukwenza njalo kuyovimbela okunye ukwaliwa amakinati okusha ukuthi kungaqubuki.
- Odokotela abaningi abaqeqeshelwe ukwelapha izifo/izimo zokwaliwa (ukudla) bayazama ukuqagula ukuthi ngabe yiwona maphi amantongomane/amakinati umuntu amalayo, kanti uma umuntu kutholakala ukuthi kunezinye izinhlobo ezithile zamantongomane/zamakinati azidlayo angabi nayo inkinga, uyaye akhuthazwe ukuthi ajoye ukudla lezo zinhlobo ezingambangeli inkinga uma ezidlile, futhi azidle zinjengoba zinjalo, zingathakwe nalutho olunye ukuze avikele ukuthi nalezo zinhlobo “zibuye zimale” kabusha futhi nazo.

AMAKINATI NGESIKHATHI SOKUKHULELWA KANYE NESOKUNCELISA

- Phambilini abesifazane abazithwele noma abancelisayo babelulekwa ukuthi bagweme amakinati ukuze bazame ukunciphisa amathuba okuthi abantwana babo baliwe amakinati uma sebezelle noma sebekhulile. Kodwa-ke abukho ubufakazi obukhombisa ukuthi lokhu kuyakunciphisa ukwaliwa amakinati kubantwana, yingakho-ke njengamanje kungasancanywa ukuthi abantu abazithwele noma abancelisayo bakugweme ukudla amakinati.
- Kunocwaningo oluqhubekayo njengamanje kanti lubheka isikhathi esingcono sokwethula “ukudla okwalana kakhulu” kubantwana abasancela, kanti kulezo zinhlobo singabala amakinati kanye namaqanda. Kanti-ke imiphumela yalolu cwaningo kumanje nje ibhekwe ngamehlo abomvu. Ubufakazi obukhona njengamanje bubeka ukuthi ukuqala kokunikezwa komntwana amakinati noma ngabe yini uma esehlenganise izinyanga eziyisithupha zobudala.