



INCWADANA YOLWAZI EYENZELWE ABAGULI UKUWALIWA LUBISI LWENKOMO

Ziintsana nabantwana abalinganiselwa kwisi-2 ukuya kwisi-7.5% ezaliwa lubisi lwenkomo, yaye oku kuxhaphakile kwiminyaka emi-3 yokuqala yobomi.

YINTONI EBANGELA UKWALIWA LUBISI LWENKOMO?

- Ubisi luneeprothini ezininzi ezahlukeneyo ezinokubangela iintshukumo ezidalwa kukwaliwa lubisi.
- Iiprothini ezinkulu yicasein nentloya.
- Icasein yingqaka eba ngaphezulu elubisini yaye ivela xa ubisi luyekwa lube muncu. Inggaka yenza malunga nama-80% eprothini efumaneka elubisini yaye ithanda ukuqina.
- Intloya ngamanzi. Intloya yenza enye i-20% yaye inako ukwahlulwahlulwa ibe ngamanye amasuntswana ngokuthi ifudunyezwe (abaguli abaliwayo yintloya banako ukulungelana nobisi olubilisiweyo okanye *ilong-life*).

YINTONI UKUNGALUNGELANI NE-LACTOSE?

- *Ilactose* yiswekile efunyanwa elubisini. *Ilactase* sisiphembeleli-lutshintsho esicazulula *ilactose* ukuze ibe nokungena ethunjini.
- Ukuba amazange *elactase* asezantsi, iiswekile zobisi azinakwetyiswa, yaye inokuqokelelana ethunjini ibangele ukuqunjelwa, urhudo, isisu esinomoya, ubucaphucaphu neentlungu esiswini.
- Ukungalungelani *nelactose* yinto enqabe gqitha kwiintsana yaye kuya kuxhaphaka kakhulu ebantwaneni abadadlana nabantu abadala.
- Abantu abangalungelaniyo *nelactose* bayashiyana ngamanqanaba okunqongophala kwesiphembeleli-lutshintsho. Abo bangenayo kwaphela *ilactase* abalungelwa nayintwana nje yeemveliso zobisi, ngelixa abo banamazinga asezantsi basenokukwazi ukutya okanye ukusela intwana ze bangabi nazimpawu.
- Kukho iimveliso ezininzi zobisi ezinamazinga asezantsi *elactose* kunobisi. Ngokomzekelo iyogathi netshizi zisenokungabi nantshukumo edalwa kukungalungelani.
- Kanjalo kukho nobisi olunomlinganiselo osezantsi *welactose* nolungenayo *ilactose* kwakunye nezinto ezinokuthatha indawo ye*lactose* ezinokuthi zifakwe kwiimveliso zobisi okanye zityiwe ngumntu ngaphambi kokuba atye imveliso yobisi.
- Umntu owaliwayo lubisi uza kuqhubekeka nokuba neempawu zokwaliwa ngelixa esitya iimveliso zobisi ezingenayo *ilactose*.

IINTSHUKUMO EZIDALWA KUKWALIWA LUBISI

- Malunga nama-40% eentshukumo ezidalwa kukwaliwa lubisi lwenkomo zaziwa ngokuba zii-IgE-mediated okanye iintshukumo ezenzeka “ngoko nangoko”, ezithi zivele kwimizuzu ukuya kutsho kwiinyure ezi-2 emva kokudibana nobisi.
- Iintshukumo zisenokungabi qatha okanye zibeke ubomi engozini yaye ziquka izigxala, ukuba nesifuthufuthu, ukudumba, ukurhawuzelela, ubucaphucaphu, ukugabha, ukutswina kwesifuba, ukuphefumla nzima nokuquleka (i-anaphylaxis).
- Iintshukumo ezilibazisekayo zisenokuqala emva kweeyure eziliqela ukuya kwiintsuku emva kokutya ubisi yaye iimpawu ziquka ukugabha, urhudo, iintlungu esiswini, ukungakhuli kakuhle nerhashalala.

UXILONGO LWENZIWA NJANI?

- Iintshukumo ezenzeka ngoko nangoko nezidalwa kukwaliwa lubisi zinokuhlolwa, nditsho nakubantwana abancinci, ngokuhlolwa kwegazi kunye/okanye kwesikhumba. Ukuba iziphumo zolu hlolo aziqinisekanga kunokwenza “ucelo-mngeni lokutya lomlomo” ngokuthi ugqirha okanye unesi anike umntu imilinganiselo yobisi emane inyuswa ngokunyuswa, ngokuqhelekileyo oku kwenziwa esibhedlele, ukuze kube nokunyangwa iintshukumo eziqatha ezidalwa kukwaliwa.
- Ezinye iintlobo zokwaliwa lubisi azinokuhlolwa ngezi ndlela zokuhlola. Kule imeko kwenziwa uhlolo ngocelo-mngeni lokuyekisa izinto ezithile. Olu hlolo lumele lubonise ukuphela kweempawu xa luyekiswa ubisi ekutyeni kwakunye nokuphinda zivele xa ephinda enikwa ubisi. Oku kumele kwenziwe phantsi kweliso likagqirha nengcali yokutya.

ULAWULO

- Abantwana nabantu abadala abaliwayo lubisi lwenkomo bamele balawulwe ngentsebenziswano nengcali yokutya. Le ngcali yokutya imele icebise, ichaze iiresiphi nemfundo yokuba kungenzeka njani ukufumana ukutya okunesondlo nokunazo zonke izakhi-mzimba.
- Abo batya ukutya okungenalo ubisi bamele banikwe izinto zokuncedisa ukukhulisa ikhalsiyam.
- Abazali bamele bafundiswe ukuba bafunde iileyibhile zokutya ze baqaphele amagama asenokubonisa ukuba kukho iprothini yobisi lwenkomo. La magama aquka afana nala: *whey*, *lactose*, *casein*, *casenate*, *lactalbumin* neli *lactoglobulin*.
- Kufanele kwenziwe “isicwangciso sento emayenziwe” esineenkukacha sokusetyenziswa xa kuvela iintshukumo ezidalwa kukwaliwa. Esi sicwangciso simele sichaze ngokucacileyo umahluko phakathi kweentshukumo ezingekho qatha kunye neziqatha kwakunye nezinto emazenziwe kwimeko nganye. Esi sicwangciso simele sidluliselwe nasesikolweni afunda kuso/abantu abakhathalela umntwana.

UNYANGO

- Akudli ngokuba yimfuneko ukuba umama oncancisayo aphephe lonke ubisi ekutyeni kwakhe, njengoko ngokufuthi iintsana ziza kukwazi ukulungelana nezi ntsalela zincinci. Kodwa ke, ukuba kuthi kuvele iimpawu, kuza kufuneka umama ahlukane nazo zonke ezi zinto ngelixa esongeza ikhalsiyam ekutyeni kwakhe.
- Umanqoba kunyango kukuphepha iprothini ekubisi lwenkomo. Into yokuba umntu uphepha zonke izinto ezidibene nobisi, okanye uyakwazi ukumelana neentwana zobisi oluphekwe kakhulu (iibhiskithi okanye ikeyiki,) kuxhomekeka kuhlobo lokwaliwa umntu ngamnye analo.

IZINTO EZISENOKUSETYENZISWA ENDAWENI YOBISI

- Xa kubakho iintshukumo ezidalwa kukungalungelani ezithi zibe qatha yaye zibeke ubomi engozini, usana lumele lutyiswe ifomula eyenziwe nge-*amino-acid* njengeNeocate.
- Kwiintshukumo ezingekho qatha: sebenzisa ifomula engxengwe kakhulu efana ne-Alfare, i-Alimentum, i-Allernova okanye iPepticate
- Kunokucingwa nangokusebenzisa ubisi olwenziwe ngesoya. (Kumele kuhlolwe ukuba akaliwa yisoya)
- Ubisi lwebhokhwe nezinye iintlobo zobisi (lwegusha, lwehashe, lwedonki) luneeprothini ezimalunga nama-90% ezifanayo nezobisi lwenkomo, kwaye kungenzeka lubangele iingxaki zokondleka yaye ke **akucetyiswa** ukuba lusetyenziswe.

INGABA UMNTWANA WAM XA EKHULA UZA KWABHLUKANA NENGXAKI YOKWALIWA LUBISI?

- Uninzi lwabantwana luyakwazi ukumelana nobisi besengabantwana, kuxhomekeka kuhlobo lokwaliwa, ixesha okuxilongwe ngalo, izinga lezibulala-ntsholongwane ngexesha loxilongo kunye neprothini aliwa yiyo umntwana.
- Abantwana abaliwayo yicasein akunakufane kwenzeke ukuba bahlukane nale ngxaki xa bekhulile.
- Abantwana abaliwayo lubisi lwenkomo bamele bahlolwe ngokuthe rhoqo ukuze kujongwe ukukhula nokondleka kwabo nokuqinisekisa ukuba basaluphepha ubisi kuqinisekwe nangezicwangciso zonyango lukaxakeka. Ukuhlolwa kwegazi nesikhumba kwenziwa rhoqo ngonyaka ukuze kuhlolwe ukungalungelani okuqhubekekayo, nangokugqiba ngexesha elifanelekileyo lokwenza ucelo-mngeni lokutya ngomlomo.

Ukuze ufunde olunye ulwazi, yiya ku-: <http://en.wikipedia.org/wiki/Milk.allergy>

ILUNGELO LOBUNINI: ALLERGY SOCIETY OF SOUTH AFRICA

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