



# INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA NGAMANDONGOMANE

## INTSHAYELELO

- Ukwalana namandongomane yingxaki yokutya ehluphayo kuba ixhaphakile, kunzima ukuyiphepha aye kwimeko ezithile nentwana nje encinane ingabangela kuvele iimpawu zokwalana nawo.
- Indongomane yenye yezona zinto zixhaphakileyo ezingunobangela wengxaki yempilo ekuthiwa yi-anaphylaxis, ukwalana kwempilo yomntu nokutya.
- Ukungabi nokubonwa kwangaphambili ukuba intshukumo yokwaliwa ngamandongomane iza kuvuka nini kwenza kucebiseke ukuba umntu awaphephe ngokupheleleyo yaye kubalulekile ukuba nesicwangciso sonyango esicetywe kakuhle (ukwenzela amaxesha axa ngengozi ethe watya amandongomane).

## IXHAPHAKE KANGAKANANI INTO YOKWALIWA NGAMANDONGOMANE?

- Ukwalana kwempilo yomntu namandongomane yinto eya ixhaphaka kakhulu emazweni afana ne-UK ne-USA, apho umntwana omnye (1) kwabangama-50 ngoku esalana namandongomane.
- Asinazo iinkcukacha ezichanekileyo ngokuphathelele uMzantsi Afrika kodwa kuyabonakala ukuba nalapha linyukile inani labantu abalanayo namandongomane kule minyaka yakutshanje. Zininzi izinto ezithethekayo malunga nokuba kutheni na linyuka nje eli nani, kodwa kude kube ngoku asikabi nazo iimpendulo ezicacileyo.

## ZIINTONI AMANDONGOMANE?

- Indongomane asiyonqoba: lolunye uhlobo lwemidumba (iimboty). Ezinye iintlobo zemidumba ziimboty zesoja, iintlumayo nee-ertyisi.
- Ahlukile kwiinqoba ezikhula emithini, kuquka uhlobo lwepecan hazelnut, iwalnut, i-almond, icashew, ibrazil nematicadamia.
- Iiprothini ezifumaneka kumandongomane zahlukile kwezo zifumaneka kwiinqoba ezikhula emithini; kodwa ke, abaguli abamalunga nama-30% abalanayo namandongomane bayalana nezinye iintlobo zeenqoba ezikhula emithini. Njengoko indongomane lingumdumba kungenzeka iqaqobana elingephi lingaphatheki kakuhle xa linye eminye imidumba efana nee-ertyisi (5-10%).
- Abantwana abanempilo eyalanayo namandongomane kungenzeka kakhulu ukuba balane namaqanda kunye neenozo zesesame.
- Iinkozo zekhokhonathi nezompayina ziimbewu asizonqoba, yaye uninzi lwabantu abalanayo neenqoba abenzeki nto xa bedibene nazo.

## **IINKANGELEKO ZOKWALIWA NGAMANDONGOMANE**

- Uninzi lweentshukumo ezidalwa kukwaliwa ngamandongomane ziintlobo ezibonakala ngoko nangoko ("IgE-mediated") ukusukela kwimizuzu ukuya kwiiyure ezi-2 emva kokutya ukutya okunamandongomane.
- Uninzi lweentshukumo ezidalwa kukwaliwa ngamandongomane kunye neenqoba azibikho qatha, iba zizigxala nokugabha.
- Ezinye iintshukumo ezidalwa kukwaliwa ziinqoba zinokuba qatha, zibangele kube nzima ukuphefumla ngenxa yokudumba komqala okanye ukuminxana kwesifuba, okanye ukuhla koxinzelelo-gazi. Oku ke kwaziwa ngokuba yi-anaphylaxis.
- Abanye abantu abaliwayo ngamandongomane babuthathaka gqithakwanakwiintwanana nje ezingephi ezininto edibene nendongomane -umz. ukuba bancanyiswa ngumntu obesandul' ukutya amandongomane.

## **UKUXILONGWA KOMNTU OWALIWA NGAMANDONGOMANE**

- Imbali eneenkcukacha iza kubonisa ukuba kungenzeka na ukubakho kokwaliwa zizinto kunye nokutya ekungenzeka ukuba kubandakanyekile. Oku kuza kulandelwa luhlolo lwentshukumo edalwa kukungalungelani namandongomane, yaye lungaquka ukuhlolwa kwesikhumba, nokuhlolwa kwegazi (immunoCAP) kukhangelwa isibulala-ntsholongwane esilwa namandongomane. Kumele kuhlolwe nezinye izint ezityiwayo ezifana neenqoba. Zikhona neendlela zokuhlola igazi ezijongene ngqo nenxalenye nganye yeeprothini zamandongomane (efana neqhezu le-Arah2) yaye iziphumo zimele zicaciswe yiNgcali.
- Ngelixa iziphumo zolu hlolo lokwaliwa zisisikhokelo sokubona ukuba umntu uyaliwa na yinto, aziqikeleli ukuba intshukumo iza kuba ncinci okanye ibe qatha. Kanjalo kubalulekile ukwazi ukuba asingomntu wonke onesiphumo esithile sokuhlolwa kwesikhumba okanye segazi owaliwayo ngenene yiloo nto.
- Kwiimeko zokungaqiniseki, iNgcali yeziNto ezalana nempilo ingacebisa ucelo-mngeni lokutya olubekw' esweni ukuze kuhlolwe ukwaliwa ngamandongomane. Oku kuthetha ukunika umntu ekuqaleni intwana, emva koko inyuswe imilinganiselo yamandongomane anikwa loo mntu kwimeko elawulwayo (esibhedlele).

## **UNYANGO LOKWALIWA NGAMANDONGOMANE**

### ***Ukuphepha***

- Okwangoku, ukuphepha lolona nyango lungqineke luphumelela ekunyangeni ukwaliwa ngamandongomane neenqoba.
- Kubalulekile ukuziqwalasela iileyibhile zazo zonke izinto ezityiwayo ezipakishiweyo, ezinkonkxiweyo, izinto ezibhakiweyo, iisiriyali nezinto ezityiwayo zempilo.
- Kumele kulunyukwe mpela kumatheko abantwana nakwiivenkile zokutyela ezipheka ukutya kwaseMpuma.
- Abantwana bamele baziphathele eyabo ilantshi engenazingoba xa besiya esikolweni yaye bamele bangatyi nabanye okanye batshintshiselane nabanye ngokutya.
- Izikolo eziliqela zinomgaqo-nkqubo wokungaphathi inqoba esikolweni ngokuqonda imeko yenene yokuba yokuba phezulu kwemeko yeenqoba.

- lileyibhile eziliqela zisenokuthi “may contain traces of nuts [kungenzeka ibe nentwana yeenqoba]” ukuba kukho amathuba okuba ngelixa kulungiswa oko kutya kungenzeka kudibene neenqoba ngandlel’ ithile. Lilonke, abo baliwa ngokupheleleyo okanye babe neentshukumo ezidalwa kukungalungelani ngenxa yeentwana zenqoba bamele bakuphephe ukutya okunjalo okuneleyibhile ethi “may contain traces of”.

### **Unyango longxamiseko**

- Kunzima gqitha ukuwapheha ngokupheleleyo amandongomane neenqoba, yaye uninzi lwabantu abaliwayo ziinqoba baza kudibana nazo ngempazamo rhoqo kwiminyaka embalwa. Ingozi inkulu kakhulu ebantwaneni abancinci, xa kukho ingozi yokuchaphazeleka xa amaqela abantwana ebolikisana ngezinto zokudlala okanye etyela ndawonye.
- Abantu abanikela uncedo ezikolweni, amalungu osapho nabahlobo bamele baziswe ngokwalana kwempilo nezinto ezithile nokuba bamele benze ntoni na ngexesha likaxakeka. Umntu owalana namandongomane uemle abe nesicwangciso esicacileyo soko makwenziwe nesichaza amanyathelo amakathathwe emva kokutya ngempazamo ukutya okunamandongomane. Eso sicwangciso simele sibekwe kwindawo ebonakalayo ekhayeni nasesikolweni/emsebenzini.
- Umguli umele akwazi ukufikelela kunyango lwakhe longxamiseko ngamaxesha onke. Kwiintshukumo ezincinci ezidalwa kukungalungelani, i-anti-histamine isenokwanela. Kwiintshukumo eziqatha ezidalwa kukungalungelani, kuza kufuneka isitofu se-adrenalini.
- Ingcali yeziNto ezalana nempilo yomntu imele ithathe isigqibo sokuba akhona na amathuba entshukumo eqatha emntwini ze igqibe ukuba iyalele ukusetyenziswa kwesitofu se-adrenalini. Umguli osengozini kakhulu ufanele aqeqeshwe kakuhle ekusebenziseni isitofu se-adrenalini aze asiphathe ngamaxesha onke.
- Abantu abaliwayo ngamandongomane bamele bafake isacholo esibonisa ukuba zinto zini na abangalungelaniyo nazo okanye esinye esifanayo, ngokukodwa ukuba baba neempawu eziqatha zokwaliwa okanye banaso nesifuba

### **Unyango lolingelo**

Sithetha nje kuqhutywa izifundo eziliqela kukhaneglwa iindlela ezintsha zonyango ezifana nokufumana into etyiwayo yokuphelisa ukwaliwa ngamandongomane. Le nkqubo yokufumana into yokutyiwa ngomlomo eza kwenza ungaliwa ngamandongomane isesisixhobo sokwenza uphando kuphela.

#### **Itheyibhile 1: Ukutya okuqulethe/ekungenzeka kuqulethe iinqoba**

- Ibhotolo yamandongomane, iinqoba ezixutyiweyo, ioyile yamandongomane \*
- Izinto ezibhakiweyo, iibhiskithi, iicracker, iipastri
- Iisiriyali, imuesli
- Izityo zase-Asia, izityo zase-Indonesia, izityo zaseThailand, izityo zabantu abatya imifuno kuphela
- Ipesto
- Izixwexwe zempilo
- Iitshokolethi, iiswiti, inougat, imarzipan
- Amafutha nee-oyile ezenziwe ngemifuno, iprothini engxengiweyo yemifuno, izinongi “zemvelo”
- IWorcestershire sauce
- Izinto zokuthambisa ezenziwe nge-oyile yeenqonda okanye i-arachis oil

\*I-oyile ecwengisiswe kakhulu eyenziwe ngamandongomane ineprothini encinci yamandongomane yaye kwezinye izifundo kufumaniseke ukuba ikhuselekile.

### **IMBALI YEMVELO YOKWALIWA NGAMANDONGOMANE NEENQOBA**

- Ngokuhamba kwexesha, malunga nama-20% abantwana abaliwayo ngamandongomane okanye ziinqoba bayohlukana naloo nto xa bekhula; aba-20% imeko yabo iza kuba mbi kakhulu yaye abangama-60% bahlala bebonisa iimpawu ezifanayo. Akukho ndlela yokuqikelela ngokuthembekileyo ukuba ngubani oza kuba ngcono okanye aye esiba mbi kakhulu, ngoko kucebiseka ukuba kufunyanwe uncendo lweNgcali rhoqo (ngonyaka). Ukuba ukwaliwa kuthi gqolo de umntwana angene kubantu obukhulu, akunakufane kwenzeke ukuba kunyamalale.
- Abanye abantu abaliwa ngamandongomane baza kuphuma iimpawu ezintsha ezibonisa ukwaliwa luhlobo olunjalo okanye olunye oluyeleleyo lokutya ngokuhamba kwexesha. Ngelixa abantu abaninzi abaliwayo ngamandongomane okanye ziinqoba becetyiswa ukuba bangatyi kwanto idibene nenqoba, akukacaci nokuba oku kuza kuthintela ukuba kungaveli ziimpawu zintsha na zokwaliwa yenye into.
- Oogqirha abaninzi abaziingcali zezinto ezaliwa yimpilo yomntu bazama ukuqinisekisa ukuba kanye kanye loluphi uhlobo lweenqoba angalungelani nazo umntu, yaye ukuba bafumaniseka bekwazi ukumelana neentlobo ezithile zeenqoba bayakhuthazwa ukuba baqhubekeke bezitya zinjalo ukuze ekuhambeni kwethuba “bangaphumi” iimpawu zokwalana nazo.

### **AMANDONGOMANE XA UKHULELWE NOKULUMLA**

- De kwaba kule minyaka imbalwa idluleyo, amanenekazi akhulelweyo nancancisayo ebecetyiswa ukuba akuphephe ukutya iinqoba ngelizama ukunciphisa iintshukumo ezidalwa kukwaliwa zizo ebantwaneni bawo. Akukho nto ibonise ukuba oku kuyakunciphisa ukwaliwa ziinqoba, ngenxa yoko ayiseyonto icetyiswayo ukuphepha iinqoba xa umntu ekhulelwe naxa encancisa.
- Sithetha nje kuqhutywa uphononongo lokukhangela elona xesha lifanelekileyo lokutyisa umntwana olunyulwayo izinto ezityiwayo “ezithanda kakhulu ukwalana nempilo” ezifana namandongomane namaqanda. Zilindelwe ngomdla omkhulu iziphumo zolu phononongo. Ubungqina obukhoyo bubonisa ukuba angaqala ukutyiswa iinqoba nanini emva kweenyanga ezi-6 zobudala.

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