



INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA KUKUTYA

INGCACISO NOKUHLELWA KWEENTLOBO

- *Ukungalungelani kakhulu nokutya* libinza elingangqalanga elibhekisela kuyo nayiphi na intshukumo embi edalwa kukungalungelani nokutya okanye izinongi zokutya.
- Ukwaliwa kukutya luhlobo oluthile lokungalungelani kakhulu nokutya yaye isixokelelwano sezinganda-zifo (amajoni omzimba) sibandakanyeka ngokungqalileyo yaye sisabela ngendlela ebaxiweyo kwiprothini ethile ekoko kutya.
- Kukho iintlobo eziliqela zeentshukumo ezidalwa kukungalungelani kakhulu nokutya ezingathethi kuthi umntu *uyaliwa kukutya*,
- Ezinye iimpawu *zokungamelani* nokutya kunye neempawu zokwaliwa kukutya ziyafana, kodwa umahluko phakathi kwezi zinto zimbini ubaluleke gqitha.
- Iintshukumo ezidalwa kukwaliwa kukutya zinokubeka engozini ubomi, kwimeko ezithile nokuba ngaba kutyiwe nje iintwana ezincinci zokutya, ngoko abantu abanolu hlobo lokwalana nempilo bamele balumke gqitha ekuphepheni izinto ezivuselela ezi ntshukumo ekutyeni kwabo.
- Ukunganyamezeli ukutya akubeki ngozini ubomi yaye ngokufuthi umntu usenokungenzeki nto xa esitya iintwana ezincinci zokutya okuvuselela iintshukumo, ze iimpawu zibonakale kuphela xa esitya into eninzi yoko kutya.
- Esinye isizathu esisesomdla esibangela intshukumo engekokwalana kwempilo nokutya ziintshukumo zasengqondweni eziba sebantwini abaqinisekileyo ukuba abalungelani tu nokutya okuthile.

UKUBEKWA NGOHLELO KWEENTSHUKUMO EZIMBI EZIDALWA KUKUNGALUNGELANI NOKUTYA

Ukungalungelani Kakhulu Nokutya Okuthile

Ukutya okungalaniyo nempilo yomntu

Ukungalungelani kakhulu (Ukungalungelani Nokutya Okuthile)

Ukwaliwa Kukutya (Kungenelena isixokelelwano sezinganda-zifo)

KUXHAPHAKE KANGAKANANI UKWALANA NGOKWENYANISO KWEMPILO YOMNTU NOKUTYA?

- Ukwalana ngokwenyaniso kwempilo yomntu nokutya akuxhaphakanga ngendlela abacinga ngayo abantu abaninzi.
- Nakuba abantu abanokuba ngama-20 ukuya kuma-30% kwabo bakholelwa ekubeni impilo yabo iyalana nokutya, kuqikelelwa ukuba ngabantu abaphakathi kwesi-2% nesi-5% sabantu ngokubanzi abanengxaki eqinisekileyo yempilo eyalana nokutya.
- Ukwaliwa kukutya kungahlasela abantwana nabantu abadala ngokufanayo.
- Ngelixa abantwana abaninzi beyeka ukwaliwa kukutya xa bekhula, kungenzeka nangabantu abadala ukuba bavelise iimpawu zokwaliwa ziintlobo ezithile zokutya.

- Ukwaliwa kukutya kuthanda ukuxhaphaka kakhulu ebantwaneni (ukuya kutsho kwi-10%) kunasebantwini abadala, yaye ukwaliwa zizinto ezityiwayo eziliqela ezifana nobisi namaqanda kuthanda ukuphela xa bekhula. Kumaqela akhethiweyo, njengabantwana abanengxaki yesikhumba esirhawuzelelayo, ukwaliwa kukutya kungaxhaphaka kakhulu de kuye kuma-30 ukuya kuma-40%.

ZINTONI IIMPAWU ZOKWALIWA KUKUTYA?

- Kukho amaqela ama-2 aphambili eentlobo zokwaliwa kukutya, i-IgE-mediated (uhlobo oluvela ngoko nangoko), kunye neentlobo ezingeyo-IgE mediated (uhlobo olulibazisekayo) lweempawu zokwaliwa kukutya.
- Ezi ntlobo zokwaliwa zibonakala ngokwahluke gqitha njengoko kukho iimbangela ezahluke kakhulu.
- Iintlobo zokwaliwa eziyi-IgE- mediated zixhaphake kakhulu elubisini, iqanda lenkuku, ongomane nezinye iinqoba, intlanzi, ishelfish, isoya nengqolowa.
- Iintlobo zokwaliwa ezingeyo-IgE- mediated zixhaphake kakhulu kubisi lwenkomo nesoya, kodwa zinokubonakala nakwezinye izinto ezityiwayo ezininzi eziqinileyo.

Iintlobo zokwaliwa kukutya eziyi-IgE-mediated (uhlobo oluvela ngoko nangoko)

- Iintlobo zokwaliwa kukutya eziyi-IgE-mediated zezona ntlobo zixhaphake kakhulu yaye zibonakala zizintlobo zokwaliwa kukutya “eziqhelekileyo” njengoko iintshukumo ezidalwa kukungalungelani zibonakala kwisithuba semizuzu ukuya kwiiyure ezi-2 eba kokutya oko kutya kuyingxaki.
- Abantu abahlukeneyo badinga imilinganiselo eyahlukileyo neemo zokutya ukuze kubonakale iimpawu, umzekelo kwimeko yomntu onohlobo oluncinci lokwaliwa kusengafuneka atye kakhulu oko kutya ngaphambi kokuba kuvele iimpawu; kwimeko eqatha kunokufuneka atye nje intwana encinci.
- Kwabanye abantu ezi ntshukumo zidalwa kukungalungelani zide zivele nokuba ukutya kudibene nje nesikhumba, umz. emva kokwangiwa ngumntu obesandul’ ukutya, yaye kwabanye abantu ezi ntshukumo zidalwa kukungalungelani zibangelwa ngamasuntswana okutya asemoyeni, umz. ukuba umntu upheka oko kutya.

Izixokelelwano ezisenokuchaphazeleka kuhlobo lokwaliwa oluyi-IgE mediated ziquka:

- **Isikhumba:** umz. izigxala, irhashalala ebomvu erhawuzelelayo, ukuba nesifuthufuthu, ukudumba kweendawo ezitshonileyo zesikhumba njengezo zijikeleze amehlo (“amaqhuma”).
- **Ithumbu:** ukudumba kwemilebe okanye ulwimi, ukugabha, urhudo, amahlaba esiswini.
- **Imibhobho yomoya:** ukufixiza nokuthimla, ukudumba kwemibhobho yomoya ephezulu okuthi kubangele iimpawu ezifana nokukralla komqala, ukuphazamiseka kwemibhobho yomoya engasezantsi okubangela ukutswina/isifuba, ubunzima ekuphefumleni.
- **Ameqhele:** ukudumba, ukuthi gwanti iinyembezi, ukurhawuzelela.
- **Isixokelelwano sokujikeleza kwegazi (ukusebenza kwentliziyo):** ukubetha ngamandla kwentliziyo, uxinzelelo-gazi olusezantsi, ukufa isiqaqqa, ukuwa.
- **Isixokelelwano semithambo-luvo:** ukuba nexhala, abantwana bangaba ngoonkom’ idla yodwa, ukuba namanwele.
- Nakuba ngokuqhelekileyo ezi mpawu zibonakala kamsinya emva kokutyiwa koko kutya, kusenokubakho iintshukumo ezithile ezilibazisekayo ezivela kwiiyure ezi-6 ukuya kwezili-12 kamva.
- Xa kubandakanyeke isixokelelwano sokujikeleza kwegazi okanye ukuhamba komoya kubandakanyeke kakhulu, iintshukumo edalwa kukungalungelani nokutya iba qatha, yaziwa ngokuba yi-anaphylaxis (libizwa ngale ndlela an-a-fi-LAK-sis). Oku kunokwenzeka ngokukhawuleza yaye yimeko yonyango olungxamisekileyo.

Intlobo zokwaliwa kukutya ezingeyo-IgE (uhlobo olulibazisekayo)

- Kolu hlobo lokwaliwa kukutya, iimpawu zibonakala kwiinyure ukuya kwiintsuku emva kokuba kutyiwe ukutya okwalanayo nempilo yomntu, yaye ke ngoko kudla ngokuba nzima kakhulu ukunakana okanye ukunxulumanisa nokutya okuthile. Iimpawu ngokuqhelekileyo zichaphazela isixokelelwano sometyiso, kubangela iimpawu ezifana norhudo, ihlaba esiswini, ukugabha negazi kwindle okanye ukuzekelela ukukhula. Iimpawu ezingezozometyiso zingaquka isifuba nengxaki yesikhumba esirhawuzelelayo. Khumbula ukuba yinxalenye encinci kuphela yerhashalala ebangelwa ngokuthe ngqo kukwalana kwempilo yomntu nokutya.
- Ifuthe lohlobo olulibazisekayo lokwaliwa kukutya kwisixokelelwano semithambo-luvo (iCNS) ngumba ekuphikiswana ngawo. Uphazamiseko lweCNS oluye lwanxulunyaniswa nokwaliwa luquka imayigreyin, ingxaki yokutyhafa ngenxa yocinezeleko kunye nokungakwazi kuzola. Izinto eziliqela ezityiwayo zibonakele ukuba ziyayibangela imayigreyin: itshokolethi, iwayini ebomvu, iimveliso zeyisti, iitshizi eziqinileyo, ubisi namaqanda. Ezi ziphume kungenzeka nje ibe kukungalungelani.

Ingxaki yokuthungelana kweentshukumo ezidalwa kukungalungelani

- Ukwaliwa kukutya kungabangela ukuba waliwe/kubekho iintshukumo ezidalwa kukungalungelani neprothini efanayo efumaneka kwenye into. Umzekelo, abantu abaliwayo ngumungu wemithi bangabonisa iintshukumo ezidalwa kukungalungelani xa bedibene neziqhamo ezithile okanye iinqoba.
- Oku kwaziwa ngokuba kukuthungelana kweentshukumo ezidalwa kukungalungelani. Uthungelwano lweentshukumo lwenzeka xa isixokelelwano sezingqanda-zifo sicinga ukuba enye iprothini ihlobene ngokusondeleyo nenye.
- Xa ichaphazela ukutya ibizwa ngokuba yi-oral allergy syndrome (OAS).

KUXILONGWA NJANI UKWALIWA KUKUTYA?

- Ukuxilongwa kwengxaki yokwaliwa kukutya kuxhomekeke kuphononongo olucokisiweyo lomguli kunye neziphumo zohlolo.
- Ukufumana imbali echanekileyo kungatyisa iimpawu ezivela ngokuphindaphindiweyo xa kutyiwa iintlobo ezithile zokutya. Ngokuqhelekileyo oku kucaca kakhulu kwiintshukumo ezivela ngoko nangoko kunokuba kunjalo kwiintshukumo ezilibazisekayo.
- Kwiintlobo zeentshukumo ezivela ngoko nangoko kuluncedo ukuhlola isikhumba kunye/okanye ukuhlola igazi (apho kuthi kubhaqwe izibulala-ntsholongwane ze-IgE kwizinto ezahlukeneyo ezityiwayo ezisegazini). Khumbula ukuba ukubonwa kwezi zinto esikhumbeni okanye egazini akunyanzelekanga ukuba kuthethe ukuba umntu uyalana nento ethile.
- Ukuba uxilongo aluqiniseki, okanye ukuze kuhlolwe ukuba umntu akayekanga na ukwaliwa kukutya njengoko ekhula, kusenokufuneka kwenziwe ucelo-mngeni lokutya lomlomo. Kolu cello-mngeni lokutya lomlomo, ekuqaleni kutyiwa intwana ze iman' ukunyuswa imilinganiselo yokutya okuhlolwayo phantsi kweliso ukuze kuhlolwe iintshukumo ezidalwa kukungalungelani noko kutya.
- Uhlolo lwaselebhu aluncedi kangako kwiintlobo zokwaliwa ezibonakala kade. Kwiintlobo ezinjalo zokwaliwa, undoqo wokuxilonga isekukuphela kweempawu xa umguli eyekisiwe ukutya into ethile etyiwayo kangangeeveki ezimbalwa, ze ziphinde zibonakale iimpawu xa ephinda ekutya oko kutya (ukuhlola ngocelo-mngeni lokuyekisa). Kuza kufuneka ingcali yokutya eqeqeshiweyo kwiingxaki zokwalana kwempilo yomntu nezinto nayo ibandakanyeke. Kwiimeko ezimbalwa, kusenokufuneka kuthathwe isicwili ethunjini.

Akukho ndima inokufezwa ngokwenziwa kohlolo olulolunye lusenziwa eluntwini ziingcali ezincedisayo, uhlobo olufana neVega, ukuhlola ukubetha kwentliziyo nekinesiology. Azinaso isiseko sobungqina yaye oku kungakhokelela kuxolongo olungachananga nokuphepha ukutya ngokungeyomfuneko.

KUNYANGWA NJANI UKWALANA KWEMPILO YOMNTU NOKUTYA?

- Okwangoku, akukho “nyango lokuphelisa” ukwalana kwempilo yomntu nokutya. Ukuphepha ukutya okungakulungeliyo ngundoqo wonyango. Umguli kufuneka afundiswe ngokuphathelele iileyibhile zokutya nemithombo engachazwanga yokutya.
- Kwangaxeshanye kubalulekile ukubonelela ngesondlo esilungeleleneyo esineeprothini ezaneleyo, iikhalori, iiminerali neevithamini. Intsebenziswano esondeleyo phakathi komguli, ugqirha nengcali yokutya kubalulekile ukuze kuqinisekiswa okus.
- Kwiintshukumo ezivela ngoko nangoko umguli kufuneka afundiswe ukuba angayinakana njani intshukumo aze ayinyange, ukuba kungenzeka ngempazamo atye ukutya okwalanayo nempilo yakhe. Oku kufuna kubekho isicwangciso soko makwenziwe ngexesha likaxakeka nonyango lwangexesha likaxakeka.
- Kwiintshukumo ezincinci, kusetyenziswa i-antihistamine is given.
- Kwiintshukumo eziqatha kakhulu ezichaphazela ukuhamba komoya okanye isixokelelwano sokujikeleza kwegazi, kusenokufuneka umlinganiselo we-adrenalin yaye ungasindisa ubomi. Ugqirha uza kukhetha ukuba kuyafuna okanye akufuneki na ukuba umguli abe nesitofu se-adrenalin asigcina ekhayeni/esikolweni xa ngaba usengozini yeentshukumo eziqatha ezidalwa kukungakulungelani nento.
- Kwiintshukumo zohlobo lokulibaziseka, undogo wonyango olunempumelelo kukukuphepha ngokupheleleyo ukutya ongalungelaniyo nako. Ukuba ukutya okucetyisiweyo akuboneleli ngesiqabu esaneleyo kwiimpawu, kusenokufuneka kusetyenziswe namayeza kunyango lweemeko ezithile. Ngokuqhelekileyo ugqirha uza kuthatha isigqibo ngamayeza afanelekileyo, kuxhomekeka kwiimpawu zomguli nemeko ekhokelele kuzo.
- Kukho unyango olusalingwayo lokunyanga ukwaliwa kukutya olufana nokunikwa ngomlomo into yokwenza umelane nokutya (unyango lomlomo lokugonya) kunye nezinto zokulwa nezibulala-ntsholongwane ze-IgE, ezisekwinqanaba lophando. Unyango olunjalo alufumaneki eMzantsi Afrika yaye nakwamanye amazwe lusaphelela kwiimeko zophando kuphela.

YINTONI ISIPHUMO SEXESHA ELIDE SOKWALANA KWEMPILO YABANTU NOKUTYA?

- Uninzi lweengxaki zokwaliwa kukutya ziyaphela xa umntu ekhula, umzekelo ubisi lwenkomo, isoya, iqanda nengolowa ziyaphela kwiimeko ezininzi njengoko umntwana ekhula.
- Kodwa ke bakhona abantu abathile abadala abaqhubeka besaliwa zezo zinto zinjalo zityiwayo. Kwelinye icala, ukwaliwa zizinto ezityiwayo zaselwandle namandongomane kuphela kwiqagobana nje labantu (ama-20% okanye ngaphantsana), kungenxa yoko ukwalana kwempilo yomntu nezi zinto iba ngumbandela wobomi bonke.
- Kubalulekile ukuba umguli onengxaki yempilo eyalana nezinto abekw' esweni rhoqo ngugqirha oyingcali eqeqeshelwe iingxaki zokungakulungelani nezinto, ukuze aqinisekise ukuba ubambekelela kuhlobo lokutya okucetyisiweyo, iintshukumo ezidalwe kukutya ngengozi zinyangwa ngokufanelekileyo, nokuba zikhona na iimpawu ezibonisa ukuba ukwaliwa yinto kuphelile njengoko umntu ekhula. Ugqirha uza kuqinisekisa ukuba kunokuboniswa ucelo-mngeni lokutya olwenziwa phantsi kolawulo ukuze kuhlolwe ukuba ukwaliwa yinto kuphelile na njengoko umntu ekhula.

UKUNGALUNGELANI NOKUTYA KODWA UBE UNGALIWA KUKUTYA

- Kukho iintlobo ezahlukeneyo zeentshukumo ezidalwa kukungakulungelani nokutya ezingabangelwa sisixokelelwano sezingqanda-zifo.
- Abanye abantu abangakulungelaniyo nokutya baza kulungelana nokutya okuthile xa besitya iintwana ezincinci, suke kuvele iimpawu xa bekutye kakhulu, umzekelo ingqolowa ebantwini abanengxaki yesisu esikhululeka msinya.

- Umzekelo ocace kakhulu wentshukumo engabangelwa kukuba ukutya kusalana nempilo yomntu yityhefu okanye ukutya okonakeleyo.
- Abanye abantu abanazo iziphembeleli-lutshintsho eziyimfuneko ukuze betyise ezinye izinto ezityiwayo. Umzekelo oqhelekileyo ngowokungamelani neswekile efumaneka elubisini (ilactose). Oku kungenxa yokuba bengenaso isiphembeleli-lutshintsho esiya-“lactase,” esibalulekileyo ekwetyiseni iswekile efumaneka elubisini. Intsilelo enjalo ingalufuzo okanye ivele okwethutyana emva kwengxaki yesisu. Intsilelo yesiphembeleli-lutshintsho esiyilactase ikhokelela kumahlaba norhudo emva kutya iimveliso zobisi.
- Omnye umzekelo wokungamelani nokutya kodwa kube kungalani nempilo yintshukumo ebangelwa ziikhemikhali zemvelo ekutyeni, okanye zizinongi zokutya (intshukumo yokudibana kweekhemikhali). Ezi ntshukumo ziyafana neentshukumo zokwenene ezidalwa kukungalungelani nento yaye kungenzeka zibe kukwaliwa kukutya. Izinongi zokutya ziquka izinto ezahlukeneyo, ezinjengezilondolozo, izinto zokwandisa incasa, izinto zokufaka umbala, njalo njalo. Imizekelo eyaziwa kakhulu yitartrazine, imonosodium glutamate (iMSG), isulphur dioxide nebenzoates.