



INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA NGAMAQANDA

Ukwaliwa ngamaqanda kuchaphazela isi-2% seentsana nabantwana yaye kuxhaphake kakhulu kwiminyaka emi-3 yokuqala yobomi ngokukodwa ebantwaneni abanerhashalala.

YINTONI EBANGELA UKWALIWA NGAMAQANDA?

- Iiprothini eziphambili kubumhlophe beqanda zibizwa ngokuba yi-*ovomucoid*, i-*ovalbumin*, i-*ovotransferrin nelysozyme*.
- Iiprothini ephambili kumthubi weqanda ibizwa ngokuba yi- α -livetini. Ikakhulukazi into ephatha kakubi abantu ziiprothini ezikubumhlophe beqanda.

IINTSHUKUMO EZIDALWA KUKUNGALUNGELANI NAMAQANDA

- Olona hlobo luxhaphakileyo lokwaliwa ngamaqanda yi-IgE-mediated okanye ukungalungelani nento okwenzeka “ngoko nangoko”.
- Oku ngokuqhelekileyo kwenzeka kwimizuzu nje kodwa kusenokubonakala nasemva kweeyure ezi-2 zokudimana namaqanda.
- Iintshukumo zisenokuba ncinci okanye zibeke ubomi engozini yaye ziquka izigxala, ukuba nesifuthufuth, ukudumba, ukurhawuzelelwa, ubucaphucaphu, ukugabha, ukutswina kwesifuba, ukuphefumla nzima ze uwe phantsi (i-anaphylaxis).

LWENZIWA NJANI UXILONGO?

- Iintshukumo ezivela ngoko nangoko zinokuhlolwa, nakubantwana abancinci, ngokuhlola igazi kunye/okanye isikhumba.
- Igazi lingahlolwa ukuze kuhlolwe indawo emhlophe yeqanda, umthubi weqanda ne-*ovomucoid*.
- Ukuhlolwa kwesikhumba ngokukrwela kungenziwa nasebantwaneni abancinci ngokubeka intwana yeqanda esikhumbeni ze kukrwelwe kuloo ndawo inentwana yeqanda.
- Ukuba kungenzeka olu hlolo lungaqiniseki, kunokwenziwa “ucelo-mngeni lokutya ngomlomo” ngokuthi ugqirha okanye unesi anike umntu imilinganiselo eman’ ukunyuswa yeqanda phantsi kweemeko ezilawulwayo, ngokuqhelekileyo esibhedlele, ukuze kukwazeke ukunyangwa kweentshukumo eziqatha ezidalwa kukungalungelani ezinokuthi zivele.

ULAWULO

- Abantwana nabantu abadala abaliwayo ngamaqanda bafanele balawulwe ngentsebenziswayo nengcali yokutya enamava ekulawuleni imeko yokwaliwa kukutya. Le ngcali yokutya iza kucebisa, inikezele ngeeresiphi nemfundo yokuba kungenziwa njani ukuze kutyiwe ukutya okunesondlo nokunazo zonke izakhi-mzimba.
- Abazali kumele bafundiswe ukufunda iileyibhile zokutya ze baqonde amagama asenokubonisa ukuba kukho iqanda.

- Kumele kubekho “isicwangciso soko makwenziwe” ukulungiselela xa kungakho iintshukumo ezidalwa kukungalungelani nento. Esi sicwangciso simele sichaze ngokucacileyo umahluko phakathi kweentshukumo ezincinci neziqatha kwakunye namanyathelo ekufuneka ethathiwe kwimeko nganye. Esi sicwangciso simele sidluliselwe nakwisikolo afunda kuso umntwana/abantu abanikela uncedo.

UKUPHELISA

- Undogo kunyango kukuphepha into edibene neqanda.
- Into yokuba umntu uphepha zonke izinto ezidibene neqanda okanye uyalungelwa ziinxalenye ezincinci zeqanda elitshiswe kakhulu njengezo zifumaneka kwizinto ezibhakiweyo, ixhomekeka kuhlobo lokwaliwa komntu lowo yiloo nto angalungelani nayo.
- Ngaphezu kwama-70% abantwana abaliwayo liqanda baza kulungelana nezinto ezibhakiweyo ezineqanda ezifana neebhiskithi neecupcake, nakuba besavelisa iintshukumo zokwaliwa liqanda elingaphekisiswanga elinjengeqanda eliquhiweyo. Aba bantwana bamele bakhuthazwe ukuba baqhubekeke nokutya iqanda elibhakiweyo ngokuthe rhoqo. Oku kungabanceda bayeke ukwaliwa liqanda njengoko bekhula.

IZINTO EZITYIWAYO EKUNGENZEKA ZIBE NEPROTHINI YEQANDA

- Ukutya okunemvelaphi yase-Asia
- Izinto ezibhakiweyo
- Ukutya okuquhiweyo
- Iibhiskithi
- Ikeyiki
- Amaqebengwana
- *licroissant*
- Izinto ezityiwayo eziziimvuthuluka
- Ikhastadi
- Imixube yezimuncumuncu ezityiwa emva kokutya
- *lidip*
- *linoodle ezenziwe* ngeqanda/ipasta
- Irayisi eqhotsiweyo
- Iziselo zempilo
- I-ayiskhrim/isimuncumuncu ezigcinwe kwisikhenkcezi
- *I-icing*
- *Imarshmallow*
- *Imayonnaise*
- *Imeringue*
- *Imousse*
- *Inougat*
- Iipayi
- Iinyama ezisetyenziweyo
- Iipudini
- *Iisalad dressing*
- Iisoseji
- Iisuphu
- *Iitart/iipastry*

AMAGAMA ABONISA UKUBA IMVELISO KUNGENZEKA INEQANDA

- Albumin
- Globulin
- Lecithin
- Livetin
- Lysozyme
- Vitellin

Amagama aqala ngo-"ova" okanye "ovo," anjengo-*ovalbumin* okanye *ovoglobulin*.

Isitofu sokuthintela imasisi, isitofu sokuthintela umkhuhlane ("iflu") nesitofu sokuthintela imeasles-mumps rubella (iMMR) azinayo iprothini eninzi yeqanda yaye zimele zinikwe ngokwesiqhelo abantwana abaliwayo ngamaqanda. Isitofu sokuthintela umgada nolubhelushe kungenzeka sibangele iintshukumo ezidalwa kukungalungelani neqanda yaye abantu abaliwayo ngamaqanda ekufuneka befumene ezi zitofu bamele babonane nengcali yezinto ezalanayo nempilo.

INGABA UMNTWANA WAM XA EKHULA UZA KUYEKA UKWALIWA NGAMAQANDA?

- Uninzi lwabantwana xa luqalisa ukukhulakhula luvelisa amandla okuxhathisa kodwa oku kuxhomekeka kuhlobo lokwaliwa, ixesha okuxilongwe ngalo, izinga lezibulala-zintsholongwane ngexesha lokuxilongwa kunye neprothini engqalileyo umntwana aliwa yiyo.
- Abantwana abanamazinga aphakamileyo ezibulala-ntsholongwane ezilwa ne-ovomucoid akunakufane kwenzeke ukuba bayeke ukungalungelani namaqanda xa bekhula. Abantwana abakwaziyo ukutya iqanda kwizinto ezibhakiweyo ezifana neecupcake kungenzeka xa bekhula bayeke ukwaliwa ngamaqanda.

UKULANDELELA

Abantwana abaliwayo ngamaqanda bafanele bahlolwe ngokuthe rhoqo ukuze kuhlolwe ukukhula nokondleka kwabo nokuqinisekisa ngezinto amabaziphephe kunye nezicwangciso sonyango ngexesha likaxakeka. Ukuhlolwa kwegazi nesikhumba kwenziwa rhoqo ngonyaka ukuze kubonwe ukuba njengoko bekhula bayayeka na ukwaliwa kwanokugqiba ngexesha elifanelekileyo lokwenza ucelo-mngeni lokutya lomlomo.

Ukuze ufunde olunye ulwazi yiya ku-: http://en.wikipedia.org/wiki/Egg_allergy

ILUNGELO LOBUNIKAZI: YI-ALLERGY SOCIETY OF SOUTH AFRICA

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