



INCWADANA YOLWAZI EYENZELWE ABAGULI UKWALIWA YINGQOLOWA

KUTHETHA NTONI UKWALIWA YINGQOLOWA?

- Ukwaliwa yingqolowa kubhekisela ngokungqalileyo kwintshukumo elawulwa sisixokelelwano sezinganda-zifo ngenxa yokungalungelani nenye okanye ezininzi kwiiprothini ezisengqoloweni, kuquka *i-albumin*, iglobulin, igliadin neglutenin (*igluten*). Isixokelelwano sezinganda-zifo sithatha enye okanye ezininzi kwezi prothini ngokungathi ziyingozi emzimbeni ze siqalise ukwalana nazo xa umntu esitya, ebamba okanye kwezinye iimeko esezela umoya onezinto ezinezi prothini (ukuba nesifuba kombhaki).
- Uninzi lwabantu abaphatheka kakubi xa bedibene nengqolowa ebunyanisweni impilo yabo ayalani nengqolowa – isenokuba nje into enengqolowa ayihlali eziswini zabo okanye ingcaki isemathunjini. Ukungalungelani nengqolowa akubangelwa sisixokelelwano sezinganda-zifo yaye akunakuxilongwa ngokusebenzisa iindlela eziqhelekileyo zokuhlola ukwaliwa (ezinjengokuhlola igazi okanye isikhumba). Kuchaphazela ukwetyisa; iimpawu eziqhelekileyo ziquka ukungetyisi kakuhle, urhudo nokuqunjelwa emva kokuba ingqolowa kakhulu.
- Ingxaki esemathunjini ibangelwa sisixokelelwano sezinganda-zifo kodwa asiyontshukumo edalwa kukwaliwa yingqolowa; yimeko ebangelwa kukuba iigluten (iiprothini ezifumaneka engqoloweni nakwezinye iisiriyali) zonakalisa inwebu yamathumbu.
- Olu xwebhu luthetha kuphela ngokwalana kwempilo yomntu nengqolowa.

IXHAPHAKE KANGAKANANI INTO YOKWALANA KWEMPILO YOMNTU NENGQOLOWA?

- Akukho manani achanekileyo abonisa ukuxhaphaka kokwalana komntu nengqolowa. Amava onyango abonisa ukuba ukwalana nengqolowa akuxhaphakanga xa kuthelekiswa nezinye izinto, yaye akuxhaphakanga kakhulu xa kuthelekiswa ngokomzekelo nokwalana kwempilo yomntu nobisi, amaqanda namandongomane. Ukungahlali kwengqolowa esiswini somntu kuxhaphake kakhulu kunemeko yokwenyani yokwalana kwayo nempilo yomntu.
- Ukwalana nengqolowa kungenzeka ebantwini abadala, kodwa ngokuqhelekileyo umntwana uyahlukana nayo njengoko ekhula.
- Kusenokuxhaphaka kumaqela athile amancinci umzekelo, ukwalana nengqolowa kusenokubangela isifuba ngenxa yokusebenza ebantwini abangama-30% kwishishini lokubhaka.

IIMPAWU ZOKWALANA NENGQOLOWA?

- Iintshukumo ezidalwa kukwaliwa yingqolowa ngokuqhelekileyo zaziwa ngokuba yi-IgE-antibody mediated, yaye zidla ngokubonakala kwimizuzu okanye iiyure ezimbalwa emva kokutya okanye ukusezela ingqolowa.
- Iimpawu ezixhaphake kakhulu zichaphazela isikhumba (ukuba nezigxala, irhashalala, i-angioedema), ukukrala kwesisu (iimpawu ezalanda undonakela wokwalana nento etyiwayo, amahlaba esiswini, ubucaphucaphu nokugabha) kunye nengxaki ekuphefumleni (isifuba okanye ingxaki ezimpumlweni).

- Iintshukumo ze-IgE zokungalungelani nengqolowa zingabangela izigxali, i-angioedema okanye i-anaphylaxis ebeka ubomi engozini ngokunxulumene nokwenza umthambo. Nezinye iisiriyali ezinegluten (irye, i-oats nerhasi) zingazibangela ezi mpawu ngenxa yokubakho kweentshukumo ezahlukeyo zokwaliwa.
- Into engaxhaphakanga kangako, iintshukumo ezahlukeneyo ezidalwa kukungalungelani nengqolowa zingalibaziseka (aziyo-IgE), zibonakala ngeempawu zesisu (urhudo, ukuqunjelwa, amahlaba) okanye irhashalala kwiinyure ukuya kwiintsuku emva kokutya ingqolowa.

KUXILONGWA NJANI UKWALIWA YINGQOLOWA?

- Uxilongo lunokuba lula xa ngaba umntu ngamaxesha onke ubonisa intshukumo efanayo emva kokutya ukutya okwenziwe ngengqolowa okanye utya ingqolowa ngamaxesha athile.
- Ngokufuthi uxilongo lunzima ngenxa yokuba ingqolowa kukutya okuyindogo yaye ngokufuthi sisithako “esifihlakeleyo” ekutyeni.
- Ngokuqhelekileyo uxilongo luquka uphononongo lonyango (imbali yempilo, imbali yosapho, imbali yokutya) oluxhaswa nangohlolo olufanelekileyo olwenziwa elebhu (ukuhlola isikhumba negazi ukukhangela ngokuthe ngqo i-IgE).
- Khumbula ukuba isiphumo sokuhlolwa kwesikhumba okanye kwegazi sisodwa asibobungqina baneleyo bokuba umntu uyaliwa yingqolowa yaye singakhohlisa.
- Abantu abaninzi abaliwayo ngumungu oba sengceni babonisa iziphumo ezifanayo nezokwaliwa yingqolowa, ngenxa yokuba kukho izinto ezifanayo ezivuselela intshukumo yokungalungelani nento ezisengqoloweni nakumungu wengca. Oku kungabonisa ukuba bayaliwa yingqolowa, kodwa kuthi kanti abavelisi zintshukumo zidalwa kukungalungelani nayo.

Uhlolo lokubona ukwaliwa yingqolowa lumele lucaciswe yingcali kujongwe nembali yezonyango kunye neziphumo zohlolo.

- Namhlanje kukho iindlela ezizodwa zokuhlola igazi nalapho kujongwa iinxalenye (amaqhezu) zeprothini yengqolowa ekungenzeka ukuba zinxulumene ngokwenene nokwaliwa yingqolowa, umzekelo yinxalenye ebizwa ngokuba yi-*omega-5 gliadin*.
- Kwiimeko ezithile uxilongo lokwaliwa yingqolowa aluqinisekanga, kusenokufuneka uhlolo ngokwenziwa kocelo-mngeni lokutya lomlomo, nalapho ekuqaleni unikwa intwana ze ke iman’ ukunyuswa imilinganiselo yengqolowa oyityiswayo phantsi kweliso labezonyango kwimeko ephantsi kolawulo.
- Kwiintshukumo ezidalwa kukungalungelani nengqolo ezingeyo-IgE (uhlobo olulibazisekayo), uxilongo lwenziwa ngotshintsho lweempawu xa kuyekiswa ukutya ingqolowa, nokuba mandundu kweempawu xa ephinda etyiswa ingqolowa (uhlolo ngocelo-mngeni lokuyekisa).

KUNYANGWA NJANI UKWALIWA KOMNTU YINGQOLOWA?

- Inyathelo lokuqala ekunyangeni ukwaliwa komntu yingqolowa kukuphepha ingqolowa kunye nezinto ezityiwayo ezenziwe ngengqolowa.
- Ngenxa yokuba ingqolowa kukutya okuyindogo, ukuyeka ukutya izinto ezenziwe ngengqolowa kunzima ngokukodwa kumguli nakusapho lwakhe.
- Kunzima gqitha ebantwaneni ekufuneka batye ukutya okungenayo ingqolowa ukufumana izinto abanokuzitya.
- Unyango lumele lube phantsi kweliso lencutshe yezondlo, ethi ibonelele ngeeresiphi ezingenayo ingqolowa nethi iqinisekise ukuba loo nto ityiwayo inesondlo ngokwaneleyo.

- Abaguli abaliwayo yingqolowa nabangalungelaniyo negluten (okanye *igliadin*) bamele bakuphephe ukutya nezinye iisiriyali ezinegluten ezifana ne-oats, isonka serye neserhasi.
- Abaguli abaliwayo yingqolowa bamele bajonge ileyibhile ebhalwe “*wheat free*” bangajongi nje ebhalwe “*gluten free*” (kuba *igluten* yiprothini enye kuphela kwezininzi ezikwingqolowa)

ZIZIPHI IZINTO EZITYIWAYO EZINENGQOLOWA?

- Ingqolowa sisithako esingundoqo kwizinto ezininzi ezityiwayo ezifana nezi:
- Izonka, izonka zechapattis nenaan, iisiriyali zesidlo sakusasa, iibhiskithi, iicracker, iicrumpet, iiscone, iipancake, iiwafer, ikeyiki, ipizza, ipasta, iipastri neepudini zohlobo lweyorkshire.
- Ingqolowa iyafumaneka nakwezinye izinto ezisetyenziswa ekutyeni ezifana neesuphu, imihluzi, izinongo, iziselo ezididiyelweyo, iinyama ezisiliweyo nezityo ezithengwa sele zilungele ukutyiwa.

Itheyibhile 1. Izithako ezikwiileyibhile ezibonisa ukuba kukho iiprothini zengqolowa

- *Ibread crumbs*
- *Irusk*
- *Ibran or wheat bran*
- *Icereal extract*
- *Icouscous*
- *Ibulgar wheat*
- *Icracker meal*
- *I-enriched flour, flour okanye unbleached flour*
- *Igluten*
- *Ihigh-gluten flour, ihigh-protein flour*
- *Isemolina wheat*
- *spelt*
- *Ikamut*
- *Itriticale*
- *Ivital gluten*
- *Iwheat bran, iwheat germ, iwheat gluten, iwheat malt, iwheat starch*
- *Idurum wheat*
- *Iwhole wheat flour*

Itheyibhile 2: Izithako ezikwiileyibhile ezibonisa ukuba kungenzeka kubekho iiprothini zengqolowa

- *Igelatinized starch*
- *Ihydrolyzed vegetable protein*
- *Imodified food starch, modified starch*
- *Inatural flavouring*
- *Isoy sauce*
- *Istarch*
- *Ivegetable gum, vegetable starch*

Ittheyibhile 3: Ezinye zezinto ezinokusetyenziswa endaweni yengqolowa ziquka:

- *linkozo/amakhatshu/umgubo werayisi*
- *Umgubo owenziwe ngeetapile*
- *Isago*
- *Amakhatshu okanye umgubo webuckwheat*
- *Umgubo wombona, ngePolenta*
- *linkozo/amakhatshu/umgubo wamazimba*
- *Iquinoa*
- *Amakhatshu okanye umgubo owenziwe ngesoya*

ILUNGELO LOBUNINI: ALLERGY SOCIETY OF SOUTH AFRICA

2013



linguqulelo-lwimi zixhaswa nguCIPLA