



INCWADANA YOLWAZI EYENZELWE ABAGULI INTLANZI NEZINTO EZITYIWAYO ZASELWANDLE

- Ukwaliwa yintlanzi/iziNto ezityiwayo zaselwandle kubhekisela ekuphathekeni kakubi ziiprothini ezifumaneka kwiintlobo ezahlukeneyo zezidalwa zaselwandle.
- Isixokelelwano sezingqanda-zifo zabantu abangalungelaniyo/abaliwayo zizinto ezithile sivelisa izilwa-buhlungu zomzimba ze-IgE, okubangela ukuba kuveliswe ihisthamini nezinto eziyingozi xa kutyiwe oko kutya.

INTLANZI

- Emhlabeni wonke intlanzi nezinye izinto zaselwandle ezityiwayo zinendima ebalulekileyo kwisondlo sabantu.
- Ukunyuka kwenani labantu abafuna ukutya izinto ezisempilweni kakhulu nokukehtha kwabantu ukutya intlanzi endaweni yenyama kuthethe ukuba ithande ukuba ninzi kakhulu intlanzi etyiwayo.
- Kwi-Afrika esemaZantsi kukho iintlobo ezahlukeneyo zeentlanzi ezingama-2 000.

IZINTO EZITYIWAYO ZASELWANDLE libinza elinabileyo elisetyenziswayo ekuhazeni iindidi ezimbini zezilwanyana zaselwandle:

- **linkala** iinqonci, unamvuna, iiprawn.
- **Imityuka** iimbaza, iimbatyisi, isquid, icalamari nengwane.

Ukwaliwa kwakho yintlanzi, akunyanzelekanga ukuba loo nto ithethe ukuba uyaliwa zizinto ezityiwayo zaselwandle.

Ukwaliwa kwakho ziinkala, akunyanzelekanga ukuba loo nto ithethe ukuba uyaliwa ziimolaskhi, nokwaliwa ziimolaskhi akunyanzelekanga ukuba kuthethe ukuba uyaliwa ziinkala.

ZIINTONI IIMPAWU ZOKWALIWA YINTLANZI/IZINTO EZITYIWAYO ZASELWANDLE?

- Iimpawu nemiqondiso yokwaliwa zizinto ezityiwayo zaselwandle intlanzi ziyafana nazo naziphi na ezinye, kodwa ezinye zixhaphake kakhulu kunezinye.
- Iimpawu ezixhaphakileyo ziquka irhashalala/ukudumba esikhumbeni, ubucaphucaphu/ ukugabha nokuba nengxaki ekuphefumleni.
- Iingxaki zokuphefumla zisenokubonakala ebantwini abanobuthathaka emva kokuphefumla umsi wentlanzi ephekiweyo okanye eyosiweyo.
- Iimpawu ezininzi kakhulu zibonakala zingekapheli iiyure ezi-2 emva kokutya, ukusezela ivumba okanye ukubamba intlanzi.
- Iimpawu ezinkulu zokwaliwa zingabangela i-anaphylaxis ebulalayo yaye kufuneka inyangwe nge-adrenalini.

Ukwaliwa yiNtlanzi/iziNto ezityiwayo zaselwandle akuthethi kuthi uyaliwa yi-Ayodini!

KUXHAPHAKE KANGAKANANI UKWALIWA ZIZINTO EZITYIWAYO ZASELWANDLE?

Into yokwaliwa zizinto ezityiwayo zaselwandle ixhaphake kakhulu ebantwini abadala kunasebantwaneni, kodwa xa imqale umntu esengumntwana, kungenzeka ukuba akhule nayo.

EZINYE IINTSHUKUMO EZIMBI EZIDALWA KUKUNGALUNGELANI NENTLANZI

- Ngamanye amaxesha kunganzima ukuqonda ingxaki ngokuxilonga umguli owaliwayo yintlanzi xa kukho ezinye iintshukumo ezibandakanyekileyo, umzekelo, ezibangelwa yityhefu esentlanzini.
- **IScromboid Poisoning** ibangelwa kukutya intlanzi eyonakeleyo, ngenxa yokuba intlanzi ingafakwanga ngokufanelekileyo efrijini okanye ifakwe kade. Ngokufuthi kubandakanyeke iintlobo zentlanzi ezinenyama emdaka ngebala ezifana neyellowtail, ituna nemackerel. Iimpawu ezifana nokwaliwa ngokuqhelekileyo zibonakala kwisithuba seyure e-1 ukuya kwezi-1 yaye ziquka ukuba nesifuthufuthu, ukubila, intloko ebuhlungu, ubucaphucaphu, ukugabha, urhudo nezigxala esikhumbeni.
- **ICiguatera Fish Poisoning** kubangelwa kukutya intlanzi efumaneka kwiingqaqa eziselwandle kwiindawo zetropiki namazantsi etropiki, ezisenokufumaneka kumntla woNxweme lwaseNatala. Iimpawu ziquka ukuntlontlozela kwezandla neendawo, ukubetha kancinci kwentliziyo nokuhla koxinzelelo-gazi.
- Iintsukumo ezidalwa kukwaliwa zibonakele ebantwini abatye intlanzi enombungu omncinci osidleleleli nekuthiwa yi-Anisakis. Ezi mpawu zifana nezokwaliwa zibikwe ikakhulukazi emva kokutya intlanzi ekrwada okanye engavuthwanga kakuhle, yaye zibangelwa kukwaliwa komntu sesi sidleleleli sihlala enyameni yentlanzi. Uxilongo lulula kwenziwa nje uhlolo lwegazi. EMzantsi Afrika, idla ngokuba nguSnuka intlanzi enale ngxaki.

KUXILONGWA NJANI UKWALIWA YINTLANZI?

- mbali ecacileyo neneenkukacha ibaluleke ngqitha kumntu owaliwa zizinto ezityiwayo zaselwandle nebonisa ukuba umntu uyaliwa okanye yinto enetyhefu kusini na.
- Uphononongo lwasekliniki lumele luxhaswe ngokuhlolwa kwesampulu yegazi laloo ntlanzi/isidalwa zaselwandle esityiwayo esirhanelwayo.

IZICWANGCISO ZONYANGO

- Kuphephe nakuphi na ukudibana ngokungqalileyo okanye ngokungangqalanga naloo ntlanzi ungalingelaniyo nayo kuquka ukubamba okanye ukusezela umphunga xa kuphekiwe.
- Lumka xa uye kwiivenkile zokutyela, njengoko ukutya kwakho kusenokuba nentlanzi (umz. iitshipsi ezishushu nentlanzi ezenziwe kwi-oyile enye).
- Nxiba isacholo esibonisa ukuba zinto zini na ongalungelaniyo nazo ze uphathe nesarinji sokuzitofa nge-adrenalini ukuba ungumntu othanda ukwaliwa zizinto.

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