



IBHUKWANA LOLWAZI LESIGULI UKHWEKHWE LWESIKHUMBA

- Lesi simo okuwukhwekhwe lwesikhumba yisifo eselashwa njalo singapheli ngoba sihlala sivuka njalo esikhumbeni.
- Lapha isikhumba sesiguli esinokhwekhwe sivele siphathwe kabi nje yizinto ezincane ezisilumayo ezifana nokudla kanye nezinye izinto zemvelo (ikati/inja/imbungulu) kanti lapho-ke isikhumba sivele sishintshe nombala sibe bomvu tebh, sibe namakhekheba bese siyaluma kakhulu nokuya kwenze ukuthi singenwe kalula ngezinye izifo ezibangelwa amabhaktheriya.
- Lapha isikhumba ezindaweni ezingamalunga anwebekayo (isibonelo kwingaphakathi lezindololwane nakwimfasankomo) yikhona lapho sithinteka khona kakhulu.
- Lolu khwekhwe lwesikhumba luvame ukwenzeka luhambisana nezinye izifo ezifana ne-rhinitis, isifuba somoya kanye nesifo samehlo.
- Lokhu ukugula okuthelelanayo ngofuzo.
- Isifo sokhwekhwe kubantwana asebekhulile kanye nakubantu abadala siyaye sididaniswe nesifo esaziwa ngokuthi yi-psoriasis.
- Yize ingekho imithi eyaziwayo yokwelapha isifo sokhwekhwe, kodwa sona singelapheka ngokusebenzisa ingxubevanjge yokusivikela (ukufunda ukwazi ukuthi sibangelwa yini lesi simo) kanye nokusebenzisa imithi ethile.
- Isimo sokhwekhwe lwesikhumba isikhathi esiningi siqala umuntu esemncane kakhulu futhi kuyenzeka ukuthi simlandele njalo kuze kuba uyakhula uba mdala.
- Lesi simo sivame ukuthi siqale ngemuva kwenyanga yesithathu, kuqale sengathi umqubuko nje ongashi shu ebusweni kanye nakwezinye izindawo ezisobala ezingalweni nasemilenzeni bese siqhubeka njalo uma umntwana esethe ukukhula kancane, lapho nokuvele kuzenze umqubuko owomile noluvame ukuba sezindololwaneni nasemfasankomo.
- "Akusikhona ukuqubuka okulumayo, kodwa ukuluma okuqubukayo."

UKUSIGWEMA

Ngokudla

- Yenza izinhlelo zokugwema ukwaliwa ukudla ezejwayelekile kubantwana abancane abasanda kuzalwa nabasengcupheni enkulu. Lokhu kuhlenganisa ukugwema ukubhema kwabazali ngenkathi bekhulelwe kanye nangemuva kokubeletha kanye nangesikhathi sokuncelisa okungenani umntwana aze abe nezinyanga ezi-4 zobudala.
- Cishe abantwana abangamaphesenti angama-30 abanokhwekhwe abayogcina sebenesimo sokwaliwa ukudla. Lokhu isikhathi esiningi ukuhlasela abantwana abancane kakhulu abanokhwekhwe olukhulu olungalawuleki kodwa futhi kuyabahlasela nalabo bantwana abanokhwekhwe nje olwejwayelekile.
- Kubaluleke kakhulu ukuthi isimo sokwaliwa ukudla sihlonzwe ngendlela efanele ngaphambi kokuba kuze kushintshwe nokudla okudliwa abantwana abancane (Bheka ibhukwana elimayelana nokwaliwa ukudla).

Izimpahla zokugqoka

- Abantwana kufanele basigweme isimo sezulu esiswakeme kanye nesibandayo, ukujuluka okukhulu, kumele futhi bagweme izimpahla zokugqoka eziyiwuli noma eziqanjiweyo nezisondela kakhulu esikhunjeni kuhlenganisa nezinsipho ezinamakha.
- Okokugqoka kwangaphansi okwenziwe ngokotini, izimpahla zokugqoka ezenziwe ngokotini kanye nezinto zombhede ezenziwe ngokotini yizinto okunconywa ukuthi zingasetshenziswa.

Izibulalimagciwane/izinto zokulwa nokuluma kwesikhumba

- Izinsipho eziyimpuphu ezinamakhemikhali enziwe ngumuntu siqu sakhe, kanye nezithambisizindwangu akumele nakancane kusetshenziswe. Kungcono futhi kugwenywe imithi yokugeza eyenza amagwebu, izinto zokubulala amagciwane endlini nazo azilungile kanjalo nezinsipho ezinobuthi obuthile kuzo kumele zigwenywe.
- Umuthi wasechibini lokubhukuda oluhlaza kungenzeka nawo ukungakuphathi kahle futhi kungenzeka usomise isikhumba.
- Izinto eziphatha kabi isikhumba eziba sendlini kungaba yilezi: iwuli, uboya bembuzi, inayilono kanye nezimpaphe.
- Izimbungulu, izinja kanye namakati kungabangela ukuthi ukhwekhwe lwesikhumba.

Ukugeza

- Amanzi okugeza kufanele abe ntukuthuku kanti kufanele ukuthi kugcotshwe izithambisi esikhunjeni ingakapheli imizuzu emithathu isikhumba somisiwe (ungalokothi uzigcobe esikhunjeni esomile).
- Sebenzisa insimo engenawo amakha.
- Uma insipho engenawo amakha ihlupha esikhunjeni, lapho-ke ungazama i-aqueous cream.
- Izinwele kufanele zigezwe endishini ukugwema ukuthi i-shampoo ingathintani nesikhumba.

Ngesikhathi sasebusuku

- Yemboza isikhumba esiningi kakhulu ngendwangu kakotini elula nje engenabo ubungozi bokungakuthandi, kodwa-ke uqaphele ungaze wembathe uyikazele noma uze uzishisise kakhulu.
- Amagilavu kakotini kanye nezinsipho zeminwe ezimfushane kungenzeka kunciphise ukulunywa.
- Amafutha ezindololwaneni kungenzeka kudingeke ukuthi agcotshwe ukuze anqande ukuziphala ebusuku.
- Uma kunanezimpawu zokuba khona kwezimbungulu, sebenzisa izinto zokwendlala umbhede ezinezikhala.

Imigomo

- Kufanele umntwana ahlale eyogonywa.
- Vakashela udokotela wakho uma unanoma iyiphi inking mayelana nalokhu kujowwa.

UKWELASHWA KWALESI SIMO

Izithambisi

- Okhilimu bokuthambisa kanye nezigcobo, yizinto nokuyizinto ezibaluleke kakhulu ekwelapheni ukhwekhwe, baphephile futhi kufanele basetshenziswe ngokukhululeka izikhathi ezimbalwa ngosuku, ukumanzisa kanye nokuvikela isikhumba.
- Abanye abantu kuyenzeka bathole ukuthi imikhiqizo ethile iyazihlupha izikhumba zabo, uma lokhu kwenzeka, kufanele kuzanywe omunye umkhiqizo. Izithambisi ezahlukeneyo zifaka phakathi izigcobo ama-HED, okuyilaba okhilimu; *cetomacrogol*, *Ultrabase* and *Oilatum*.

- Ngezinye izikhathi kusetshenziswa itiyela lamalahle elimnyama, kugcotshwe lona esikhumbeni esiqinile.
- Ukhilimu i-aqueous cream akufanele usetshenziswe njengesithambisi kulesi simo.

Okhilimu bangama-cortisone/steroid

- Laba okhilimu baletha ukukhululeka futhi basetshenziselwa isikhathi esifushane ukuze kuliwe nokhwekhwana oluthile oludamane luvela.
- Kungenzeka futhi lezi zinto zisetshenziswe izikhathi ezinde uma zixutshwe nezinye izithambisi kanti-ke esimweni esinjalo kufanele zigcotshwe kancane nje.
- Ukusebenzisa laba okhilimu kungaholela esikhunjeni esiqinile.
- Amaphilisi e-cortisone noma imijovo yayo kunconywa ukuthi kungasetshenziswa, yize-ke lezi zinto okuthiwa zingasetshenziswa zingakwazi ukuhlinzeka ngokusizakala kwesikhathi esifushane, kuyenzeka ukuthi kuholele ekwenzeni ukhwekhwe lube lubi kakhulu.

Ama-antibiotics

- Labo abahlushwa ukhwekhwe kuyenzeka ukuthi kube nezifo eziningi ezibaphathayo (ezingamabhaktheriya, ezinesikhunta kanye nezinamagciwane kuhlenganisa nezinsumpa ezejwayelekile).
- Okhilimu bama-antibiotics kanye namanye ama-antibiotics aphuzwa ngomlomo yizona zinto okuyaye kufanele ukuba zisetshenziswe ukwelapha ukhwekhwe nokuthi ngokuhamba kwesikhathi luvele luphenduke uqweqwe, lube nokuvuza okuthile futhi kwenze isikhumba sibe bomvu.

I-antihistamines

- Le mithi yakudala engamaphilisi noma imithi ephuzwayo ethulisa izinhlungu efana ne-Aterax kungenzeka inciphise ukulunywa ikakhulukazi ebusuku.
- Okhilimu be-antihistamine kungenzeka bazwele esikhunjeni futhi kufanele bagwenywe.

Ukuze ufunde kabanzi ngokuye, vakasheka ku: http://en.wikipedia.org/wiki/Atopic_dermatitis