

Mahloko a nkang nako e telele: nka taolo

Izifo Ezinganyangekiyo: Thatha Ulawulo

Bohloko bo nkang nako e telele ke eng?

Bohloko bo nkang nako e telele ke seemo seo o bang ho sona ka nako e telele. Le ha bo keke ba phekoheha, bo ka laoleha. Mahloko a nkang nako e telele a tloaelehileng a akaretsa, khatello e phahameng ya phallo ya madi, lefu la tswekere le bohloko ba matshoafu le ha feela ho ntse ho e ena le a mang a mangata.

O ka laola bohloko bo nkang nako e telele joang?

Mahloko a nkang nako e telele a mangata a ka ntshafatsoa tjena:

● Kgetho ya ho phela bophelo bo bottle ka tsela e tjena:

- Ho ja meroho le ditholoana kgafetsa-kgafetsa ka moo ho ka kgonehang.
- Ho ikwetlisa mmele metsotso e ka bang mashome a mararo ka letsatsi, bonyane ha hlano ka beke.
- Se tsubi kapa ho sebedisa dihlahiswa tsa kwae.
- Fokotsa ho ja letswai le tswekere.

● Ho nka meriana ya hao ka nepo:

- Rakhemisi a ka o thusa ho utlwisisa tsela ya ho nwa meriana ya hao.
- Moriana o mong le o mong o lokelwa ho nowa ka tekanyetso e nepahetseng, ka mokgwa o nepahetseng le ka nako e nepahetseng.
- Tswelapele ho nwa meriana ya hao le ha o ikutlwa o phetse hantle.
- O seke wa arolelana meriana.
- Ha o na le mathatha ka meriana ya hao, botsa Rakhemisi wa hao.

Sesotho

Yintoni isifo esinganyangekiyo?

Isifo esinganyangekiyo sisifo obanaso ixesha elide. Nokuba sinokunganyangeki kodwa ungasilawula. Izifo ezinganyangekiyo eziqhelekileyo zezi : uxinzelelo lwegazi emithanjeni (ihayi hayi), isifo seswekile, isifuba, zikhona na nezinye.

Ungazilawula njani ezi zifo zinganyangekiyo

Izifo ezinganyangekiyo ezininzi zingangcono xa unokwenza oku kulandelayo:

● Ungatshintsha indlela yokuphila ngo:

- Kutya imifuno neziqhamo rhoqo.
- Kuzivoca voca umzimba kangange mizuzu engama -30 ngosuku, noba ziintsuku ezintlanu evekini.
- Kungatshayi okanye usebenzise izinto ezinecuba.
- Kwehlisa izinga lwetyiwa okanye iswekile ekutyeni kwakho.

● Ukusebenzisa amayeza wakho ngokufanelekileyo:

- USokhemesti wakho angakunceda uwaqonde ukuba athathwa njani na amayeza akho.
- Onke amayeza wathathe ngomlinganiselo olungileyo, ngendlela elungileyo nangexesha elifanelekileyo.
- Qhubekela uwasele amayeza akho nokuba uziva ungcono ungaguli.
- Akulunganga ukubolekisa okanye ukunika omnye umntu amayeza akho.
- Ukuba unengxaki okanye kukho into ongayiqondiyo ngamayeza akho, buza uSokhemesti wakho.

Xhosa

PHARMACY

Towards quality care together

Chronic Diseases: Take control



Malwetse a leruri: Tsaya taolo

Izifo ezithatha isikhathi ukulapheka: Thatha isinyathelo sokuzilawula

Chronic Diseases: Take control

Bolwetse jwa leruri ke eng?

Bolwetse jwa leruri bo tsaya lobaka lo lo leele. Le fa bo sa alafege, bo ka laolega. Mefuta ya malwetse, a leruri, a a tlwaelegileng ke: kgatelelo ya madi a magolo, bolwetse jwa sukiri, le khupelo le fa gona le a mangwe a mantisi.

Ingabe siyini isifo esithatha isikhathi ukulapheka ?

Isifo eithatha isikhathi eside ukulapheka sihlala nawe njalo, noma singeke salapheka kodwa singalawuleka. Ezivamile kakhulu kulezi zifo isifo sokuphakama komfutho wegazi, isifo sikashukela, nesifo somoya nezinye eziningi.

What is a chronic disease?

A chronic disease is a long lasting condition. Although it may not be cured, it can be managed. Common chronic diseases include high blood pressure, diabetes and asthma, although there are many more.

O ka laola bolwetse jwa leruri jang?

Bolwetse jwa leruri bo ka kaonafatswa ka:

Go tlhopha go phela botoka go tshwana le:

- Go ja merogo le maungo kgafetse-kgafetsa ka fa o kgonagalang.
- Go ikwetlise metsotso e leng masome a mararo ka letsatsi bonnye ga tlhano mo bekeng.
- Go tlogela go goga motsoko le go dirisa ditlhagiswa tsa motsoko.
- Go fokotsa letswai le tswekere mo dijong.

Nwa melemo ka tsela ee nepagetseng:

- Ramelemo wa gago a ka go thusa go tlhaloganya gore o dirise melemo ya gago jang.
- Molemo mongwe le mongwe o tshwanetse wa nowa ka selekano se se beilweng, ka mokgwa o o siameng le ka nako ya maleba.
- Tswelala go nwa melemo ya gago le fa o ikutlwa o tokafetse.
- O se ka wa nwa melemo ya gago le ope.
- Fa o na le mathata ka melemo ya gago, botsa Ramelemo wa gago.

Unga lawula kanjani isifo esithatha isikhathi ukulapheka

isifo esithatha isikhathi ukulapheka singenziwa ncono yilokhu:

Ukukhetha ukuphila impilo ehle :

- Ngokudla imifino nezithelo naso sonke izikhathi.
- Ngokuvocavoca umzimba imizuzu engu 30 ngosuku kahlanu ngeviki.
- Ukungabhemi noma usebenzise imikhiqizo eyenziwe ngogwayi .
- Ngokwehlisa inani olodlayo likasawodi kanye noshukela.

Ukuphuza imithi yakho ngendlela efanele:

- Usokhemisi wakho angakusiza uqonde ukuthi uyiphuza nini futhi kanjani imithi yakho.
- Umuthi ngamunye kumelwe ukuthi uphuze inani elivumelekile, ngendlela efanele kanye nesikhathi esifanele.
- Qhubeka uphuze imithi yakho noma ngabe usuzizwa uncono.
- Ungaphisani kwabanye ngemithi yakho.
- Uma unenkinga ngemithi yakho buza usokhemisi wakho.

How to manage your chronic disease

Many chronic diseases can be improved by:

Healthy lifestyle choices such as:

- Eating vegetables and fruits as often as possible.
- Being physically active for 30 minutes a day, at least five times a week.
- Not smoking or using tobacco products.
- Reducing salt and sugar intake.

Taking your medicines properly:

- Your pharmacist can help you understand how to take your medicine.
- Every medicine should be taken at the correct dose, in the correct way, at the correct time.
- Continue to take your medicine even if you are feeling well
- Do not share your medicine.
- If you have problems with your medicine, ask your pharmacist.