INKOLELOZE	Uma izimpawu zohlangothi zidlula, awudingi ukwelashwa

Amanga - Uma othile enezimpawu zesikhashana zokushaywa unhlangothi, okubizwa ngokuthi i-transient ischemic attack (TIA), kuyisimo esiphuthumayo sezokwelapha! Umehluko phakathi kwe-TIA ne-stroke ukuthi umkhumbi wegazi owawuvinjwe ngesikhathi se-TIA uyavuleka ngaphambi kokuba udale umonakalo unomphela. I-TIA kufanele icabangele uphawu oluqinisekile lwesixwayiso.

INKOLELOZE	Ukubhema akuwathinti amathuba akho okuba nesifo sohlangothi

Amanga - Ukubhema kungenye yezinto eziyingozi enkulu yokushaywa unhlangothi, ikakhulukazi kubantu abasha. Lokhu kuyiqiniso kokubili imivimbo ye-ischemic kanye ne-hemorrhagic, kanye nemivimbo yokuqala kanye nokuphindaphindiwe.

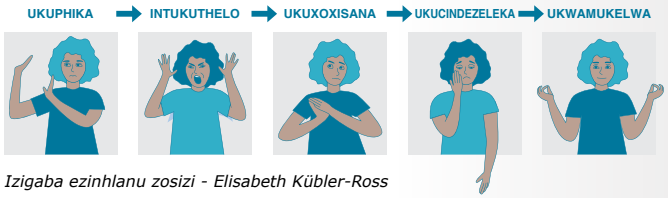
INKOLELOZE	Ukululama ngemva kokushaywa unhlangothi kwenzeka kuphela ezinyangeni ezimbalwa zokuqala

Amanga - Nakuba ukuphulukiswa okuningi kwenzeka ezinyangeni ezimbalwa zokuqala, ukululama kungase kuthathe iminyaka eminingana, futhi abantu bangazuza ekwelapheni ngokomzimba nezinye izindlela zokwelapha eminyakeni embalwa ngemva kokushaywa unhlangothi.

Uhambo lokululama

Uhambo lwakho lokululama ngemva kokushaywa unhlangothi luwumgwaqo omude futhi luhilela izici eziningi ezingokomzimba nezingokwengqondo kanye nezinguquko okungenzeka zenzeke ngenxa yokushaywa unhlangothi. Ukulungisa kabusha kungase kudide. Isimo sengqondo esihle yisinqumo sakho

Ukuthuthukiswa kuyema kuphela lapho uyeka ukuzama, okusho ukuthi udinga ukuhlakulela isimo sengqondo ‘sokungayeki’ kanye nesimo sengqondo. Akuzona zonke izinguquko eziyoba sobala esikhathini sokuqala sokululama, futhi abaningi abasindile sohlangothi bazodlula inqubo yokufunda ukubhekana nobunzima obufihliwe, njengokushintsha kokucabanga, inkumbulo nokuqonda, kanye nezinkinga ezingokwengqondo nezingokomzwelo. Lokhu kungaba inselele yangempela kosinde isifo sohlangothi, amalungu omndeni kanye nabanye abathandekayo. Uhambo lokululama lungaba lude, futhi asikho isikhathi sokululama… konke kugxile ekucabangeni okuhle kosindile, kanye nesimo sasekhaya! Ukwazi ngezigaba ezinhlanu zosizi kuzokusiza ukuthi uqonde futhi uzulazule ezigabeni.



Izigaba ezinhlanu zosizi - Elisabeth Kübler-Ross

Mayelana ne-Stroke Survivors Foundation (SSF)

Isiguli sohlangothi, sisaphathwa esibhedlela, sithola ukunakekelwa nokwelashwa okusindisa ukuphila. Kodwa-ke, lapho kukhishwa, lokhu kunakekela okugxilile nokwelashwa kuyanyamalala, okushiya abaningi abasindile ukuthi babhekane nomthelela omubi wokushaywa unhlangothi kuphela. Umgomo wethu uwukuvala igebe elibalulekile phakathi kokukhishwa esibhedlela kanye nokusekelwa okuqhubekayo okushintsha impilo nokunakekelwa, okubaluleke kakhulu ohambweni lokululama. Ekuvaleni igebe, i-SSF idale umphakathi we-Post Discharge Stroke Support (PDSS), ohlanganisa ne-Strokefocus Mobile App. I-PDSS inikezela ngezinsizakalo ezilandelayo ezibalulekile kumalungu ayo:

- Ukufinyelela emphakathini wabasindile, abanakekeli, kanye nabasebenzi bezempilo
- Ukwesekwa kontanga nokunakekela abasindile, imindeni yabo kanye nabanakekeli
- Imfundo, ugqozi kanye nogqozi lokubhekana nohambo lokululama
- Ukusabalalisa ulwazi

Uma kukhona obaziyo ohlaselwe isifo sohlangothi noma uma ungumnakekeli noma ilungu lomndeni eliphila nesifo sohlangothi, silapha ukuze sibhekane nawe lolu hambo olusha oluyinselele.

Ukuze ujoyine umphakathi wethu, landa uhlelo lwethu lokusebenza lweselula MAHHALA bese ubhalisa manje!

Mobile App

strokefocus

Abasinde esifweni sohlangothi ngeke baphinde bazizwe bebodwa futhi belahliwe!

Ukuze uthole imininingwane eyengeziwe sicela usithinte ku:

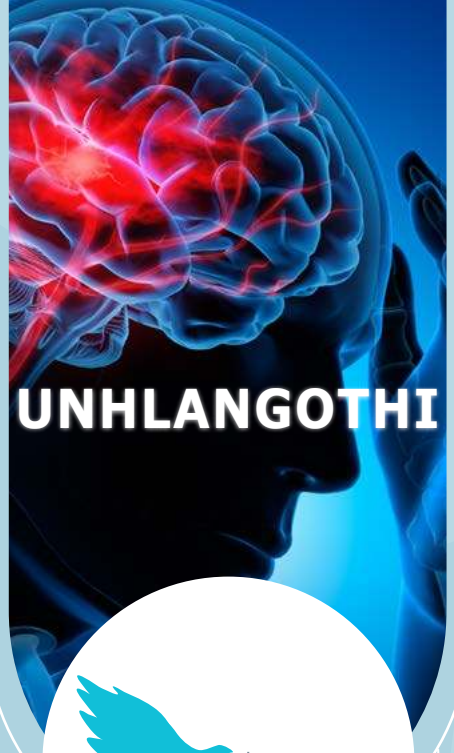
The Stroke Survivors Foundation

[Section 21] Reg No: 2010/002369/08 | NPO No: 083-885

Ngokuziqhenya uxhaswe ngu LIBERTY *In it with you*

0100 065 656 | www.strokesurvivors.org.za | @strokesurvivors

J8067B-isiZulu



the stroke survivors foundation

Kungenzeka kuwe...

I-Stroke Survivors Foundation ivala igebe phakathi kokukhululwa esibhedlela kanye nokwesekwa nokunakekelwa okushintsha ukuphila. Silwela ukuhamba nawe ukuze sisheshise futhi sithuthukise umphumela wakho kanye nekhwalithi yokululama.

Post Discharge Stroke Support (PDSS)

Adapt • Improvise • Overcome

Yini Unhlangothi?

Ukushaywa **unhlangothi** kuwukuhlasela kobuchopho!

Kwenzeka lapho ukunikezwa kwegazi engxenyeni yobuchopho bakho kukhawulelwe. Igazi lithwala imisoco ebalulekile nomoya-mpilo likuyise ebuchosheni bakho, futhi ngaphandle kwegazi, amangqamuzana obuchopho bakho angalimala noma afe. Lo monakalo ungaba nemiphumela ehlukene, kuye ngokuthi iyiphi ingxenye yobuchopho ethintekayo, ngakho-ke akukho imivimbo emibili efanayo. Isifo sohlangothi siphakathi kwezimbangela ezintathu eziphezulu zokufa kanye nembangela ehamba phambili yokukhubazeka. Ngokusho kweWorld Stroke Organisation, umuntu oyedwa kwabane uzohlaselwa isifo sohlangothi ngesikhathi esaphila.

Eminye yemiphumela evame ukubikwa ye-stroke ihlanganisa:

- Ukukhubazeka noma ubuthakathaka obuhlanganisa ubuso, ingalo, nomlenze ohlangothini olulodwa lomzimba
- Ubunzima bokukhuluma noma ukungakwazi ukuxhumana ngokucacile
- Ubunzima bokugwinya noma ukudla
- Ukulahlekelwa yisinye noma ukunyakaza kwesitsha
- Ukulahlekelwa noma ukonakala kokuzwa
- Ukulahlekelwa umbono ohlangothini olulodwa
- Ukulahlekelwa inkumbulo okuyingxenye noma okuphelele nokugxilisa ingqondo okulinganiselwe
- Ukulahlekelwa ukulawula imizwa: ukushintsha kwemizwa, ukudangala nokukhungatheka
- Ikhanda elibuhlungu kakhulu
- Ukukhathala
- Ukungakhululeki kwemizwa/Ubuhlungu

Yazi izinhlobo ezahlukene zokushaywa unhlangothi:

I-Hemorrhagic Stroke (Ukopha)
Lokhu kwenzeka lapho umthambo wegazi ongaphakathi ebuchosheni uqhekeka futhi ubangele ukopha ngaphakathi naseduze kwendawo ethintekile.

I-Ischemic Stroke (Ihlule)
Lokhu kubangelwa ihlule legazi elivimba ukugeleza kwegazi eliya ebuchosheni, elaziwa nangokuthi i-cerebral thrombosis.

I-Transient ischemic attack (TIA)
I-TIA noma i-mini-stroke ilingisa izimpawu ze-stroke, ngaphandle kokuthi izimpawu zihlala isikhathi esifushane futhi zingezesikhashana. I-TIA, nakuba ingeyesikhashana, isebucayi kakhulu njengoba iwuphawu lwenkinga edinga ukunakwa futhi ingase ixazulule isifo sohlangothi uma inkinga ewumsuka ingalungiswa.

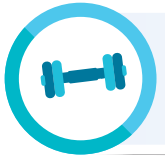
Izinyathelo zokuvimbela

Kulinganiselwa ukuthi isifo sohlangothi senzeka njalo ngemizuzwana emithathu emhlabeni wonke futhi kufa othile ngemva kwemizuzu emine. Nokho, kuze kufike kumaphesenti angu-80 imivimbo ingavinjelwa. Unganciphisa amathuba akho okuba nesifo sohlangothi ngokulandela indlela yokuphila enempilo futhi uqaphela izici zakho eziyingozi.



Ukudla Nokudla Okunempilo

Ukulandela uhlelo lokudla okunempilo nokugcina isisindo esinempilo kunciphisa kakhulu amathuba okuba nezifo ezingamahlalakhona kanye nesifo sohlangothi.



Ukuzivocavoca umzimba

Ukuvivinya umzimba kanye nokuhlolwa kwezokwelapha okuvamile kusiza ukuqinisekisa ukuthi umzimba wakho usebenza ngesikhathi esiphezulu.



Umfutho Wegazi Ophakeme

Abantu abaningi bahlushwa Umfutho Wegazi Ophakeme ngaphandle kokuqaphela. Ukuhlolwa njalo kwezokwelapha, ukuqapha nokulawula umfutho wegazi kusiza ukunciphisa amathuba akho okushaya uhlangothi.



I-Cholesterol

Kubalulekile ukuthi i-cholesterol yakho ihlolwe njalo futhi lapho kunesidingo khona ukulawula amazinga e-cholesterol emzimbeni wakho. I-Cholesterol iyimbangela ehamba phambili yokuvaleka nezinkinga emithanjeni ethwala igazi emzimbeni wakho.



Utshwala

Utshwala bungakhuphula umfutho wegazi futhi ngaleyo ndlela kwandisa ingozi yokushaywa unhlangothi.



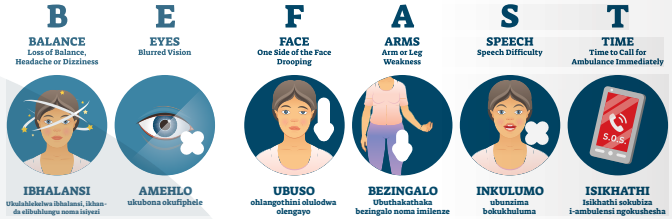
Ukubhema

Ukubhema kwandisa amathuba akho okushaya isifo sohlangothi. Ukukhahlela lo mkhuba kuhle kuwena nomndeni wakho, njengoba ukubhema kwesibili kubi njengokubhema, futhi kwandisa amathuba okuba amalungu omndeni ahlaselwe isifo sohlangothi.

Ukubona izimpawu ze-stroke nokuthi ungasiza kanjani:

Ngokuzifundisa wena, amalungu omndeni wakho nabangane ukuthi ungazihlonza kanjani ngokushesha izimpawu ze-stroke, ungadlala indima ebalulekile ekwehliseni umthelela wokushaywa unhlangothi kulowo ohlukunyezwe nomndeni waso.

Yazi izimpawu



Uthi bewazi:

INKOLELOZE | **Uyathakathwa uma ushaywe yisifo sohlangothi**

Amanga - Ukushaywa unhlangothi akusho ukuthi uthakathiwe!

INKOLELOZE | **Abesifazane abahlushwa isifo sohlangothi**

Amanga - I-stroke ingenzeka kunoma ubani, kungakhathaliseki ubudala bakhe, ubulili noma uhlanga.

INKOLELOZE | **Ukushaywa unhlangothi kwenzeka kubantu asebekhulile kuphela**

Amanga - Ukushaywa unhlangothi kungenzeka kunoma ngubani kunoma iyiphi iminyaka, nakuba ingozi yokuba nesifo sohlangothi ikhula ngokuya ngeminyaka.

INKOLELOZE | **Ukushaywa unhlangothi kuyivelakancane**

Amanga - Izibalo ze-Stroke ziveza ukuthi ukushaywa kuvame kakhulu.

INKOLELOZE | **Istroke yenzeka enhliziyweni**

Amanga - Ukushaywa unhlangothi kwenzeka ebuchosheni. Uma ukunikezwa kwegazi kuma-neuron ebuchosheni kunqanyulwa ngenxa yehlule legazi noma isifo semithambo yegazi, lezo zinzwa ziyafa, bese kuba nesifo sohlangothi.

INKOLELOZE | **Ukushaywa unhlangothi akunakuvinjelwa**

Amanga - Ucwaningo lwezici eziyingozi luthole ukuthi amaphesenti angama-90 wokushaywa unhlangothi angabangelwa izici eziyingozi zemithambo yegazi njengomfutho wegazi ophakeme, isifo sikashukela, nokukhuluphala, konke okungagwemeka.

INKOLELOZE | **Imivimbo ayinakwelashwa**

Amanga - Iningi lemivimbo yi-ischemic (ihlule), futhi ingelashwa. Uma umuntu efika esibhedlela kungakapheli amahora ama-4 eqalile, umuthi wokuvala amahlule anganikezwa.

INKOLELOZE | **Uphawu oluvame kakhulu lokushaywa unhlangothi ubuhlungu**

Amanga - Amaphesenti angaba ngu-30 kuphela abantu azoba nekhanda elibuhlungu nge-ischemic stroke, ngakho ubuhlungu abulona uphawu oluthembekile.

INKOLELOZE | **Ukushaywa unhlangothi akulona ifa**

Amanga - Imivimbo iyenzeka emindenini, izinto eziyingozi emithanjeni yegazi yokushaywa unhlangothi, njengomfutho wegazi ophakeme, isifo sikashukela, nokukhuluphala, konke kunengxenye yofuzo.