

NGESONTO eledule sikhulume ngokubaluleka kokuzibambela mathuba impilo yakho. Siqhube ngokuqhakambisa kakhulu ukuvikelwa kwezifo kunokuzelapha. Noma kunjalo kakuzona zonke izifo ezivikelekayo.

Emasontweni edlule sikhulume ngomdlavuzwa siwuchaza ukuthi ngabe uyini futhi wakheka kanjani. Namhlanje ngifisa ukuba sigxile kumdlavuzwa i-*prostate cancer* ne-*colon cancer*.

Sibonga kakhulu kumfundi waleli phephandaba, uMnu Malolo Hlongwa osibhalele wasicela ukuba sikhulume kabanzi ngalezi zifo. Ucele ukwazi izimpawu zalezi zifo nokuthi ngabe singazivikelela kanjani.

Uma kubhekwa isibalo samadoda azyelwa wona emitholampilo ngesizathu sokuba ayohlola nje ukuthi aphilile yini noma egula, sincane kakhulu. Lokhu kuvaza ngokusobala ukuthi amadoda aya esibhedlela noma emtholampilo uma sekufiwa ngempela. Noma ngabe lokhu kubhekwa njengento eqhathaniswa nobunsizwa kapha ukufika kwethu emtholampilo sekuhamba isikhathi kwenza kube lukhuni satshe ukuba kwelapheke izifo.

I-*prostate cancer* ne-*colon cancer* ziyona ehamba phambili kuyo yonke imidlavuzwa engaphatha abantu besilisa. Uma kunjalo kubalulekile ukuba sizazi izimpawu umuntu angazibheka ukuze ezothola usizo kusenesikhathi esanele ukuzelapha lezi zifo.

AKE SIBHEKE UMDLAVUZA I-PROSTATE:

Lapha eNingizimu Afrika kutholakala ukuthi umuntu oyedwa (1) kwabayisishiyagalombili (8) emadodeni, angaba nomdlavuzwa we-*prostate* (indlala). I-*prostate* itholakala phakathi kwesinye nesitho sangasese kumuntu wesilisa. Yiqhuzu nje okuyilona elikhqiqhiza uketshezi oluhlangana nesidoda.

IZIMPAWU ZE-PROSTATE CANCER:

Kuyenzeka ukuthi i-*prostate cancer* ube nayo kodwa wena ungaboni ngisho uphawu olulodwa. Kubalulekile ukuba sazi ukuthi uma ngabe sesibona izimpawu kuyilapho lesi sifo siseke sesihamba khona kakhudlwana.

Mhlawumbe izimpawu ongazigqahlela kungaba yize:

- Ukumchamo ungaphumi ngenidela elindelekile, kube lukhuni uze ukhanule ukuze kuzophuma umchamo noma ngabe isinye sigewele.

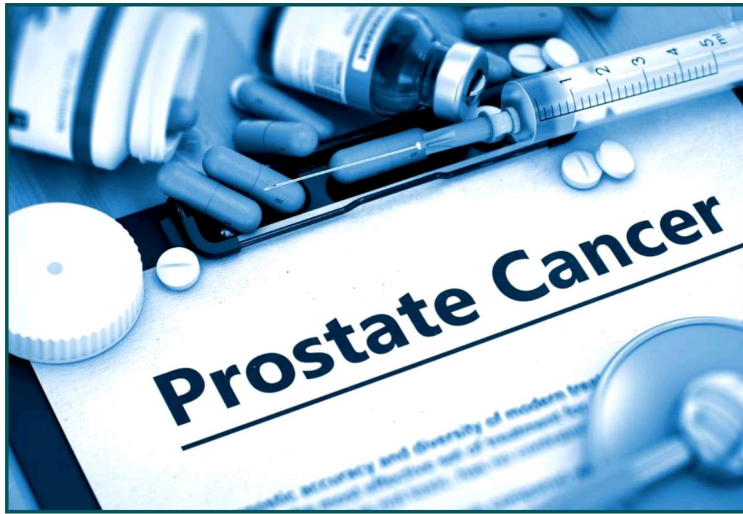
- Ukuzwelwa umchamo esithweni sangasese.

- Ukuchama uchamo onegazi.

- Ubuhlungu bamathambo.

Okubaluleke kakhulu yikho phela ukuba singalindi size sibe nezimpawu zomdlavuzwa wendlala kuyima sesiya emtholampilo siyothola usizo.

Kunama-*test* enziwayo asohlelweni lwezempilo. Uma uya emtholampilo noma esibhedlela sikhulumeni kawukhokhi ngisho isenti, uhlolwa mahhala ngisho uma uya

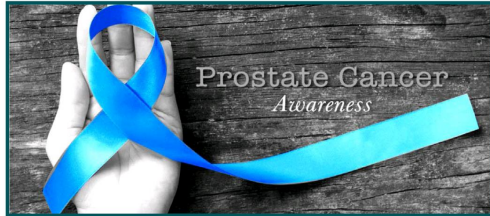
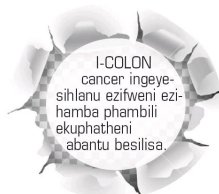


I-PROSTATE cancer ibalwa neminye yemidlavuzwa ehamba phambili kuyo yonke imidlavuzwa engaphatha abantu besilisa.
ISITHOMBE NGABE: HARVARD HEALTH - HARVARD UNIVERSITY

Nakhu okumele ukwazi nge-prostate ne-colon cancer



DKT NHLAKANIPHO GUMEDE



kudokotela wakho wangasese kungaba nemali oyikhokhayo ukhulolelwa umdlavuzwa we-*prostate*.

Uhlolo luqhakambisa ukuba indoda eneminyaka engu-40, enomlando wokuba nabantu ababili kubo (uyise noma umfowabo kumbhe indodana) baka baba nomdlavuzwa we-*prostate*, kumele ahlolwe njalo ngonyaka noma ngabe akanazo izimpawu.

Uzokwenziwa i-PSA (*Prostate Specific Antigen*), ihlolwa kalula nje egazini. Uma ngabe kukhona oyedwa nje kwenu owaba nayo kubafowenu, uyihlo noma indodana, kumele owesilisa oneminyaka engu-45 ahlolwe

njalo i-PSA ngonyaka.

Kuwo wonke amadoda aneminyaka engu-50 kumele kwenziwe le *test* njalo emuva kweminyaka embibili.

Okumele kungaseshi kakhulu ngale *test* wukuthi uma imiphumela ibuya iphezulu kusuke kungasho unomdlavuzwa ngoba kakuwona kuphela ongenyusa le miphumela. Noma ngabe yini ekhukhumalisa i-*prostate* izokwenyusa imiphumela ye-PSA.

Kuzodingeka ukuba kuqhutshelwe nokuba uhlolwe, kwenziwe isiqiniseko sokuthi ngabe ngenempawu unawo yini umdlavuzwa.

Kuwo wonke amadoda aneminyaka engu-50, kumele ngabe aya kudokotela njalo ngo-

nyaka ukuyohlolwa. Lokhu udokotela angakwenza ngokuhlola ukuthi indlala (*prostate*) inawo yini amaqhubu.

Lokhu ukwenza ngokufaka umunwe ngenunwa ngoba yilapho i-*prostate* izwakala khona kangcono bese ehloka isimo sayo.

Kukhona ne*Digital Rectal Examination*. Uma ngabe kunathambo amaningi okuthi owesilisa abe nomdlavuzwa kumele enze *nale test* uma eba neminyaka

engu-40 noma engu-45. Ake sidlulele kuyo i-*colon cancer* (*colorectal cancer*)

Lo mdlavuzwa ungovesihlanu kwehamba phambili ekuphatheni abantu besilisa.

Izibalo zango-2010 (*stats*) zikhomba ukuthi ungovesine kubantu besifazane. Kubaluleka ukuthi umuntu oyedwa kwabangu-75 angaba nomdlavuzwa we-*colon* lapha eNingizimu Afrika.

Ngokufanayo ne-*prostate cancer*, izimpawu zomdlavuzwa we-*colon* kazibi bikho uma sizaqala lesi sifo.

Uma ngabe zikhona kubalwa izimpawu ezifana nalokhu okulandelayo:

- Ukushintsha kwendlela oyayeyele ukuya ngayo endlini yangasese.

- Ukukhipha igazi ngezansi.

- Ukukhathala okungajwayelekile.

- Ukuncipha emzimbeni.

- Nobuhlungu besisu.

Ngicela ukunigqashisa ngokudla okumele sikudle.

- Dlalela kude ophuzweni oludakayo.

- Yidla kakhulu ukudla okunomsoco, kungaba yimifino noma izithelo, amakinati, ukolo, amafutha anempilo, inyama emhlophe, ubhontshisi nenhlanzi njalonzalo.

- Zama ukudla ukudla okuncane kaningi ngosuku, kunokudla ukudla okuningi kathathu ngosuku.

- Yehlisa ukudla ushukela.

- Phuza amanzi anele ngosuku, izingilazi ezingu-7.

- Kunokuba uthenge ukudla okubhalwe ukuthi yi-*full fat cream*, thenga lokhu okubhalwe u-*low fat cream*.

- Ungaphangi uma udla, zinine isikhathi uhlafunise ukudla ngaphambi kokugwinya.

- Ungasondeli kakhulu enyameni ebomvu, zama ngayo wonke indlela ukuqhelelana nobhekani.

Konke lokhu esengqubale ngaphezulu kunasiza noma ngabe ubani, bese ukhulunganisa nokuzivocavoca. Lokhu kuzokwenza ukuba isisu sakho siziphathe kahle kakhulu.

KHUMBULA

- Lapha sinikeza ngolwazi lwezempilo nje kuphela, uma ngabe kukhona angakuzwa kahle ungakhohlwa wukuvakashela umtholampilo noma udokotela wakho.

Uma ufisa sikhulume ngesihloko esikhethe nguwena, ungasibhalela ku-*admin@drgumede.com*

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UKUZIVOCAVOCA, kungakulekelela ekwenzeni ukuba isisu sakho siziphathe kahle ungabi sengcupheni ye-*colon cancer*.



YIDLA kakhulu ukudla okunomsoco, kungaba yimifino noma izithelo, amakinati, ukolo, amafutha anempilo, inyama emhlophe, ubhontshisi nenhlanzi ukuzivikela ekuphatheni ye-*colon cancer*.

