8/24/2018 Ilanga

Iyalawuleka i-lupus

EZEMPILO: DKT NHLAKANIPHO GUMEDE

KUBALULEKILE ukuba sifundisane ngezifo ezijwayelekile emphakathini futhi sinikezane ngolwazi mayelana nezinto esingazenza ukuvikela ukuba singajwayelwa yizifo.

Emasontweni edlule sifunde ezindabeni ngokudlula emhlabeni kukaNhlakanipho Zuma, oyindodana kobengumengameli wezwe uMnu Jacob Zuma. Kubalulwe isifo se-*lupus* njengembangela yokushona kukaNhlakanipho. Mhlawumbe baningi abafisa ukwazi ukuthi ngabe siyini lesi sifo. Ake sithathe ithuba sicobelane ngolwazi mayelana nalesi sifo.

Ngabe iyini i-lupus?

Igama elithi *lupus* ngelesintaliyane elichaza inkentshane. Kudala, lesi sifo besibonakala ngokushintsha kwesikhumba ebusweni, ikakhulukazi ngasekhaleni. Bekuba sengathi ulunywe yinkentshane, kodwa-ke abantu abaningi manje bachaza lezi zimpawu njengoshintsho lwesikhumba, kube nebala elifana nesiphaphalazi ebusweni (*butterfly rash*).

Lesi-ke yisifo esiyimbelesela. Izimpawu zaso zihlala isikhathi esingaphezu kwamaviki ayisithupha - kungaba yiminyaka, okanye impilo yomuntu yonke.

Ayaziwa imbangela yaso kodwa luningi ucwaningo olwenziwayo ngaso. I-*lupus* ihlasela ikakhulukazi abantu besimame abaneminyaka ewu-15 kuya ku-44 kodwa nabesilisa iyabahlasela.

Izimpawu zelupus ziyafika ngesinye isikhathi zikuxine kakhulu. Okwenzeka emzimbeni wukuba amasosha omzimba okumele ngabe avikela umzimba avele awuvukele, adle izitho zomzimba esikhundleni sokuba awuvikele emagciwaneni.

Kungathatha iminyaka ukuhlonza ukuthi umuntu uphethwe yilesifo. Lokhu kubangwa ukuthi ayikho indlela eyodwa yokuhlola lesi sifo. I-*lupus* ayilapheki kodwa imithi iyakwazi ukuthiba izimpawu zayo.

Kunezinhlobo ezahlukahlukene ze-*lupus*. Kukhona i-*SLE*, *Cutaneous Lupus*, *Drug induced Lupus* ne-*Neonatal Lupus*.

I-*lupus* ize ihlasele ngisho nezinye izitho zomzimba ngaphandle kwesikhumba, singabala lana izinso, ingqondo, inhliziyo, amaphaphu, igazi kanye namalunga omzimba. Iningi labantu abane-*lupus* baba nesifo sezinso. Kodwa esikhathini samanje iningi labantu abane-*lupus* bayaphila isikhathi eside uma ngabe lesi sifo silawulekile.

Ukulawula lesi sifo, akhona amaphilisi asetshenziswayo, kodwa i-*lupus* ivamise ukulawulwa ngodokotela abaningi abaqeqeshwe ngizindlela ezahlukahlukene - kungaba ngodokotela bamathambo, odokotela benhliziyo, amaphaphu njalo njalo. Kuba ngodokotela abehlukahlukene abasebenza ngokubambisana ukulawula lesi sifo.

UMCULI waphesheya uSeal ungomunye ophila ne-lupus.
ISITHOMBE NGABE: ALLMUSIC.COM

Izimpawu ongaziqaphela ze-lupus

- I-*rash*, wushintso esikhumbeni ikakhulukazi ebusweni, ezingalweni noma ezithweni. Ngike ngayichaza nje i-*rash* esezihlathini, ekake ikhala engathi isiphaphalazi (*butterfly rash*).
- Izimpawu zibhebhethekiswa nayilanga.
- Ubuhlungu bamalunga nokuvuvukala kwawo.
- Ukukhathala okungajwayelekile.
- Ukushintsha kwezinzwani zibande futhi zibe luhlaza okwesikhashana ziphinde zilunge.

Engingakusho nje ukuthi kumele siziqaphele lezi zimpawu. Uma ngabe kukhona okusolayo xhumana nodokotela wakho noma umtholampilo oseduze.

Uma unombuzo noma ufisa sikhulume ngesifo esithile ungakhohlwa ukusithinta ukuze sikunike ulwazi oluseqophelweni eliphezulu.

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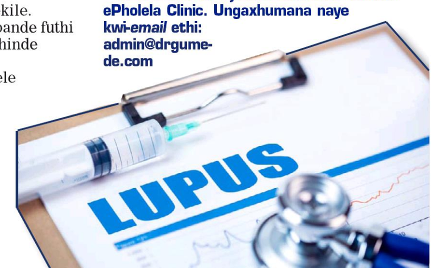

KUMISWE AMAPHILISI E-*HIGH BLOOD PRESSURE*

INTATHELI YELANGA

IMISIWE imishanguzo yokwelapha umfutho wegazi ophezulu (*high blood pressure*), equkethe isithako esibizwa ngokuthi yi-*valsartan*, ekhiqizwa yinkampani yaseChina iZhejiang Huahai Pharmaceuticals.

ENingizimu Afrika le mikhiqizo yale nkampani isatshalaliswa yiPharma Dynamics. Ukumiswa kwale mishanguzo kulandela ukuba iSouth African Health Products Regulatory Agency (SAHPRA) iyalele iPharma Dynamics ukuthi iyimise ngokushesha.

Phakathi kwemikhiqizo emisiwe kubalwa iDynaval Co 80/12,5mg, Dynaval Co 160/12,5mg kanye neDynaval Co 160/25mg.

Kubikwa ukuthi akuyo yonke imishanguzo equkethe i-*valsartan* emisiwe, kodwa kumiswe kuphela leyo ekhiqizwa yiZhejiang Huahai Pharmaceuticals.

Ukumiswa kwale mikhiqizo eNingizimu Afrika kulandela ukuba imiswe nakwamanye amazwe okubalwa awase-Europe, United Kingdom, nase-USA emasontweni edlule.

Kukholakala ukuthi le mikhiqizo kungenzeka ukuba ingenwe yikhemikhali ebizwa ngokuthi yi*N-nitrosodimethylamine (NDMA)*, engaba yisisusa somdlavuza kumuntu.

Le khemikhali kubikwa ukuthi isetshenziswa ukwenza amafutha (*lubricants*) ne-*rocket fuel*.

I-SAHPRA ithe ukutholakala kweNDMA bekungalindelekile, futhi kungenzeka ukuba kungenxa yokushintsha kwendlela ekhiqizwa ngayo i-*valsartan*.

Imikhiqizo equkethe i-*valsartan* imvamisa kuthiwa isetshenziselwa ukwelapha iziguli ezinomfutho wegazi ophezulu ngenhloso yokunciphisa amathuba okumelwa yinhliziyo noma ukushawa yisifo sohlangothi.

ISAHRA inxuse bonke abantu abasebenzisa imishanguzo ethintekayo kulokhu ukuba baxhumane nodokotela babo noma nosokhemisi kodwa baqhubeke bawadle amaphilisi kuze kube bathola amanye abazowasebenzisa esikhundleni salawa.

Ithe (SAHRA) isazoqhubeka iphenye futhi ihlole ukuthi le mikhiqizo ikhona yini ingozi engayidala kubantu. Iqhube yathi uma kukhona ulwazi olusha oluvelayo ngocwaningo iyokwazisa umphakathi.

CALL FOR PROPOSALS
PROVISION OF COMMUNITY BASED SAFETY MANAGEMENT SERVICES

Mtubatuba Municipality hereby invites proposals from suitable service providers for the provision of community-based safety management services.

Proposals need to include the following inter alia
- The percentage charge on collection per month
- Annually increment in percentage format
- Methodology
- The company registration documents
- Company profile including previous experience of the company or of the directors of the company
- Curriculum Vitae of the employees
- Proof of registration in the National Treasury Central Data Base.
- Company tax clearance certificate
- Declaration of interest MBD 4, 6.1 and 9

Completed proposal documents in sealed envelopes endorsed Bid No.MTUPRO-02/2018/19 Project Name: **"CALL FOR PROPOSAL PROVISION OF COMMUNITY BASED SAFETY MANAGEMENT SERVICES"** must be deposited in the Municipality's tender box located in the reception at Mtubatuba Municipal Offices at Lot 105 Inkosi Mtubatuba Road, Mtubatuba, 3935 no later than **12H00** on Monday the 09th August 2018 whereby tenders will be opened to the public. The Mtubatuba Local Municipality Council does not bind itself to accept the lowest bidder and 80/20 Preference Point System will be used as per the Mtubatuba Local Municipality SCM policy. All proposals submitted shall be valid for 90 days after the bid closing date. For enquiries related to this proposal may be directed to Mr. MMJ Mbatha at sm.community@mtubatuba.gov.za, Or Mr. BM Ntombela at scm@mtubatuba.gov.za for scm related queries.

Mr JA MNGOMEZULU

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