

## UKUBUYISELA KWISIMO (UKUHLAZIYA)

Ukufumana uncedo oluchanekileyo ngokukhawuleza kungenza umahluko wokuchacha kakuhle. Ukuthatha amanyathelo akhuthazayo kuya kunceda ukuphuhlisa isakhono esipheleleyo. Qalisa ngokukhawuleza kakhulu ukuthatha inyathelo. Kubalulekile ukuthatha inyathelo niliqela.

- Incutshe yokunyanga ngokolula umzimba
- Incutshe yeengxaki zasemsebenzini
- Incutshe yokunyanga iingxaki zokuthetha
- Unontlalontle
- Umcebisi wezemisebenzi
- Oogqirha bezonyango
- Amagosa ezokonga

Njengoko iStrowuku sichaphazela abantu abahlukeneyo ngeendlela ezahlukeneyo, asinguye wonke ubani oya kuswela iinkonzo zomntu ngamnye weqela elidweliswe ngentla.

## APHO UNOKUFUMANA UNCEDO

**Izibhedlele zamaPhondo** – Iinkonzo zezigulane zangaphandle

**Independent Living Centre** (Izixhobo nolwazi – amacwecwe eemoto zabakhubazekileyo)

Ifowuni: 011 482 5474/5

**Rand Medical Supplies** equka iivenkile yezinto zobunxele

Ifowuni: 011 789 2203

**Amaqela aXhasayo**

Stroke Aid: Tel: 011 728 2292

Headway Gauteng (Iingozi zobuchopho ngokubanzi)

Ifowuni: 011 442 5733

**Amaziko Okubuyisela kwisimo (Amaziko Okuhlaziya)**

New Kensington Clinic 011 614 7125

Netcare Ifowuni: 011 489 1111

## YINTONI I-STROKE AID?

I-Stroke Aid yasekwa ngowe-1986 yaye ngumbutho wokuzinceda weentlanga zonke wokubonelela ngenkxaso nohlaziyo lwabaguli beStrowuku. Akhona amaQela eNkxaso eNorwood, eSoweto nase-South Rand.

### *linjongo zeStroke Aid:*

- ngokusebenza ngamaqela ukukhuthaza ukusebenzisana kwezintlalo, ukukhuthaza ukuzimela nokuzithemba kubaguli beStrowuku neentsapho zabo
- ukubonelela ngenkonzo yolwazi
- ukwandisa ukuqaphelisa uluntu
- ukunxibelelana neminye imibutho eneenjongo ezifanayo

## UNGANCEDA NJANI?

- Ngokwezimali – sixhomekeke ngokupheleleyo kwimirhumo yamalungu neziphlo zoluntu
- Yiba livoluntiya kumaqela ethu enkxaso.
- Ncedisa kwiintshukumo zokunyusa ingxowamali
- Nceda ngokunxibelelana ngolwazi neminye imimandla

## UKUFUMANA IINKCUKACHA EZITHE VETSHE:

**Stroke Aid** (PBO 930018543)

Ifowuni : 011 728 2292 Fax: 086 666 8154

P O Box 51283, Raedene, Johannesburg 2124

www.strokeaid.org.za e-mail:info@strokeaid.org.za

ULWAZI LOMGULI NGOKUBANZI

USAPHO NOMKHATHALELI

# ISTROWUKU

Ipashwe ngabe- Stroke Aid  
Ihlaziye ngowama-



## YINTONI ISTROWUKU

Istrowuku 'kukuhlaselwa kobuchopho' kwaye kwenzeka ngequbuliso ukulandela intsingiselo yokuhlasela. Iimbangzi ezingundoqo zeStrowuku kukopha okanye ihlwili:

- **Ukophya ebuchotsheni (Cerebral haemorrhage)** – oku kwenzeka xa umthambo ugqabhuka ebuchotsheni.
- **Ukuvaleka komthambo lihlwili (Thrombosis)** – oku kubangwa lihlwili elenza ukuvaleka kwemithambo.
- **Ukuthintelwa komthambo (Embolism)** – xa isuntswana lehlwili legazi okanye enye into, elithwelwe kumjikelezo (wokuhambisa igazi) ukusuka kwenye inxenyeyomzimba lithintela igazi ebuchotsheni..

Oku kubulala isicwili sobuchopho kuloo ndawo. Ummandla wobuchopho ulawula inxenyeynganye yomzimba kwaye imisebenzi ethile ephezulu efana nokukhumbula ilawulwa ziindawo ezininzi zobuchopho. Xa indawo enye ichaphazeleka, inxenyeyomzimba enxulumene nayo iyachaphazeleka. Istrowuku kwicala lasekhohlo lobuchopho sichaphazela icala lasekunene lomzimba nangokuphendulekileyo malunga nelinye icala.

## INGQOKELELA YAMANANI EMZANTSI AFRIKA

Izitrowuku zixhaphakile kubemi baseMzantsi Afrika abaneminyaka engaphezulu kwama-50 yaye zenzeka ngokulinganayo kuzo zonke iintlanga.

Nangona kunjalo izitrowuku ziyenzeka ngamaxa amaninzi kubantu abatsha ngako oko akufunekanga zithathwe njengesifo somntu omdala kuphela. Iincutshe zithi imbangi yale nkqubo ephazamisayo yimikhwa yethu enganiki impilo yendlela yokuphila yoluntu lwethu kwimihla yangoku. Kananjalo sisiphumo seziganeko ezandayo ezinxulumene nesifo se-TB nezifo ezixhaphazayo ezisulelayo ngokukodwa ezosulelo lobuchopho ezivela kwiHIV neAIDS.

## ISIPHUMO SESTROWUKU

Iziphumo ziya kwahluka ngokwabantu, ngokuxhomekeke kwinto yokuba yeyiphi indawo yobuchopho elimeleyo. Ngamaxa amaninzi iziphumo zezi:

- ukushwabana/ukoma kwelungu lomzimba okanye ubuthathaka obubandakanya ubuso, ingalo nomlenze kwicala elinye
- ingxaki/ubunzima bokuthetha kunye /okanye ukungabinako ukuthetha
- ingxaki yokuginya nokutya
- ukulahlekelwa lulawulo lwesinyi namathumbu
- ukulahlekelwa okanye ukuncipha koluvo
- ukulahleka kwenxalenye yokubona, kwicala elinye
- ukulahlekelwa yinkumbulo nemida yamandla okuzikisa ingqondo
- ukulahlekelwa lulawulo lovakalelo, ukuguquka kwemo, ukudakumba, ukubhideka nokudinwa.

## UKUHLASELWA ZII-TIA – QHAGAMSHELANA NOGQIRHA WAKHO

Umntu angahlaselwa ziziTrowuku ezininzi ezincinci ezingaqaphelekiyo. Ezi zibizwa ii- 'Transient Ischaemic Attacks' (iiTIA) okanye iziTrowuku eziNcinci. Ngokungafani neziTrowuku azidali iziphumo zomonakalo osisigxina ebuchotsheni kodwa akufuneki ukuba zingahoywa njengoko inani lesinye kwisithathu sabo bonke abantu abahlaselwa ziiTIA beya kuqhubeka bade babe neStrowuku sokwenene. Iimpawu ezilumkisayo ziyafana nezeStrowuku (jonga ngentla) kodwa ngokwenkqubo zihlala ixesha elinganeno kweeyure ezingama-24.

## UKUCHACHA NAMANYATHELO AKHUSELAYO

Ukuchacha kuxhomekeke kubudala bakho, imo yempilo, uhlobo lweStrowuku othe wanaso nokuthi ukhawulezekanganani ukubanako ukufumana unyango. Iiseli zobuchopho ezonakele kancinci zingaqalisa ukuba ngcono, ukanti neeseli zobuchopho ezingonakalanga ngamanye amaxesha zingathathela kuzo umsebenzi wezo ezonakeleyo.

Amanyathelo akhuseleyo anokunceda ukuchacha aquka ukulawula uxinzelelo lwegazi, iyeza lokuhlambulula igazi nokutshintsha indlela yokuphila – isondlo esinika impilo, ukwenza imithambo yomzimba nokungatshayi.

## IMIBUZO EQHELEKILEYO

### **‘Ngawaphi amathuba okuhlaselwa sesinye iStrowuku?’**

Oku kukoyika kokwenene, kungcono ngokugqibeleleyo uxoxe nogqirha wakho.

### **‘Yintoni enokwenziwa ukuthintela ukuphindaphinda kwesiganeko?’**

Thobela zonke iingcebiso zobugqirha ngononophelo yaye ubambelele kuso nasiphi na isondlo namayeza akhuthazwayo

### **‘Ingaba umntu othe wahlaselwa siStrowuku angachacha ngokupheleleyo?’**

Umgama omkhulu wokuchacha uya kwenzeka kwithuba leeveki ezimbalwa zokuqala emva kwestrowuku. Nangona kunjalo inkqubela iya kubonwa emva kweli xesha kodwa isantya senkqubela siya kucotha nokwana. Ezinye iimpawu zestrowuku zingachacha ngokuzenzekelayo, xeshikweni ezinye zinokuzingisa.

### **‘Ingaba istrowuku sichaphazela usapho?’**

Akuthandabuzeki ukuba iStrowuku siyaluchaphazela lonke usapho, kodwa inkxaso yosapho ibalulekile kwinkqubo yokubuyisela kwisimo. Amaqela afana ne-Stroke Aid abonelela ngolwazi oluxabisekileyo nenkxaso yovakalelo kumguli nosapho

### **‘Ingaba ubomi babantu bokwabelana ngesondo buyachaphazeleka?’**

Imeko yomzimba ingamisela ngezithintelo ezithile kodwa abaguli abaninzi bangaqalisa kwakhona ngobudlelwane obuqhelekileyo bezesini. Bonisana nogqirha wakho

### **‘Ukuba asikwazi ukumelana nokukhathalela umguli, kuya kwenzeka ntoni, kukuthi Ngubani oya kukhathalela umguli?’**

Thetha nogqirha wakho, unontlalontle okanye tsalela umnxeba kwi-Stroke Aid ukufumana iinkcukacha ngamakhaya okonga okanye abameli.