

Ukubhekana NE-CHEMOTHERAPY

Isitatimende

“Umnikazi wale ncwajana yi-Pfizer. Ngisho noma kuyincwajana ye-Pfizer, i-Pfizer kuhlanganise nezinkampani ezingaphansi kwayo noma ezixhumene nayo ngeke zibekwe icala nganoma yimuphi umonakalo, izikhalo, amacala, izindleko noma izibopho ezivela ekusebenziseni kabi imininingwane ehlinzekwe kule ncwajana.

Akuyona inhloso yale ncwajana ukunikeza iseluleko sezempilo noma ukungena esikhundleni seseluleko esitholwa esisebenzini sezempilo kodwa kunalokho ihloselwe ukunikeza abafundi imininingwane ukwenzela ukuba baqonde kangcono izinkinga zempilo. Abafundi belulekwa ukuba bathinte izisebenzi zempilo ukwenzela ukuba bathole imininingwane esiqondile emayelana nezinkinga zabo zempilo. Iseluleko esiqondile sezokwelapha ngeke sihlinzekwe yi-Pfizer, futhi i-Pfizer ayikwazi ukwenza izincomo ngokuphathelele nokunakekelwa kweziguli noma ukuzikhulumela kongoti bezokwelapha. Mayelana nalokhu, i-Pfizer ayikusekeli ukusetshenziswa kwemikhiqizo ngendlela engagunyaziwe, kuhlanganise nokuthatha imithamo engahambisani nezincomo ezigunyaziwe ezibhalwe kumalebula futhi abafundi kumelwe bahlole Iphepha Leziqondiso lanoma yimuphi umkhiqizo ukwenzela ukuba bathole imihlahlandlela ephelele yokusebenzisa.

”

Isitatimende sokuzihlangula



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Okuquthwe

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Isethulo

Le ncwajana ilungiselelwe ukuba ikusize uqonde okwengeziwe nge-chemotherapy, okungene yezindlela eziyinhloko zokwelapha umdlavuzwa. I-chemotherapy isebenzisa izidakamizwa ezihlukahlukene ukwenzela ukuba ibulale amaseli omdlavuzwa noma inciphise ukukhula kwawo.¹

Abantu abaningi bazizwa bekhathazekile ngemiphumela engemihle ye-chemotherapy, kodwa imiphumela engemihle eminingi ingeyesikhashana. Sihlanganise neminingwane emayelana nezindlela zokubhekana nemiphumela engemihle evame kakhulu.¹

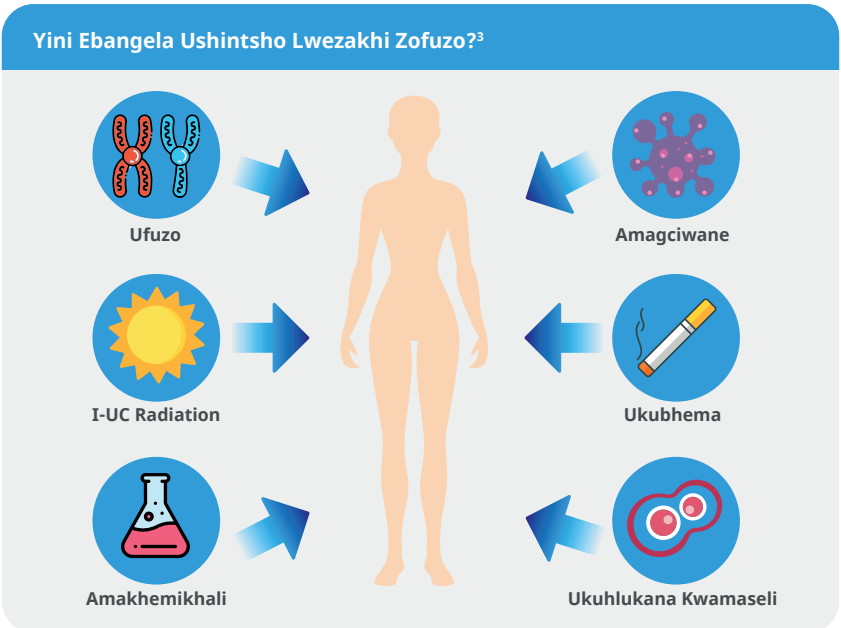
Lapho ufunda le ncwajana kufanele ukhumbule ukuthi ayithathi indawo kadokotela wakho, umhlengikazi noma usokhesimi noma ihlinzeke nganoma yisiphi isiqondiso sokwelashwa kwakho. Ithimba lakho lezokwelashwa liwumthombo ongcono kakhulu wolwazi, futhi ufanele uzizwe ukhululekile ukubuza lona nganoma yimiphi imibuzo onayo.¹



Yini ebangela

Imizimba yethu yakhiwa yizigidigidi zamaseli ahlelwe ngamaqoqo ukwenzela ukuba akhe izicubu kuhlangele neziho zomzimba. Izakhi zofuzo ezingaphakathi kwe-nucleus yeseli ngalinye zilitshela ukuba likhule nini, lisebenze nini, lihlukane nini futhi life nini. Ngokuvamile, amaseli ethu ayazilandela lezi ziqondiso, okwenza ukuthi sihlale sinempilo enhle. Kodwa lapho kuba khona ushintsho ku-DNA yethu noma lapho kuba nomonakalo kuyo, isakhi sofuzo siyakwazi ukushintsha.²

Lolu shintsho lwezakhi zofuzo lungase lutholwe njengofuzo, noma lwakheke ngokuhamba kwesikhathi njengoba siba badala futhi izakhi zofuzo ziyaguga noma zishintshe uma siseduze nento engalimaza izakhi zethu zofuzo, njengentuthu kagwayi, utshwala noma i-ultraviolet (UV) radiation evela elangeni.²



Ithathwe ku-National Cancer Institute, 2021³

Ukushintsha kwezakhi zofuzo kushintsha iseli elivamile kulenze iseli lomdlavuza. Iseli lomdlavuza alisebenzi njengeseli elivamile, esikhundleni sokuba life liyakhula bese liphindaphindeka ngendlela engalawuleki.²

Uyini Umdlavuzi?

Umdlavuzi uwukuphindaphindeka okungavamile nokuzalana kwamaseli angabe esesakazekela emzimbeni wonke. Ngokuvamile ubhekwa njengesifo esisodwa kodwa esakhiwa yizifo ezicishe zibe ngu-100 ezibangelwa cishe yizimila ezingaba ngu-300.⁴

Eminye imidlavuzi ikhula isakazele ngokushesha. Eminye ikhula kancanekancane. Eminye iye isakazekele kwezinye izingxenyane zomzimba. Eminye ivame ukuhlala endaweni eqale kuyo.⁵

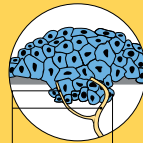
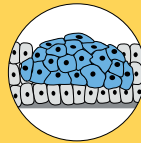
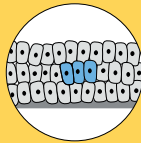
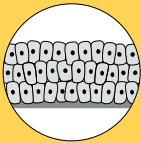
Umdlavuzi ungavela noma kuphi emzimbeni futhi ibizwa ngezinye zomzimba eqale kuzo. Ngokwesibonelo, umdlavuzi webele oqala ebeleni ubizwa ngokuthi yi-metastatic breast cancer uma usakazelekela kwezinye izingxenyane zomzimba.⁵

Njengoba amaseli omdlavuzi ehlukana, kube sekwakheka isimila bese siyakhula. Lapho isimila siba sikhulu, amaseli omdlavuzi angasakazekela ezicubini ezizungezile ngokusunduza izicubu ezivamile eziseduze nesimila. Amaseli omdlavuzi enza ama-enzymes abulala amaseli avamile nezicubu njengoba zikhula. Umdlavuzi okhulela ezicubini ezizungezile ubizwa ngokuthi umdlavuzi ohlaselayo.²

Lapho amaseli omdlavuzi esuka esimileni, angahamba aye kwezinye izingxenyane zomzimba ngemithambo yegazi noma ngamapayipi ahambisa i-lymph. Amaseli omdlavuzi angahamba ngemithambo yegazi aye ezingxenyeni ezikude zomzimba. Amaseli amaningi omdlavuzi abalekile ayafa noma abulawe ngaphambi kokuba aqale ukukhula kwenye indawo. Kodwa elilodwa noma amabili angafika azinze endaweni entsha, bese eqala ukukhula akhe izimila ezintsha. Lokhu kusabalala komdlavuzi ezingxenyeni ezintsha zomzimba kubizwa ngokuthi yi-metastasis.⁵

Indlela oqala ngayo umdlavuzi¹

Amaseli avamile → Amaseli angavamile → Amaseli angavamile ayaphindaphindeka → Umdlavuzi oyingazi

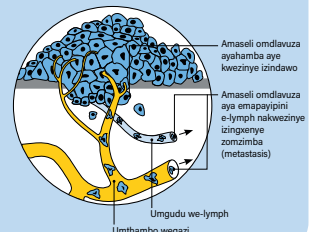


Kuyakhula imithambo yegazi (angiogenesis)

Bese kuhlasela ezungezile izicubu

Kuthathwe ku-Cancer Council, 2020¹

Indlela umdlavuzi osakazeka ngayo



Amaseli omdlavuzi ayahamba aye kwezinye izindawo

Amaseli omdlavuzi aya emapayipini e-lymph nakwezinye izingxenyane zomzimba (metastasis)

Umgudu we-lymph
Umthambo wegazi

Kubantu abaningi, umdlavuzi ungelashwa ngokuphumelelayo. Empeleni, abantu abaningi kunanini ngaphambili baphila ukuphila okwanelisayo ngemva kokwelashwa umdlavuzi.⁵



Iyini i-Chemotherapy?

Igama elithi “chemotherapy” lisho ukusebenzisa noma yisiphi isidakamizwa ukwenzela ukuba welaphe noma yisiphi isifo. Namuhla igama elithi “chemotherapy”, noma isifishaniso salo esithi “chemo” libhekisela ezidakamizweni ezisetshenziselwa ukwelapha umdlavuza. I-chemotherapy ibhekwa njengokwelapha *okuhlelekilengoba izidakamizwa zihamba kuwo wonke umzimba futhi zikwazi ukubulala amaseli omdlavuza asakazekele kwezinye izingxenywe zomzimba kude nesimila.*⁶

Ukuhlinzwa kuhlanganise ne-radiation kubhekwa njengokwelapha okugxile endaweni eyodwa ngoba kwelapha ingxenye eyodwa yomzimba. Ukuhlinzwa kususa isimila engxenyeni yomzimba lapho kutholakale khona umdlavuza, futhi i-radiation igxila endaweni ethile yomzimba ukwenzela ukuba ibulale noma ilimaze amaseli omdlavuza.⁶

Kubalulekile ukwazi ukuthi imithi noma izidakamizwa zokwelapha umdlavuza azisebenzi ngendlela efanayo. Nakuba i-chemotherapy evamile kuseyiyona ephumelela kakhulu ekwelapheni imidlavuza eminingi, izinhlobo ezihlukahlukene zezidakamizwa zingase zisebenze kangcono kweminye imidlavuza.⁶

Umdlavuza ungelashwa ngesidakamizwa esisodwa, kodwa ngokuvamile kuye kusetshenziswe izidakamizwa eziningi ndawonye. Umuntu anganikwa lezi zidakamizwa ngohlelo oluthile noma zihlanganiswe ngendlela ethile (ebizwa ngokuthi yi combination chemotherapy). Izidakamizwa ezihlukahlukene ezisebenza ngezindlela ezihlukahlukene zingasebenza ndawonye ukwenzela ukuba zibulale amaseli amaningi omdlavuza. Lokhu kungasiza nasekunciphiseni ithuba lokuba umdlavuza umelane nesidakamizwa esithile esisodwa.⁶



Iyini injongo ye-chemotherapy?



Injongo ye-chemotherapy incike ohlotsheni lomdlavuzi kuhlangukisa nezinga osakazekile ngalo. Ngezinye izikhathi, injongo yokwelapha ukususa wonke umdlavuzi nokuvimba ukuba uphinde ubuye.⁷

Odokotela basebenzisa i-chemotherapy ngezindlela ezihlukahlukene ngezikhathi ezihlukahlukene. Lokhu kuhlangukisa:⁷

- Ngaphambi kokuhlinzwa noma ukwelashwa nge-radiation: ukunciphisa izimila. Lokhu kubizwa ngokuthi yi *neoadjuvant i-chemotherapy*.
- Ngemva kokuhlinzwa noma ukwelashwa nge-radiation: ukubulala noma yimaphi amaseli omdlavuzi asele. Lokhu kubizwa ngokuthi yi *adjuvant chemotherapy*.
- Njengokuphela kwendlela yokwelapha: ukwelapha imidlavuzi yegazi noma yemigudu ye-lymph, njenge-leukaemia ne-lymphoma.
- Ukwelapha umdlavuzi obuyayo ngemva kokwelashwa, obizwa ngokuthi yi *recurrent cancer*.
- Ukwelapha umdlavuzi osakazekile kwezinye izingxenye zomzimba, obizwa ngokuthi yi *metastatic cancer*.

Uma kungenakwenzeka ukuwususa wonke umdlavuzi, ungase uthole i-chemotherapy ebambezela noma enciphisa izinga lokukhula komdlavuzi ephinde isize ekulawuleni izimpawu ezibangelwa umdlavuzi. I-chemotherapy enikezwa ngenhloso yokubambezela ukukhula komdlavuzi ibizwa ngokuthi yi-palliative chemotherapy.⁷



Inikezwa kanjani imithi ye-chemotherapy?

I-oral chemotherapy ithathwa ngomlomo, ugwinya iphilisi noma uketshezi. Ngokuvamile uyithatha ekhaya, ngakho kusemqoka ukuba uqikelele ukuthi uyazi kahle indlela okufanele ithathwe ngayo.⁸

I-topical chemotherapy ibekwa ngokuqondile esikhunjani endaweni okukhona kuyo imidlavuzo ethize. Ingaba ukhilimu, i-gel, noma amafutha agcotshiswayo. Qinisekisa ukuthi uyazazi izinyathelo zokuphepha okudingeka uzithathe lapho ugcina, usebenzisa, nalapho ulahla ishushu noma ibhodlela efika ifakwe kulo. Kudingeka uthathe izinyathelo zokuphepha nalapho uyibeka esikhunjani sakho, njengokugqoka amagilavu akhethekile.⁸

I-Intravenous (IV) chemotherapy ifakwa egazini lakho kusetshenziswa ishushu elincane elithambile likapulastiki elibizwa ngokuthi yi-catheter. Kusetshenziswa inaliti ukwenzela ukuba kufakwe i-catheter emthanjeni wegazi engalweni noma esandleni sakho; inaliti ibe isikhishwa, kusale ngemuva i-catheter.⁹

Izidakamizwa ze-IV zifakwa ngalezi zindlela:⁹

- **I-IV push:** izidakamizwa zingafakwa nge-catheter zisuka emjowweni, lokho kuthatha imizuzu embalwa
- **I-IV infusion:** ingxube yezidakamizwa egeleza isuka esikhwameni seplastiki ihambe ngepayipi elixhunywe ku-catheter. Lokhu kugeleza ngokuvamile kulawulwa umshini obizwa ngokuthi yi-IV pump. Ukufakwa kwezidakamizwa ngepayipi ngokuvamile kungathatha imizuzu embalwa kuya emahoreni embalwa.
- **Ukufakwa kwezidakamizwa ngepayipi okuqhubekayo:** Lokhu kufakwa kwezidakamizwa ngepayipi kungathatha usuku olulodwa kuya ezinsukwini eziningi futhi kulawulwa ama-IV pumps ezobuchwepheshe.





Kuthiwani uma ungenayo imithambo emihle?

Njengoba beqhubeka ne-chemotherapy, abanye baye bakuthole kunzima ukuthola umthambo ofanele esandleni noma engalweni yabo abangawusebenzisela ukufakwa kwezidakamizwa ngepayipi noma imijovo njengoba amanaliti kuhlanganise nama-catheters engasika noma alimaze imithambo. Enye indlela engase inikezwe iziguli ezidinga i-chemotherapy isikhathi eside yi-central venous catheter (CVC).⁹

I-CVC iyi-catheter enkudlwana efakwa emthanjani omkhulu esifubeni noma engalweni. Ukufaka i-CVC kudinga ukuhlinzwa okuncane. Lapho i-CVC isifakiwe, ungathola konke ukwelashwa kwakho nge-CVC; ungathola i-chemotherapy yakho kuhlanganise nokunye ukwelashwa ongase ukudinge njengoketshezi, ukumpontshelwa igazi, noma ama-antibiotics. Ingaphinde isetshenziselwe nokudonsa igazi lakho lapho kudingeka lihlolwe.⁹

Abantu abaningi baye bakhulume nge-CVC nodokotela babo ngisho nangaphambi kokuqala ukwelashwa. Ithimba lakho lezokwelapha lingakusiza unqume ukuthi uyayidinga yini i-CVC nokuthi yiluphi uhlobo olukulungele.⁹

Ezinye izindlela zokufaka izidakamizwa ze-chemotherapy noma imijovo:⁹

- **I-Intrathecal (IT) chemotherapy** ifakwa ngomjovo ofakwa emgogodleni noma nge-catheter efakwa emseleni womgogodla. Ingena oketshezini oluzungeze ingqondo kuhlanganise ne-spinal cord, olubizwa ngokuthi yi-cerebrospinal fluid (CSF). Le ndlela ingase idingeke kwezinye izihlobo zemidlavuzwa ethinta ingqondo ngoba izidakamizwa eziningi ezifakwa nge-IV noma ngomlomo azikwazi ukufika ku-CSF njengoba zihluleka ukudlula kulokho okubizwa ngokuthi yi-blood-brain barrier okuvikela ingqondo ezintweni eziwubuthi.
- **I-Intra-arterial chemotherapy** ifakwa ngomjovo ngokuqondile emthanjani wegazi othumela igazi esimileni. Ingase isetshenziselwe ukwelapha indawo eyodwa (njengesibindi, ingalo noma umlenze). Le ndlela isiza ekwenzeni ukwelapha kugxile endaweni eyodwa futhi kungasiza ekunciphiseni umthelela wesidakamizwa kwezinye izingxenye zomzimba.
- **I-Intracavitary chemotherapy** ifakwa nge-catheter endaweni evalekile emzimbeni njengesinye (intravesicular), isisu (intraperitoneal) noma isifuba (sibizwa ngokuthi yi-intrapleural).
- **I-Intramuscular (IM) chemotherapy** ijovwa emsipheni.
- **I-Intralesional chemotherapy** ijovwa ngokuqondile esimileni uma kungafinyelelwa ngokuphephile esimileni ngenalithi.

I-chemotherapy nikezwa kangaki / isikhathi eside kangakanani?

Udokotela wakho uzokhetha imithamo, indlela izidakamizwa ezizonikezwa ngayo, ukuthi kangaki nokuthi uzokwelashwa isikhathi eside kangakanani. Zonke lezi zinqumo zizothathwa kucatshangelwa uhlobo lomdlavuza, indawo okuyo, ubukhulu bawo, ukusakazekela kwawo kwezinye izingxenye zomzimba, nokuthi ukuthinta kangani ukusebenza okuvamile komzimba kuhlanganise nempilo isiyonke.⁶

Izinhlelo zokwelashwa nge-chemotherapy ziyahluka kakhulu. Ukuthi uyithola kangaki i-chemotherapy kuhlanganise nobude besikhathi kuzoya ngalokhu:

- Uhlobo lomdlavuza wakho nokuthi usuhambe kangakanani
- Ukuthi i-chemotherapy izosetshenziselwa ukwenza lokhu:
 - Ukwelapha umdlavuza wakho
 - Ukulawula ukukhula kwawo
 - Ukunciphisa izimpawu
- Uhlobo lwe-chemotherapy oyitholayo
- Indlela umzimba wakho osabela ngayo ku-chemotherapy

Ungase uthole i-chemotherapy ngemijikelezo. Umjikelezo yinkathi yokwelashwa nge-chemotherapy elandelwa yinkathi yokuphumula. Ngokwesibonelo, ungase uthole i-chemotherapy nsuku zonke iviki elilodwa okulandelwa amaviki amathathu okungayitholi i-chemotherapy. La maviki amane akha umjikelezo owodwa. Inkathi yokuphumula inikeza umzimba wakho ithuba lokuzivuselela nokwakha amaseli amasha anempilo.³³





Ukusebenzisa eminye imithi ngesikhathi uku-chemotherapy

Uma kunemithi oyisebenzisayo kakade ngenxa yezinye izizathu zempilo, kubalulekile ukuba uzijwayelanise nomuthi ngamunye futhi wazi ukuthi kungani uwusebenzisa. Kungaba usizo ukuba nohlelo lokukusiza uhlele futhi usebenzise ngendlela efanele yonke le mithi.¹⁰

Ngaphambi kokuqala i-chemotherapy, yenza uhlu lwayo yonke imithi oyinikwe udokotela wakho olapha isimila, kuhlanganise nemithi oyisebenzisayo kakade yezinye izinkinga zempilo. Hlanganisa amavithamini, izimbiza namakhambi, imithi engadingi incwadi kadokotela kuhlanganise nanoma yini oye uyisebenzise ngezikhathi ezithile njenge-paracetamol noma i-aspirin. Hlanganisa nemithamo kuhlanganise nobuningi noma iziqondiso futhi ulubuyekeze njalo lolu hlu ukwenzela ukuba ukwazi ukubhekisela kulo njengoba uqhubeka nokwelashwa.¹⁰

Kuwumbono omuhle ukuthenga yonke imithi yakho ekhemisi eyodwa kuphela. Ngale ndlela ikhemisi yakho izokwazi ukuba nerekhodi eliphelele layo yonke imithi yakho futhi lizokwazi uma kuba khona izidakamizwa ezingqubuzanayo.¹⁰

Qikelela ukuthi uyazichaza zonke izinto ezingakufuni nezikugulisayo ethimbeni lakho lezokwelapha.¹⁰



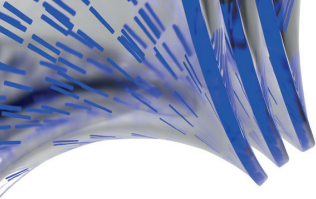


Imiphumela engemihle ye-chemotherapy

Izidakamizwa ezisetshenziswa ku-chemotherapy zinamandla futhi zingabangela umonakalo kumaseli anempilo enhle. Lo monakalo ubangela imiphumela engemihle ehlobana ne-chemotherapy.⁷ Imiphumela engemihle ayimibi ngendlela ongase uyilindele, kodwa kuvamile ukuba ukhathazeke ngale ngxenye yokwelashwa komdlavuza. Nakuba imiphumela engemihle ingase ingajabulisi, kuyadingeka ukuba kwenziwe lokhu ukwenzela ukuba kubulawe amaseli omdlavuza.¹¹

Amaseli avamile asemathubeni okulinyazwa yi-chemotherapy amaseli akha igazi emkantsheni, izimbotshana okukhula kuzo izinwele, amaseli asemfonyeni, umgudu wokugaya ukudla, kuhlanganise nohlelo lokuzala. Ngenxa yalokho, imiphumela engemihle evame kakhulu yilena:¹¹

- Ukushintsha kwendlela odla ngayo
- Isicanucanu nokuhlansa
- Ukushintsha kwesisindo somzimba
- Isifo sohudo
- Ukuqunjelwa yisisu
- Ukucobeka
- Izinkinga zomlomo, ulimi, nomphimbo njengezilonda nobuhlungu lapho ugwinya
- I-Anaemia (isilinganiso esiphansi samaseli egazi abomvu)
- Ukuhuzuka nokopha kalulan
- I-peripheral neuropathy noma ezinye izinkinga zezinzwa, njengokuba ndikindiki, ukulunywa, kuhlanganise nezinhlungu
- Ukulahlekelwa yizinwele
- Ushintsho lwesikhumba nezinzapho njengesikhumba esomile kuhlanganise nokushintsha kombala
- Ushintsho lomchamo nesinye kuhlanganise nezinkinga zezinso
- Ukuhlukumezeka kwengqondo ngenxa ye-chemotherapy, okungathinta ukukwazi ukugxilisa ingqondo
- Ukuguquququka kwendlela ozizwa ngayo
- Ukushintsha kwesifiso sokuya ocansini
- Izinkinga zokuzala



Ukubhekana nemiphumela engemihle ye-chemotherapy

Odokotela bayazama ukunikeza i-chemotherapy ngamazinga aphakeme ngokwanele ukuba elaphe umdlavuzwa, kuyilapho begcina imiphumela engemihle imbalwa. Ubunzima bemiphumela engemihle buyahluka kuye ngabantu. Khuluma nethimba lakho lezokwelapha ngemiphumela engemihle evame kakhulu ekwelashweni kwakho. Ungasebenzisa imithi ukwenzela ukuba uvikele amaseli avamile omzimba wakho. Zikhona nezindlela zokwelapha ezisiza ekunciphiseni imiphumela engemihle.¹¹

Kubalulekile ukulandelela noma yimiphi imiphumela engemihle onayo ukwenzela ukuba ithimba lakho lezokwelapha likwazi ukukusiza ubhekane nayo.¹²

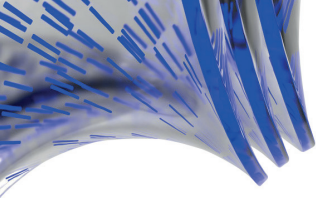
Ukuphelelwa Yisifiso Sokudla

Ukuphelelwa yisifiso sokudla noma ukungadli kahle kuyimiphumela engemihle evamile ye-chemotherapy. Lokhu kusho ukuthi ungase udle kancane kungandlela odla ngayo ngokuvamile, ungalambi nhlobo, noma uzizwe usuthi ngemva kokudla into encane.¹³

Ukuqhubeka ungenaso isifiso sokudla kungaholela ezinkingeni ezinkulu. Lezi zihlanganisa ukuncipha emzimbeni, ukungatholi izakhamzimba ezidingwa umzimba, ukucobeka nokuba buthaka ngenxa yokuncipha kwemisipha. Lezi zinkinga zinganciphisa izinga lokululama futhi ziholele ekunqanyulweni kokwelashwa okwesikhashana.¹³

Uma isimila singaphakathi noma siseduze kwesisu namathumbu noma umgudu we-gastrointestinal (GI), singase siphazamise indlela odla ngayo njengoba singase sibangele inkinga yokugwinya noma senze umuntu azizwe esuthi ngisho noma engadlile. Eminye imiphumela engemihle yokwelashwa komdlavuzwa engabangela ukuphelelwa yisifiso sokudla ihlanganisa:¹³

- Ukushintsha kokunambitheka kuhlangukise nokuzwa iphunga
- Isicanucanu nokuhlansa
- Ukuqunjelwa yisisu noma isifo sohudo
- Ukucobeka
- Izilonda emlonyeni
- Ukuqubuka emlonyeni
- Umlomo owomile
- Ubunzima bokuhlafuna nokugwinya
- Izinhlungu
- Isifo sokucindezeleka noma ukukhathazeka

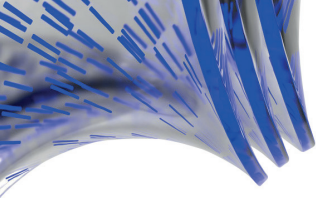


Ukubhekana nokuphelelwa yisifiso sokudla

Ukunciphisa nokwelapha imiphumela engemihle kuyingxeny ebalulekile yokunakekela nokwelapha umdlavuzwa. Lokhu kubizwa ngokuthi yi-palliative care, noma ukunakekelwa nokwesekwa. Uma kungenzeka, isinyathelo sokuqala ekwelapheni ukuphelelwa yisifiso sokudla ukulungisa imbangela. Ngakho, ukwelashwa komdlavuzwa wakho kuyingxeny esemqoka yokulungisa ukuphelelwa yisifiso sokudla. Ukwelashwa kwezinkinga ezinjengesicanucanu, ukucobeka, izinhlungu, izilonda emlonyeni, isifo sokucindezeleka noma ukukhathazeka kungasiza ekuphuculeni isifiso sokudla.¹³

Cabangela amacebiso alandelayo okuthola izakhamzimba ezifanele lapho isifiso sokudla siphansi:¹³

- Zama ukuzivocavoca okungakhandli, njengokuhambahamba imizuzu engu-20, ukwenze lokhu kusasele ihora ngaphambi kokuba udle. Lokhu kungase kukusize ufise ukudla. Xhumana nethimba lakho lezokwelapha ngaphambi kokuba uqale uhlelo lokuzivocavoca. Ukuzivocavoca kuphinde kusize ekugcineni imisipha inesisindo esifanele.
- Uma iphunga noma ukunambitheka kokudla kukwenza ube nesicanucanu, yidla ukudla okubandayo noma okungashisi. Lokhu kuzonciphisa iphunga futhi kunciphise nokunambitheka kwako.
- Phuza uketshezi ngaphambi kokudla, kunokuba uluphuze lapho udla, ngoba lokho kungakwenza uzizwe usuthi ngokushesha. Uma kungenzeka, phuza uketshezi olunamakhalori engeziwe, njengeziphuzo zemidlalo ezinama-electrolytes.
- Khetha iziphuzo ezinomsoco noma ezisuthisayo, njengobisi noma i-milkshake noma i-smoothies esinomsoco.
- Bonana nesazi sokudla ukwenzela ukuba uthole iseluleko sokuhlela izidlo kuhlanguke nokubhekana nale nkinga. Isazi sokudla singanquma nokuthi kungakuzuzisa yini ukuthola izithako zokudla okunomsoco noma ama-enzymes agaya ukudla.
- Ungazibekeli umkhawulo kulokho okudlayo.
- Yidla ukudla okuncane izikhathi ezingu-5 kuya kwezingu-6 ngosuku, futhi kube khona into oyihlafunayo noma nini lapho ulambile.



- Nquma ukuthi yiziphi izikhathi phakathi nosuku olamba ngazo bese udla ngalezozikhathi.
- Yidla ukudla okulula okunamakhalori namaphrotheni amaningi. Lokhu kuhlenganisa izithelo ezomisiwe, amantongomane, ubhotela wamantongomane, iyogathi, ushizi, amaqanda, ama-milkshakes, i-ice cream, i-cereal, upudingi, ama-protein bars noma ama-granola bars. Phatha isikhwama esinokudla okuthandayo ukwenzela ukuba ulokhu udonsa kuso uhlafune.
- Yandisa amakhalori namaphrotheni ekudleni ngokwenezela amasosi, isobho, ibhotela, ushizi, i-sour cream, i-whipped cream, amantongomane noma ubhotela wamantongomane.
- Zama uphaka ukudla ezitshenzi ezincane esikhundleni sokusebenzisa izitsha ezinkulu.
- Zama ukudlela endaweni ekujabulisayo nomndeni noma nabangane.
- Uma unenkinga yokunambitha ukudla, zama ukunezela izinongo nezithako ukwenzela ukuba wenze ukudla kukhange kakhudlwana.
- Uma ukunambitheka kushintshile, mhlawumbe unambitha okusansimbi emlonyeni wakho, zama ukumunya uswidi weminti noma amaconsi kalamula ngaphambi kokuba udle.
- Ngezinye izikhathi, kufakwa ishumbu lesikhashana lokudla ekhaleni lehlele esiswini. Ishumbu elihlala isikhathi eside nalo lingafakwa ngokuqondile esiswini (libizwa ngokuthi yi-gastrostomy tube noma G-tube) odongeni lwesisu uma kudingeka. Nokho, ngokuvamile, le ndlela ayinconyelwa.





Isicanucanu Nokuhlanza

Isicanucanu nokuhlanza kuvamile futhi ngezinye izikhathi kuba imiphumela emibi kakhulu ye-chemotherapy. Isicanucanu ukungazizwa kamnandi, kube ngathi uzobuyisa. Ukuhlanza kusho ukubuyisa ukudla noma uketshezi olusesiswini.¹⁴

Lezi zimpawu zingabekezeleleka noma zibe zimbi kakhulu. Isicanucanu nokuhlanza okubekezelekayo kuyahlukumeza kodwa ngokuvamile akuyilimazi impilo yakho. Ukuhlanza kakhulu kungabangela ezinye izinkinga zempilo, njengokuphelelwa amanzi emzimbeni, ukuncipha komzimba kuhlanganise nokucobeka.¹⁴

Maningi amathuba okuthi ube nesicanucanu futhi uhlanze phakathi nokwelashwa kwakho komdlavuza uma:¹⁴

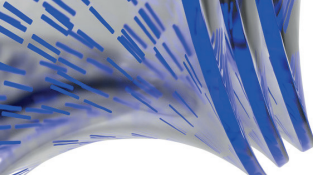
- Ungowesifazane.
- Ungaphansi kweminyaka engu-50 ubudala.
- Unomlando wokugula kwasekuseni lapho ukhulelwe.
- Uvame ukukhathazeka noma uguliswa ukuba phakathi kwento ehambayo.
- Uke waba nesicanucanu futhi wahlanza phakathi nokwelashwa okudlule.

Ukubhekana nesicanucanu nokuhlanza

Udokotela wakho angakunikeza umuthi ovimbela isicanucanu nokuhlanza futhi akusize unciphise izimpawu zakho. Lezi zinhlobo zemithi zibizwa ngokuthi “antiemetics”.¹⁴

Zikhona ezinye izindlela zokuvimbela isicanucanu, ukuhlanza kuhlanganise nokulondoloza umsoco phakathi nokwelashwa. Izincomo ezilandelayo zingase zisize:¹⁵

- Zama ukudla izidlo ezincane noma okokubambisa phakathi nalo lonke usuku kunokuthi udle izidlo ezintathu ezinkulu ngosuku. Qinisekisa ukuthi uyadla ngezinsuku othola ngazo ukwelashwa. Abantu abaningi bathola ukuthi kungcono kakhulu ukudla into elula noma okokubambisa ngaphambi kokwelashwa.
- Zama izidlo neziphuzo “ezigayeka kalula esiswini”. Njenge-ginger ale, ukudla okugayiwe, uswidi omuncu, kuhlanganise namakhekhe omile noma isinkwa esithosiwe.
- Yidla ukudla okuthandayo futhi kubande kungashisi.
- Izithako zokudla okunomsoco zilula futhi zingasiza phakathi nalesi sikhathi.

- 
- Gqoka izimpahla ezikuxegayo.
 - Nciphisa umsindo, ukukhanya, namaphunga akwenza ube nesicanucanu futhi uhlanze.
 - Gcina umlomo wakho uhlanzekile. Xhubha amazinyo akho futhi uyakaze umlomo wakho njalo lapho uhlanza.
 - Khuluma nodokotela wakho noma nomhlengikazi mayelana ne-hypnosis, i-biofeedback, noma i-guided imagery.

Isifo sohudo

Ngokuvamile isifo sohudo siwumphumela ongemuhle wokwelashwa komdlavuza. Isifo sohudo singaba nawuphawu lomdlavuza ngokwawo. Umdlavuza othinta amanyikwe noma phecelezi i-pancreas, umdlavuza we-colorectal, kuhlanganise nezimila ze-neuroendocrine emgudwini we-gastrointestinal (GI) konke kungabangela isifo sohudo.¹⁶

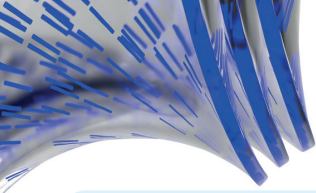
Isifo sohudo sisho ukukhipha indle emanzi ephuma kaningi. Ukukhipha indle kusho ukuya endlini yangasese. Nakuba isifo sohudo esingesibi kakhulu singase singajabulisi, ngokuvamile asibangeli izinkinga ezinkulu zempilo. Kodwa isifo sohudo esibi kakhulu singabangela ukuphelelwa amanzi emzimbeni kuhlanganise nokungalingani kwama-electrolyte. Lokhu kwenzeka lapho umzimba wakho ulahlekelwa amanzi amaningi kuhlanganise namaminerali abalulekile. Isifo sohudo esingalashiwe noma esingalawulwa singabangela ukuphelelwa amanzi emzimbeni kuhlanganise nokungondleki kahle.¹⁶

Ukubhekana nesifo sohudo

Kunezinyathelo ongazithatha ukwenzela ukuba uvimbele isifo sohudo noma uselaphe ngaphambi kokuba sidale ezinye izinkinga. Indlela yakho yokwelashwa ixhomeke ezimpawini zakho kuhlanganise nembangela yesifo sohudo.¹⁶

Uma unesifo sohudo esingesibi kakhulu, izincomo ezilandelayo zingaba usizo:¹⁶

- Phuza amanzi kuhlanganise nolunye uketshezi olungenazinto eziningi ukwenzela ukuba ugweme ukuphelelwa amanzi emzimbeni.
- Gwema i-caffeine, utshwala, ubisi, amafutha, i-fibre, ijusi yewolintshi, ijusi ye-prune kuhlanganise nokudla okubabayo.
- Yidla ukudla okuncane. Khetha ukudla okulula ukukugaya.



- Uma i-chemotherapy ibangela isifo sohudo, udokotela wakho angase ancomele ukudla izinto ezibopha isisu. Lapho udla izinto ezibopha isisu, umzimba wakho ukhiqiza indle encane. Kuhlangukisa ukudla okune-fibre encane. Lokhu kuhlangukisa amabanana, i-rice, isobho le-apula kuhlangukise nesinkwa esithosiwe.
- Gwema imithi yokuhambisa isisu.
- Ngezinye izikhathi odokotela banikeza imithi evimbela isicanucanu kuhlangukise nokuhlanguka okubangelwa yi-chemotherapy.

Uma unesifo sohudo esibi kakhulu noma isifo sohudo esingesibi kakhulu kodwa esingapheli, tshela ithimba lakho lezokwelapha. Kuye ngezimpawu zakho, udokotela wakho angase enze lokhu:¹⁶

- Ahlole amazinga ama-electrolytes akho.
- Akunikeze uketshezi esebenzisa ipayipi le-IV elingena engalweni yakho.
- Ahlole ukuthelaleka ngesifo.
- Ashintshe umuthi wakho wesifo sohudo.
- Ashintshe uhlelo noma umthamo we-chemotherapy.

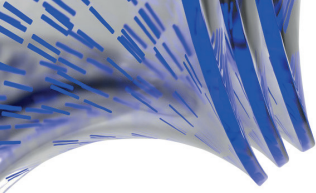
Ngezinye izikhathi, ukungasebenzi kahle kwamanyikwe kungabangela isifo sohudo. Lokhu kwenzeka kubantu abanomdlavuza wamanyikwe. Uma kunjalo, ukushintsha amenzyme amanyikwe asiza ekugayeni ukudla kungaba wusizo futhi kungasetshenziswa njengendlela yokwelapha.¹⁶

Ukuqunjelwa yisisu

Ukuqunjelwa yisisu kwenzeka lapha indle ingaphumi njalo, ibuhlungu, yomile noma kunzima ukuba iphume. Ukuqunjelwa yisisu kuqala umzimba umunca amanzi amaningi noma uyalela ukudla ukuba khambe kancane emathunjini. Kuwuphawu oluvamile kodwa olulawulekayo kubantu abanomdlavuza.¹⁷

Izimbangela ezivamile zokuqunjelwa yisisu kuwo wonke umuntu zihlanganisa:¹⁷

- Ukungadli ukudla okwanele okune-fibre
- Ukungaphuzi amanzi anele noma olunye uketshezi
- Ukungazivocavoci



Kubantu abanomdlavuzwa, ukwelashwa kwakho kungenzeka kubangela ukuqunjelwa yisisu. Imithi edambisa izinhlungu yehlisa izinga lokusebenza kwemisipha emgudwini wokugaya ukudla, okwenza kube nzima nakakhulu ukudlulisa indle. Izithako ze-iron, i-chemotherapy, nezinye izidakamizwa ezisetshenziselwa ukwelapha isicanucanu, ukuhlanza, ukudlikizela, isifo socindezeleka, isifo sohudo, noma umfutho ophakeme wegazi, nakho kungathinta ukugayeka kokudla.

Ukwenezela ekungakwazi ukukhipha konke emathunjini, abantu abaqunjelwe yisisu bangase babe nalezi zimpawu ezilandelayo:¹⁷

- Izinhlungu nokulunywa esiswini
- Ukuvuvukala kwesisu
- Ukuphelelwa yisifiso sokudla
- Isicanucanu nokuhlanza
- Ukungakwazi ukuchama
- Ukudideka

Ukubhekana nokuqunjelwa yisisu

Kubalulekile ukukwelapha ukuqunjelwa yisisu ngendlela efanele. Ngaphandle kokukwelapha, ukuqunjelwa yisisu kungalimaza amathumbu akho noma ingemuva. Kungabangela ukuphelelwa amanzi emzimbeni, kuvimba ukuhamba kwendle, futhi kungase kunciphise izinga umzimba omunca ngalo umuthi. Uma kunesikhumba sesilonda esivalekile noma isimila esibangela inkinga, kungase kudingeke ukuba uthole ukuhlolwa okwengeziwe kuhlanganise nokwelashwa.¹⁷



Vumela ithimba lakho lezokwelapha lazi uma uke waqunjelwa yisisu izinsuku eziningana. Lizokwazi ukukusiza ubhekane nokuqunjelwa yisisu. Izincomo ezilandelayo zingase zisize:¹

- Yidla ukudla okuningi okune-fibre, njengesinkwa esenziwe ngokusanhlamvu ne-pasta, i-bran, izithelo nemifino, amantongomane nobhontshisi (isibonelo, ubhontshisi obhakiwe noma udali).
- Phuza uketshezi oluningi, kokubili olufudumele nolubandayo. Ijusi ye-prune, ye-apula noma yeganandoda ingasebenza kahle.
- Zivocavoce ngendlela engakhandli, njengokuhambahamba.
- Uma welashelwa umdlavuzwa wamathumbu, buza ithimba lakho lokwelapha ukuthi sikhona yini iseluleko esiqondile sokudla onganikwa sona mayelana ne-fibre ongayidla ukwenzela ukuba ugweme ukuguqunjelwa yisisu.
- Buza udokotela wakho ngokusebenzisa imithi yokuhambisa isisu, noma izithako ze-fibre.
- Gwema ukuchatha noma imithi efakwa ezinqeni ngoba ingabangela isifo.





Ukucobeka

Ukucobeka kuwumphumela ongemuhle ovame kakhulu we-chemotherapy. Ungase ube nezinhlungu zemisipha, ukhathale ngokushesha, ube nenkinga yokugxilisa ingqondo noma ukuthole kunzima ukwenza imisebenzi yansuku zonke. Ukucobeka kungavela kungazelelwe, futhi akupheli ngaso sonke isikhathi lapho uphumula noma ulala. Ukucobeka kungase kuthathe amasonto noma izinyanga ngemva kokuphela komjikelezo wokwelashwa. Amazinga amandla ngokuvamile ayathuthuka ngokuhamba kwesikhathi.¹

Ukubhekana nokucobeka

Khetha bese ulandela inqubo ehlelekile yansuku zonke, ugcine izinga elivamile lomsebenzi ngokusemandleni akho.¹⁸ Izincomo ezilandelayo zingase zisize:^{1,18}

- Yidla ukudla okunempilo nokunomsoco futhi kungabi nezidlo ozeqayo. Nciphisa utshwala obuphuzayo.¹ Gwema iziphuzo ezine-caffeine (njengekhofi, itiyi noma isoda).¹⁸
- Vumela umzimba wakho ululame ngokuthatha ikhefu njalo, ukuphumula noma ukulala isikhashana.¹
- Zivocavoce njalo, njengokuhambahamba. Ukuzicovavoca okungakhandli kakhulu kungakunika amandla kukwenze ungazizwa ukhathele kakhulu. Khuluma nethimba lakho lezokwelapha mayelana nemisebenzi ekufanele.¹
- Ungazivocavoci kusihlwa kakhulu ngoba lokhu kungakwenza ube nezinkinga zokulala.¹⁸
- Zama ukulala amahora angu-7 kuya kwangu-8 ubusuku ngabunye. Ongoti bokulala basitshela ukuthi ukuba nezikhathi eziqondile olala ngazo novuka ngazo kusisiza sibe nenqubo yokulala enempilo.¹⁸
- Ukwelashwa kokulala nakho kunganciphisa ukuphazamiseka kokulala futhi kukufundise okufanele ukwenze lapho ulala.¹⁸
- Thola izindlela zokubhekana nokukhathazeka noma inkinga yokulala ngoba lokhu kungandisa ukucobeka. Ukuphumula noma izenzo zokuzindla zingakusiza uphucule ukulala noma kukunike amandla engeziwe.¹⁸
- Izidakamizwa ezithile ezisetshenziselwa ukwelapha imiphumela engemihle zingenza umuntu azizwe ecobekile.¹⁸
- Khuluma nethimba lakho lezokwelapha ngalokhu njengoba kungase kusize ukushintshela esidakamizweni esihlukile noma ukushintsha umthamo.¹⁸



Izilonda Emlonyeni

Izilonda emlonyeni yizindawo ezingase zibukeke njengokusikeka okuncane noma isilonda emlonyeni (okwaziwa nangokuthi yi-mucositis noma i-stomatitis). Lokhu kubangelwa ukuthi izinhlobo ezithile zokwelashwa komdlavuzwa zingalimaza amaseli aphezulu emlonyeni, emphinjeni, nasemgudwini we-gastrointestinal (GI). Lokhu kubangela izilonda ezindaweni ezithintekayo. Kwezinye izimo, ubuhlungu nezilonda kunganwebekela emphinjeni kwehle kuyofika emgudwini we-gastrointestinal (GI), okwenza ukudla nokugwinya kube buhlungu.¹⁹

Okumelwe ukubheke:¹⁹

- Izilonda emlonyeni zingase zibe bomvu noma zingase zibe nekhanjana elimhlophe phakathi nendawo. Zingase zophe noma zitheleleke.
- Ukuvuvukala kwezinsini, umlomo noma umphimbo.
- Ubuhlungu noma ukungaphatheki kahle lapho uhlafuna noma ugwinya. Lokhu kungase kuzwakale njengomphimbo obuhlungu.
- Izilonda ezincane, ukopha, noma izilonda emlonyeni, ezinsinini, noma phezu noma ngaphansi kolimi.
- Ulwelwesi olumhlophe noma oluphuzi, amabala, noma ubovu emlonyeni noma olimini.
- Ukwanda kwamathe emlonyeni.
- Ukuzizwa womile, kushisa kancane, noma kubuhlungu lapho udla ukudla okushisayo noma okubandayo.
- Isilungulela noma isishisa.

Izilonda emlonyeni zingavela evikini lokuqala kuya kwelesibili ngemva kokuqala ukwelashwa futhi kungaba khona kuphinde kuphele uma ukwelashwa kunikezwa ngemijikelezo. Ukwelashwa kungathatha amaviki amabili kuya kwamane lapho ukwelashwa sekuphela ngokuphelele. Izilonda emlonyeni zingaba buhlungu kakhulu futhi zingaholela ekuphelelweni amanzi emzimbeni, ukungadli kahle, kuhlanganise nokuncipha emzimbeni.¹⁹

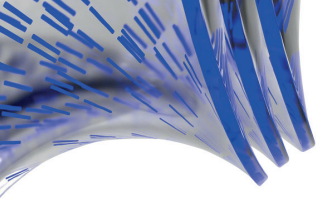


Ukubhekana nezilonda emlonyeni

Indlela engcono yokubhekana nezilonda emlonyeni ukuzigwema noma ukwenzela ukubalapha zisaqala. Uma uthola i-chemotherapy, ukumunca iqhwa ngaphambi nangemva kokwelashwa kungavimbela izilonda emlonyeni. Udokotela angakunika imithi yokuqeda izinhlungu noma uyithenge esitolo.²⁰

Kuwumbono omuhle ukuwunakekela kahle umlomo wakho phakathi nokwelashwa komdlavuzi. Izincomo ezilandelayo zingase zisize:²⁰

- Xhuba amazinye ngesineke usebenzisa umuthi wokuxubha one-fluoride izikhathi ezingana ngosuku. Uma izilonda zizimbi kakhulu emlonyeni, sebenzisa isipontshi esikhundleni sesixubho.
- Sebenzisa i-floss ngesineke.
- Gwema izinto zokuyakaza umlomo ezinotshwala.
- Yakaza noma uhahaze ngamansi anosawoti ne-baking soda. Zama ukuxuba u- $\frac{1}{2}$ wethisipuni kasawoti kuhlanganise no- $\frac{1}{2}$ wethisipuni ye-baking soda engilazini yamanzi.
- Khetha ukudla okudinga ukuba uhlafune kancane noma ungalafuni nhlobo.
- Gwema ukudla okune-acid, ukubabayo, okunosawoti, okumaholoholo noma okomile.
- Zama ukuphuza nge-straw ukwenzela ukuba ugweme ukuthunuka izilonda emlonyeni wakho.
- Uma usebenzisa amazinyo okufakelwa, sinciphise isikhathi owasebenzisa ngaso. Gwema ukuwafaka ebusuku futhi ucabangele ukuwakhipha lapho uqeda ukudla.



Ukulahlekelwa Yizinwele

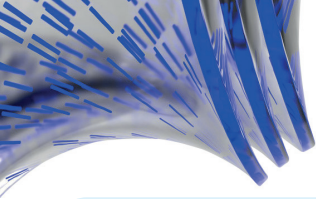
Izinwele zihlale zikhula, ezindala ziyawa bese kukhula ezintsha esikhundleni sazo. Izidakamizwa ze-chemotherapy ngokuvamile zilimaza izimbotshana okuphuma kuzo izinwele, okubangela ukuba izinwele ziwe. Ezinye izidakamizwa ze-chemotherapy zingabangela ukuba izinwele zibe mbalwa noma sipehele esikhunjeni sekhandla kuphela. Ezinye zingabangela nokuba zibe mbalwa izinwele ezithweni zangasese, ezingalweni nasemilenzeni, emashiyeni noma izinkophe. Ukulahlekelwa yizinwele kuqala emavikini amabili okuqala okwelashwa bese kuba kubi nakakhulu enyangeni yokuqala kuya kweyesibili ngemva kokuqala ukwelashwa, kodwa ngokuvamile izinwele ziqala ukubuya ngisho nangaphambi kokuba ukwelashwa kuphele.²¹

Ukubhekana nokulahlekelwa yizinwele

Ngaphambi kokuba ulahlekelwe yizinwele nangesikhathi ezilahleka ngaso, ungezwa sengathi isikhumba sekhandla siyashisa, siyaluma, sithambile noma siyancinza. Abanye abantu bathola ukuthi isikhumba sekhandla sicasuka kalula, futhi bangase bamile izinduna esikhunjeni sekhandla.¹ Kuyasiza ukwazi ukuthi izinwele ziphinde zikhule, nokuthi ungathatha izinyathelo zokwenza ukulahlekelwa yizinwele kube yinkinga kuwe.²¹

Izincomo ezilandelayo zingase zibe wusizo:^{1,21}

- Khuluma nethimba lakho lezokwelapha ngezinzuzo, imikhawulo, kuhlanganise nemiphumela engemihle yezigqoko zokupholisa. Ikhona imiphumela engemihle yezigqoko zokupholisa okumelwe uyicabangele, njengokuphathwa yikhanda, ubuhlungu besikhumba sekhandla, ubuhlungu bentamo namahlombe.²¹
- Yiba nesineke lapho ukama noma ugeza izinwele zakho. Ukusebenzisa ikamu elinamazinyo abanzi kungase kusize. Ukulahlekelwa yizinwele kungase kuncishise ngandlela thize ngokugwema ukuzikama noma ukuzidonsa (okungenzeka lapho uziluka noma ubopha iphondo, usebenzisa ama-rollers, wenza i-blow-drying, noma usebenzisa izinsimbi zama-curls noma zokulula izinwele).²¹
- Gcina izinwele kuhlanganise nesikhumba sekhandla kuhlanzekile. Sebenzisa i-shampoo engalimazi njenge-shampoo yosana.¹



- Gunda izinwele, ikakhulukazi uma zizinde ngaphambi kokuba ziziwele. Abanye abantu bathi lokhu kubenza bazizwe kuyibona abalawula izinto.¹
- Gqoka iwigi, isigqoko, iduku noma isikhafu, noma uhambe ngembungculu – noma yikuphi okukulungela kangcono. Uma uthanda ukugunda imbungculu, vikela ikhanda lakho ekushisweni yilanga nasemakhazeni.¹ Sebenzisa ukhilimu ovikela elangeni one-SPF okungenani engu-30 bese ugqoka isigqoko. Lapho kubanda, gqoka isigqoko noma isikhafu ukwenzela ukuba wemboze ikhanda lakho futhi uhlale ufudumele.²¹
- Sebenzisa umcamelo kakotini, we-polyester noma we-satin, ngoba owe-nylon ungasiphatha kabi isikhumba sekhanda. Gqoka iduku elilula elenziwe ngokotini noma ibhayi lapho uyolala uma uzizwa ugodola.¹¹
- Lapho izinwele ezintsha ziqala ukukhula, zingase ziphuke kalula ekuqaleni. Gwema ukuphema nokudaya izinwele ezinyangeni ezimbalwa zokuqala. Gcina izinwele zizimfushane futhi kulula ukuzilungisa.²¹

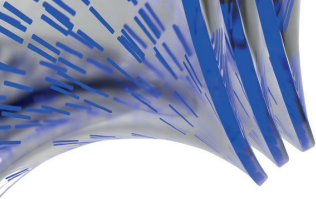
Ukushintsha kwesikhumba nezizipho

Ezinye izidakamizwa ze-chemotherapy zingase zibangele ukuba isikhumba sakho sixebuke, sibe mnyama noma some futhi silume. Phakathi nokwelashwa nasezinyangeni eziningana ngemva kwalokho, isikhumba sakho cishe sizobe sihlukunyezwa kalula yilanga. Ungase uthole ukuthi izizipho zakho nazo ziyashintsha ziba mnyama kunokuvamile noma ziba namagquma noma imigqa emhlophe evundlile. Izizipho zingase ziphuke kalula futhi zome noma ziphakame esikhunjeni. Ngokuvamile lezi zinguquko zihambe ziphele.¹

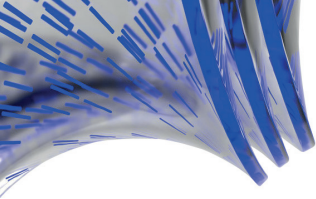
Ukubhekana nokushintsha kwesikhumba nezizipho

Amacebiso alandelayo angase abe usizo lapho unakekela isikhumba sakho:^{1,22}

- Gqoka izimpahla ezikuxegayo, ezingakubambi. Khetha ezenziwe ngokotini esikhundleni sezenziwe ngovolo ongekho bushelelezi noma izindwangu ezikhiqiziwe.¹



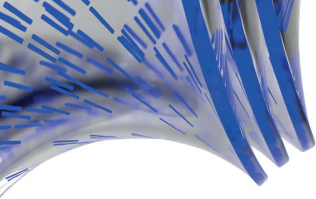
- Phuza amanzi amaningi noma olunye uketshezi.²²
- Phumula ngokwanele. Buza ngemithi (antihistamines) uma ukuluma kukwenza ungalali.²²
- Geza emanzini afudumele esikhundleni sashisayo. Faka i-baking soda, i-oatmeal (endwangwini noma esakeni), noma amafutha okugeza emanzini akho okugeza.²²
- Geza isikhumba sakho ngesineke usebenzisa insipho engasilimazi isikhumba, engenawo amakha kuhlanganise nendwangu yokugeza.²²
- Sula ngesineke ubuso bakho ngethawula esikhundleni sokubuhlikihla.¹
- Gwema ukusebenzisa imikhiqizo enamakha noma enotshwala esikhunjeni (njengokusampuphu, okugcotshwa ngemva kokushefa noma amakha).²²
- Gcina igumbi lakho lipholile (15°C kuya ku-20°C) futhi lishaya umoya ukwenzela ukuba ugweme ukujuluka.²²
- Sebenzisa okokugcoba okuqukethe i-urea ukwenzela ukuba kusize isikhumba singomu.¹
- Vikela isikhumba sakho elangeni lapho amazinga e-UV engu-3 ngoma ngaphezulu. Faka i-sunscreen evikela kakhulu (SPF 30+), isigqoko selanga esikhulu, izimpahla ezivikelayo, izibuko zelanga, bese uzama ukuhlala emthunzini.¹
- Sebenzisa insipho engenamandla kakhulu lapho uwasha izimpahla zakho.¹
- Gwema amachibi okubhukuda afakwe i-chlorine ngoba lawo manzi angenza ukushintsha kwesikhumba kube kubi nakakhulu.¹
- Ungashefi noma usebenzise i-wax kuze kube yilapho isikhumba sakho sesipholile.¹ Sebenzisa umshini wokugunda esikhundleni sensingo ukwenzela ukuba ugweme ukuzisika nokuhlukumeza isikhumba.²²



Lapho kukhona ushintsho oluncane olungebuhlungu lwezinzipho, okulandelayo kungase kube usizo:²³

- Hlola izandla zakho nezinyawo nsuku zonke ubone izinguquko ezinziphweni zakho.
- Gcina izinzipho zakho zigundiwe. Izinzipho ezimfushane mancane amathuba okuthi ziphuke noma zibambeke.
- Gcina izinzipho zihlanzekile ukwenzela ukuba ugweme izifo.
- Vikela izandla zakho lapho uzifaka emanzini (njengalapho ugeza izitsha), wenza ingadi, noma ucoca indlu. Gqoka amagilavu lapho wenza le misebenzi ukwenzela ukuba uvikele izinzipho zakho.
- Ungayi kongoti bokufakela nokulungisa izinzipho ngesikhathi uselahlwa umdlavuza.
- Gqoka izicathulo ezikuxegayo.
- Uma izinzipho zinamagquma, zibuthaka noma ziphuka, zigcobe ngokokugcoba okuncibilikayo emanzini ukwenzela ukuba uziqinise futhi uzivikele.
- Buza udokotela wakho ukuthi kuphephile yini ukusebenzisa i-biotin (isithasiselo sokudla) ukwenzela ukuba uqinise izinzipho zakho.





Isifo Sezandla Nezinyawo

Ezinye izidakamizwa zomdlavuzwa zithinta ukukhula kwamaseli esikhumba noma imithambo emincane yegazi. Lokhu kubangela isifo sezandla nezinyawo esivela ezihlahleni zezandla kuhlanganise/noma ematheni ezinyawo. Ngezinye izikhathi ezinye izigxenywe zesikhumba ziyathinteka, njengamadolo noma izindololwane, kodwa lokhu akuvamile.²⁴

Izimpawu zesifo sezandla nezinyawo esingesibi kakhulu noma esiphakathi nendawo zihlanganisa:²⁴

- Ukuba bomvu njengalapho ushiswe yilanga
- Ukuvuvukala
- Ukuzwa kuncinza noma kushisa
- Ukuthamba noma ukuba buhlungu lapho uthinta
- Ukudonseka kwesikhumba
- Izindawo eziqinile eziqugqinsi kuhlanganise namabhamuza ezihlahleni zezandla zakho kuhlanganise nasematheni ezinyawo zakho

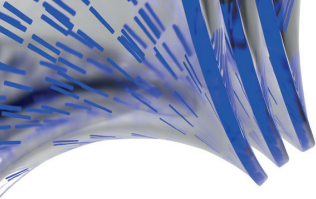
Izimpawu zesifo sezandla nezinyawo esibi kakhulu zihlanganisa:²⁴

- Isikhumba esiqhekekayo noma esixebukayo
- Amabhamuza noma izilonda esikhunjani
- Ubuhlungu obukhulu
- Ubunzima bokuhamba noma ukusebenzisa izandla zakho

Ukubhekana nesifo sezandla nezinyawo

Nge-chemotherapy, isifo sezandla nezinyawo ngokuvamile sivela ngemva kwezinyanga ezimbili kuya kwezintathu. Izincomo ezilandelayo zingase zisize:²⁴

- Nciphisa ukusebenzisa amanzi ashisayo ezandleni nasezinyaweni lapho ugeza izintsha noma ugeza umzimba. Geza ngamanzi aphilile. Sula ngesineke isikhumba sakho ngemva kokuwasha noma ukugeza.

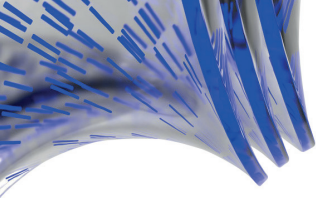


- Gcoba ngesineke amakhilimu okunakekela isikhumba ukwenzela ukuba ugcine izandla zakho zithambile. Gwema ukuhlikihla noma ukugcoba ngamandla ukhilimu ezandleni nasezinyaweni zakho. Lolu hlobo lokunyakaza lungabangela ukukhuhleka.
- Zama ukungahambi ngezinyawo. Sebenzisa ama-slippers athambile kuhlanganise namasokisi amakhulu ukwenzela ukuba unciphise ukukhuhleka kwezinyawo zakho.
- Gqoka izimpahla nezicathulo ezikuxegayo nezingena umoya ukwenzela ukuba umoya ugeleze ngokukhululekile esikhunjeni sakho.
- Gwema ukuthinta amakhemikhali anamandla asetshenziswa emikhiqizweni okuhlansa indlu nawokuwasha izimpahla.
- Gwema izenzo ezibangela ukucindezeleka noma ukuhlikihleka kwezandla noma izinyawo. Lokhu kuhlanganisa ukugijima, ukuzivocavoca, kuhlanganise nemidlalo yetenisi.
- Gwema ukusebenzisa amathuluzi noma izinto zasendlini ezidinga ukuba ucindezele isandla sakho entweni eqinile. Izibonelo zihlanganisa amathuluzi asengadini, imimese, kuhlanganise nama-screwdrivers.



Izinketho ezilandelayo zingasetshenziselwa ukwelapha isifo sezandla nezinyawo:²⁴

- Imithi egcotshwayo edambisa izinhlungu. Le mithi iba wukhilimu noma into enanyatheliswa phezu kwendawo ebuhlungu ezihlahleni noma ematheni ezinyawo.
- Amakhilimu agcotshwayo asusa amaseli afile esikhunjeni ungawathenga esitolo noma uwathole kudokotela wakho.
- Okokudambisa izinhlungu.



Udokotela wakho angase ehlise umthamo wakho we-chemotherapy, ashintshe uhlelo lwe-chemotherapy noma amise okwesikhashana i-chemotherapy yakho kuze kube yilapho izimpawu zesifo sezandla nezinyawo ziba ngcono.²⁴

Izinhlungu Zezinzwa

Ezinye izidakamizwa ze-chemotherapy zingalimaza izinzwa ezithumela imiyalezo phakathi kwe-central nervous system kuhlangele nezingalo nemilenze. Lokhu kubizwa ngokuthi yi-peripheral neuropathy.¹

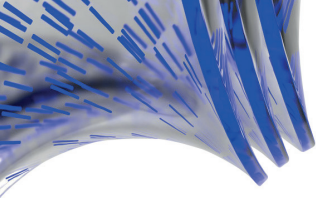
Izimpawu zihlanganisa noma yimiphi yale mizwa ezandleni noma ezinyaweni zakho:²⁵

- Ukuncinza (noma ukuzwa “amaphini nezinaliti”)
- Ukusha noma ukufudumala
- Ukuba ndikindiki
- Ukuba buthaka
- Ukungaphatheki kahle noma ubuhlungu
- Ukuncipha kwekhono lokuzwa ukushisa nokubanda
- Amajaqamba (ezinyaweni zakho)

Ukubhekana nezinhlungu zezinzwa

Kuyinkinga evamile kwabanye abantu engathatha amaviki amaningana, izinyanga noma ngisho iminyaka ngemva kokuqeda ukwelashwa. Zikhona izinto ongazenza ukwenzela ukuba ubhekane nezimpawu zakho. Izincomo ezilandelayo zingase zisize:²⁵

- Sebenzisa imithi yezinhlungu ngendlela udokotela akuyalele ngayo. Imithi eminingi yezinhlungu isebenza kangcono lapho isetshenziswa ngaphambi kokuba izinhlungu zibe zinkulu.
- Ungabuphuzi utshwala.
- Uma unesifo sikashukela, lawula ushukela egazini lakho ukwenzela ukuba ugweme ukwenza umonakalo owengeziwe ezinzweni.

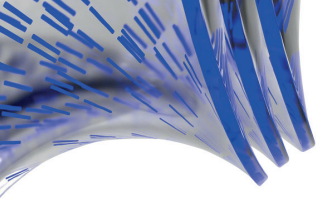


- Vikela izandla zakho ngokugqoka amagilavu lapho ucoqa indlu, usebenza ngaphandle noma ulungisa okuthile.
- Nakekela izinyawo zakho. Zihlole kuhlanganise ngosuku ukwenzela ukuba ubone ukuthi azilimalanga yini noma ukuthi akukho zilonda ezivulekile.
- Hlale ugqoke isicathulo ezemboza lonke unyawo lapho uhamba ngisho nalapho usekhaya.
- Vimbela izingozi futhi ugweme izinto ezenza izimpawu zakho zibe zimbi nakakhulu, njengokuthinta izinto ezishisayo noma ezibandayo ngezandla nangezinyawo zakho noma ukugqoka izimpahla noma isicathulo ezikubambe kakhulu.
- Qinisekisa ukuthi unezindlela zokuzisekela uma unezinkinga zokukhubeka lapho uhamba. Okokubambelela ezindongeni kasezindlini zangasese kungakusiza ungawi. Udondolo lungakusiza lukuxhase. Sebenzisa izibani zasebusuku noma amathoshi lapho usukuma ebumnyameni.
- Zivikele ekulimaleni okubangelwa ukushisa. Khetha okokufudumeza amanzi phakathi kuka-40°C no-50°C ukwenzela ukuba unciphise ingozi yokuzishisa lapho ugeza izandla zakho. Sebenzisa amagilavu kahhavini kuhlanganise nokokubamba izinto ezishisayo lapho ubamba izitsha ezishisayo, ama-racks, noma amapani. Uma ugeza, hlola izinga lokushisa lamanzi ngendololwane yakho noma nge-thermometer.

Izifo Zegazi

Amaseli egazi akhiwa emnkantsheni wamathambo, okuyingxenye esasipontshi ngaphakathi kwamathambo. Umnkantsha wamathambo wakha izinhlobo ezintathu eziyinhloko zamaseli egazi anemisebenzi eqondile:¹





- Amaseli abomvu egazi – ahambisa umoya-mpilo kuwo wonke umzimba
- Amaseli amhlophe egazi – alwa nezifo
- Ama-platelets – asiza igazi lijaye futhi avimbela ukulimala.

Ngenxa yokuthi amaseli amasha egazi ahlukana ngokushesha, angase alinyazwe yi-chemotherapy, futhi inani lamaseli egazi (isibalo segazi lakho) lingancipha. Inani eliphansi lamaseli egazi lingase libangele izinkinga ze-anaemia, ze-neutropaenia noma ze-thrombocytopaenia.¹

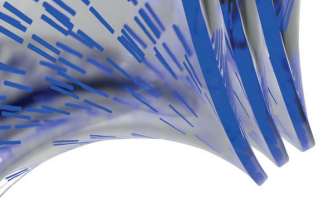
Igazi lakho lizohlolwa ekuqaleni kokwelashwa nangaphambi komjikelezo we-chemotherapy ukwenzela ukuba kuhlolwe ukuthi isibalo segazi lakho sifanele yini ngaphambi kokuba wenze i-chemotherapy.¹

I-anaemia

I-anaemia yilapho izinga lamaseli abomvu egazi emzimbeni liba ngaphansi kwelivamile. Lapho ungenawo amaseli abomvu egazi anele, izingxenye zomzimba wakho aziwutholi umoya-mpilo owanele.²⁶

Amaseli abomvu egazi akhiwa emnkantsheni wethambo. Umnkantsha wethambo uyisicubu esithambile esisasipontshi esitholakala ngaphakathi kwamathambo akho amakhulu. I-hormone evela ezinsweni, ebizwa ngokuthi yi-erythropoietin, itshela umzimba wakho ukuthi kunini lapho kumelwe wenze khona amaseli abomvu egazi engeziwe. Ukulimala komnkantsha wethambo noma izinso kungabangela i-anaemia.²⁶

I-chemotherapy ingalimaza umnkantsha wethambo. Ngokuvamile lo monakalo awuhlali isikhathi eside, futhi ngokuvamile i-anaemia iyaphela ngemva kwezinyanga ezimbalwa uqede i-chemotherapy.²⁶



Ukubhekana ne-anaemia

Izinga elinciphile lomoya-mpilo ojikeleza emzimbeni wakho lingakwenza uzizwe ukhathele, unesiyezi noma uphelelwa umoya. Amacebiso okubhekana nokucobeka “Ukubhekana nokucobeka” ekhasini 21 angaba usizo. Ukwenzela ukuba unciphise ukuzizwa unesiyezi, ungasheshi lapho usukuma noma uvuka.¹

Odokotela belapha i-anaemia ngokuhlola imbangela nezimpawu. Nazi izibonelo ezimbalwa:²⁶

- **Ukumpontshelwa igazi** - Uma i-anaemia ibangela izimpawu noma izinkinga, ungase udinge ukumpontshelwa amaseli abomvu egazi. Ngesikhathi umpontshelwa, amaseli abomvu egazi anempilo avela kumuntu onikele ngegazi angena egazini lakho ngenalithi efakwe emthanjeni.
- **Umuthi** - Uma i-chemotherapy ibangela i-anaemia, udokotela wakho angase akunikeze imithi ebizwa ngokuthi ama-erythropoiesis-stimulating agents (ESAs). Ama-ESAs awuhlobo lwe-erythropoietin olwenziwe elebhu. Asebenza ngokutshela umnkantsha wethambo lakho ukuba wenze amaseli abomvu egazi engeziwe.
- **Izithasiselo zamavithamini noma amaminerali** - Uma ukuntula izakhamzimba kubangela i-anaemia, udokotela wakho angase akunike izithasiselo. Lezi zihlanganisa i-iron, i-folic acid, noma uvithamini B12. Lezi zithasiselo ngokuvamile kuba amaphilisi aphuzwa ngomlomo. Ngezinye izikhathi, ungathola umjovo wevithamini B12. Le mijovo ingase isize umzimba wakho ukwazi kangcono ukumunca ivithamini.

Phinde ucabangele nokudla ukudla okune-iron ne-folic acid eningi.²⁶

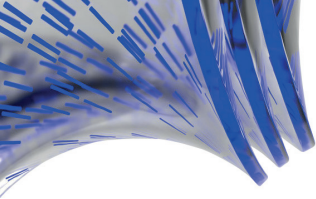
Ukudla okune-iron eningi kuhlanganisa:²⁶

- Inyama ebomvu
- Ubhontshisi
- Amabhilikosi omisiwe
- Ama-almonds
- I-broccoli
- Isinkwa ne-cereal efakwe i-iron

Ukudla okune-folic acid eningi kuhlanganisa:²⁶

- I-asparagus
- I-broccoli
- Isipinashi
- Ubhontshisi
- Isinkwa ne-cereal efakwe i-folic acid





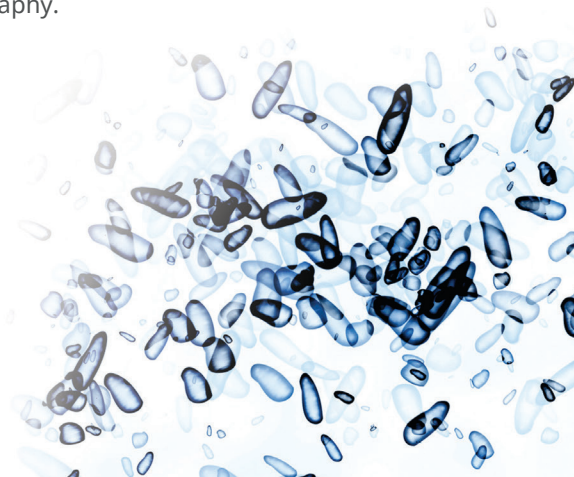
I-neutropaenia

Izinhlobo eziningi zamaseli amhlophe egazi zakha ingqikithi ephelele yesibalo samaseli amhlophe. Uhlobo lweseli emhlophe yegazi eyaziwa ngokuthi yi-neutrophil ikuvikela ezifweni ngokuthi ibulale amabhaktheriya ayingozi kuhlangukise nemvubelo engena emzimbeni wakho. I-chemotherapy inganciphisa izinga lamaseli akho amhlophe egazi, okwenza kube nzima ngomzimba wakho ukulwa nezifo. Lokhu kwaziwa ngokuthi yi-neutropaenia.¹

I-chemotherapy ne-neutrophils

Isikhathi sokwehla kwamazinga e-neutrophil siya ngohlobo noma umthamo we-chemotherapy:²⁷

- Isibalo se-neutrophil ngokuvamile siqala ukwehla ngemva kweviki kuqale umjikelezo ngamunye we-chemotherapy.
- Amazinga e-neutrophil afinyelela izinga eliphansi kakhulu ezinsukwini ezingu-7 kuya kwezingu-14 ngemva kokwelashwa. Phakathi nale nkathi, maningi amathuba okuthi ugule.
- Isibalo se-neutrophil yakho sizobe sesikhuphuka futhi. Lokhu kubangelwa ukuthi umnkantsha wethambo uqala kabusha umkhiqizo ovamile wama-neutrophil. Kodwa kungathatha amaviki angu-3 kuya kwangu-4 ukubuyela emazingeni avamile.
- Lapho izinga le-neutrophil yakho libuyela kwelivamile, usukulungele ukuthola umjikelezo olandelayo we-chemotherapy.





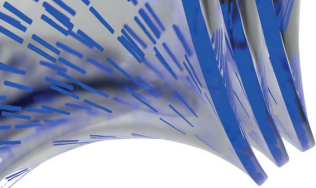
Ukubhekana ne-neutropaenia

Ngesikhathi wenza i-chemotherapy, ngezinye izikhathi izinga le-neutrophil yakho alibuyeli kwelivamile ngokushesha noma ungaba ne-neutropenia. Kuleso simo, udokotela wakho angase athathe izinyathelo zokuphepha, kuhlanganise:^{1,27}

- Ukubambezela umjikelezo olandelayo noma ukunciphisa umthamo we-chemotherapy.²⁷
- Ama-antibiotics phakathi nezikhathi ezinde ze-neutropenia ukwenzela ukuba kuvinjelwe ukugula.²⁷
- Imijovo ekhulisayo ebizwa ngokuthi yi-granulocyte-colony stimulating factor (G-CSF) ukwenzela ukuba kusheshiswe ukukhiqizwa kwamaseli amhlophe egazi amasha futhi uvikelwe ekuguleni.¹

Izincomo ezilandelayo zingase zisize ekugwemeni ukugula:¹

- Geza izandla zakho ngensipho namanzi ngaphambi kokulungiselela ukudla nangaphambi kokuba udle, kuhlanganise nalapho uphuma endlini yangasese.
- Gwema ukuthinta amehlo akho, ikhala kuhlanganise nomlomo ngezandla zakho
- Khuluma nodokotela wakho mayelana nokuthola umgomo womkhuhlane futhi ucele abantu ondelene nabo ukuba bacabangele ukuthola umgomo womkhuhlane.
- Cela ukuba ilungu lomndeneni noma umngane onomkhuhlane noma esinye isifo esithathelwanayo, angakuvakasheli kuze kube yilapho izimpawu ziphela.
- Gwema ukuxhawula, ukwanga nokuqabula abanye abantu
- Zama ukugwema izindawo ezinabantu abaningi, njengenxanxathela yezitolo noma izithuthi zomphakathi ngezikhathi okuphithizela kakhulu ngazo.
- Lungiselela futhi ugcine ukudla kahle ukwenzela ukuba ugweme izifo ezibangelwa ukudla nezibangelwa ukonakala kokudla.
- Yidla ukudla okusanda kuphekwa; gwema ukudla okungavuthwanga (inhlanzi, izinto ezihlala emanzini kuhlanganise namaqanda) kuhlanganise noshizi othambile; geza kahle izithelo nemifino ngaphambi kokuba udle.



I-thrombocytopaenia

I-chemotherapy ilimaza umnkantsha wethambo. Lesi yisicubu esingaphakathi kwethambo lakho lapho khona umzimba wenza ama-platelets. Isibalo esiphansi sama-platelet esibangelwe yi-chemotherapy ngokuvamile asihlali isikhathi eside.²⁸

Isibalo esiphansi sama-platelets (thrombocytopaenia) singabangela ukopha kuhlanganise nezinkinga zokujiya kwegazi. Ungase wophe isikhathi eside kunokuvamile ngemva kokusikeka kancane noma ukuhuzuka, ungamongoza noma wophe ezinsinini, noma ulimale kalula. Isikhathi singaba side noma wophe kakhulu.¹

Ukubhekana ne-thrombocytopaenia

Uma unesibalo esiphansi se-platelet ngesikhathi wenza i-chemotherapy, udokotela wakho angase anqume ukushintsha ukwelashwa kwakho. Ungase uthole umthamo ophansi we-chemotherapy noma ulinde isikhathi eside phakathi kwemijikelezo yokwelashwa.²⁸

Lapho unesibalo esiphansi se-platelet, yenza umzamo wokugwema izimo ezingabangela ukuba wophe. Izincomo ezilandelayo zingase zisize:¹

- Finya ngesineke.
- Sebenzisa isixubho esithambile ukwenzela ukuba ugweme ukopha kwezinsini.
- Qapha lapho usebenzisa imimese, izikele noma izinalithi, ngoba ungopha kalula lapho usikeke kancane.
- Sebenzisa umshini wokushefa lapho ushefa ubuso noma umzimba ukwenzela ukuba unciphise amathuba okuzisika.
- Gqoka amagilavu lapho wenza ingadi ukwenzela ukuba ugweme ukuzilimaza. (Lokhu kuzovimbela ukuguliswa yinhlabathi, equkethe amabhaktheriya).
- Gqoka izicathulo ezintofontofo nezikulingana kahle endlini nangaphandle ukwenzela ukuba ugweme ukusikeka ezinyaweni zakho.
- Gwema imidlalo okungqubuzwana kuyo kuhlanganise nemisebenzi ekwenza ushayiseke, ngoba ingabangela ukuba ilimale noma wophe lapho ushayiseka noma uwa.

- Uma wopha, cindezela kuleyo ndawo imizuzu engaba ngu-10 bese ubopha ngebhandishi.

Uma i-chemotherapy ibangela i-thrombocytopaenia embi, ungase udinge ukumpontshelwa i-platelet.¹ Ukumpontshelwa amaseli e-platelet egazini lakho kungasiza ekuvimbeni ukopha kakhulu noma ukopha okungalindelekile. Nokho, lokhu kuwukwelashwa kwesikhashana. Ama-platelets angene ngokumpontshelwa ahlala cishe izinsuku ezintathu kuphela.²⁸

Ucansi Nokuzala

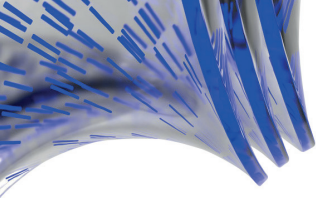
I-chemotherapy ingathinta ucansi hlanganise nokuzala ngezindlela ezingokomzwelo nezingokoqobo. Lezi zinguquko zivamilel. Ezinye izinguquko zingaba ezesikhashana kanti ezinye kube ezihlala njalo.¹



Thembeka futhi ukhululeke ngokusemandleni futhi ubuze imibuzo ukwenzela ukuba ithimba lakho lezokwelapha likwazi ukukusiza. Khumbula ukuthi ithimba lakho lezokwelapha kumelwe ligcine imininingwane oyidlulisela kulo iyimfihlo. Lapho ingxoxo isiqalile, kulula ukuqhubeka nayo nokuphinde uyiqale esikhathini esizayo lapho ubuya uzohlolwa.^{29,30}

Ushintsho lwezocansi

Ucansi lubhekisela endleleni abantu ababonisa ngayo uthando. Luhlanganisa indlela ababona ngayo, abazizwa ngayo, kuhlanganise nabacabanga ngayo ngocansi, kuhlanganise nezindlela abangakubonisa ngayo lokho ngezenzo zabo, ukuziphatha kuhlanganise nobuhlobo nabanye. Luyinto yomuntu futhi luhlukile kumuntu ngamunye. Ucansi ngezinye izikhathi lubizwa ngokuthi impilo engokocansi. Iqiniso liwukuthi, izitho zomuntu zobulili, isifiso socansi (ukuthanda ucansi noma i-libido), isenzo socansi, inhlalakahle, kuhlanganise nokubukeka komzimba kungathintwa umdlavuzwa kuhlanganise nokwelashwa komdlavuzwa.²⁹



Khuluma ngendlela ozizwa ngayo nomuntu othandana naye futhi uzinike isikhathi sokuvumelana nanoma yiziphi izinguquko. Zama ukuzibheka njengomuntu opholele (umzimba, ingqondo nobuntu) esikhundleni sokugxila kuphela kulokho okushintshile. Uma ukhathazeke ngezinguquko zendlela ozizwa ngayo ngawe, ubudlelwane nabanye noma izenzo zocansi, ungakuthola kuwusizo ukukhuluma nesazi sokusebenza kwengqondo noma umeluleki.¹

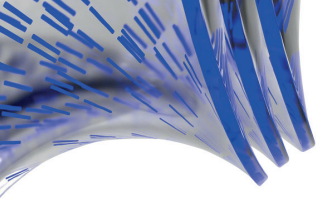
Ushintsho lokuzala

I-chemotherapy ingathinta ukukwazi kwakho ukuba nezingane (ukuzala).¹ Izinkinga zingabangelwa yilokhu:³⁰

- Isimila esilimaza ngokuqondile isitho noma izicubu eziseduze kwaso.
- Ukususa izitho ezinomdlavuzwa eziye zidingeke ukwenzela ukuba ube nengane (ngokwesibonelo, ukususwa kwawo wonke amasende noma izingxenye zamasende, ipipi, okukhiqiza amaqanda, isibeletho noma umlomo wesibeletho).
- Ushintsho lwamazanga amahomoni lunganciphisa ukukhiqizwa kweqanda/ isidoda, kulimaze izinzwa, kwenze izitho ezithile zocansi ziyeke ukusebenza kahle futhi kungenza owesifazane ayeke ukuya esikhathini.
- Ukusabela kwengqondo noma kwemizwelo, njengokucindezeleka okukhathazeka.

Kusemqoka ukutshela ithimba lakho lezokwelapha ubulili bakho kuhlanganise nohlobo lwabantu othandana nabo, kuhlanganise nokuthi yibuphi ubulili owazalwa uyibo nokuthi uzichaza kanjani manje. Ukutshela ithimba lezokwelapha ngalokhu kuzokusiza uthole ukunakekelwa okudingayo okuhlelelwe wena.³⁰

Uma ufuna ukuba nezingane esikhathini esizayo, khuluma nodokotela wakho ngendlela i-chemotherapy engase ikuthinte ngayo kuhlanganise nokuthi yiziphi izinto ongakhetha kuzo. Abesifazane bangakwazi ukugcina amaqanda (ova), imibungu noma isicubu zesibeletho, futhi amadoda angase akwazi ukugcina isidoda ukwenzela ukuba asisebenzise kamuva. Lokhu kudingeka kwenziwe ngaphambi kokuba i-chemotherapy iqale futhi kudinga ukucabangisisa kahle. Abanye abesifazane bayakwazi ukuthola imijovo ye-hormone ukwenzela ukuba banciphise ukusebenza kwendawo ekhiqiza amaqanda kuhlanganise nokuvikela amaqanda ekulimaleni.¹



Ukusebenzisa izinto zokuvimbela inzalo

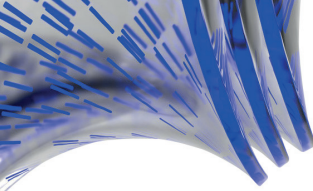
Ngenxa yokuthi i-chemotherapy ingayilimaza ingane engakazalwa, udokotela wakho angase akhulume nawe ngokusebenzisa izinto zokuvimbela inzalo phakathi nangemva kwe-chemotherapy. Uma uthandana nomuntu onobulili obuhlukile kobakho futhi niya njalo ocansini, kuzodingeka usebenzise uhlobo oluthile lokuvimbela inzalo ukwenzela ukuba ugweme ukukhulelwa ngesikhathi welashwa. Kuzodingeka usebenzise nohlobo oluthile lokuvimbela inzalo ngokoqobo (i-condom, i-condom yabelilisa) ukwenzela ukuba uvikele umuntu othandana naye kunoma yiziphi izidakamizwa ze-chemotherapy okungenzeka zitholakale oketshezini olusemzimbeni wakho.¹

Imiphumela Engokomzwelo

Abantu abaningi abanomdlavuzwa batshelwa umndeni nabangane ukuthi ‘kuzolunga’, kodwa ukudabuka, usizi, ukucindezeleka, ukwesaba kuhlanganise nokukhathazeka yimizwa evamile lapho ubhekene nomdlavuzwa. Ukuziba le mizwa noma ukungakhulumi ngayo kungenza umuntu onomdlavuzwa azizwe eyedwa. Lokho kungenza kube nzima ngayo ukukhuthazelela indlela azizwa ngayo.³¹

Esikhundleni salokho, umuntu onomdlavuzwa kufanele akhulume ngale mizwa. Abantu abaningi bakuthola kuwusizo ukujoyina iqembu lokweseka noma bafune ukwelulekwa. Ukubhekana nemizwa yakhe kungamsiza umuntu onomdlavuzwa azizwe enethemba. Lelo themba lingamenze aphile kangcono. Ucwaningo lubonisa ukuthi ukunikeza abantu abanomdlavuzwa ulwazi eqenjini lokweseka kunciphisa ukucindezeleka, ukukhathazeka, ukukhathala futhi kunganciphisa nengozi yesifo sokucindezeleka. Ukuba seqenjini lokweseka kungase kuthuthukise nemizwa yenhlalakahle kuhlanganise nekhwalithi yokuphila.³¹

Ukuphila ngemva kokwelashwa komdlavuzwa kunezazo izinselele. Ungase ube nemizwa exubile lapho ukwelashwa kuphela futhi ukhathazeke ngabo bonke ubuhlungu obuzwayo ucabange ukuthi umdlavuzwa ubuyile. Abanye abantu bathi bazizwa becindezeleka ukuba babuyele “ekuphileni okuvamile”. Umndeni wakho nabangane bangase badinge isikhathi sokuzivumelanisa nesimo.¹



Kubalulekile ukuzinika isikhathi sokwamukela izinguquko zomzimba nezemizwa futhi wakhe inqubo yokuphila entsha ngesivini sakho. Khuluma nodokotela wakho ukwenzela ukuba uthole iseluleko noma umuthi – ngisho noma lokho ukwenza isikhashana – kungaba usizo.¹

Eminye imiphumela engemihle

Ama-chemotherapy athize angase abangele imiphumela engemihle okungakhulunywanga ngayo kule ncwajana. Khumbula njalo ukuthi uma unanoma yimiphi imibuzo ngomdlavuzi, ukwelashwa kwawo, oma imiphumela engemihle engase ivele, sicela ukhulume nodokotela wakho, umhlengikazi noma ithimba lezokwelapha.



Lapho kufanele uthinte udokotela wakho

Phakathi nokwelashwa nge-chemotherapy ungase uziqaphele kakhulu izinguquko emzimbeni ngoba ithimba lakho lezokwelapha lizokunika imininingwane eminingi emayelana nemiphumela engemihle. Akumelwe kube nanolulodwa uphawu luzibayo. Eminye imiphumela engemihle ingeyesikhashana futhi mincane, kodwa eminye ingase ibe uphawu lezinkinga ezinkulu. Qinisekisa ukuthi uyakwazi ukuthinta othile ethimbeni lakho nganoma yisiphi isikhathi, kuhlanganise ngemva kwamahora omsebenzi, ngezimpelasonto nangamaholidi.¹¹

Izimpawu okudingeka zibikwe

Ngezansi kukhona izimpawu eziyisixwayiso okumelwe uzazi. Ukwenezela kunoma yiziphi ezinye izimpawu ozitshelwe udokotela wakho, sicela ufune iseluleko esengeziwe sezokwelapha:¹

- izinga lokushisa elingu-38°C noma ngaphezulu
- amakhaza noma ukuqhaq hazela
- ukujuluka, ikakhulukazi ebusuku
- ukusha noma ukuncinza lapho uchama
- ukukhwehlela okubi noma umphimbo obuhlungu
- ukuphelelwa umoya
- ukuhlanza okuqhubeka amahora amaningi
- ubuhlungu obukhulu besisu, ukuqunjelwa yisisu, noma isifo sohudo
- ukopha okungavamile noma izilonda zokulimala, njengokumongoza kakhulu, igazi lapho uchama noma uzikhulula.
- ukuzizwa ngathi uzoquleka noma isiyezi kuhlanganise nokushaya kakhulu kwenhliziyo
- noma yikuphi ukuwohloka kwempilo okuzumayo

Imibuzo okumelwe uyibuze udokotela, umhlengikazi noma ithimba lezokwelapha

Ukukhuluma njalo kubalulekile ukwenzela ukuba kwenziwe izinqumo ngokunakekelwa kwakho ezisekelwe olwazini. Kungasiza ukubhala imibuzo ozohamba nayo lapho uya ekuvakasheni kwakho okulandelayo.³²

Amacebiso angakusiza ukhumbule izimpendulo:³²

- Bhala amaphuzu phakathi nokuvakasha kwakho. Ungazizwa unamahloni ngokucela ukuba udokotela ehlise isivinini uma udinga isikhathi esengeziwe sokubhala. Buza imibuzo uma kukhona ongakuqondi.
- Uma ukwazi, qopha ingxoxo yokuvakasha kwakho ukwenzela ukuba kungabi nalutho olukulahlekele. Kodwa qala ngokubuza udokotela ukuthi KULUNGILE yini ukuqopha izingxoxo zenu.
- Cabangela ukuhamba nomngane noma nesihlobo ukwenzela ukuba sikusize uqonde lokho udokotela akushoyo phakathi nokuvakasha, ukwenzela ukuba sithathe amaphuzu futhi sikusize ngokukukhumbuzwa kamuva.



Ukuphucula ukugxilisa ingqondo kuhlanganise nenkumbulo

Abanye abantu bathi bakuthola kunzima ukugxilisa ingqondo nokukhumbula izinto ngemva kokwenza i-chemotherapy. Lokhu kubizwa ngokuthi ukuphazamiseka kokuba bukhali kwengqondo. Amanye amagama asetshenziselwa ukuchaza lokhu ahlanganisa athi “ukuhlukumezeka kwengqondo ngenxa ye-chemotherapy”, “inkungu yomdlavuza” nelithi “inkungu yengqondo”.¹

Ukucabanga nokushintsha kwenkumbulo kungase kubangelwe ukwelashwa noma yimithi, ukucobeka kuhlanganise nezinkinga zokulala, noma ukukhathazeka ngokomzwelo, njengokucindezeleka noma isifo sokucindezeleka. Lezi zinkinga ngokuvamile ziyaphela ngokuhamba kwesikhathi. Izincomo ezilandelayo zingase zisize:¹

- Sebenzisa ikhalenda noma usethe isibali sikhathi kumakhalekhukhwini wakho ukwenzela ukuba ulandelele imisebenzi, ama-aphoyintimenti okwelashwa, isikhathi okumelwe uthathe ngaso imithi, izinto zomphakathi, izinsuku zokuzalwa, njll.
- Bhala phansi noma yini okudingeka uyikhumbule, isib., uhlu lwezinto okumelwe uzenze, indawo opake kuyo imoto.
- Lala ngokwanele. Ubuthongo obukhulu bubalulekile ukwenzela ukuba sibe nenkumbulo futhi sikwazi ukugxilisa ingqondo.
- Yenza ukuzivocavoca okulula nsuku zonke ukwenzela ukuba kukusize uphaphame futhi ulale kangcono.
- Funda into entsha, isib., yenza into entsha yokuzilibazisa noma wenze i-crossword noma i-puzzle.
- Xoxa ngezinguquko zokukwazi kwakho ukugxilisa ingqondo nokukhumbula izinto nomuntu othandana naye, umndeni noma emsebenzini, cela ukwesekwa okwengeziwe.

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Le ncwajana uyethulelwa yi-Pfizer Oncology ngenjongo yokwandisa ulwazi ngomdlavuzane-chemotherapy, kodwa ayihloselwe ukunikeza iseluleko esiqondile sezokwelapha. Abafundi kufanele baxhumane njalo nodokotela wabo mayelana nezinkinga zabo zempilo.

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