



# ISIKHWAMA

## Sokunakekela

I-Pfizer ikunikeza lesi sikhwama esilandelayo esinezinto zokunakekela isiguli ukuze ikusize phakathi nokwelashwa kwakho

# Lezi zinto ezilandelayo zinikezwe wena **ESIKHWAMENI SOKUNAKEKELA ISIGULI:**

- Ibhodlela lamanzi
- Okokugcoba umlomo
- Okokugcoba isithende
- Okokugcoba izandla
- Ama-straws
- Okokugeza umlomo okungenatshwala
- 1 ibhokisi lengxube yokubuyisa amanzi emzimbeni (ingxube ephuzwayo ye-electrolyte)



Ukuze uthole imininingwane eyengeziwe sicela ukhulume nongoti wakho wezokwelapha.

# PHUZA OKOKUBUYISA AMANZI



Phakathi nokwelashwa ungase ube nesifo sohudo<sup>2,3</sup>

## Nanka amacebiso athile<sup>1</sup>

- Sicela uphuze uketshezi oluningi kancane kancane
- Gwema ukuphuza lapho udla nangemva kwehora
- Yidla futhi uphuze okuncane, izikhathi eziningi
- Gwema ukudla okunezinongo, okunamafutha nokune-fibre eningi
- Yeka ukudla izinto ezikwenza uhude kanye nezikhuthazi ezine-fibre (uma uwasebenzisile)
- Gwema i-caffeine

**Khuluma nodokotela noma nomhlengikazi ukuze uthole izeluleko ezengeziwe**



Ukuze uthole imininingwane eyengeziwe sicela ukhulume nongoti wakho wezokwelapha.

# OKOKUGCOBA UMLOMO



Phakathi nokwelashwa ungase ube nezindebe ezomile nezidabukile<sup>1</sup>

## Nanka amacebiso athile okudambisa izindebe ezomile nezidabukile<sup>1</sup>

- Sebenzisa njalo okokugcoba umlomo
- Gwema ukudla okunezinongo, okune-acid kanye notshwala
- Gwema ukudla okushisa kakhulu nokubaba kakhulu  
Yidla ukudla okuthambile
- **Khuluma nodokotela noma nomhlengikazi ukuze uthole izeluleko ezengeziwe**

Unikezwe okokugcoba umlomo



Ukuze uthole imininingwane eyengeziwe sicela ukhulume nongoti wakho wezokwelapha.

# OKOKUGCOBA IZINYAWO



Izinyawo zakho zingase zibe buhlungu phakathi nokwelashwa<sup>1</sup>

## Phucula ukunakekela izinyawo zakho<sup>1</sup>

- Yigcobe ngokwanele into yokugcoba izinyawo
- Geza ngamanzi afudumele bese uyomisa
- Kutuswa ukuthi ungawasiki amabhamuza ngoba lokho kungenza inkinga ibe yimbi nakakhulu
- **Khuluma nodokotela noma nomhlengikazi ukuze uthole izeluleko ezengeziwe**

Unganakekela izinyawo zakho ngokokugcoba izinyawo



Ukuze uthole imininingwane eyengeziwe sicela ukhulume nongoti wakho wezokwelapha.

# OKOKUGCOBA IZANDLA OKWENZA KUBE NGCONO



Ukuqubuka kanye namabhamuza kungase kuvele ezandleni phakathi nokwelashwa<sup>2,3</sup>

## Amacebiso awusizo<sup>1</sup>

- Ngcoba ngokwanele izinto zokugcoba - ikakhulukazi ngemva kokugeza noma ngaphambi kokulala
- Geza ngamanzi afudumele futhi womise
- Gwema ukuhlikihla noma ukucindezela izandla
- Gqoka izimpahla ezikuxegazo zikakotini
- Gcoba into evikela elangeni okungenani engu-SPF 30
- **Khuluma nodokotela noma nomhlengikazi wakho noma izeluleko ezengeziwe**

Ungagcoba ikhilimu wokugcoba izandla



# HLELA ukuzibusisa!



Hlela ukuzibusisa lapho uzizwa ungcono - kuzokunika okuthile ongabheka phambili kukho!

## Uma uzizwa ukhathele phakathi nokwelashwa<sup>1</sup>

- Cambalala kancane noma uthathe ikhefu
- Yidla kahle futhi uphuze uketshezi oluningi
- Hamba hamba noma uzivocavoce ngendlela engakhandli
- Yenza imisebenzi ephumuzayo, njengokulalela umculo noma ukufunda
- Ungashayeli imoto noma usebenzise umshini lapho uzizwa ukhathele
- **Khuluma nodokotela noma nomhlengikazi wakho noma izeluleko ezengeziwe**



Ukuze uthole imininingwane eyengeziwe sicela ukhulume nongoti wakho wezokwelapha.

# OKOKUGEZA UMLOMO OKUNGENABO UTSHWALA



Umlomo wakho ungase ube buhlungu kanye/noma uphatheke kabi phakathi nokwelashwa<sup>2,3</sup>

## Nanka amacebiso athile endlela yokusiza umlomo wakho kulokhu<sup>1</sup>

- Phuza uketshezi/iziphuzo nge-straw
- Geza umlomo wakho ngokokugeza umlomo okungenabo tshwalo
- Xubha amazinyo ngemva kokudla nalapho uyolala ngesixubho esithambile
- Sebenzisa okokuxubha okungenayo i-peroxide noma wenze okokugeza umlomo nge-baking soda encibilikiswe emanzini andikindiki
- Sebenzisa isixubho esithambile - noma i-gauze, uma izinsini zakho zopha
- **Khuluma nodokotela noma nomhlengikazi wakho noma izeluleko ezengeziwe**

Ama-straws kanye nokokugeza umlomo okungenabo utshwala kulindeleke ukuba kudambise izinhlungu







**ISITATIMENDE SOKUZIHLANGULA:** Lokhu okutuswayo kokunakekela imiphumela engemihle kusekelwe olwazini luka-Dkt Kollmannsberger ongumbhali wephepha elinesihloko esithi Sunitinib therapy for metastatic renal cell carcinoma: okutuswayo kwezeluleko zokulawula kanye nezinqumo ezinjalo kufanele kusetshenziswe ngokuvumelana nokushiwo ungoti wezokwelapha. Ukuze uthole imininingwane eyengeziwe sicela ukhulume nongoti wakho wezokwelapha.

**Izikhombo:** 1. Kollmannsberger C, Soulieres D, Wong R, Scalera A, Gaspo R, Bjarnason G. Sunitinib ukwelashelwa i-metastatic renal cell carcinoma: okutuswayo kokulawula imiphumela eseceleni engemihle. CUAJ 2007;1(2 Supp);S41-S54. 2. SUTENT® Imininingwane Yomuthi, 12 uJulayi 2021. 3. INLYTA® Imininingwane Yomuthi, 19 Meyi 2020.

**UMNIKAZI WELAYISENSI:** Pfizer Laboratories (Pty) Ltd. Reg. No. 1954/000781/07. 85 Bute Lane, Sandton, 2196, South Africa. Inombolo Yocingo.: 0860 PFIZER (734937). PP-UNP-ZAF-0064