Kungconoukuyinqandaokhalwenikunokuyikhiphaekhaya

Gomisa izingane zakho ukuze zivikeleke egciwaneni le*papilloma”* (iHuman Papilloma Virus-HPV)

IHuman Papillomavirus eyaziwa nangokuthi i-HPV, kuyinto eyigciwane elivamile ukusakazeka ngokuthintana kwesikhumba ngesikhathi socansi.Isibalo esingaphezulu kwengxenye kumadoda nabesifazane batholakala banegciwane leHPV ngesikhathi esithize ekuphileni kwabo.

I-HPV,umdlavuzawomlomowesibeletho, kanyenezinsumpaezithwenizangasesekuhlanganakanjani?

IHPVigciwane elibanga umdlavuza womlomo wesibeletho kanye namashashaza ezithwenizangasese (amashashaza ngaphezu kwesitho sabesilisa kanye nehlunu). EningizimuAfrika ngonyaka isibalo esingango 6000 kwabesifazane batholakala banesifo somdlavuza wesibeletho, kanti abangango 3000 bayashona ngasolesifo.Umjovo weHPVungavimbela umdlavuza wesibeletho ngokuvikela umzimba ukuze ungatheleleki ngegciwane leHPV.

Ngubani okufanele athole umjovo weHPV?

Umuthi wokugomela iHPV ekusakazekeni unconywa kumantombazanaaneminyaka esuka ku11 nomaeminyakeni engu-12 ukuze bangabi nomdlavuza wesibeletho.Nokho, abesilisa nabesifazane abaneminyaka ephakathi kuka 9 no26 ubudala nabofuthi bangawuthola umjovo weHPV.

IngabekunganiumgomoweHPVuhlinzekwaezinganeniezincane?

Kuyinto encomekayo ezinganeni ezineminyaka engu 11 kuya ku 12 ngoba isebenza kangcono ngaphambi kokuthelelekelwayileligciwane nangaphambi kokuyaocansini . Umuthi wokugoma uvimbela ukuthelelekelwayiHPV. Awuyelapha iHPV nko. Ucwaningo lubonisa ukuthi ukuthola umjovo weHPV eminyakeni engu 11 no 12 yilapho umjovo uqinisa kakhulu amasotshaomzimba ukuze akwaziukuzivikela. Yingakho kungcono ukungalindi.

IngabekuwusizoyiniukutholaumjovoweHPVngemuvakokuyaocansini?

Yebo! Lomuthi wokugoma uvikela izinhlobo eziningana zeHPV.Kuyenzeka ukuthi umuntu oyaocansini, mhlawumbe okwamanje, usengakabi nohlobo oluthile lweHPV ngakoke uyakwazi ukuzivikela ngalomjovo.

NgingakhulumakanjaninezinganezamimayelelananomjovoweHPVkanyenezocansi?

Kungaba yinto edlisa amahloni ukukhuluma ngezocansi.Izingane eziningi zizwa ngocansi ebanganini. Noma kunjalo, ingane yakho ibheke kuwe ukuthi uyinike ulwazi oluyilo. Yichazele ukuthi kungcono ukuthola umjovo ngaphambi kokuba iye ocancini. Lokhu kuzoyivikela lapho ikhula. Fundisa ingane yakho ngezinto eziyigugu kanye naloko okulindele kuyo.

Indaba yethu iqala lapho uSontoavakashela kwa Ntombi ezomtshela izindaba ezimbi...

Sonto: Sisanda kuthola ukuthi udadewethukutholakale ukuthi unomdlavuza wesibeletho! Uneminyaka engu -35 nje kuphela ubudala!

Ntombi: Oh Sonto , Ngiyaxolisa mngan'wami. Bengithiunezingane ezisencane nje?

Sonto: Yebo! Zineminyaka engu 6 no 8 nje kuphela ubudala!

Ntombi: Yeka inhlekelele edabukisayo!

Sonto: Futhi uma ngicabanga nje ukuthi lokhu bekungavikeleka!

Ntombi: Bekungavikeleka?!

Sonto: uThembi akaze aye kwadokotelaayohlolwa isibeletho ngokwenza i*Pap test*, Ntombi. Ukuhlolwa isibeletho nge *Pap test* njalo njekuholela ekutheni basheshe bazithole lezi zinkinga ngaphambi kokuba zingasalapheki.

Ntombi (uyacabanga): Nami kudala nje ngagcina ukuyokwenza uhlolo lwe Pap test eminyakeni eminingi eyedlule!

Sonto: Udokotela uthe umdlavuza uye waqala ngegciwane leHuman Papillomavirus .

Ntombi: Kuyini lokho ?

Sonto: iHuman Papillomavirus , noma HPV , isifo esivamile ukubangela ezinye izifo zomdlavuza , futhi ungasithola ngokuya ocansini.

(Abangani baqhubekangengxoxo yabo ...)

Sonto: Ngoba abantu abaningi banasolesisifoiHPV kanti abanazo izimpawu, kulula ukuthisidluliseleke phambili. Ngenhlanhla, kukhona umuthi wokusigomela. Kufanele wazi ngalokhu ngoba unezingane ezincane nawe.

Ntombi: Izingane zami zinokwenzani nalokhu?

Sonto: Umuthi wokugomela lesisifo manje usuyingxenye yokugoma abantwana phela. Buza udokotela wakho ngakho uma uhambisa izingane ohlolwenilwazo ngesikhathi esizayo. Indodana yami igonywe ngonyaka odlule.

Ntombi: Izingane zami zincane kakhulu kodwa...

Sonto: Ngiyazi, Ntombi, kodwa kungaba yisu elihle ukuba bathole lonjovo ngaphambi kokuba baqale ukuya ocansini. Lomjovouvimbela iHPV. Abakwazi ukweyelapha.

Ntombi: Ngicabanga ukuthi uqinisile. Ngingazigomisa lapho ngiziyisa ukuyohlolwas ngudokotela . Sekuyisikhati sokuthi zithole eminyeimijovo vele.

Sonto: Ziningi izinto esingakwazi ukuzilawula. Kodwa lokhu kuyinto elula nathi esingayeenza ukuze sivikele izingane zethu.

Ntombi: Umkhulu uhleze njalo ethi,

"Kungconoukuyinqandaokhalwenikunokuyikhiphaekhaya"

Sonto: Uqinisile, Ntombi. Uma ngicabanga ngodadewethu nokhuti nokugula kwakhe kungabe kwavikeleka, ngifuna ukuthi bonke abantu engibathandayo bavikeleke.

Ntombi: Usho ukuthi umjovo unganikezwa nabafana?

Sonto: Yebo, udokotela wangitshela ukuthikukhona imijovo emibili. Omunye uvikela umdlavuza wesibeletho kanyenezinsumpaezithwenizangasese.Amantombazana nabafana bangawuthola lo. Loomunye umjovo nje wamantombazana kanti uvikela umdlavuza wesibeletho.

Ntombi: Uthi iHPV yiyo eyabangela isifosomdlavuza esiphethe udadewenuna?

Sonto: Yebo, yilokho udokotela asitshela kona.

Ntombi: Ayi Sonto, lokhu kubuhlungu ngempela!

Ntombi:Unginikeze okunigi ukuba ngicabange ngakho namhlanje, Sonto.

Ntombi (uyacabanga): Lokhu kungase kwenzeke emndenini wami siqu.

Khonamanjalo nje ...

uZinhle noSihle (izingane): SisayodlalakaboTony ma!

Ntombi: Kulungile, niziphathe kahle!

Kamuva ngabo lobo busuku ...

Ntombi: Ngakho yilokho okwenzekayo kuSonto nomdeni wakhe ...

Sipho: Kwaze kwakubi ke lokho, Ntombi.

Ntombi: uSonto uthi kukhona umuthi wokugoma ukuthi izingane zivikelekeegciwaneni elibangela umdlavuza wesibeletho.

Sipho: Lenkukhu imnandi ngempela, Ntombi.

Ntombi: Ngicabanga ukuthi kufanele izingane zigonywe.

Sipho: Yebo, kunjalo, nomayinioyishoyo. Ngicelaungingezeleisishebo, ngiyacela, s'thandwa?

Ntombi: Oh okuhle, ngakho uyavuma ke? Ngizohlela ukuthi uSihle noZinhle babonanenodokotela.

Sipho: Yini!? Ngubani oya kudokotela?

Ntombi: Ngicabanga ukuthi kudingeka siyise izingane ziyokugomela iHPV.

Sipho: Awume kancane. Kanti legciwane alitholakali ngocansi na? Awucabangi ukuthi basebancane kulento?

Ntombi: Bengikhuluma noSonto ngicabanga ukuthi uqinisile. Kungcono ukuthi izingane zigonywe zingakaqali ukucabanga ngocansi. Kungani singakhuluminodokotela ngalokhu?

Sipho: Eyi angazi ngalokhu Ntombi. Kumele ngicabange ngakho.

Umkhulu: Angifuni ukuningenaemloyeni, kodwa bengifunda mayelana neHPV ephephandabeni. Odokotela bagqugquzela ukuthi zonke izingane ezineminyaka engu11 no12 ubudala zifanele ukuthi zigonywe.

Sipho: Cha, baba, ngenhlonipho, ngifuna izingane zami ukuba zigcine ubumsulwa bazo.

Umkhulu: Ubumsulwa kwazo buhlangana njani nalokhu, mfan'wami?

Sipho: Nje, uma sesiqalasibanikeza imijovo ukuze bavikelwe ezifweni ezisukela ocansini, uthi asibanikezi imiyalezo engafanele?

Umkhulu: Kodwa mfan'wami. Khumbula zonke izimfundiso ezinhleesibafundise zona. Unezingane ezilungile futhi ezikhaliphile ... Kodwa akukho esingakwaziyo ngomlando ngokwezocansi kwalabo abazoshada nabo. Lonamjovo uzobavikele. *"Kungconoukuyinqandaokhalwenikunokuyikhiphaekhaya"*!

Sihle: Sawubona mkhulu. uZinhlenamibesiqhudelana mina ngiphumelele!

Umkhulu: unejubanemanje<u>mtanami</u>!

Zinhle: Awuzange ungehlule, ngimi eng'phumelele.

Umkhulu: Kimi, nobabili niphumelele. Futhi ngiyabona ukuthi nobabili nigqoke izicathulo nezigqoko zenu. Ngako ke nihlakaniphile!

Sipho: Uqinisile umkhulu bantwanabami. Ngiyaziqhenya ngani ngokugqoka ngedlela efanele njalo umaniyodlala ngaphandle!

Zihle: Kanti ke baba besidinweukukhumjuzwa ngaso sonke isikhathi.

Sipho: Hahaha, ngiyabona unamahlaya ntombazane yam'. Ngifuna ukuba uphephe.

Ntombi: Uqinisile, S'thandwa. Kungumsebenzi wethu ukuba sinigcine niphephile.

Ngosuku olulandelayo…

Ntombi: NguSonto. Ulaphaukuthisizoyolulaizinyawo…

Umkhulu: Yena akabukekiejabulile neze.

Sipho: Sawubona Sonto, hlanganyela kanye nathi esidlweni sasekuseni?

Sonto: Ngiza nezindaba ezibuhlungu la!

Sonto: Siqeda ukuthola umyalezo wokuthi uThembi ugula kakhulu. Asicabangi ukuthi yena uzoleqa leviki.

Ntombi: Awu, kwakubi ke lokho Sonto.

Sonto: Beseng'funa ukukwazisa nje ukuti ngisa phuthuma esibhedlela.

uMkhulu: Mfana wami, singamalungaomndeni obambene. Kumele sivikele izingane zethu futhi zihlale ziphilile zinamandla. Kufanele ukhulumenodokotela mayelana nalomjovo weHPV.

Ntombi(uyacabanga): Futhi... ukucabanga njekuthi lokhu bokunga vinjelwa.

Sihle: Nginomqondo, asincintisanengokugijima size siyofikaepaki!

Sipho: Ngingeke ngakhona ukuzithethelela uma nje kungabakhona okubi okunokwenzeka kulababili .

Ngesonto elilandelayo, umndeni uya emtholampilo ...

Ntombi: Dokotela, sifisa ukwazi kabanzi ngomjovoweHPV.

Sipho: Ngabe uphephile?

uDokotela: Yebo! Kunezigidi zabantu abaye bawusebenzisa lomuthi wokugoma. Lomuthi wokugoma uphephile kakhulu futhi usebenza ngempumelelo. Ungakhohlwa, na lapho uZinhle ekhula, kuzodingeka aqale ukhlolwa ngePap test lapho esneminyaka engu-21.

Zinhle: Ngizodinga imijovo emingaki?

uDokotela: Lona ngumjovo wokuqala kwemithathu, emuva kwalokho uzobeusugome ngokuphelele.

uDokotela: Nina ninehlanhla kakhulu. Umndeni wenu uyaninakelela kahle.

Zinhle: Ungakhathazeki, akuzange kubebuhlungu kuthe nje ukuncinza kancane.

uDokotela: Qha! Niphilile kakhulu nje ngempela. Bheka nidla izithelo nemifinoyenu, bese nithola imijovo ngesikhati. Qhubekelani phambili nomsebenzi oncomekayo!

uDokotela: Ngiyakholwa usayilandelela ngesikhati iPap test yakho?

Ntombi: Cha, dokotela, senginemiyaka engaphezu kwemihlanu ngagcina ukwenza iPap test.

uDokotela: Nginesikhashana esengeziwe kancane. Ake singene lapha egunjini lokuhlolela siyilungise lendaba.

Sipho: Yebo, ngiyacela Ntombi. Ngifuna ukuba nawe ubenempilo futhi ubenamandla.

Kamuva ngalolo suku ...

Umkhulu: Ngiyaziqhenya ngomndeni wethu! Senza konke esingakwenza ukuze sigcine izingane zethu ziphephile futhi zinamandla.

Yiyiphiimiphumelayakamuvaengahleyenzekeumauthataumjovo weHPV?

Umuthi wokugoma iHPV unikezwa emhlabeni jikele. Ucwaningo lubonisa ukuthi uphephile kakhulu. Imiphumela yakhona mincane kanti futhi ayihlali isikhathi eside. Okuvamile ubuhlungu, ubovu noma ukuvuvukala engaleweni lapho umuntu athole umjovo khona. Imiphumela engavamile kungaba ukushisa komzimba,ukungezwani komzimba nomuthi, ukuphatwa yikhanda, nokuquleka.

NgumuphiumjovoosetshenzisiwaugugomelaiHPVna?

Kunemijovoemibili; iGardasil® kanyeneCervarix®.Yomibili lemijovo igomela iHPV ikwazi ukuvimbela umdlavuza wesibeletho, kanti futhi yomibili ingasetshenzisiwa ngabesifazane. Uwodwa umjovo; iGardasil®, ongasetshenzisiwa ngabesilisa nabesifazane. Uvumeleke ukusetshenzisiwa ekuvikeleni isifo somdlavuza wesibeletho, umdlavuza wezitho zangasese zamadoda nabesifazane, kanye namaqhubu avela ezithweni zangasese.

KuthiwaniumaizinganezamizingenawoumshuwalensewezempiloukuzezitholeumjovoweHPV?

uMnyango wezeMpilo waseNingizimuAfrika unikezelangesihle ngalomjovo weHPV kulo hlelo lokugoma amantombazane asasesikoleni.

<u>IngabeabesifazanekusadingekayiniukubabenzeuhlololwePap smear emuvakokugonyelwaiHPV?</u>

Yebo! Njalo nje owesifazane udinga enze iPap testuma eseneminyaka engu-21, ngisho nangemumva kwemijovo yeHPV. Lokhu kungasindisa ukuphila kwakho kanye nokuphila kwalabo othandana nabo. Ukuze uthole ulwazi olwengeziwe, vakashela umtholampilo wangakini, noma ukhulume noDokotela wakho.

CDPH: California UMnyango Public Health Umnyango Wezempilo Yomphakathi
Ikhishwa: The Fotonovela Production Company 2011 Yinkampani Yezithombe Ezixoxa Indaba 2011