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Pofuna kuthandiza wodwala, poyamba mumamufunsa mafunso ndipo kenaka mumamupima bwinobwino. Mumamuyang'ana **zizindikiro** zomwe zingakuthandizeni kuzindikira momwe munthuyo wadwalira komanso chimene akudwala.

Nthawi zonse pimani munthu pamalo powala bwino, makamaka panja koma **osati m'chipinda cha mdima**.

Pali zinthu zina zofunika kufunsa kapenanso zoyenera kuyang'ana pamene munthu aliyense akudwala. Izi ndi zinthu zomwe munthuyo akumva m'thupi mwake kapena zomwe akunena. Komanso zimene **inuyo** mukuwona pomupima. Zizindikiro zotere ndi zofunika kwa ana ndi anthu amene sakutha kuyankhula.

Pamene mupima wodwala, muzilemba zomwe mwapeza ndikuzisunga kuti dokotala adzawone ngati kungafunike (onani tsamba 45).

Mafunso

Yambani kumufunsa wodwalayo za matenda akewo. Onetsetsani kuti mufunse mafunso awa:

- Chikukuvutani ndi chiyani panopa?
- Ndi chiyani chomwe chikuyambitsa kuti musapeze bwino kapena kuti mupezeko bwino pang'ono onika kuchita?
- Matendawa adayamba bwanji komanso liti?
- Kodi mudayamba mwadwalanso matendawa? Kodi alipo amene adadwalapo matendawa kubanja kwanu kapena pofupi ndi kuanu?



Pitirizani kufunsa mafunso ena kuti mudziwe zambiri za matendawo.

Mwachitsanzo ngati wodwala akumva ululu, funsani kuti:

- Kodi pakupweteka ndi pati? (Mupempheni aloze malo enieni ndi chala chake.)
- Kodi mukumva ululu nthawi zonse kapena nthawi zina ukumasiya?
- Ululu wake ukumveka bwanji? (Ngati kuluma kapena kuwotcha?)
- Kodi tulo likumabwera kapena ayi?

Ngati wodwala yemwe akumva ululuyo ndi mwana yemwe sangathe kufotokoza, yang'anitsitsani zizindikiro za ululu. Onani momwe odwalayo akugwedezera thupi lake ndi momwe akulirira. (Mwachitsanzo, mwana amene kukhutu kukumupweteka nthawi zina amatikita kumbali ya mutu wake kapenanso kukoka khutu lake.)

Mmene umoyo ulili

Musanamukhudze munthu wodwala, yambani mwamuyang'anitsitsa. Onani momwe wadwalira, momwe wafowokera, momwe akuyendera, momwe akupumira, komanso momwe akuganizira. Onani ngati pali zizindikiro zosonyeza kuti thupi lake likusowa madzi (tsamba 160) kapenanso ngati thupi lake silikugwira ntchito bwino (tsamba 78).

Onani ngati thupi lake likuwoneka losowa zakudya kapena ayi. Kodi wodwalayo wakhala akuwonda? Ngati munthu wakhala akuwonda kwa nthawi yayitali ndiye kuti mwina ali ndi **matenda okhalitsa** m'thupi mwake.

Onaninso mtundu wa khungu lake ndi maso ake. Khungu lowoneka lakuda ndi lathanzi limabisa kusintha kulikonse kwa m'kati mwake, choncho muziyang'anitsitsa m'malo momwe khungulo lili loyerako monga m'manja, m'zikhadabo, m'kati mwa milomo komanso m'mbali mwa zikope.

- **Kuti thupi silikugwira bwino ntchito yake.** Chingakhale chizindikiro chosowa magari (tsamba 129) kapena kusazindikira chomwe chikuchitika (tsamba 78).
- **Kubiriwira** kwa khungu kungathe kosonyeza kuti pali vuto lamtima kapena la kapumidwe (tsamba 80, 176 ndi 332) kapena ndi vutola mtima (tsamba 345). Mtundu wobiriwira motuwira kwa mwana amene wakomoka chikhoza kukhala chizindikiro cha malungo a m'bongo (tsamba 181).
- **Chikasu** chikhoza kukhala chizindikiro cha matenda a chiwindi (tsamba 183), zilonda zam'mimba (tsamba 343) kapena vuto la m'chikhodzodzo (tsamba 344). Chikasu chimawonekansa mwa ana ongobadwa kumene (tsamba 291) kapena ana amene magari awo ali ofowoka (*sickle cell disease*) (tsamba 336).

Mtundu wa khungu umachokera kwa makolo. Khungu limatha kusintha mtundu pamene munthu akudwala, khungu likhoza kuderako ngati likusowa chakudya chokwanira koma pamene munthu akudwala matenda osowa zakudya zomanga thupi (*kwashoko*, tsamba 118), khungu ndi mtundu watsitsi zimawoneka zoyererako. Yam'mapapo kapena pena puke mthupi. Zimenezi zitha kuchitikansa pamene munthu akudwala TB (tsamba 189).

Yang'anitsitsaninso masalalidwe a khungulo makamaka pamene muuni ukuwalitsira khungulo kuchejera kumbali imodzi. Zizindikiro zoyambirira za chikuku zikhoza kuwoneka pochita zimenezi (tsamba 330). Chizindikiro choyamba cha nthenda ya pa khungu chikhoza kukhala kusintha kwa khungu ndi kumawoneka ngati momwe kumawonekera kunjwa kwa khoko la lalanje (tsamba 201).

Kutentha ndi kuzizira kwa thupi

Ndi kofunika kudziwa za kutentha kapena kuzizira kwa thupi la munthu wodwala ngakhale pamene munthuyo thupi lake silinatenthe. Pamene munthu wadwala kwambiri, yezani kutentha kapena kuzizira kwa thupi lake kanayi ndipo lembani zomwe mwapeza.



Ngati palibe chipangizo chopimira kutentha ndi kuzizira kwa thupi (*thermometer*), mukhudzeni wodwalayo pamphumi pake ndi kuseri kwa dzanja lanu limodzi ndipo dzanja lanu mukhudze pamphumi panu kapena pamphumi pa munthu wina amene sakudwala. Ngati wodwalayo watentha thupi, ndiye kuti mutha kusiyaniitsa. Ndi kofunika kudziwa kuti thupilo latentha liti ndipo latentha chifukwa chiyani? Nanga latentha kwa nthawi yayitali bwanji? Komanso kutenthako kumasiya bwanji?



Zimenezi zingakuthandizeni kudziwa matenda omwe munthuyo akudwala. Kutentha kulikonse kwa thupi si kuti ndi malungo ayi ngakhale kuti mayiko ena amangoganiza kuti kutentha kwa thupi ndi malungo. Kumbukirani zina zomwe zimachititsa kutentha thupi monga:

- Chimfine ndi matenda ena omwe amayamba ndi mavairasi (tsamba 172). Thupi limatentha pang'ono. Funsani ngati wodwalayo ali ndi chimfine kapena zilonda zakukhosi.
- Taifodi: Ngati kutentha kwa thupi kukupitirira kwa masiku asanu ndipo munthuyo sasintha ngakhale amwe mankhwala a malungo.
- TB nthawi zina imatenthetsa thupi pang'ono masana. Wodwala amatuluka thukuta usiku ndipo thupi limazizira.

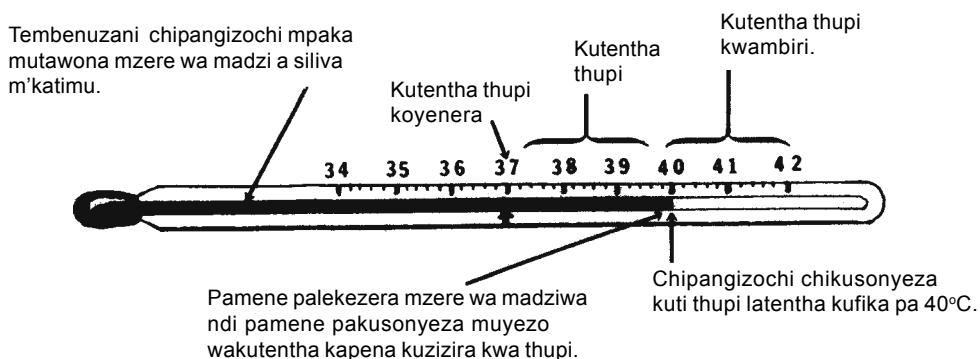
Kwa ana ongobadwa kumene kutentha thupi kwambiri kapenanso **kuzizira thupi kwambiri** (36°) kukhoza kutanthauza kuti mwanayo wadwala kwambiri onani tsamba 292.

- Pofuna kudziwa za matenda osiyanasiyana otenthetsa thupi onani tsamba 26 ndi 27.
- Pofuna kudziwa za kagwiritsidwe ntchito ka chipangizo chopimira kutentha kapena kuzizira kwa thupi onani m'munsimu.
- Pofuna kudziwa zoyenera kuchita pamene thupi latentha (onani tsamba 76).

Kugwiritsira ntchito chipangizo chopimira kutentha kapena kuzizira kwa thupi (*Thermometer*)

Banja lililonse limayenera kukhala ndi *Thermometer*. Pimani ndi chipangizochi momwe thupi la munthu wodwala lilili kanayi pa tsiku ndipo muzilemba zomwe mwapeza.

Pofuna kuwerenga *Thermometer* (pogwiritsira ntchito - °C):



Pofuna kupima wodwala ndi *Thermometer*:

1. Tsukani *Thermometer* ndi sopo ndi madzi. Gwedezani kwambiri mpaka muyezo wake ucheperere 36°C.



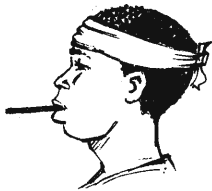
2. Ikani *Thermometer* m'kamwa (pansi pa lirime, ndipo kukamwa kukhale kotseka)

kapena

muyike *Thermometer* m'khwapa ngati mukuwona kuti mukayika m'kamwa wodwalayo atha kuluma

kapena

mutha kuyika *Thermometer* kuthako kwa mwana (muyambe mwanayowetsa kapena kupakako mafuta)



3. *Thermometer* ikhale m'malowo kwa mphindi zitanu kapena zitanayi.
4. Werengani muyezo wa kutentha kapena kuzizira kwa thupi (muyezo wa m'khwapa umakhala wotsikirako kusiyana ndi m'kamwa. Muyezo wa kuthako umakhala wokwererako).
5. Tsukani *Thermometer* ndi sopo komanso madzi.

Kupuma

Muziwonetsetsa mwapadera momwe munthu wodwala akupumira; makokedwe ndi matulutsidwe a mpweya komanso ngati akuvutika popumapo. Onani ngati mbali za chifuwa zikusuntha mofanana pamene munthu akupuma.

Ngati muli ndi wotchi, werengani nthawi ya kapumidwe pa mphindi imodzi. Kwa anthu aakulu ndi ana okulirapo amayenera kupuma kokwanira pakati pa 12 ndi 20 pa miniti imodzi. Pamene ana ocheperako amapuma kokwanira 30 pa mphindi imodzi komanso ana aang'ono kwambiri amapuma kokwanira 40 pa mphindi imodzi. Anthu amene matupi awo atantha kwambiri kapena ali ndi matenda ena ogwira ziwalo zopumira monga chibayo amapuma mofulumira. Kupuma **mosakoka mpweya** kwambiri kopitirira 40 kwa anthu aakuluakulu ndipo kopitirira 60 kwa ana aang'ono nthawi zambiri ndi chizindikiro cha chibayo.

Mvetserani bwinobwino mmene mapumidwe akumvekera. Mwachitsanzo:

- Kuphuma komveka malikhweru komanso motulusa maliwu movutikira, izi zikhoza kukhala zizindikiro za nthenda ya chifuwa cha mphumu (tsamba 176).
- Kumveka kwa phokoso ngati la mkonono ndi kuvutika popuma kwa munthu amene wakomoka kukhoza kutanthauza kuti lirime, mafinya/makhololo kapena chinthu china chatseka kummero ndipo mpweya siukudutsa mokwanira.

Onani ngati khungu likulowa m'kati pakati pa nthiti ndi fupa la pakhosi pamene munthu akupumira m'kati. Izi zimatanthauza kuti mpweya ukuvutika kulowa/kudutsa. Pamene zikhoza kutheka kuti chinthu china chatseka kum'mero (tsamba 80) kapena kuti chibayo (tsamba 180), mphumu (tsamba 176) kapena nthenda ya m'mapapo (onani tsamba 179).

Ngati munthuyo akutsokomola mufunseni ngati akulephera kupeza tulo. Mufunseni ngati akatsokomola amachita makhololo, kuchuluka kwake, mtundu wake ndiponso ngati ali wosakanikirana ndi magari.

Kagundidwe ka mtima

Pofuna kudziwa momwe mtima wa munthu ukugundira, ikani zala zanu pa mkono (pomwe munthu amavala wotchi monga momwe zilili pa chithunzichi (musagwiritsire ntchito chala chanu chachikulu).

Ngati mulephera kupeza kagundidwe ka mtima kuchokera pa mkonopa, yesani kuyika zala zanu m'mbali mwa khosi.

Kapenanso mvetserani kugunda kwa mtima potsamiritsa mbali imodzi ya mutu wanu pachifuwa cha munthuyo.



Mvetserani mphamvu ya kagundidweko komanso mvetserani kuti kodi ukugunda kangati pa mphindi. Mvetserani ngati ukugunda modukiza kapena ayi. Ngati muli ndi wotchi werengani kuti ukugunda kangati pa miniti imodzi.

Kagundidwe koyenera ka mtima kwa munthu amene wangokhala

akulu kuyambira 60 mpaka 80 pa miniti imodzi
 ana 80 mpaka 100
 ana obadwa kumene 100 mpaka 140

Mtima umagunda mothamanga pamene munthu akuchita masewero kapenanso pamene munthu ali ndi zinjenge, mantha kapena pamene thupi latentha. Nthawi zambiri, kugunda kwa mtima kumawonjezereka ka 20 pa mphindi pamene kutentha kwa thupi kwakwera ndi 1°C iliyonse.

Pamene munthu wadwala kwambiri, kawirikawiri yezani kugunda kwa mtima. Pamene mukuchita zimenezi pimaninso kutentha kapena kuzizira kwa thupi komanso mapumidwe a munthuyo ndipo zonsezi muzilemba.

Ndi kofunika kuwonetsetsa kusintha kwa kagundidwe ka mtima. Mwachitsanzo:

- Kugunda mofowoka koma mofulumira kumatanthauza kuti thupi silikugwira bwino ntchito (onani tsamba 78).
- Kugunda mofulumira, mwapang'onopang'ono, modukizadukiza kumatanthauza vuto la mtima (onani tsamba 345).
- Kugunda kwa pang'onopang'ono kwa munthu amene thupi lake latentha kwambiri chikhoza kukhala chizindikiro cha taifodi (onani tsamba 196).

Maso

Yang'anitsitsani gawo loyera lomwe limawoneka m'maso. Kodi gawoli likuwoneka momwe limayenera kuwonekera (tsamba 230), kapena likuwoneka lofiira kapenanso mwachikasu? Onetsetsani ngati munthu wodwalayo akumasintha mapenyedwe ake.

Wodwalayo ayendetse maso ake m'mwamba ndi pansu komanso cham'mbali. Kunjenjemera kapena kuyenda modukiza kutha kukhala chizindikiro cha kuwonongeka kwa bongo.

Yang'anitsitsani makulidwe a magawo akuda owoneka ngati mabowo opezeka pakatikati padiso. Ngati ali aakulu kwambiri, chikhoza kukhala chizindikiro chakuti thupi silikugwira bwino ntchito (onani tsamba 78). Pamene ali aakulu kwambiri kapena aang'ono kwambiri, chikhoza kukhala chizindikiro chakuti wodwalayo wadya poizoni kapenanso wamwa mankhwala ena.

Penyetsetsani zithunzi za maso awiri zili m'munsimu ndipo muwone kusiyana kwake makamaka pakakulidwe ka mabowo apakatiwo.



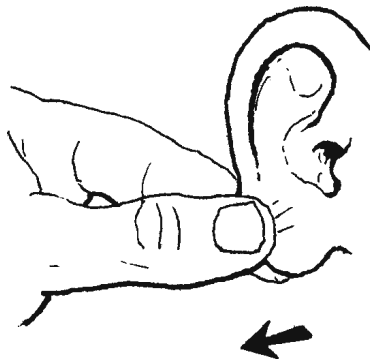
Kusiyana kwa kakulidwe ka mabowowa kumasonyeza kuti thandizo la kuchipatala li kufunika mwamsanga.

- Ngati diso lokhala ndi bowo lalikulu likupweteka kwambiri munthu nasanza, ndiye kuti munthuyo mwina ali ndi nthenda ya maso yomwe ingayambitse khungu (onani tsamba 233).
- Ngati diso lokhala ndi bowo laling'ono likupweteka kwambiri ndiye kuti munthuyo mwina akudwala nthenda yomwe imagwira gawo lodera lomwe limazungulira bowoli (onani tsamba 232).
- Kusiyana kwa kakulidwe ka mabowowa kwa munthu amene wakomoka kapena amene wavulala m'mutu kukhoza kutanthauza kuvulala mu bongo kapenanso nthenda yofa ziwalo (onani tsamba 346).

Nthawi zonse pamene munthu wakomoka kapena pamene wavulala m'mutu, onani ngati makulidwe a mabowo akusiyana.

Makutu, mmero ndi mphuno

Makutu: Nthawi zonse onani ngati wodwala akumva kupweteka ku khutu kapena ngati kwalowa matenda makamaka kwa mwana amene watentha thupi kapena yemwe ali ndi chimfine. Mwana amene akuliralira kapenanso yemwe akukoka khutu lake kawirikawiri ndiye kuti mwina kukhutu kwake kwalowa nthenda (tsamba 348).



Kokani khutu pang'onopang'ono. Ngati ululu ukukulirabe, ndiye kuti mwina vutolo lili m'mphako ya khutu. Onani ngati m'mphakoyo ndi mofiira kapenanso ngati muli mafinya. Muwuni utha kuthandiza kuti muwone izi. Musatokose m'khutu ndi kamtengo, waya kapena ndi chinthu chilichonse cholimba.

Onani ngati wodwala akutha kumva bwinobwino kapenanso ngati mbali imodzi ili yogontha kusiyana ndi inzake. Tikitani zala zanu pafupi ndi khutu la wodwala kuti muwone ngati akumva (onani tsamba 342).

Mmero ndi m'kamwa: Pogwiritsira ntchito muwuni (tochi) kapena kuwala kwa dzuwa pimana m'kamwa ndi ku mmero. Pofuna kuchita izi, panani lirime ndi kogwirira kwa supuni kapena muuzeni wodwala kuti anene 'ahhhh . . .' Onani ngati kummero kuli kofiira kapena ngati kuli zotupa kapenanso timadontho tokhala ndi mafinya (onani tsamba 328). Pimaninsu ngati wodwala ali ndi zilonda za m'kamwa, nkhamo zotupa, mano owola ndi mavuto ena (Werengani Mutu 17)

Mphuno: Onani ngati wodwalayo ali ndi chimfine kapena ngati mphuno zatsekeka. Unikani m'mphuno ndi kuwona ngati muli mamina, mafinya kapena magari. Onaninsu ngati m'mphuno ndi mofiira, motupa kapena ngati mukutuluka fungo loipa. Onani ngati buli zizindikiro za nthenda yopweteketsa pakati pa maso ndi mpuno (*sinusitis*) (onani tsamba 174).

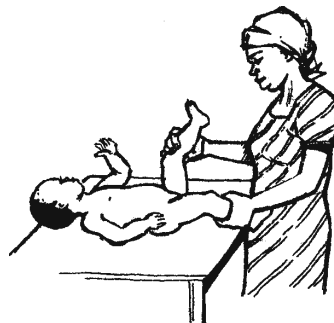
Khungu

Ndi kofunika kumupima wodwala thupi lake lonse ngakhale matendawo atakhala aang'ono. Pochita izi ana achotsedwe zovala zonse. Onetsetsani zinthu zonse zodabwitsa kuphatikizapo izi:

- zilonda ndi zipanda
- zotupa madontho, mawanga ndi zipsera
- timatuza
- mwanabere (zotupa kunkhwapa, nchinena, onani tsamba 89)
- kunyololoka ndi kusintha mtundu kwa tsitsi (onani tsamba 112)
- kuthothoka nsidze (khate? tsamba 199)

Nthawi zonse apimeni ana m'matako, kumaliseche, m'mipata mwa zala za m'miyendo ndi m'manja, kuseri kwa makutu komanso mu tsitsi (kuti muwone ngati muli nsabwe, chipere kapena zilonda).

Ngati mufuna kudziwa za matenda a pakhungu onani masamba 208 mpaka 210.



Mimba

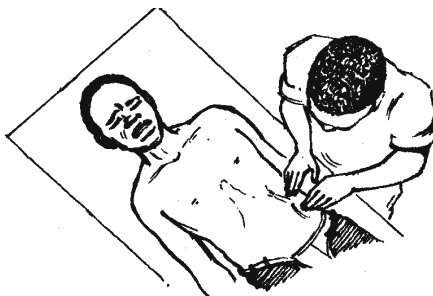
Ngati munthu akumva kupweteka m'mimba, yesetsani kupeza malo enieni omwe akupweteka.

Fufuzaninso ngati kupwetekako ndi kokhazikika kapena ngati kukumayamba kenaka ndi kuleza.

Pamene mukupima mimba, onani ngati ili ndi zotupa zilizonse zodabwitsa. Kudziwa malo enieni omwe akupweteka kumathandiza kuzindikira chinthu chomwe chayambitsa kupwetekako.

Poyamba funsani wodwalayo kuti aloze ndi chala chimodzi malo omwe akupwetekawo.

Kenaka, yambirani mbali yoyang'anana ndi malo omwe waloza aja ndi kusisita pang'onopang'ono malo osiyanasiyana a pamimbapo pofuna kudziwa malo amene akupweteka kwambiri.



Onani ngati khungu la mimbayo ndi lokungika kapena ayi. Ngati mimba ndi youma kwambiri ndiye kuti m'mimba mukupweteka kwambiri nthenda ya nsonga ya thumba (onani tsamba 95).

Ngati mkuganiza kuti pali vuto la songa ya thumba (*appendicitis*) yezani munthuyo potsatira zolembedwa pa tsamba 96.

Fufuzani ngati m'mimbamo muli chotupa kapena chinthu cholimba ngati mibulu mwakugwiragwira m'mimbayo.

Pamene wodwala akumva kupweteka m'mimba kosalekeza namafunanso kusanza komanso sakuchita chimbudzi, tcherani khutu lanu ku mimba kwa munthuyo, motere:

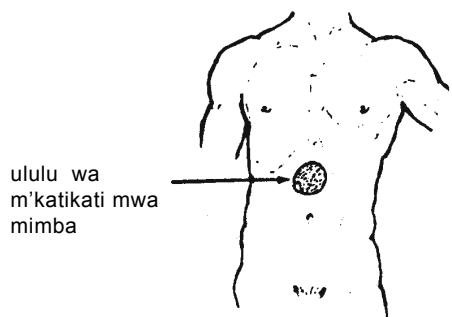


Mvetserani ngati m'mimba mwake mukulira. Ngati simukulira kanthu pambuyo pa maminitis awiri, ndiye kuti pali vuto lalikulu (onani Zochita ndi mavuto a m'mimba adzidzidzi tsamba 94).

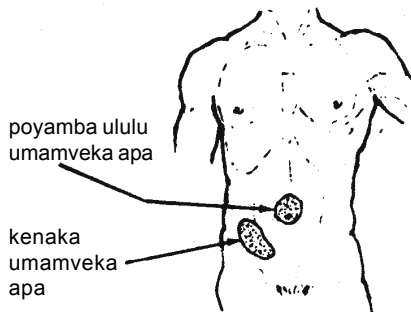
M'mimba mosalira kanthu muli ngati galu wasawuwa. Samalani !!!

Zithunzi zili m'munsizi zikuwonetsa malo osiyanasiyana a pamimba omwe amapweteka pamene munthu ali ndi mavuto awa:

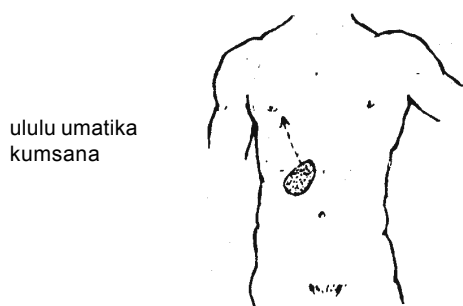
Zilonda (onani tsamba 133)



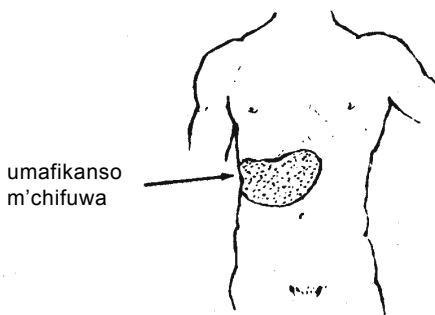
Matenda a nsonga ya thumbo
Appendicitis (onani tsamba 95)



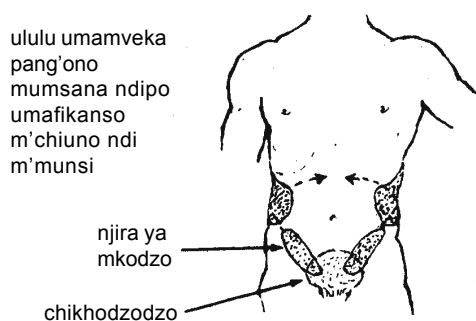
Ndulu (onani tsamba 344)



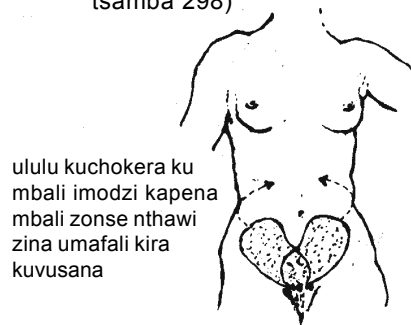
Chiwindi (onani masamba 150, 183 ndi 343)



Njira yokodzera (onani tsamba 244)



Zotupa za m'chiberekero (onani tsamba 298)



Kuti mutziwe zomwe zimayawbitsa ululu wosiyasiyana wochokera kumsana, onani tsamba 184.

Minofu ndi mitsempha

Ngati munthu akudandaula kuti sakumva chilichonse akakhudzidwa pakhungu lake ndipo ngati akudandaula kuti thupi ndi lofowoka kapenanso kuti mbali ina ya thupi lake silikugwira bwino ntchito ndipo inuyo mukufuna kutsimikiza zimenezi; penyetsetsani mmene munthuyo akuyendera kapena mmene munthuyo akugwedezera thupi lake. Muuzeni ayime, akhale, kapena agone mowongoka ndipo muwone mbali zake zonse za thupi.

Nkhope: Muwuzeni asekerere, kenaka akhale ngati wakwiya, atong'ole maso ndipo kenaka atsinzine. Onani ngati pali kufowoka kumbali imodzi.



Ngati vutoli ladza mwadzidzidzi, mwina wodwalayo wavulala kumutu (tsamba 92), mwina ali ndi vuto la kufa ziwalo (tsamba 346) kapena matenda ena owumitsa ziwalo (tsamba 346).

Ngati vutoli ladza pang'onopang'ono monyengerera, ndiye kuti mwina pali vuto la zotupa mu bongo. Zikatero pitani ku chipatala msanga.

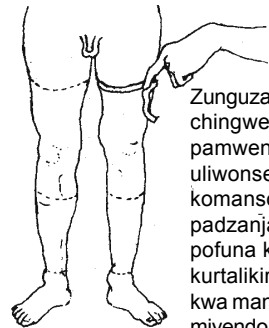
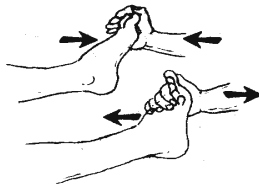
Onaninsu ngati maso akuyenda bwinobwino, nanga kukula kwa bowo lopezeka pakati pa diso (tsamba 228), kodi wodwalayo akutha kuwona bwino kapena ayi.

Manja ndi miyendo: Onani ngati pali kusiyana pa kakulidwe ka manja ndi miyendo. Muwuzeni wodwalayo kuti afinye zala zanu za m'manja kuti awone mphamvu za manja ake.

Muuzeni afinye zala zanu pofuna kuona mphamvu zake.

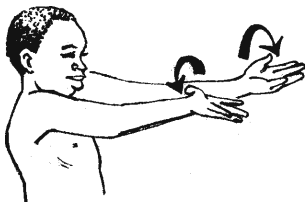


Mugwireni mapazi ake ndipo muwuzeni kuti aziponya miyendo yake pamanja anuwo mokhala ngati akupalasa njinga.



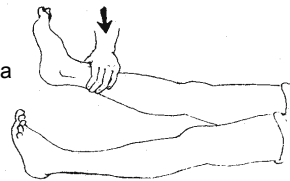
Zunguzani chingwe pamwendo uliwonse komanso padzanja pofuna kuona kurtalikirana kwa manja ndi miyendo.

Muwuzeni wodwalayo kuti awongole mikono yake ndipo kenaka azigwedeza manja ake.



Muwuzeni agone ndipo atukule mwendo umodzi nkuwutsitsa kenaka atukulenso winawo.

Onani ngati akusonyeza kufowoka kapena ngati miyendoyo ikunjenjemera.

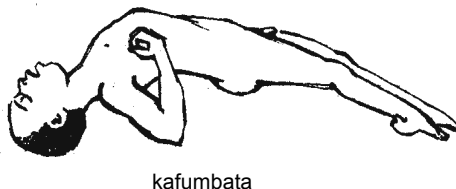
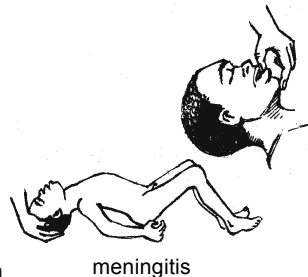


Onetsetsani momwe akuyendera kapena kugwedezera thupi lake. Ngati kufowoka kukukhudza thupi lonse, ndiye kuti mwina thupi lilibe zakudya zokwanira (tsamba 117) kapenanso kuti m'thupimo muli nthenda yokhalitsa monga TB.

Ngati kufowoka kukukhudza kwambiri mbali imodzi, mwina ikhoza kukhala nthenda ya poliyo (tsamba 333) ngati wodwalayo ndi mwana. Koma ngati munthu wodwalayo ndi wamkulu, likhoza kukhala vuto la msana, kuvulala m'mutu kapena msana kapenanso nthenda yakufa kwa ziwalo (*stroke*). Pitani ku chipatala mwachangu.

Yesani kuwuma kapena kukungana kwa mnofu m'malo osiyanasiyana a thupi:

- Ngati nsagwada zauma ndipo sizikutsekuka, akhoza kukhala matenda akafumbata (tsamba 129) kapena matenda ena akhosi (kum'mero) (tsamba 328) kapenanso kupweteka kwa dzino (tsamba 241).
- Ngati khosi la mwana kapena msana wake wauma kapena kupindika ngati uta ndipo mwanayo akulira kwambiri ndi kuwoneka wodwala kwambiri, ndiye kuti ali ndi nthenda youmitsa khosi (*meningitis*). Ngati kulephera kuzolika kapena ngati akulephera kuyika mutu pakati pa mawondo, mosapeneka, ikhoza kukhala nthenda youmitsa khosi (tsamba 195).
- Ngati mwana akupezeka kuti **nthawi zonse** mnofu ndi wouma ndipo thupi lake likumagwadera kapena kunjenjemera ndiye kuti mwina ali ndi nthenda yochititsa munthu kulephera agwedeze ziwalo za thupi lake (*spastic*) (onani tsamba 339).
- Ngati kunjenjemera kapena kugwadera kwa thupi kukumayambika mwadzidzidzi ndipo munthu akhala wosazindikira chilichonse, ndiye kuti mwina ndi nthenda yakugwa (linjirinjiri) (tsamba 188). Ngati munthuyo akugwa kawirikawiri mwina akudwala chifufu. Thupi likamanjenjemera pamene akudwala matenda ena, ndiye kuti matendawo akhoza kukhala kafumbata (onani tsamba 192) kapena malungo kapena kutkatha kwa thupi (tsamba 77).



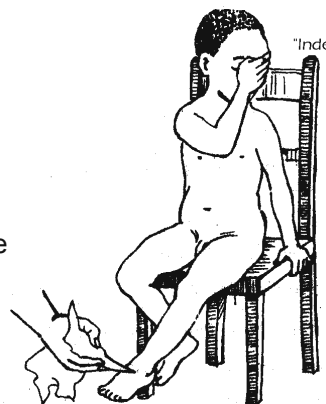
Munthu wodwala kafumbata amakhala chete ndipo thupi lake limakungika. Ngati mukusaniza kuti ndi nthendayi jezani wolinjera ndi zolembedwa (onani tsamba 193).

Pamene munthu thupi lake lakungika pamene ali chete, ganizani kuti nthendayo ndi kafumbata. Pamene munthu thupi lake lakungika akuchita phokoso ndipo akusowa mtendere ganizani kuti nthendayo ndi youmitsa khosi (*meningitis*).

Kuyesa kusamva kalikonse m'manja, m'mapazi ndi mbali zina za thupi:

Muwuzeni munthuyo kuti atsinzine (atseke maso).
Muisitani pang'onopang'ono kapena tsinani pang'onopang'ono khungu lake m'malo osiyanasiyana.
Pamene wamva kuti wakhudzidwa, anene.

- Kusamva kalikonse pakati kapena pafupi ndi madontho a pathupi kapena mawanga opezeka pakhungu chitha kukhala chizindikiro cha nthenda ya khate (tsamba 199).
- Kusamva kalikonse m'manja onse kapena m'miyendo yonse, chikhoza kukhala chizindikiro cha nthenda ya shuga (tsamba 132) kapenanso khate.
- Kusamva kalikonse kumbali imodzi yokha chingakhale chizindikiro cha nthenda ya msana (tsamba 185) kapena kuvulala.

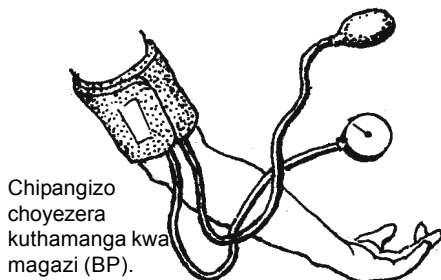


Kuyeza kuthamanga kwa magazi

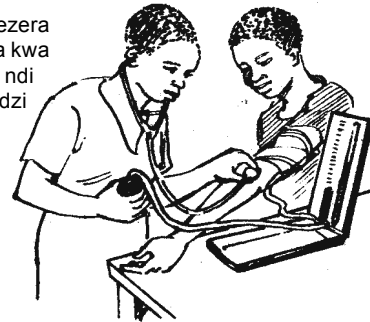
Ndi kofunika kuti anthu ogwira ntchito ya zaumoyo azikhala ndi luso lodziwa kuyeza kuthamanga kwa magazi. Lusoli ndi lofunika pofuna kuyeza:

- Amayi apakati (onani masamba 265, 267 ndi 269).
- Amayi asanabereke komanso pa nthawi yobereka (onani tsamba 281).
- Munthu amene akutaya magazi ambiri kuchokera pa gawo lililonse la thupi, m'kati kapena kunja (onani tsamba 83).
- Munthu amene thupi lake silikugwira bwino ntchito chifukwa cha zovuta zina (onani tsamba 71).
- Anthu amene zaka zawo zapitirira 40.
- Anthu onenepa (onani tsamba 131).
- Aliyense amene ali ndi vuto la mtima (tsamba 345) kapena wafa ziwalo (tsamba 346), akupuma movutika, akudwala mutu kawirikawiri, watupa, wodwala nthenda ya shuga (tsamba 132), ali ndi vuto m'njira yodzera mkodzo (tsamba 244), amene ali ndi mitsempha yotupa (tsamba 186).
- Anthu amene ali kale ndi nthenda yothamanga magazi (onani tsamba 130).
- Amayi amene amamwa kapena amene akufuna ayambe mapiritsi azakulera (onani tsamba 305).

Pali zipangizo za mitundu iwiri zoyezera kuthamanga kwa magazi:



Chipangizo choyezera (BP) kuthamanga kwa magazi chokhala ndi mita ya madzimadzi (mercury).



Poyeza kuthamanga kwa magazi (BP):

- **Munthuyo akhale mtima uli pansu.** Ntchito iliyonse yomwe munthu wagwira, kupsa mtima komanso zinjenje zikhoza kuyambitsa BP kuti ikwere. Choncho muyezo wake ukhala wolakwika. Fotokozani zomwe mukufuna kuchita kuti wodwalayo asachite mantha kapena asadabwe.
- **Mugwireni cha pamkono mozunguza mkono** wa wodwalayo pa mtunda pa chigongono (mfundo ya dzanja yomwe ili pakati pa phewa ndi chikhato).
- **Tsekani vavu** pa babu ya chinthu champira mwakuyendetsa kamsomali ka geji mokapititsa kusogolo osati mobwezera m'mbuyo.
- **Yambani kupopa** mpaka madzimadzi atapitirira 200 milimita.
- **Ikani chipangizo chothandiza kumva** kugunga kwa mtima pa mkonopo.
- **Mvetserani kugunga kwa mtima** pamene mukuphwetsa mpweya uja pang'onopang'ono. Pamene geji kapena madzimadzi akutsika, **werengani kawiri pomwe muyezo wafika:**

1. **Werengani koyamba pamene mwayamba kuwumva mtima ukugunda pang'onopang'ono.** Izi zimachitika pamene mphamvu yochokera mu chipangizo cha pamkono chija yatsika ndikufunana ndi yopopa kapena kukankha mphamvu yokwera yomwe ili mu mtsempha wa magazi ochokera kumtima. Mphamvu imeneyi imadza pa nthawi iliyonse pamene mtima ukupopa magazi. Kwa munthu aliyense amene alibe vuto lililonse m'thupi mwake, mphamvu imeneyi imakhala pakati pa mamilimita 110 mpaka mamilimita 120.

2. Chepetsani mphamvu pang'onopang'ono uku mukumvetsera mwatcheru. **Werengani kachiwiri pamene kugunda kwayamba kusiya.** Izi zimachitika pamene mphamvu yopopa yochokera mu chipangizo cha pamkono chija ikhala yotsika moyanana ndi mphamvu yotsika kwambiri m'mitsempha ya magazi. Mphamvu imeneyi imadza pa nthawi iliyonse pamene mtima ukupumula utangotha kupopa magazi. Mphamvu imeneyi imakhala pakati pa mamilimita 60 ndi mamilimita 80.

Pamene mulemba BP munthu, muzilemba nambala ziwiri, yam'munsi ndi yam'mwamba. Timanena kuti BP ya munthu wamkulu yemwe m'thupi mwake muli bwinobwino ndi 120 m'munsi mwake mukhale 80 ndipo lembani chonchi:

BP $120/80$ kapena **BP** $120/80$

120 ndi nambala yapamwamba (*systolic*) ija 80 ndi nambala yapansi (*diastolic*).

N'koyenera azaumoyo kuti azigwiritsa ntchito mawu oti "nambala ya pa mwamba" komanso "nambala ya m'munsi" m'malo mwamau achilendowa a "sisitoliki (*systolic*)" ndi diyasitoliki (*diastolic*)".

Nambala ya m'munsi ndi imene kawirikawiri imatiuza za umoyo wa munthu momwe ulili. Mwachitsanzo, ngati BP yamunthu ili 140/85, palibe chodandaulitsa kwenikweni. Koma ngati ili 135/110, ndiye kuti **BP yakwera kwambiri**, pamene ndiye kuti ayenera ayeseke kuti awonde ngati ali wonenepa kapena apite ku chipatala. Nambala yapansi ikapitira 100 ndiye kuti BP yakwera ndithu ndipo muthuyo ayenera kulandira mankhwala kapena kuchepetsa zakudya.

BP ya munthu wamkulu amene sakudwala imayenera kukhala monga 120/80 komabe BP yoyambira 100/60 mpaka 140/90 ilibe vuto.

Ngati munthu ali ndi **mphamvu yotsika ya magazi** (*low blood pressure*), palibe chodandaulitsa. BP yotsika monga 90/60 mpaka 110/70 imatanthauza kuti munthuyo angakhale nthawi yayitali ali ndi moyo ndipo mwina sangadwale nthenda ya mtima kapenanso kufa ziwalo.

Kutsika kwa BP kwadzidzidzi ndi kowopsa makamaka ikatsika kufika pa 60/40. Anthu ogwira ntchito zachipatala ayenera kukhala tcheru pa odwala amene akutaya mwazi kapena amene thupi lawo silikugwira bwino ntchito chifukwa mwina BP yawo imatha kutsika mwadzidzidzi (onani tsamba 78).

