

KUPEWA: MMENE TINGAPEWERE MATENDA OSIYANASIYANA

Kupewa kuposa kuchiza! Ngati tonse titayesetsa **kudya zakudya zabwino, kusamalira matupi athu, makomo ndi midzi yathu komanso kuwonetsetsa kuti ana athu akulandira katemera woteteza kumatenda, tingathandize kuti matenda osiyanasiyana asatigwire.**

Kudzisamalira/ukhondo komanso matenda omwe angadze chifukwa chosowa ukhondo

Ukhondo ndi wofunika kwambiri poteteza matenda osiyanasiyana monga a m'mimba, m'maso, m'mapapo, ndi thupi lonse. Ukhondo wapathupi komanso wa malo omwe timakhala ndiwofunika.

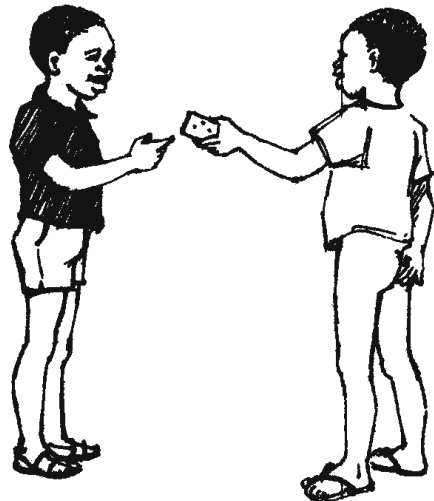
Matenda ambiri a m'mimba amafala chifukwa cha uve. Majeremusi ndi nyongolotsi (kapena mazira ake) amafala kwambiri **m'manyi** ya anthu odwala. Majeremusiwa ndi nyongolotsizi zimafala kudzera m'madzi ndi zakudya zomwe zili ndi **majeremusi**. Matenda ena amene **amafala** kuchokera ku **manyi kupita m'kamwa** m'njirayi ndi awa:

- a njoka zam'mimba.
- kutsekula m'mimba mwa kamwazi (oyamba chifukwa cha mabakiteriya)
- kolera, vingwangwa (thupi a *typhoid*), mthendaya chiwindi
- matenda ena monga kupuwala ziwalo amafalanso kudzera m'njirayi

Matenda amafala mosavuta chonchi.

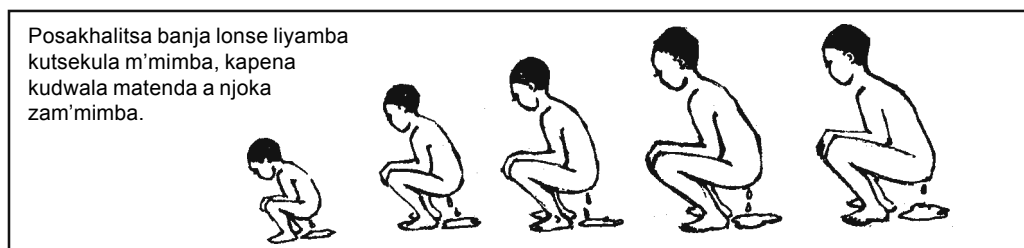
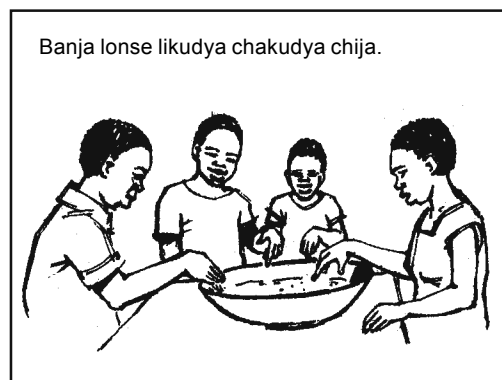
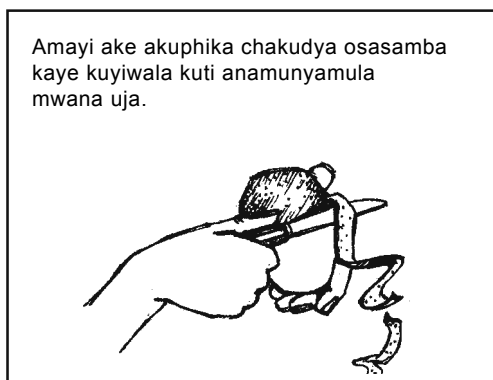
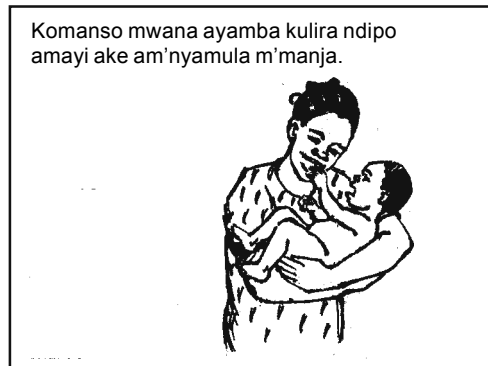
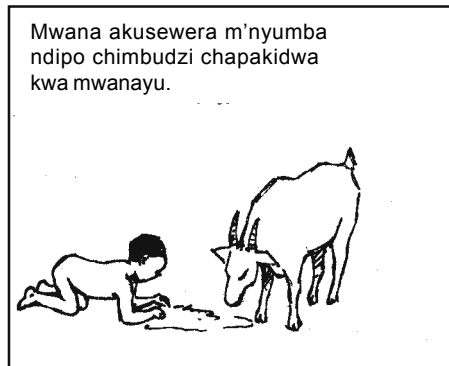
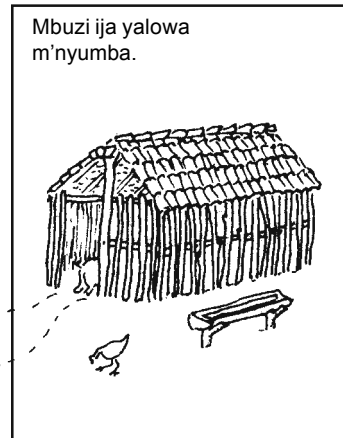
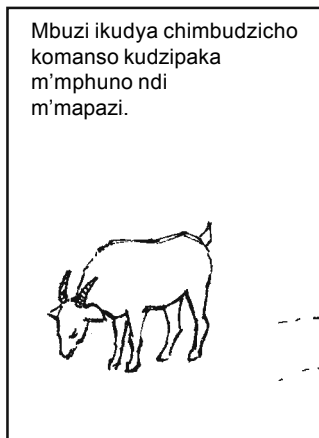
Mwachitsanzo, mwana yemwe ali ndi njoka zam'mimba akayiwala kusamba m'manja atachita chimbudzi, napatsa mnzake bisiketi. Zala zake zomwe zili ndi chimbudzi chake zimakhala ndi timazira ting'onoting'ono ta njoka zam'mimbazi. Timazira tina timakakamira ku bisiketi ija ndipo mwana amadyera limodzi ndi timazirato.

Posakhalitsa tidzaona kuti mzathu ali ndi nyongolotsi. amayi a mzathuyo akhoza kumaganiza kuti zachitika chifukwa anadya maswiti. Pamene sizili choncho koma chifukwa mwanayo anadya chimbudzi!



Nthawi zambiri nkhumba, agalu, mbuzi, nkuku ndi ziweto komanso nyama zina zimafalitsa matenda a m'mimba ndiponso mazira anjoka zam'mimba.

Mwachitsanzo:



Matenda ambiri amafala kudzera m'njira yomwe yawonetsedwayi.

Banjali likanatha kupewa kufala kwa matendawa likadakhala kuti linatsata njira zodzitetezerazi:

- Bambo wotsekula m'mimba uja akadadzithandizira m'chimbudzi.
- Likadatseka chitseko kuti mbuzi ija isalowe m'nyumba mwawo.
- Akadaletsa mwana wawo uja kusewera pamalo pomwe panali mbuzi ija.
- Mayi aja akadasamba kaye m'manja atamunyamula mwana uja kenaka ndikumakaphika chakudya.

Ngati m'mudzi mwanu muli matenda ambiri otsekula m'mimba ndi matenda ena oyambitsidwa ndi tizilombo tabakiteriya ndiye kuti anthu a m'mudzimo sali aukhondo kwenikweni. Ana ngati amwalira chifukwa chamatenda otsekula m'mimba n'kutheka izi zikuchitika chifukwa chosadyanso chakudya choyenera. **Ukhondo ndi chakudya choyenera zimateteza imfa zobwera chifukwa cha kutsekula m'mimba** (tsamba 163 ndi Mutu 11).

Njira za momwe mungadzisamalire

Ukhondo wa pathupi lanu

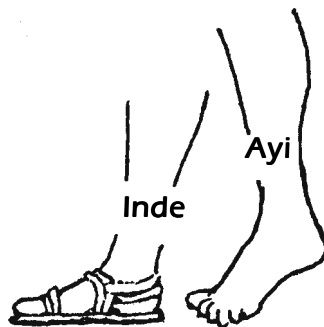


1. Nthawi zonse mukadzuka m'mamawa, sambani m'manja mwanu ndi sopo, mukatuluka m'chimbudzi ndiponso mukatha kudya.



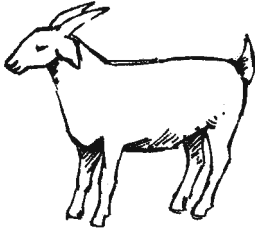
2. Tsiku lililonse sambani m'thupi makamaka kunja kukamatentha. Komanso sambani thupi lonse mukatha kugwira ntchito kapena mukamatuluka thukuta. Kusamba kawirikawiri kumateteza ku matenda, mfundu, ziphuphu, kuyabwa ndiponso ziwengo. Anthu odwala kuphatikizapo ana ayenera kusamba tsiku lililonse.

3. M'madera m'mene muli njoka zambiri zam'mimba, ndi bwino kuti anthu onse azivala nsapato. Njoka zam'mimbazi zimayambitsa kuchepa kwa magari m'thupi. Njokazi kapena nyongolotsizi zimalowa m'thupi kudzera m'zilonda za m'mapazi (tsamba 148).



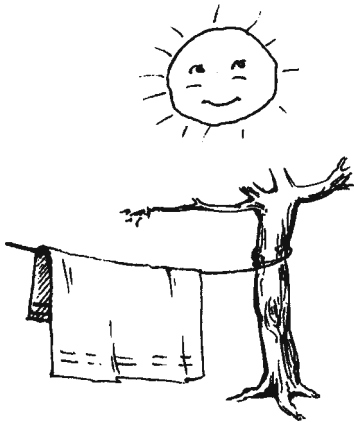
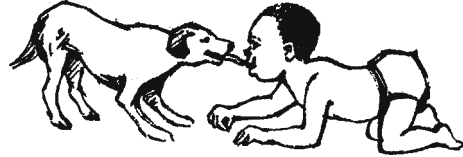
4. Tsukani mano anu tsiku lililonse komanso nthawi iliyonse mukadya maswiti. Ngati mulibe mswachi komanso mankhwala a m'mano, tsukani mano anu pogwiritsira ntchito mchere ndi soda (tsamba 240).

Ukhondo wa pakhomo



1. Muwonetsetse kuti mbuzi ndi nkumba zisalowe m'nyumba kapena kufika pamalo pamene ana akusewera.

2. Onetsetsani kuti agalu sakunyambita ana anu, kapena kukwera pa bedi lanu. Agalu nawo amafalitsa matenda. Onani chithunzi.



3. Ngati ana kapena ziweto zikuchitira chimbudzi pafupi ndi nyumba, chichotseni msanga. Ana ayenera kuphunzitsidwa kugwiritsira ntchito chimbudzi kapena kukadzithandizira kutali ndi nyumba.



4. Yanikani zofunda kapena mabulangeti pa dzuwa kawirikawiri. Ngati m'zofunda muli nsikidzi kapena tizilombo ta mphere, chapani zofundazo ndi madzi otentha zonse thawi imodzi.

5. Onetsetsani kuti m'nyumba mwanu mulibe nsabwe (tsamba 212). Nsabwe ndi nthata zimafalitsa matenda osiyanasiyana. Agalu ndi nyama kapena ziweto zina zomwe zimakhala ndi nthata zisamalowe m'nyumba mwanu.



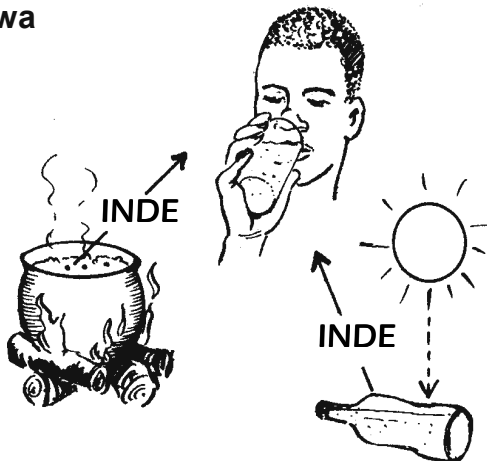
6. Musalavulire pansu chifukwa kuteroku kumafalitsa matenda. Mukatsokomola ndi kufwenthera, gwirani kapena tsekani pakamwa panu ndi dzanja kapena kansalu.

7. Sesani ndi kukolopa m'nyumba komanso pansu pa mipando. Mabowo onse m'zipupa ndi pansu pa nyumba m'mene mumabisala mphemvu, nsikidzi ndi anamkalize ayenera kumatidwa.



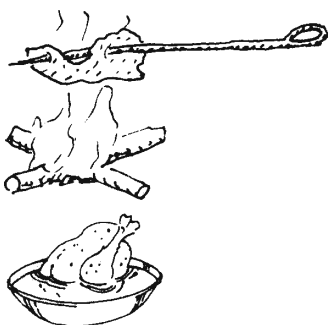
Ukhondo wa zakudya ndi zakumwa

1. Madzi onse ochokera kapena otungidwa m'malo osayenera, ayenera kuphitsidwa kaye musanamwe (tsamba 47). Izi n'zofunika makamaka kwa ana aang'ono kapena ngati anthu ambiri akutsekula m'mimba, kudwala vingwangwa ndiponso kolera kapena nthenda ya chiwindi. Kumwa madzi a m'mipopi n'kwabwino kwambiri chifukwa alibe timajeremusi. Kukhala ndi madzi **okwanira** n'kwabwino kusiyana ndi kukhala ndi madzi otetezedwa bwino.



2. Onetsetsani kuti ntchentche ndi tizilombo tina sitikutera pa chakudya chanu. Tizilomboti timatenga majeremusi nkumafalitsa matenda. Musataye nyenyiswa za zakudya kapena ziwiya paliponse chifukwa zimayitana ntchentche zomwe zimanyamula majeremusi. Samalani chakudya pochisunga m'kabathi, mabokosi kapena pochivindikira.

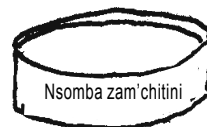
3. Yambani mwachitsuka chakudya chomwe chagwa pansi musanachidye. Onetsetsani kuti ana asatole ndi kudya chakudya chomwe chagwa pansi asacitsuke.



4. Mudzidya nyama yokhayo yophikidwa bwino. Onetsetsani kuti nyama ya nkumba yowotcha ndi yakupsa bwino. Nyama yosapsa ya nkumba imakhala ndi matenda chimodzimodzinsu nkuku. Sambani m'manja mwanu mukatha kuphika nyamayo musanagwire zakudya zina. Nyama ya nkuku yozizira iyenera kutenthetsedwa musanadye.



5. Musadye chakudya chomwe chakhalitsa kapena chimene chikununkha. Chakudyachi chikhoza kukhala ndi poyizoni. Musadyenso chakudya cha m'chitini ngati mwawona kuti chitinicho chafufuma mukamachitsekula. Mpofunika kusamalitsa makamaka zikakhala nsomba za m'chitini. Ana odwala komanso akuluakulu apatsidwe chakudya chomwe chaphikidwa bwino.

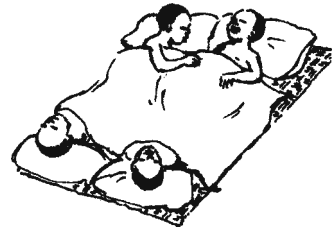


6. Anthu omwe akudwala chifuwa chachikulu, fuluwenza, chimfine kapena matenda ena opatsirana ayenera kudya pawokha. Mbale ndi ziwiya zonse zomwe odwala akugwiritsira ntchito ziyenera kuwiritsidwa zisanagwiritsidwe ntchito ndi anthu ena.

Mmene mungatetezere moyo wa ana anu

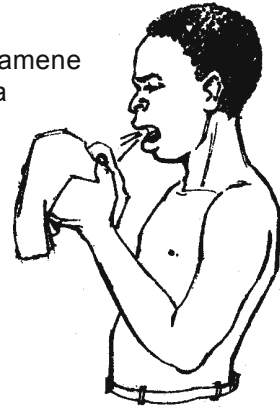


1. Mwana wodwala ngati uyu sayenera kugona limodzi ndi ana omwe sakudwala.

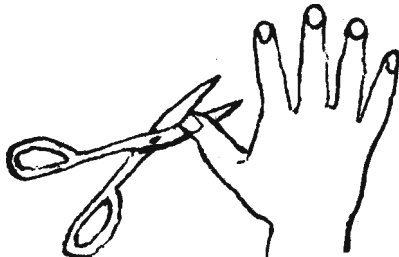


Ana odwala kapena omwe ali ndi zilonda, akumva kuyabwa m'thupi kapena ali ndi nsabwe sayenera kugona ndi ana omwe sakudwala. Ana omwe akudwala matenda achifuwa monga chokoka mtima, chikuku kapena zimfine ayenera kugona m'zipinda za okha 'ngati kungatheke ndipo asayandikane ndi ana akhanda kapena aang'onoang'ono.

2. Ana ayenera kutetezedwa ku chifuwa chachikulu. Anthu amene akhala akutsokomola kwa nthawi yayitali kapena akuwonetsa zizindikiro za chifuwa chachikulu ayenera kutseka pakamwa nthawi zonse akamatsokomola. Odwalawa sayenera kugona chipinda chimodzi ndi ana. Ndipo ayenera kukawonana ndi adokotala mwamsanga.



Ana amene akukhalira limodzi ndi munthu amene akudwala chifuwa chachikulu ayenera kulandila katemera wa chifuwa cha chachikulu (kotemerayu amatchedwa BCG).



3. Ana ayenera kusambitsidwa, kuwasintha zovala zawo ndi kuwawenga zikhadabo zawo. Majeremusi ndi mazira anjoka zam'mimba amabisala kungsi kwa zikhadabo zitalizitali.

4. Ana odwala matenda opatsirana ayenera kulandira chithandizo mwamsanga kuti matendawo asafalikire kwa anthu ena.



5. Tsatani ndondomeko yonse ya ukhondo yomwe yalongoledwa m'chaputalachi. Ana ayenera kuphunzitsidwa kutsatira ndondomekoyi nkuwafotokozera ubwino wake. Ana ayenera kulimbikitsidwa kuthandiza nawo pa ntchito zachitukuko za pa khomo kapena pa mudzi kuti pakhale pa ukhondo.



6. **Muyenera kuwonetsetsa kuti ana akudya chakudya chokwanira komanso chabwino.**

Chakudya chabwino chimathandiza kuteteza thupi ku matenda osiyanasiyana. Mwana wodiyetsedwa chakudya chabwino, thupi lake limatha kulimbana ndi matenda omwe angathe kupha mwana wosadyetsedwa chakudya choyenera kapena chabwino (Mutu 11).

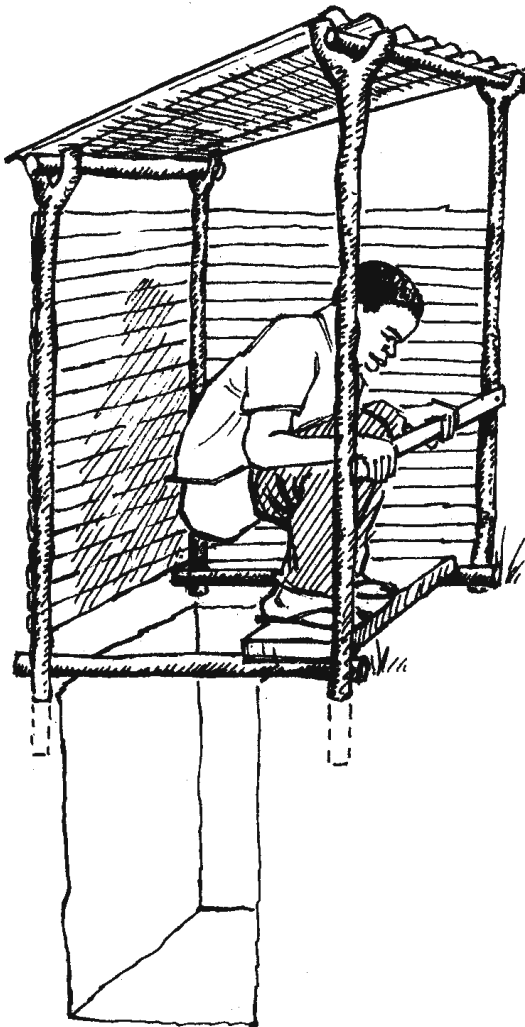
Ukhondo wa paliponse

1. Zitsime ndi malo ena onse omwe anthu amatungapo madzi ziyenera kusamalidwa bwino. Muziwonetsetsa kuti ziweto zisamafike pafupi ndi malo omwe anthu amamwapo madzi.

Ngati ndi kotheke malowo amangireni mpanda. Anthu sayenera kuchitira chimbudzi kapena kutaya zinyalala pafupi ndi malo omwe anthu amatungapo madzi. Pafunikanso kuwonetsetsa kuti kumtunda komwe kukuchokera mitsinje yomwe amamwamo madzi nkosamalidwa.

2. Zinyalala zonse ziyenera kuwotchedwa. Zomwe sizingawotchedwe, ziyenera kukwiriridwa m'dzenje kapena pamalo pena akutali ndi nyumba ndi malo ena komwe anthu amamwako madzi.

3. Anthu ayenera kumanga zimbudzi kuti ziweto zisamafikire zoyipa za m'thupi mwa anthu pokumba dzenje lalitali ndi kumanga kanyumba kake. Dzenje lalitali limachepetsa ntchentche komanso fungo loyipa.



Ichi ndi chithunzi cha chimbudzi chapanja pa nyumba chomwe n'chosavuta kumanga.

Kuwaza phulusa kapena layimu m'chimbudzimo kumachepetsa fungo komanso kumathawitsa ntchentche.

Chimbudzichi chiyenera kumangidwa pa mtunda wa mamitala 20 kuchokera pa nyumba.

Ngati mulibe chimbudzi, muyenera kukadzithandizira kutali ndi komwe anthu amasambako komanso kutungako madzi akumwa. Phunzitsani ana anu kuti adzichita chimodzimodzi.

Kugwiritsira ntchito chimbudzi kumateteza matenda ambiri.

Zakamangidwe ka chimbuzi kamakono zikupezeka tzamba lotsatira. Zimbudzi zingamangidwe pofuna kuti zizipereka fetereza wabwino m'minda.

Zimbudzi zabwino

Chimbudzi chapanja pa nyumba monga chomwe chawonetsedwa pa tsamba la m'mbuyomu n'chosavuta komanso chotsika mtengo pomanga. Chimbudzichi chimakhala chotsekula pamwamba kotero kuti ntchentche zimalowamo. Maganizo awiri otsatirawa ndi othandiza kuti chimbudzi chomwe chamangidwacho chisakhale malo oswaniranamo ntchentche komanso chosunga fungo loyipa.

Chimbudzi chotseka

Chimbudzichi chimakhala ndi chipika cha mtengo kapena chimwala chasimenti chobowola pakati komanso chokhala ndi chivindikiro chake. Chimwala chasimenti n'chabwino chifukwa sichiola ndipo chimagwira bwino.

Njira imodzi yopangira chimwala chasimenti:

1. Kumbani dzenje losaya kwambiri pafupifupi mitala imodzi mulitali ndi mulifupi mwake ndipo masentimitala 7 kuya kwake. Onetsetsani kuti pansi pa dzenjelo m'posalala.

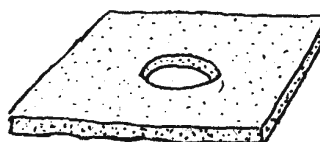
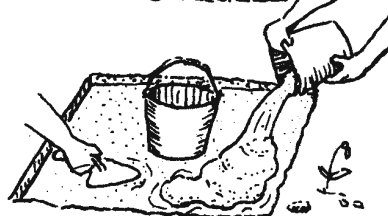
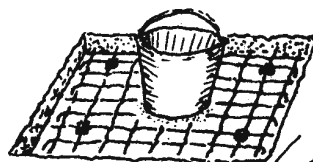
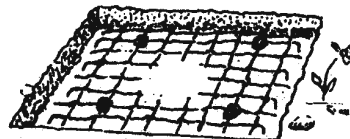
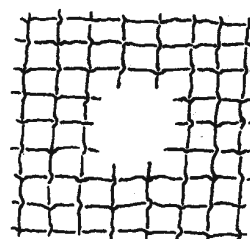
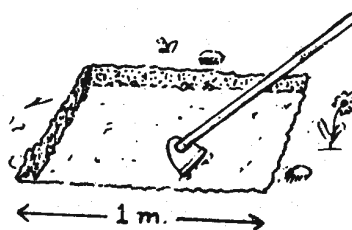
2. Dulani waya wa sefa wokwana mitala imodzi mulitali ndi mulifupi. Mawayawo akhale pakati pa gawo lachinayi ndi theka ndipo masentimitala 10 kutalika kwawo. Dulani wayayo pakati kuti mupange bowo lozungulira mamitala 25.

3. Ikani wayayo m'dzenjemo. Pindani mathero onse a mawayayo nkuika mwala waung'ono pokhota pena paliponse kotero kuti wayayo akhale masentimitala atatu kuchokera pansi.

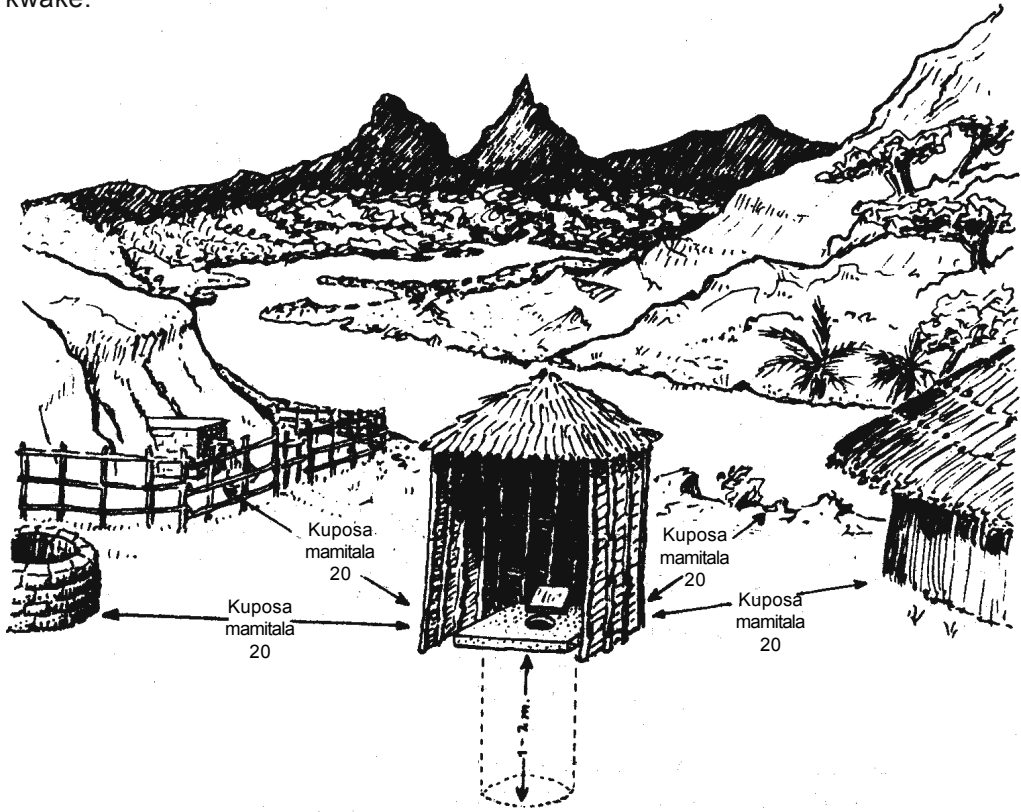
4. Ikani chidebe chakutha pa bowo la wayayo.

5. Sakanizani simenti, mchenga ndi dothi la miyala pamodzi ndi madzi ndipo muwathire mpakana akwane masentimitala 5. Fosholo iliyinse ya simenti musakanize ndi mafosholo awiri a mchenga ndi mafosholo atatu a nthaka yalubwe.

6. Chotsani chidebe chija simentiyo ikayamba kulimba (pakatha mawola asanu). Kenaka ivundikireni Simentiyo ndi nsalu yonyowa, mchenga, udzu, kapena pepala la pulasitiki lonyowa. Pakatha masiku atatu, chotsani chimwala chasimenti.



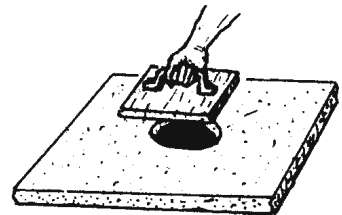
Popanga chimbudzi chotseka, chimwala chasimenti chiyenera kuyikidwa pamwamba pa bowo lozunguliralo lili pansi pake. Bowo likumbidwe mosaposa mitala imodzi, mukadutsa chimbudzicho komanso mitala imodzi kapena awiri kuya kwake.



Chimbudzicho chiyenera kukhala pamtunda wa mamitala 20 kuchoka pa nyumba, zitsime ndiponso mitsinje. Muwonetsetse kuti chimbudzi chikhale **kunsi kwa mtsinje** ngati chili pafupi ndi mtsinje.

Chimbudzicho chiyenera kusamalidwa bwino. Chimwala chasimenticho chiyenera kutsukidwa nthawi zonse. Ana ndi anthu onse ayenera kuwuzidwa kuti asamachiditse chimbudzicho.

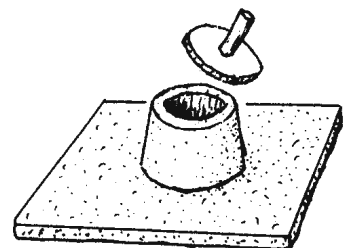
Muwonetsetse kuti bowo la pa chimwala chasimenticho lili ndi chivundikiro ndiponso kuti chivundikirocho chikukhala pa malo pake. Chivundikiro chikhoza kukhala chathabwa.



Mungathe kupanga chokhalira chasimenti ngati ichi ngati mumakonda kukhala pamene mukudzithandiza:

Mungathe kugwiritsira ntchito zidebe ziwiri zosiyana kukula kwake, china chokhala m'kati mwa chinzake.

Chimbudzi chokhala ndi chivundikiro pa bowo

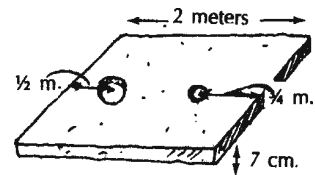


chimakhala bwino chikhala kuti chikugwiritsidwa ntchito ndi banja limodzi lokha komanso ngati chimwala chasimenti chikukolopedwa tsiku lililonse ndipo chivundikiro chikhala pamalo pake nthawi zonse. Ngati chimbudzi chikugwiritsidwa ntchito ndi mabanja ambiri, nkovuta kuchisamalira kwake.

Njira ina yomwe mungatsate ndi iyi:

1. Chimwala chasimenti chimapangidwa ngati cha chimbudzi chokhala ndi chivundikiro koma chiyenera kukhala chokulirapo cha mabowo awiri, lina logwiritsira ntchito podzithandizira ndipo lina la payipi ya mpweya.

2. Kumbani dzenje losaya koma likhale la mamitala 2 mulitali komanso mulifupi ndipo muyike waya nkubowola mabowo awiri, lina lozungulira masentimitala 20. Kuchokera m'mbali, liyenera kukhala pa mlingo wa theka la mitala ndipo lina masentimitala 15 koma masentimitala 75 kuchokera kumbali inayo. Muyike poto wamkulu pa bowo lokulirapolo ndiponso wamng'ono pa laling'onolo. Thirani simenti monga momwe tafotokozera pa chimbudzi chotsekedwa pa bowo.

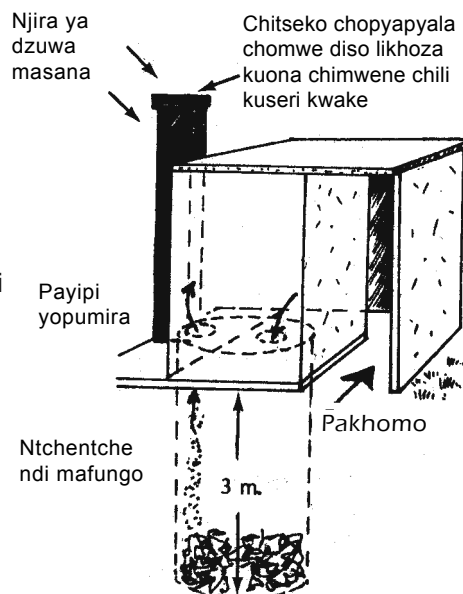


3. Kumbani chimbudzi chozungulira mnjira yomweyi koma chikhale chokulirapo masentimitala 150 ndiponso mamitala atatu kuya kwake. Chimwala chasimenti chija chikauma, chiyenera kuikidwa pa chimbudzipo. Bowo lokulirapo lija liyenera kukhala kumbali yomwe kumawala dzuwa kwambiri.

4. Ikani payipi yayitali pafupifupi mamitala atatu pa bowo lalikulu lija ndiponso kumangira kanyumba chimbudzicho. Muwonetsetse kuti kanyumbako kalibe mazenera ndipo khomo lotulukira likhale ndi chipupa china chakumaso kwake kuti m'chimbudzimo musamawale kwambiri. Denga la chimbudzilo liyenera kufoleredwa bwino kuti m'chimbudzimo muzikhala kamdima pang'ono.

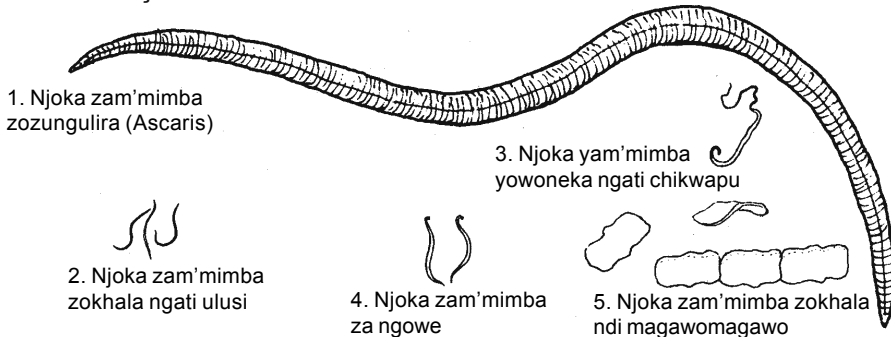
5. Pamwamba pa payipi ya mpweya payenera kutsekedwa bwino ndi chidutswa cha aluminiyamu. Payipiyo muyenera kuipaka penti yakuda komanso bowo la chimbudzi pa chimwala chasimenti **lisatsekedwe**.

Payipi ya mpweya ndi chiwonjezero chabwino pa mtundu uwu wa chimbudzi. Payipi imatenga chifundizi chochokera ku dzuwa ndipo mpweya womwe watenthedwa m'payipimo umachotsa fungo loipa. Mpweya umalowa m'dzenje la chimbudzi kudzera pa bowo lakelo. Choncho ndi bwino kuti bowolo lisamatsekedwe. Ntchentche nazo zikhoza kulowa m'dzenje la chimbudzilo koma zimalephera kutuluka chifukwa chokopeka ndi kuwala kochokera ku payipi ya mpweya kudzera ku bowo lalikululo. Ntchentche zikafika pamwamba pa payipi ya mpweya ija, zimalephera kutuluka chifukwa cha chivundikiro pa payipiyo kotero zimafa. **Choncho m'chimbudzichi simukhala ntchentche, fungo loyipa komanso palibe chifukwa chovundikira pa bowo la chimbudzilo.**



Njoka zam'mimba ndi tizilombo tina

Pali mitundu yambiri ya njoka zam'mimba ndi tizilombo tina timene timakhala m'matumbo a anthu ndipo timayambitsa matenda. Njoka zam'mimba zikuluzikulu zimawoneka m'chimbudzi cha anthu.

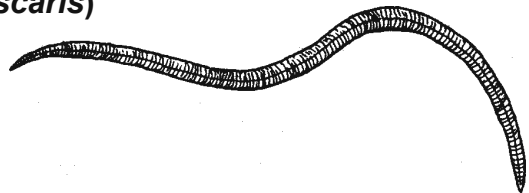


Njoka zam'mimba zomwe zimawoneka m'chimbudzi cha anthu ndi: zozungulira, zangowe, zachikwapu ndi za matepi. Njoka zangowe ndi zachikwapu zikhoza kukhala zambirimбири m'matumbo koma osawoneka munthu akapanga chimbudzi.

Chidziwitso: Mankhwala otsika mtengo a njoka zam'mimba amakhala ndi *piperazine*. Mankhwala amathana ndi njoka zozungulira komanso zokhala ngati ulusi ndipo ana sayenera kumwetsedwa mankhwalawa. Njoka zina zam'mimba ziyenera mankhwalawa enanso (onani tsamba 387). Mankhwala odziwika kwambiri a njoka zam'mimba ndi *mebendazole* (*Vermox*). Onani masamba obiriwira a m'bukuli kuti mudziwe zambiri za mankhwalawa ndi ena.

Njoka zam'mimba zozungulira (*Ascaris*)

Zimakhala zazitali zokwana masentimitala a pakati pa 20 ndi 30 ndipo zimakhala zoyera kapena zapinki.



Kufala kwake:

Kuchokera ku chimbudzi kupita pakamwa. Izi zimafala motere chifukwa chosowa ukhondo. Mazira anjokazi amalowa m'kamwa mwa munthu kuchokera ku chimbudzi cha munthu wina.

Zotsatira zake pa moyo wa munthu:

Mazira a njoka zozungulira akamezedwa, tiana ta njokazi timabadwa ndi kulowa m'magazi. Izi zikhoza kuyambitsa kunyerenyesa. Tiana ta njokazi timayenda mpaka kukafika m'mapapo. Nthawi zina timayambitsa chifuwa kapenanso chibayo n'kumatsokomola magazi. Potsokomolapo, tiana ta njoka timamezedwa ndipo timakafika m'matumbo m'mene timakulira.

Njoka zam'mimba zozungulirazi zimapweteketsa m'mimba, kulephera kugayika kwa zakudya komanso zimafowola thupi. Ana omwe ali ndi njoka zozungulirazi amatupa mimba. Nthawi zina koma osati kawiri kawiri njokazi. Zimayambitsa mphumu kapena kutseka njira ya zakudya m'matumbo (tsamba 95). Mwana akatentha thupi, njokazi zimatuluka kudzera m'chimbudzi chake, kapena pakamwa ndiponso m'mphuno. Mwa apo ndi apo, zimalowa m'njira ya mpweya ndi kumachititsa ana kulephera kuyankhula.

Kudziteteza:

Gwiritsirani ntchito chimbudzi, sambani m'manja musanadye komanso musanagwire chakudya. Tetezani chakudya ku ntchentche ndipo tsatani njira zaukhondo zomwe zafotokozedwa kumayambiro a Mutuwu.

Chithandizo chake:

Mankhwala a *mebendazole* ndi *piperazine* amapha njokazi. Mankhwala ena omwe amapangidwa pa khomo amathandizanso (onani tsamba 387). Onani tsamba 13 momwe mungapangire mankhwala a njokazi ndi papaya.

Chenjezo: Musagwiritsire ntchito *thiabendazole* pofuna kupha njoka zam'mimba zozungulirazi. Mankhwala amachititsa kuti njokazi ziyende kufika kumphuno ndiponso kukamwa nkumalepheretsa kuyankhula.

Njoka zam'mimba zokhala ngati ulusi (Mafirewemu, Pinworm, Enterobius)

Zimakhala zotalika sentimitala imodzi komanso zoyera komanso zonyololoka kwambiri ngati ulusi.

Mmene zimafalira:

Njokazi zimayikira mazira ambirimbiri pa matako a munthu. Izi zimayambitsa kunyerenyesa makamaka usiku. Mwana akamakanda, mazira a njokazi amakanirira ku zikhadabo zake ndipo zimafika ku zakudya ndi zinthu zina. M'njirayi zimafika m'kamwa mwake kapena m'kamwa mwa ena nkumayambitsa matenda a njoka za mtunduwu.

Zotsatira zake:

Njoka zam'mimbazi nzosawopsa kungoti kunyerenyetsako kumasokoneza ana akamagona.

Chithandizo ndi kapewedwe kake:

- Mwana yemwe ali ndi njokazi ayenera kuvala kabudula wam'kati wothina kwambiri kuti asamakande kuthako.
- Musambitseni mwana m'manja ndi m'matako akadzuka komanso akachita chimbudzi. Ayenera kusambitsidwa m'manja asanadye chakudya.
- Muwengeni mwana zikhadabo zake.
- M'sintheni zovala ndi kum'sambitsa kawirikawiri makamaka m'matako ndi m'zikhadabo mwake bwinobwino.
- Mdzoleni mafuta a **Vaselini** kuthako kwake (kuntumbo) asanakagone kuti asamamve kunyerenyesa.
- Mupatseni mwana mankhwala a *mebendazole*. Mukafuna kudziwa za mlingo wake onani pa tsamba 387. *Piperazine* nayenso amathandiza koma amafuna masiku asanu ndi awiri. Banja lonse liyenera kulandira chithandizo cha njoka zam'mimbazi. Popewa vutoli gwiritsani ntchito adyo m'chakudya cha banja lonse, onani tsamba 13.
- Njira yabwino yopewera njoka zam'mimbazi ndi ukhondo. Ngakhale kuti mankhwalawa akhoza kupha njokazi, zingatengerenso ngati anthu sakudzisamalira. Njoka zam'mimbazi zimakhala moyo kwa masabata asanu ndi imodzi basi. **Mutsatire ndondomeko ya ukhondo, njoka zambiri zam'mimba zikhoza kufa m'masabata ochepa okha mwinanso popanda mankhwala.**



Njoka yam'mimba yowoneka ngati chikwapu (mahwipuwemu, *Trichuris*, *Trichocephalus*)



Imakhala yotalika kuyambira 3 mpaka 5 sentimitala, yapinki kapena yotuwa.

Njokazi zimatalika masentimitala atatu kapena asanu ndipo zimakhala zapinki kapena zotuwa. Njoka izi monga zozungulira zija, zimafalitsidwa kuchokera m'manyi a munthu kupita m'thupi la wina kudzera pakamwa. Njokazi si zowopsa koma zimayambitsa kutsekula kwa m'mimba. Pakati pa ana, njokazi nthawi zina zimachititsa mbali ina ya matumbo kutulukira kuthako (*prolapse of the rectum*).

Kupewa kwake: Nkofanana ndi kwa njoka zam'mimba zozungulira

Chithandizo chake: Ngati njokazi zikuvutitsa kwambiri, wodwalayo apatsidwe *mebendazole*. Za mlingo wake onani tsamba 387. Thumbo likatuluka, mwana mumgoneke chafufumimba ndi kumuwaza madzi ozizira pa thumbolo. Izi zingathandize kuti thumbalo libwerere m'kati.

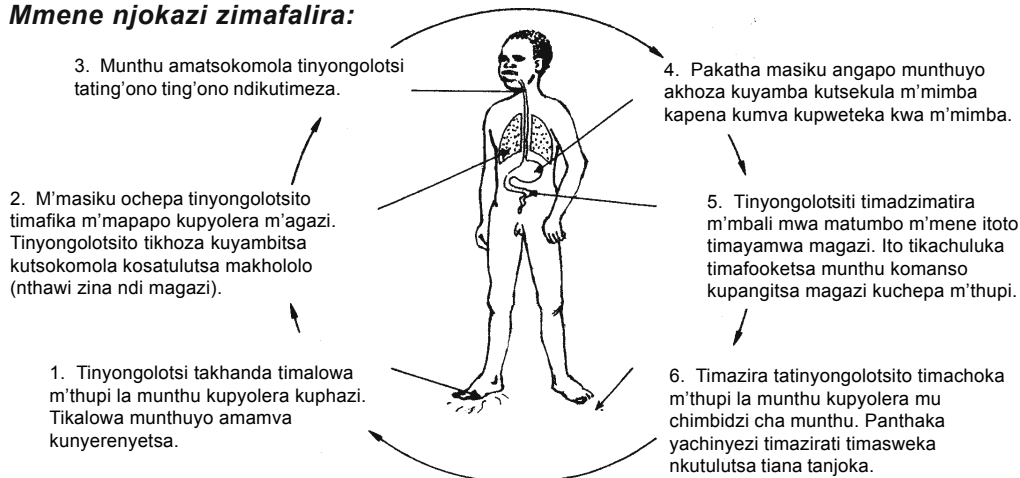
Njoka zam'mimba za ngowe (*Hookworm*)



Imakhala yotalika 1 sentimitala, yofiira.

Zimakhala zotalika sentimitala imodzi ndipo nzofiira. Njokazi sizingawoneke m'manyi. Pamafunika kuyang'anitsitsa kwambiri kuti muwone ngati zilimo. Njokazi zimayamwa magazi ndipo zingayambitse vuto lakuchepa kwa magazi m'thupi. Njoka zina zofanana nazo zimatchedwa ***strongyloides*** zomwe zingapezeke m'chimbudzi cha ana kapenanso akuluakulu. Yemwe ali ndi njokazi apatsidwe chithandizo choyenera cha njoka za ngowezi.

Mmene njokazi zimafalira:



Kugwidwa ndi njoka zam'mimba zangowe kumachitika mwa anthu a zaka 15 kapena kuposerapo. Chotero matenda ake ndiponso kuchepa kwa magazi komwe kumatsatira ndi vuto lalikulu kwa akulu kuposa ana. Ana angawonetse njokazi pokhapokha atapimidwa.

Chithandizo chake:

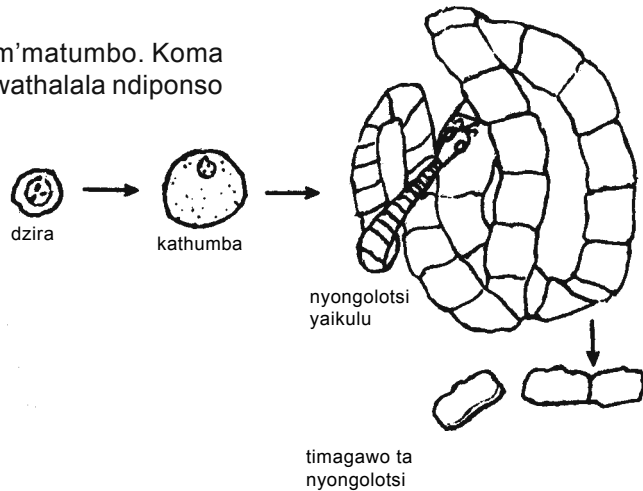
Gwiritsirani ntchito *mebendazole* kapena *albendazole*. Za mlingo wake onani pa tsamba 387. Kuperewera kwa magazi kungathe podya zakudya zokhala ndi ayironi wambiri kapena kumwa mapiritsi a ayironi (tsamba 129).

Pewani njoka zam'mimba za ngowe pomanga ndi kugwiritsira ntchito chimbudzi. Onetsetsni kuti mwavala nsapato polima.

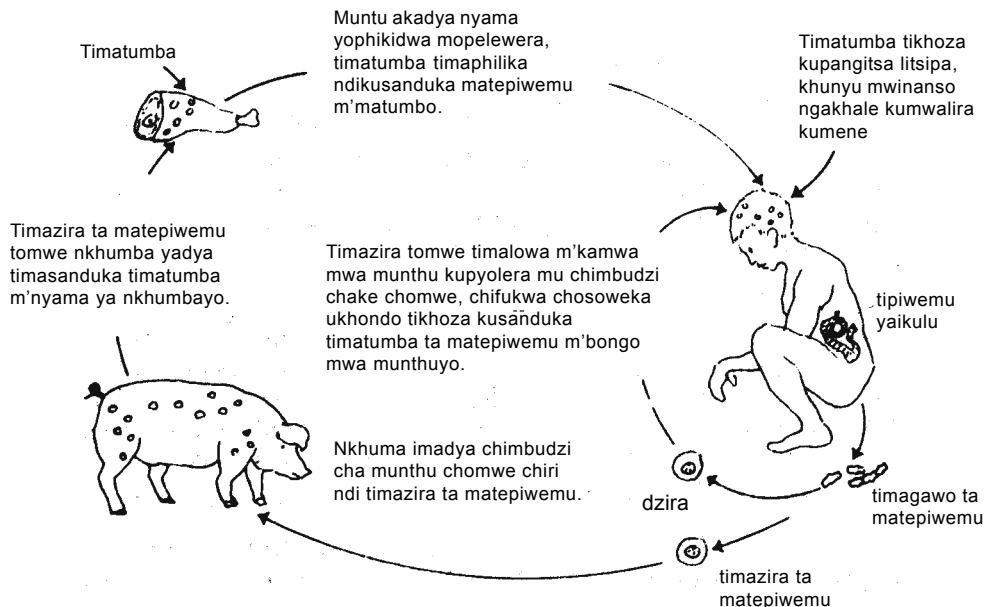
Njoka zam'mimba zokhala ndi magawomagawo (matepiwemu, tapeworm)

Njokazi zimatalika kwambiri m'matumbo. Koma timagawomagawo toyera, tophwathalala ndiponso tating'ono tomwe timapezeka m'manyi timakhala totalika sentimitala imodzi. Mwa apo ndi apo, kagawo kalikonse kamatha kutuluka pokankha ndikumaturira ku chovala chamkati.

Anthu amatenga njoka zam'mimbazi podya nyama ya nkumba, nyama ya ng'ombe ndi nyama ina yosaphikidwa komanso yosapsa kwenikweni.



Kupewa kwake: Onetsetsani kuti nyama makamaka yankumba yapsa kwambiri musanadye.



Zotsatira zake pa moyo wa munthu: Njoka zam'mimba za timagawotimagawo nthawi zina zimapweteketsa m'mimba ndinso kuyambitsa matenda ena pang'ono.

Zimakhala zowopsa kwambiri timatumba (momwe njoka zing'onozing'ono zimakhala) tikafika mubongo. Izi zimachitika mazira ake akalowa m'thupi kudzera pakamwa. Chifukwa cha chimenechi, munthu **aliyense amene ali ndi njokazi ayenera kutsata dongosolo la ukhondo lomwe lafotozedwa kale ndipo apite kuchipatala mwamsanga kukalandira machiritso.**

Mankwala ndi malangizo ake: Wodwala amwe *niclosamide* (**Yomesan**, tsamba 389) kapena *praziquantal* (tsamba 389). Tsatani malangizo mosamala.

Trichinosis (nthenda ya njoka zobowola matumbo)

Njoka zam'mimbazi sizimawoneka m'manyi. Njokazi zimabowola m'matumbo mpakana kulowa m'minofu ya munthuyo. Anthu amazitenga njokazi podya nyama ya nkumba yomwe ili ndi njokazi kapena nyama ina yosapsa kwenikweni.

Zotsatira zake pa moyo wa munthu: Kutengera ndi kuchuluka kwa nyama yomwe munthu wadya, iye sangamve chovuta chilichonse m'thupi mwake, mwina akhoza kudwala kwambiri kapena kufa kumene. Pakangodutsa mawola asanu chidyereni nyamayo, munthuyo akhoza kutsekula m'mimba nkumamva kupweteka kwambiri m'mimba mwake.

Wodwala kwambiri angamve:

- kutentha thupi kophatikizana ndi kumwa kuzizira
- kuphwanya kwa m'minofu
- kutupa kwa maso nthawi zinanso mapazi
- timabala tating'onoting'ono pakhungu (takuda kapena tobiriwira)
- kutuluka kwa magazi m'maso

Wodwala kwambiri angatenge masabata atatu kapena anayi akuvutikabe.

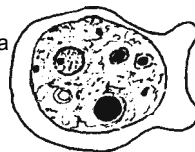
Chithandizo chake: Pitani kuchipatala mwamsanga. *Thiabendazole* kapena *mebendazole* angathe kuthandiza. Mlingo wa mankhwalawa uli pa tsamba 387 ndi 388. (Mankhwala otchedwa *cortico-steroids* akhoza kuthandiza, koma achipatala ndiwo amayenera kupereka mankwalawa).

ZOFUNIKA: Ngati anthu ambiri omwe anadya nyama ya nkumbayo adwala, matendawo ayenera kukhala ndi *Trichinosis* ndipo ayenera kupita kuchipatala msanga.

Kupewa Trichinosis:

- Muzidya nyama ya nkumba kapena nyama iliyonse yokhayo imene yapsa kwenikweni.
- Nyenyiswa za nyama za kumalo ophera nyama siziyenera kuperekedwa kwa nkumba pokhapokha zitaphikidwa kaye.

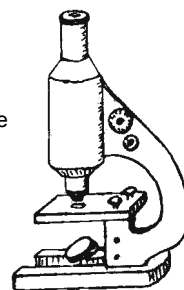
Momwe amaonekera amiba pamaikolosikopu



Tizilombo ta Amiba (amoeba)

Izi si njoka kapena nyongolotsi koma tizilombo ting'onoting'ono tomwe tingawoneke pogwiritsira ntchito makina a **microscope** (chipangizo chomwe chimachititsa kuti zinthu ziziwoneka zazikulu).

Microscope



Mmene timafalira:

M'manyi a anthu mumakhala tizilomboti tambirimbi. Chifukwa chosowa ukhondo, tizilomboti timalowa m'madzi akumwa kapena m'chakudya choncho anthu ena amagwidwa ndi tizilomboti.

Zizindikiro zake:

Anthu ambiri athanzi amakhala ndi tizilomboti koma sadwala. Komabe amiba amayambitsa kutsekula kwa m'mimba ndiponso kamwazi makamaka kwa anthu omwe ali ofowoka kale ndi matenda ena kapena kusadya chakudya choyenera. Tizilomboti timapweteketsa ndi kutupitsa chiwindi.

Kamwazi woyamba chifukwa cha amiba:

- kutsekula m'mimba komwe kumasinthana ndi kudzimbidwa
- kukokeka kwa mnofu m'mimba kopangitsa kufuna kuchita chimbudzi pafupipafupi ngakhale kuti palibe kalikonse kotuluka ndiponso ndi zukhala ngati mamina zokha zomwe zimatuluka.

- chimbudzi chambiri chosagwirana (koma osati chamadzi nthawi zonse) chosakanizika ndi zinthu zonga mamina, nthawi zina chosakanizika ndi magazi, komanso nthawi zina kuchepa kwa madzi m'thupi pang'ono
- matenda akakula, magazi amatuluka kwambiri ndipo munthu amadwala ndi kufowoka kwambiri
- nthawi zambiri thupi silitentha

Kutsekula m'mimba kwa magazi (kamwazi) kumayamba ndi tizilombo totchedwa *amoeba* kapena bakiteriya. Koma kamwazi wa bakiteriya (*shigella*) amayamba mwadzidzidzi. Chimbudzi chimakhala cha madzi kwambiri komanso nthawi zambiri thupi limatentha (onani tsamba 167). Mwachidule, tinganene kuti:

Kutsekula + magazi + kutentha thupi = kamwazi wa bakiteriya (*shigella*)
Kutsekula + magazi + kusatentha thupi = kamwazi wa amiba

Nthawi zina nthenda ya kamwazi imayamba pa zifukwa zinanso. Kuti titsimikize chomwe chayambitsa, ndi **koyenera kuti chimbudzi chipimidwe**.

Nthawi zina tizilombo totchedwa amiba timalowa mu chiwindi ndi kupanga chotupa kapena kathumba ka mafinya. Zimenezi zimachititsa kuti munthu azimva kupweteka pamwamba pa mimba mbali ya kumanja. Kupwetekaku kumafikira m'chifuwa mbali ya kumanja ndipo kupwetekaku kumawonjezeka munthu akamayenda. (Fanizirani ndi kupweteka kwa ndulu pa tsamba 344; hepatitisi (tsamba 183) nthenda ya chiwindi, pa tsamba 343). Ngati munthu amene akusonyeza zizindikiro wayamba kutsokomola za madzimadzi zofiirira ndiye kuti mafinya akutsikira m'mapapo ake.

Chithandizo:

- Pitani kuchipatala kuti akapime chimbudzi ngati kuli kotheka.
- Kamwazi wa amiba angachizidwe ndi *metronidazole* ndipo ngati kungatheke pamodzi ndi *diloxanide furoate* kapena *tetracycline*. Onani samba 382 kuti mudziwe za mlingo/muyezo oyenera wa mankhwalawa.
- Kenaka wodwala amwe *chloroquine* kwa masiku khumi (onani tsamba 379).

Kupewa kwake: Muzikhala ndi zimbudzi komanso muzizigwiritsa ntchito, muzisamalira malo omwe mumamwapo madzi, ndipo muzitsatira malangizo a zaukhondo. Mukafuna kupewa kutsekula m'mimba komwe kumayamba chifikwa cha tizilombo ta Amiba nkoyenera kuti muzidya zakudya zabwino komanso kuti musamakhale wotopa kawirikawiri ndipo sibwino kumakhala oledzera.

Gidiya (*Giardia*)

Kachilombo kameneka, monganso amoeba, ndi kakang'ono kwambiri (kosawoneka ndi maso athuwa) ndipo kamakhala m'matumbo ndipo kamayambitsa kutsekula kwa m'mimba kwa akulu ngakhalensa ana. Kutsekulaku kumapitirira kwa masiku angapo ndipo m'mimba mumapweteka. Mimba imafufuma ndipo munthu amageya ndi kutulutsa mpweya woipa kotulukira chimbudzi kawirikawiri. Chimbudzi chimakhala **chamadzi, chonunkha, ndipo chimawoneka chachikasu (yellow) komanso cha thovu koma sichikhala ndi magazi kapena zamadzimadzi zonga mamina. Nthawi zambiri thupi silitentha.**



Momwe amaonekera giardia pa maikolosikopu

Matenda otere amatha kusiya okha koma amatha kuyambiranso. Kutsekulaku kumapitirira ngakhale munthu amwe mankhwala owonjezera madzi m'nthupi kapenanso mankhwala ena omwe amachiza kamwazi wa bakiteriya (tsamba 161). Wodwala amachira msanga akamwa mankhwala ochiza kamwazi wa amoeba, pogwiritsira ntchito mankhwala otchedwa *metronidazole* (tsamba 382).

Nyongolotsi za Guinea (*Guinea worm*)

Nyongolotsi zimenezi zimafikira kudzera m'madzi ndipo sizikhala m'matumbo koma m'kati mwa khungu momwe zimakula ndi kusalika kwambiri.

Zizindikiro:

- Chotupa chopweteka chimatuluka pa chitendene, pamwendo kapenaso kumaliseche a munthu wamwamuna (pamapwala) kapenaso pena paliponse pa thupi.
- Pambuyo pa sabata limodzi pamalopo pamachita ngati chithuza chachikulu chomwe chimaphulika ndi kuchita chilonda. Zimenezi zimachitika kawirikawiri pamene munthu wayima m'madzi, posamba. Mbali imodzi ya kumapeto kwa nyongolotsiyi yomwe imawoneka yoyera yonga ulusi imatha kuwoneka kuchokera pakatikati pa chilonda. Imayikira timazira ting'onoting'ono.
- Ngati bala lanyeka ululu ndi kutupa kumafalikira ndipo kuyenda kumakhala kosatheka. Nthawi zina munthu amatha kufa ndi kafumbata (onani tsamba 192).

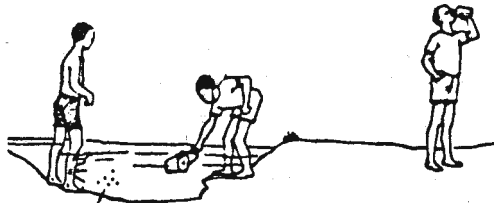
Chithandizo:

- Chilonda chizikhala chaukhondo. Nyikani chilonda m'madzi kuti ozizira nyongolotsiyi ituluke mwachangu.
- Mangani nyongolotsiyi ndi ulusi ndi kuzunguza tcheso ndi kumakoka pang'onopang'ono tsiku ndi tsiku. Zimenezi zimatenga nthawi. Nyongolotsiyi imatha kukhala yotalikamita imodzi. Musaidule.
- Munthu wodwala mupatseni mankhwala a *metronidazole* kapena *thiabendazole* kuti wodwalayo apezeko bwino komanso kuti kukhale kosavuta kukoka nyongolotsiyi. Ngati zilonda zalowedwa ndi majeremusi mupatseni *penicillin* wodwalayo kapena mankhwala ena omwe amagonjetsa bakiteriya (onani tsamba 365).
- Perekani katemera wa kafumbata kwa odwala (tsamba 154).

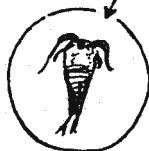


Kupewa: Nyongolotsi ya guinea imafala mu njira iyi:

1. Munthu wokhala ndi nyongolotsi yemwense ali ndi chilonda akalowa m'madzi, nyongolotsiyi imatulutsa mutu wake pa chilondapo ndikuyikira mazira ambiri m'madzi.



2. Tizilombo tina tokhala m'madzi timameza mazira aja.



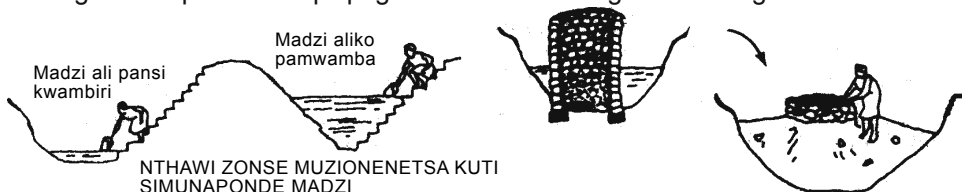
4. Mazira ena amaswa ndikukhala nyongolotsi. Izi zimachitika m'kati mwa khungu lake. Poyamba munthu sawona chizindikiro chilichonse. Pambuyo pa chaka chimodzi munthu amachita chilonda pamene nyongolotsi yakula ndi kubowola khungu kuti iyikire mazira.

3. Munthu wina akamwa madzi okhala ndi tizilombo ta m'madzi tija amamwa pamodzi ndi mazira aja.



Pofuna kupewa nyongolotsizi:

- Kumwa madzi apampope ngati alipo. Ngati mungagwiritsire ntchito madzi apachitsime yambani mwasefera mu mtsuko pogwiritsira ntchito kansalu kaukhondo. Kansaluko kamathandiza kusefa tizilombo ta m'madzi tija.
- Ngati kungatheke anthu akudera kwanu atha kuwaka masitepe kuti potunga madzi pachitsime muzitunga mutaima pamasitepewo.
- Njira ina ndi yosandutsa chitsimecho kuti chikhale chowaka m'mbali kuti anthu azitunga madzi pachitsemepo pogwiritsira ntchito chingwe chomangirira ku kandowa.



Ngati anthu sangalowe m'madzi nyongolotsi sizingafale ndipo zikhosha kutha m'deralo.

Likodzo (*Schistosomiasis*, *Bilharzia*)

Nthendayi imayamba ndi nyongolotsi yomwe imalowa m'magazi. Nyongolotsi zotere zimapezeka kwambiri mu Africa muno. Ku madera konse komwe nthendayi imapezeka, **munthu aliyense amene mu mkodzo mwake muli magazi ayenera kuti mkodzowo upimidwe kuti awone ngati muli mazira.** Ngati anthu ena apezeka kuti ali ndi nthendayi, anthu enanso kuderalo apimidwe.

Zizindikiro:

- **Chizindikiro chodziwika bwino ndi kupezeka kwa magazi mu mkodzo** makamaka pokodza madontho omaliza.
- Kumva kupweteka pa chinena makamaka pokodza. Thupi limatentha pang'ono komanso wodwala amamva kunyerenyesa.
- Pambuyo pa miyezi kapena zaka impso zimawonongeka ndipo munthu amatupa ndi kufa.

Chithandizo:

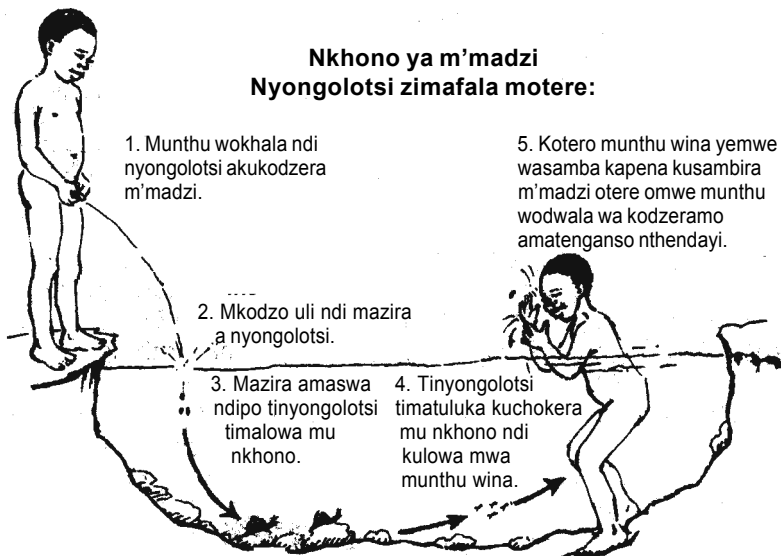
Chizani ndi mankhwala a *metrifinate*, *praziquantel* komanso *oxamniquine* akhozanso kugwiritsidwa ntchito koma mtengo wake ndi wokwera. Mankhwala aperekedwe ndi munthu wodziwa zachipatala.

Kupewa:

Nyongolotsi zake sizimafala mwachindunji kuchoka kwa munthu mmodzi kupita kwa wina. Nyongolotsi zimenezi zimayenera kukhala kwa nthawi yayitali mu nkono za m'madzi.



Nkhono



Pofuna kupewa nthenda ya likodzo gwirizanani ndi anthu omwe amakonza mapulogalamu akupha nkono zam'madzi komanso kuchiza anthu odwala. **Aliyense aphunzire kukodza m'chimbudzi OSATI M'MADZI KAPENA PAFUPI NDI MADZI.**

Dziwani kuti: Pali kanyongolotsi kena kam'magazi komwe kamalowa m'matumbo ndikuyambitsa nthenda ya kamwazi. Mazira ake amakhala mu chimbudzi choncho ndi kofunika kugwiritsira ntchito zimbudzi komanso osachita chimbudzi pafupi ndi pamalo pamene anthu amatungapo madzi kapena kusambapo.

Katamera ndi chitetezo chosavuta komanso chosimikizika

Katamera amateteza ku matenda ambiri owopsa. Ngati anthu ogwira ntchito za chipatala sapereka katamera m'mudzi mwanu, atengereni ana anu kuchipatala kuti akalandire katamera. Ndi bwino kuwatengera ana kuchipatala kuti akalandire katamera pamene ali ndi moyo wabwino kusiyana ndi pa nthawi yomwe akudwala kapena pamene ali pafupi kufa. Kawirikawiri katamera amaperekedwa mwaulere.

Makatamera ofunika kwambiri kwa ana:

1. DPT (zilonda zakukhosi, chifuwa chokoka mtima (*pertussis*) ndi kafumbata) kuti mwana atetezeke kwenikweni ayenera kulandira katemerayu katatu. Nthawi zambiri katemerayu amaperekedwa pa mwezi wachitatu, pa wachinayi kenako pa wachisanu kuchokera pa tsiku lomwe mwana wabadwa. (Mayiko amasiyana pa kaperekedwe ka katemerayu.)

2. POLIYO (nthenda yopha ziwalo za ana): Mwana amamudonthezera madontho a katemerayu m'kamwa mwake kamodzi pa mwezi kwa miyezi itatu. Katemerayu amatha kuperekedwa pa nthawi yomwe katamera wa DPT akuperekedwanso. Pamene mwana akulandira katamera wa polio ndi bwino kukhala wosamuyamwitsa kwa mawola awiri asalandire katamera kapenanso kwa mawola awiri atalandira kale katemerayo.



3. BCG (katamera wa TB): Munthu amamubaya jekeseni pa mnofu wa phunzi lakumanja. Nthawi zina amabaya pa mkono wa kumanzere pakati pa dzanja ndi chigongono. Ana atha kubayidwa katemerayu pamene angobadwa kapena nthawi ina iliyonse. Kupereka katemerayu mofulumira ndi kofunika makamaka ngati munthu wina pakhomopo akudwala TB. Katemerayu amayambitsa chilonda ndipo kenaka pamadzakhala chipsera.

4. Katamera wachikuku: Katemerayu amaperekedwa kamodzi kokha kuyambira pamene mwana wafika miyezi isanu ndi inayi (9) mpaka miyezi khumi ndi isanu (15) malinga ndi zomwe dziko lililonse lingafunire.

5. Katamera wa kafumbata: Kwa akuluakulu komanso ana amene apitirira zaka 12, katamera wofunika kwambiri ndi wa kafumbata. Katamera woyamba amabaya pambuyo pa miyezi itatu, kenaka pakatha chaka ndipo kenaka pambuyo pa zaka khumi zilizonse. Aliyense ayenera kulandira katamera wa kafumbata makamaka amayi apakati kuti ana amene akuyembekezera atetezedwe ku kafumbata wa ana ongobadwa kumene (tsamba 192 ndi 266).

Kumadera ena, amaperekanso katamera wa kolera, yellow fever, taifasi, masagwidi ndi chikuku cha chi Jeremani (*German measles*). Bungwe la *World Health Organization* (WHO) likugwira ntchito yofufuza katamera wa nthenda ya khate ndi malungo. Tithokoze kuti masiku akale, chifukwa chakuti panachitika katamera pa dziko lonse lapansi, nthenda ya nthomba inatheratu. Pa chifukwachi katamera wa nthendayi ndi wosafunika masiku ano.

Chenjezo: Katamera sachedwa kuwonongeka kotero samagwiranso ntchito. Katamera wa chikuku ndi polio ayenera **kuzizira kwambiri (kuundana)** pamene DPT ndi BCG ayenera kuzizira pakati pa 4°C mpaka 8°C koma **asafike poundana**. Katamera wabwino wa DPT amayenera aziwoneka ngati chifunga kwa ola limodzi pamene wagwedzedwa. Akawoneka ngati madzi pambuyo pa ola limodzi ndiye kuti katemerayo wawonongeka.

Onetsetsani kuti ana anu akulandira katamera pa nthawi yoyenera. Onetsetsaninso kuti akumaliza kulandira katamera aliyense osalekeza panjira.

Njira zina zopewera matenda ndi kuvulala

M'mutu uno takamba za njira zopewera matenda a m'matumbo podzera mu **ukhondo wa pathupi, pakhomo** komanso **katemera**. M' buku lonseli mupezamo njira zopewera matenda komanso kuvulala komanso zakudya zomanga thupi, kugwiritsira ntchito machiritso a pakhomo komanso mankhwala a makono.

Kudziwonetsa kwa **ogwira ntchito za umoyo m'midzi** (tsamba W1) kuwonetsa ganizo lakugwirira ntchito limodzi kwa anthu pofuna kusintha zinthu zomwe zimayambitsa matenda.

M' mitu yomwe yatsalayi, mwalembedwa matenda osiyanasiyana ndipo mupeza maganizo osiyanasiyana ofotokoza mmene mungawapewere. Potsatira maganizo amenewa mutha kusandutsa makomo anu komanso midzi yanu kukhala malo abwino.

Muzikumbukira nthawi zonse kuti njira imodzi yopambana yopewera matenda owopsa ndi imfa ndiyo kuchiza matenda mwamsanga komanso moganiza bwino.

Kuchiza matenda mwamsanga komanso moganiza bwino ndi gawo limodzi lofunika kwambiri kumbali ya mankhwala otetezera matenda.

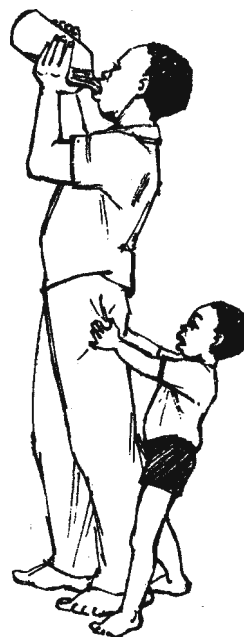
Tisanamalize mutuwu, ndi kofunika kuti titchuleko zina ndi zina za kupewa zomwe zatchulidwa kale mu magawo ena a bukuli koma ndi zoyenera kuzitchulanso mwapadera.

Zizolowezi zokhudza moyo

Pali zizolowezi zina si kuti zimangowononga moyo wa anthu ozichitawo ayi koma zimawononganso moyo wa anthu ena amene ali pafupi. Zizolowezi zotere zitha kupewedwa koma poyamba ndi kofunika kumvetsa chifukwa chomwe zizolowezi zotere ziyenera kuti zisapitirire.

KUMWA MOWA

Ngati mowa umabweretsa chisangalalo kwa anthu, mbali inanso umabweretsa mavuto makamaka kwa akazi ndi ana a amuna amene amamwawo. Kumwa pang'ono mwina sikudzetsa mavuto koma vuto ndi lakuti kumwa lero pang'ono, mawa umapezeka kuti wayamba kumwa kwambiri. M'mayiko ambiri kumwa mwauchidakwa ndi chinthu chimodzi chomwe chimayambitsa mavuto azaumoyo ngakhale kwa anthu omwe samwa. Kumwa mowa si kuti kumangowononga (kupyolera m'matenda achiwindi monga *liver cirrhosis*) moyo wa anthu okhawo amene akumwawo ayi (tsamba 343) komanso kumapweteketsa banja ndi gulu lonse la anthu a kumalo komwe anthu akumwawo akukhala mu njira zambiri. Munthu amakhala osokonezeka maganizo akamwa, satha kudzilemekeza yekha, zimadzetsa kusakondwa kwakukulu, umataya ndi ndeu ndipo nthawi zambiri izi zimakhudza okondedwa a munthuyo.



Kodi ndi abambo angati omwe amamwera ndalama zawo zonse pamene ana awo akufa ndi njala? Kodi si matenda ambirimbiri amene amayamba chifukwa bambo wamwera ndalama zake zochepa zomwe amalandira m'malo moti atukule banja lake? Nanga ndi anthu angati omwe amamwa mowa ndi cholinga chofuna kuyiwala zomwe zikuwavuta?

Pamene munthu wazindikira kuti mowa ukuwononga moyo ndi chisangalalo cha anthu amene ali pafupi naye, angachite chiyani? Poyamba ayenera kuti avomereze kuti kumwa kwakeko ndi vuto. Anthu ena amatha kusiya kumwa mowa. Kawirikawiri ena amafuna kuti athandizidwe kuti asiye khalidweli. Amafuna kuthandizidwa ndi banja lawo, anzawo ndi anthu ena amene amamvetsa za kuvuta kwake kosiya khalidwe lomwe lazolowereka kwambiri. Anthu ena amene m'moyo mwawo anali zidakwa ndipo adasiya kumwa ndi amene angathandize anzawo kuti asiye khalidweli.

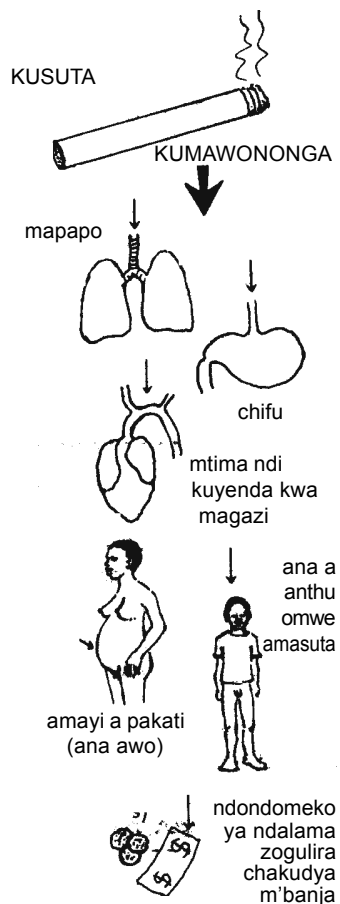
Kumwa mowa si kuti ndi vuto la okhawo okhudzidwawo koma ndi vuto la anthu onse ku derako. Anthu amene azindikira zimenezi atha kumuthandiza munthu otere kuti asiye kumwa mowa. Ngati mukukhudzidwa ndi kamwedwe ka mowa kudera kwanu, konzani msonkhano womwe mukakambiranepo za mavutowa ndi kuwona zomwe mungachite. Kumadera ena kumakhala magulu a chinsinsi amene amathandiza anthu kuti asiye mowa (onani tsamba 425).

Mavuto ambiri angathetsedwe pamene anthu agwirira ntchito limodzi.

KUSUTA

Kusuta ndi kowopsa ku moyo wanu ndi ku moyo wa anthu a m'banja mwanu pa zifukwa izi:

1. Kusuta kukhoza kuyambitsa khansa ya m'mapapo ndi m'milomo.
2. Kusuta kumayambitsa matenda owopsa a m'mapapo ndi matenda ena a m'ziwalo zopumira (kusuta ndi kowopsa kwa anthu amene ali ndi matendawa komanso mphumu).
3. Kusuta kukhoza kuyambitsa zilonda zam'mimba kapena kuwonjezera vuto lazironda zam'mimba.
4. Ana amene makolo awo amasuta amadwala chibayo ndi matenda ena ogwira ziwalo zopumira kawirikawiri kusiyana ndi ana amene makolo awo sasuta.
5. Kusuta kukhoza kuchititsa kuti mudwale kapena mufe ndi matenda a mtima kapena kufa kwa ziwalo.
6. Ana amene amayi awo ankasuta pa nthawi imene adali ndi pakati amakhala aang'ono ndipo amakula pang'onopang'ono kusiyana ndi ana amene amayi awo sankasuta pamene adali ndi pakati.



7. Makolo, aphunzitsi ndi anthu ogwira ntchito zaumoyo ndi enanso amene amasuta amapereka chitsanzo choipa kwa ana ndi achinyamata ndipo zimatha kuchititsa kuti iwonso adzayambe kusuta m'tsogolo.

8. Kusuta kumatha ndalama. Ku maiko osauka anthu ambiri osaukitsitsa amatha ndalama zawo pogula fodya kusiyana ndi momwe dzikolo limagwiritsira ntchito ndalama za pa zinthu zaumoyo pa munthu aliyense. Ndalama zomwe zimagwiritsidwa ntchito pogula fodya zikanati zizigwiritsidwa ntchito pogula chakudya bwenzi ana ndi mabanja ali ndi moyo wathanzi.

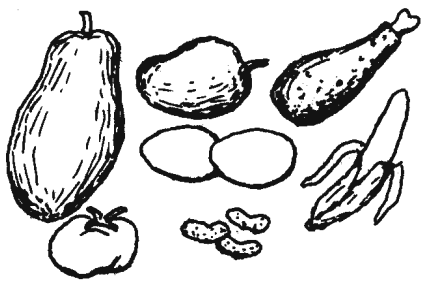
Munthu aliyense amene amasamala za moyo wa mnzake sayenera kusuta ndipo azilimbikitsa ena kuti asamasute.

ZAKUMWA ZOKHALA NDI KHABONI (CARBON) (zoziziritsa kukhosi, soda popu, kokakola, firizesi, kola)

Kumadera ena zakumwazi zatenga malo. Kawirikawiri mayi amatha kugulira mwana wake zakumwa zotere pamene ndalama zomwezo akanatha kugulira mazira awiri kapena zakudya zina zopatsa thanzi.


Nngati mukufuna ana athanzi koma muli ndi ndalama zochepa zowagulira kanthu ...

Agulireni mazira kapena zakudya zina zopatsa thanzi,



INDE

Osati zakumwa zoziziritsa kukhosi zomwe ziri ndi khaboni (carbon)!



AYI

Mu zakumwa zoziziritsa kukhosi mulibe chilichonse chothandiza m'thupi kupatula shuga. Komanso polingalira shuga opezekamoyo, ndiye kuti zakumwazi zimadula kwambiri. Ana amene amapatsidwa zakumwa zambiri zotere ndi zakudya zina zotsekemera amawola mano adakali aang'ono. Zakumwa zoziziritsa kukhosi si zabwino makamaka kwa anthu amene ali ndi vuto la kugayidwa kwa chakudya chifukwa cha asidi komanso kwa anthu amene ali ndi vuto la zilonda zam'mimba.

Zakumwa zopangidwa kuchokera ku zipatso ndizo zopatsathanzi komanso zotsika mtengo kusiyana ndi zakumwa zatchulidwazi.

Ana anu asazolowere kumwa zakumwa zoziziritsa kukhosi.

Kugwiritsa ntchito mankhwala mosayenera

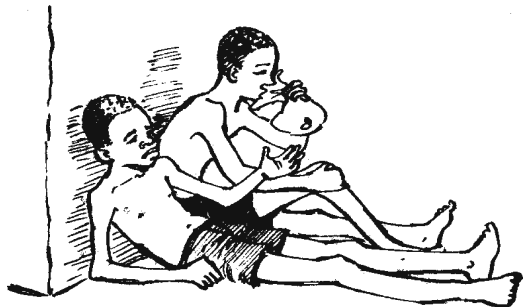
Chizolowezi chogwiritsira ntchito mankhwala mosayenera ndi vuto limene likukulirakulirabe pa dziko lonse lapansi.

Ngakhale kuti **mowa** ndi **fodya** zavomerezeka m'mayiko ambiri, ziwirizi **zimazolowereka mwachabe** ndipo zimavuta kuzileka. Zimayambitsa matenda ndi imfa kwa anthu ambiri chaka chilichonse. **Kumwa mowa mwauchidakwa** kumayambitsa mavuto azaumoyo, mavuto a m'banja ndi mavuto ena pakati pa anthu pa dziko lonse lapansi. **Kusuta fodya**, kwa zaka zambiri, kwakhala kukudzetsa imfa pakati pa anthu m'mayiko olemera komanso panopa kukudzetsa imfa pakati pa anthu m'mayiko osauka. Pamene anthu ambiri kumayiko olemera ayamba kuleka kusuta fodya, makampani a fodya atembenukira ku mayiko kumene akukwera kumene komwe apeza misika yatsopano.

Mavuto azaumoyo okhudza mowa ndi fodya afotokozeredwa kale koyamba kwa mutu uno.

Powonjezera pa mowa ndi fodya, anthu ambiri m'madera osiyanasiyana pa dziko lonse lapansi amagwiritsira ntchito **mankhwala oletsedwa**. Mankhwala otere alipo osiyanasiyana ndipo ena mwa iwo ndi **chamba** (*marijuana, weed, pot, grass, sin semilla, mota, hashish, ganja*), **opium** (*heroin, morphine, smack*) ndi **cocaine**.

Vuto lalikulu kwa ana a m'misewu m'mayiko osauka ndiko **kufwenthera (kununkhiza) mankhwala** otchedwa '**glue**' ndipo nthawi zinanso mankhwala osungunurira penti, polishi wa nsapato, *gasoline*, ndi mankhwala otsukira zinthu. Anthu ena amagwiritsira ntchito mankhwala ochepetsa ululu, oletsa tulo, ndi ena mosayenera.



Mankhwala otere amalowa m'thupi pomeza, kubaya, kusuta, kutafuna kapena kufwenthera. Mankhwala ali ndi zotsatira zosiyanasiyana m'thupi komanso mu bongo. *Cocaine* ndi mtedza wa kola zimapatsa mphamvu ndi chisangalalo koma zotsatira zake ndi kutopetsa munthu ndipo munthuyo amayamba kuwoneka wodandaula. Mankhwala ena monga mowa, *opium, morphine*, ndi *heroin* amachititsa munthu kuti awoneke wodekha koma kenaka amawonetsa kusokonezeka maganizo mu zochita zake mwinanso osazindikira bwino zomwe akuchita. Mankhwala ena monga chamba, PCP, LSD ndi *peyote* amachititsa munthu kuti aziganiza zinthu zomwe palibe kapenanso kuti aziwona zithunzithunzi zomwe palibe.

CHENJEZO: Kusuta fodya, kumwa mowa komanso kugwiritsira ntchito mankhwala ena kwa amayi oyembekezera kutha kuwononga moyo wa mwana woyembekezeredwayo. Komanso kubaya jekeseni pogwiritsira ntchito zingano imodzimidzi kwa anthu angapo kumafalitsa matenda owopsa. Onani nthenda ya chiwindi (*hepatitis*) pa tsamba 183 ndi Edzi pa tsamba 257.

Anthu amayamba kugwiritsira ntchito mankhwala pofuna kuthana ndi mavuto, kuyiwala za njala kapenanso pofuna kusamva zowawa m'moyo wawo wa tsiku ndi tsiku. Koma akayamba kutero, amazolowera moipa. Akafuna kuti aleke, amayamba kudwala, kukhala mosasangalala kapena kuyamba kuchita ziwawa. Pofuna kuti apezenso mankhwala ena amapalamula milandu, kukhala ndi njala mwinanso kusasamala mabanja awo. Choncho vutoli tsopano limakhala la anthu onse.

Mankhwala ena monga cocaine ndi heroin amavuta kuwaleka. Munthu akawagwiritsira ntchito kamodzi, safunanso zowaleka. Mankhwala ena amazolowera pambuyo pa nthawi yayitali. Kuzolowera kotere ndi kowopsa komwe kungayambitse mavuto ndi kudzetsanso imfa. Komabe zizolowezi zotere zikhoza kutha ngati munthu **atafunitsitsa ndi kuyesetsa**.

Pamene waleka mankhwala amene anawazolowera, sasangalala ndipo amachita zinthu zodabwitsa. Kumeneko ndiko kusiya (*withdrawal*). Munthuyo amakhala wa zinjenje, wodandaula kapenanso wopsa mtima (wokwiya). Iye amawona ngati sangathe kukhala wopanda mankhwalawo.

Poleka kugwiritsira ntchito mankhwala monga *cocaine* ndi *heroin*, pamakhala mavuto aakulu kotero kuti mwina munthu amachita chiwawa ndi kudzivulaza komanso kuvulaza ena. Nthawi zina amasowa chithandizo chapadera cha kuchipatala. Mankhwala ena monga mowa, chamba, fodya sasowa kuti munthu apite kuchipatala koma chisamaliro cha anthu a kubanja la munthuyo ndi anzake ndicho chofunikira kwambiri.

Nazi mfundo zina zothandiza pofuna kuthetsa vuto la zizolowezi zakudza chifukwa chosagwiritsira bwino ntchito mankhwala:

- Muthandizeni ndi kumulimbikitsa munthu amene akufuna kuleka chizolowezi chogwiritsira ntchito mankhwala. Dziwani kuti zinthu zosiyanasiyana zomwe amachita, amachita chifukwa cha mankhwalawo osati chifukwa cha inu.
- Anthu akuderalo omwe anali ndi zizolowezi zotere koma anasiya zizolowezi atha kuyambitsa gulu lothandiza onse amene akufuna kusiya. Gululi likuthandiza anthu ambiri dziko lonse lapansi pofuna kuchepetsa zizolowezi zotere.
- Mabanja, sukulu, ndi anthu ogwira ntchito za umoyo aziphunzitse ana za kuwopsa kwa mankhwalawa kuopsa kwa fodya ndi mowa. Ana aphunzire kuti pali njira zina zabwino zosangalalira kusiyana ndi zimenezo.
- Yesani kugwira ntchito yothetsa mavuto ku dera lanu amene angayambitse anthu kuti ayambe kugwiritsira ntchito mankhwala molakwika monga: njala, kusasamalidwa bwino pa ntchito ndi kusowa zochita zothandiza kutukula miyoyo ya anthu. Athandizeni anthu kuti azizindikira za ufulu wawo.

Chizolowezi chodalira mankhwala kwambiri chimakhala ndi zotsatira zake monga m'khalidwe odzipatula ndi osazisamalira.



komanso zotsatira zina ndi mavuto a pabanja, mikangano komanso nkhanza.

Ntchito zomwe zili zolimbikitsa komanso zachifundo zimathandiza kusiyana ndi ntchito zowoneka ngati zomulangira munthu.