

## ZA UMOYO NDI MATENDA A OKALAMBA

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Mutu uno ukunena za kupewa ndi kuchiza mavuto amene amakhudza kwambiri anthu okalamba. Ena mwa mavutowo atha kuwoneka pamene afika zaka 40 zakubadwa, koma amakhala odetsa nkhwana akakwanitsa zaka 60 kapena kuposerapo.

### Chifupikitso cha mavuto a za umoyo amene atchulidwa m'mitu ina



#### Vuto la maso (onani tsamba 228)

Kungopyola zaka 40, anthu ambiri amakhala ndi vuto lowona bwinobwino zinthu zimene zili pafupi. Amenewa si matenda. Ali ndi **vuto la ukalamba lowona zapatali**. Onse amene ali ndi vutoli, amene maso awo anali bwinobwino ali achichepere, adzapeza kuti atha kuthandizidwa ndi mandala powerenga pamene iwo akukalamba.

Aliyense wa zaka zopitirira 40 ayenera kukhala tcheru ndi zizindikiro za matenda amaso a **glaucoma**, amene atha kuyambitsa khungu kupanda kuwachiritsa. Nthendayi ndi yowopsa. Munthu aliyense amene ali ndi zizindikiro za glaucoma (onani tsamba 233) ayenera kukalandira chithandizo kuchipatala.

**Ng'ala** (onani tsamba 236) komanso 'ntchentche zoyenda m'maso' (tinthu ting'onoting'ono toyendayenda – tsamba 238) ndi mavutonso odziwika bwino a anthu okalamba.

#### Kufowoka, kumva kutopa, ndi vuto la kadyedwe

Monga tonse tikudziwa anthu okalamba mphamvu zawo nzocheza poyerekeza ndi mmene iwo anali achichepere, koma amafowoka kwambiri ngati iwo sadya mokwanira. Ngakhale kuti anthu okalamba sadya kwambiri nthawi zambiri, iwo ayenera kudya zakudya zomanga thupi ndi zoteteza ku matenda tsiku ndi tsiku (onani tsamba 115).

#### Kutupa mapazi (onani tsamba 187)

Uku kukhoza kuchititsidwa ndi matenda osiyanasiyana, koma kwa anthu okalamba kumachitidwa chifukwa cha kusayenda bwino kwa magazi (onani tsamba 225) kapena mavuto a kagwiridwe ntchito ka mtima (onani tsamba 345). Mosasamala kanthu za chimene chitha kukhala chochititsa mavuto otere, **kukweza mapazi m'mwamba ndiwo mankhwala abwino kwambiri**. Kuyenda kumathandizanso koma musamataye nthawi yambiri muli chiimire kapena kukhala pansu ndi miyendo pansu. Kwezani miyendo m'mwamba nthawi iliyonse ngati kutero kuli kotheka.



## Kutupa kwa miyendo kapena mapazi kodza chifukwa cha mavuto a kayendedwe ka madzi

Izi zimachitika chifukwa cha kutupa kwa mitsempha (onani pa tsamba 186). Nthawi zina izi zimayambika kaamba ka matenda a shuga (onani tsamba 132). Kutupa kodza ndi vuto lakayendedwe ka magazi kuchira kwake kumachitika pang'onopang'ono.

Chifukwa cha ichi, muyenera kusamala malo otupawo mwaukhondo. Sambani malo otupawo ndi madzi otantha ndi sopo ndipo sinthani kansalu komwe mwamangira potupapo kawirikawiri. Ngati zizindikiro za matendawa zawoneka chizani monga talongosolera pa tsamba 89.



**Pokhala kapena pogona, imikani miyendo yanu m'mwamba.**

## Kuvutika pokodza (onani tsamba 245)

Abambo achikulire omwe ali ndi mavuto pokodza kapena amene mkodzo wawo umatuluka pang'onopang'ono chifukwa ndi chakuti magalandi akumachende awo ndi otupa (onani tsamba 245).

## Kutsokomola kosalekeza (onani tsamba 177)

Anthu achikulire amene amatsokomola kwambiri اساسute fodya ndipo apeze ulangizi ochokera kuchipatala. Ngati anali ndi zizindikiro za chifuwa chachikulu pamene anali achichepere, kapena anatsokomolapo magazi, akhoza kukhala kuti ali ndi chifuwa chachikulu.

Ngati munthu wachikulire wayamba kutsokomola kupuma mwaphokoso kapena akuvutika popuma, ikhoza kukhala mphumu. Ngati mapazi awonso atupa, atha kukhala ndi mavuto okhudza mtima (onani pa tsamba 345).



## Matenda ena okhudza anthu achikulire

### Kusamva

- Nthawi zambiri **kusamva kodza ndi ukalamba** komwe kumabwera pang'onopang'ono popanda ululu kapena zizindikiro zilizonse, sikuchiritsika ngakhale chithandizo choperekedwa kwa munthu woti amwe sichingagwire ntchito. Abale ayenera kuphunzira kuyankhula ndi anthu otero momveka bwino komanso kumawayang'anitsitsa kuti athe kuwerenga zomwe milomo yawo ikunena.
- Nthawi zina kusamva kumadza kaamba ka matenda a khutu (onani tsamba 328).
- Mwa apo ndi apo, kusamva kumadza pamodzi ndi phokoso ngati laberu m'khutu ndi chizungulire ndipo munthu amagwa pansu. Iyi ndi nthenda yotchedwa **Meniere**. Gwiritsirani ntchito mankhwala a **antihistamine** monga **dimenhydrinate** (onani tsamba 401) ndipo pitani kuchipatala.
- Kawirikawiri kusamva kumadza kaamba kakuti **chikonga chachuluka ndipo chauma**. M'makutu mumafunika muzikhala chikonga chochepe, koma anthu ena amakhala ndi chikonga chambiri m'makutu mwawo, kapena chouma kwambiri mpaka kutseka kang'oma kakukhutu ndi kutchinga njira yakhutu. Izi zikachitika munthu samva mokwanira.



### Chithandizo cha chikonga:

Kuti muchotse chikonga poyamba chifewetseni potsira madontho a mafuta ophikira ndiwo otentha pang'ono penipeni (osati owotcha kwambiri) kukhutu. Kenaka mugonekeni wodwalayo cham'bali kuti khutu liloze m'mwamba kwamaminitsi khumi ndi zisanu (15). Kenaka tsukani khutulo bwino pothira madzi otentha pang'ono penipeni (osati owotcha kwambiri).

Ngati izi sizingathandize, chotsani zingano ku chobayira jekeseni (*syringe*) ndi kuchithira madzi otentha pangono penipeni (osati otentha kwambiri). Kenaka chipemerereni m'khutu. Chitani izi kangapo kapena mpakana chikonga chitatuluka m'khutu. Siyani ngati munthu wayamba kuwona chizungulire. Ngati utoto sukuchokabe pitani kuchipatala.



Sirinji yopanda sinzano

### Kukanika kugona (*Insomnia*)

Anthu achikulire nthawi zambiri amalephera kugona kapena amasowa tulo kuyerekeza ndi ana. Nyengo yozizira amakhala nthawi yaitali ali maso usiku kulephera kugona. Pali mankhwala ena omwe amathandiza kubweretsa tulo, koma ndi bwino osawagwiritsira ntchito ngati sali ofunika kwenikwewni.

#### Njira zina zothandizira kubweretsa tulo:

- Kuchita masewero olimbitsa thupi chakumasana.
- Osamwa chakumwa monga khofi, tiyi, makamaka chakumasana kapena chakumadzulo.
- Kumwa mkaka otenthetsa kapena mkaka othira uchi musanagone.
- Kusamba madzi otentha musanagone.
- Ngati mukunikabe kugona, imwani mankhwala monga *promethazine (Phenergan)*, onani tsamba 400) kapena *dimenhydrinate (Dramamine)*, onani tsamba 400) theka la ola musanagone. Mankhwala sayambitsa kwambiri chizolowezi chofuna kumwa mankhwala musanagone kuyerekeza ndi mankhwala ena amphamvu zambiri.

### Kulephera kugwira bwino ntchito kwa chiwindi (*Cirrhosis of liver*)

Kulephera kugwira bwino ntchito kwa chiwindi kumachitika makamaka kwa azibambo omwe apitirira zaka makumi anayi (40) zakubadwa, omwe akhala akudya zakudya zosakwanira zofunikira m'thupi komanso kumwa mowa mwauchidakwa.

#### Zizindikiro:

- Nthendayi imayamba ngati mmene nthenda ina iliyonse ya chiwindi yotchedwa *hepatitis* imayambira. Odwala amafowoka, samakhala ndi chilokolako chofuna kudya, amatsekula m'mimba, ndipo amatha kumva kupweteka chakumanja pafupi ndi chiwindi.
- Nthendayi ikamakula, wodwala amawonda kwambiri. Amatha kusanza magazi. Nthawi zina mapazi amatupa, ndiponso mimba imatupa ndi madzi kotero imawoneka ngati ng'oma. Maso ndi khungu zimawoneka zachikasu.



#### Chithandizo:

Nthendayi ikakula imavuta kuchiza. Palibe mankhwala omwe amathandiza kwenikweni. Anthu ambiri amamwalira nayo nthendayi.

**Ngati mukufuna kukhalabe ndi moyo ndi bwino kutsata malangizo awa nthendayi isanafike movuta:**

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- Musamwenso mowa! Mowa umawononga chiwindi.
- Muzidya zakudya zabwino monga ndiwo zamasamba, zipatso, ndi zakudya zomanga thupi (onani tsamba 110); koma musadye mowonjeza zakudya zomanga thupi monga nyama, mazira, nsomba ndi zina zotero chifukwa zimapangitsa chiwindi chanu chowonongeka kale kuti chigwire ntchito kwambiri.
- Ngati munthu wodwala nthendayi akutupa, asadye chakudya chamchere.

**Kupewa** kwa nthendayi ndi kosavuta: **MUSAMWE MOWA MWAUCHIDAKWA.**

### Matenda okhudza ndulu

Ndulu ndi kathumba kakang'ono kamene kamakhala pa chiwindi. Mu ndulu mumapezeka timadzi towawa tobiriwira totchedwa bile pachingerezi timene timathandiza kugaya chakudya chamafuta. Matenda a ndulu amakonda kugwira amayi opitirira zaka makumi anayi (40) zakubadwa, omwe ali onenepa kwambiri ndiponso omwe akusambabe (akupitabe kumwezi).

#### Zizindikiro:

- Ululu waukulu m'mimba cham'mphepete mwa nthiti. Nthawi zina ululu umafikanso chakumanja kwa chakumtunda kwamsana.
- Ululu umatha kuyamba ola limodzi kapena kupitirirapo mukatha kudya chakudya chochuluka mafuta. Ululu opitirira muyezo umatha kupangitsa kuti muthe kusanza, kugeya kapena kubzyikula zowawa.
- Nthawi zina munthu amakhala ndi zizindikiro za malungo.
- Nthawi zina maso amakhala a chikasu.



#### Chithandizo:

- Odwalayo amwe mankhwala a *antispasmodic* kuti achepetse ululu (onani tsamba 394). Pafunikanso kumupatsa mankhwala amhamvu kwambiri othandiza kupha ululu. (Mankhwala monga *aspirin* sangathandize).
- Ngati odwala akumva kupweteka kwa thupi, muyenera kum'mwetsa mankhwala a *tetracycline* (onani tsamba 370) kapena *ampicillin* (onani tsamba 367).
- Odwala asadye chakudya chamafuta ambiri. Anthu onenepa kwambiri azidya pang'ono kuti achepe thupi.
- Ngati nthendayi yafika povuta pitani kuchipatala. Nthawi zina anthu odwala nthendayi amawachita opaleshoni.

#### Kapewedwe kake:

Akazi (komanso amuna) omwe ali okula thupi ayesetse kuchepetsa thupilo (onani tsamba 131). Asadye chakudya chotsekemera komanso chochuluka mafuta. Asadye mopitiriza muyezo ndipo azichita masewero olimbikitsa thupi.

### Kupsa mtima mwasanga (*Biliousness*)

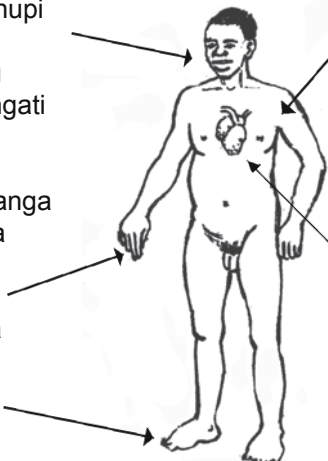
M'maiko ambiri koma m'ziyankhulo zosiyanasiyana, anthu satha kuugwira mtima amapsa mtima ndi zinthu zopanda pake. Anthu ena anakhulupirira kuti kupsa mtima kumadza pamene munthu ali ndi timadzi tochuluka kwambiri mu ndulu mwake.

Zowona zake ndi zakuti, nthawi zambiri anthu opsapsa mtima amakhala alibe vuto lililonse landulu kapena madzi a m'ndulu. Komabe, anthu omwe akudwala matenda andulu amakhala amantha chifukwa cha ululu ndipo mwina chifukwa cha ichi amatha kupsa mtima mwamsanga kapena kudandaula pa zaumuyo wawo. Kumena zoonza munthu wa mchitidwe woda nkhawa ndi moyo wake umagwirizana ndi mothandizidwa ndi mmene ndulu ikugwirira ntchito yake.

## Matenda a mtima

Anthu achikulire makamaka amene ali onenepa, amene amasuta fodya, kapena amene ali ndi vuto lakuthamanga magazi mwamsanga, atha kudwala matenda a mtima.

### Zizindikiro za matenda a mtima:

- Kuvutika popuma mukatha masewero olimbitsa thupi komanso kuwonetsa zizindikiro zamphumu zomwe zimawirikiza ngati mwagona pansi.
  - Ngati mtima ukuthamanga wamsanga, mofowoka kapena mwachilendo.
  - Ngati mapazi akutupa mowirikiza nthawi ya masana.
  - Kupweteka kwa pachifuwa, phewa lakumanzere, kapena mkono kwadzidzidzi, komwe kumadza mukamachita masewero olimbitsa thupi ndipo kumaleka mukapuma pang'ono (*angina pectoris*).
  - Ngati ululu waukulu wapachifuwa sukulekeza mukapuma.
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### Chithandizo:

- Matenda a mtima osiyanasiyana amachizidwa ndi mankhwala osiyanasiyanso molingana ndi matendawo. Makhwalawa ayenera kugwiritsidwa ntchito mosamala. Ngati mukuganiza kuti munthu akudwala mtima pitani naye kuchipatala. Ndi kofunika kuti munthu alandire mankhwala oyenera pa nthawinso yoyenera.
- Anthu omwe ali ndi vuto la mtima asagwire ntchito mowirikiza mpakana kumva ululu pa chifuwa kapena kuvutika kupuma kuthe. Kuchita masewero olimbitsa thupi kawirikawiri kumathandiza kuteteza vuto la mtima.
- Anthu omwe ali ndi mavuto a mtima asadye zakudya zamafuta ndipo ayenera kudzichepetsa thupi ngati ali onenepa kwambiri.
- Ngati munthu wayamba kuvutika popuma ndipo akutupa miyendo, asadye chakudya chamchere. Pamoyo wake wonse adye chakudya chamchere ochepa kwambiri kapena chopanda mchere.
- Ngati munthu adwala matenda a mtima apatalipatali kapena adwala mtima, ayenera apume moyenera pamalo opita bwino mpweya mpakana ululu wonse utatha.

Ngati ululu wapachifuwa uli owirikiza ndipo sukusiya mutapuma, kapena ngati munthu akuwonetsa zizindikiro za kugwidwa nyesi kapena tinene kuti kugwidwa mphamvu monga ya magetsi (onani tsamba 78), ndiye kuti mtima wawonongeka kwambiri. Munthu otere agone kwa masabata awiri kapena mpaka ululu ndi kugwidwa nyesi zitasiya. Ndipo angathe kukhala pansi kapena kuyenda pang'onopang'ono, koma osalongolole kwa mwezi umodzi kapena kuchulukirapo kenaka pitani ku chipatala.

**Kupewa:** Onani tsamba 347.



## Matenda akupha mphawu za ziwalo (*Stroke, Apoplexy, CVA - Cerebro-Vascular Accident*)

Kwa anthu achikulire, matenda akufa kwa ziwalo (*stroke*) amadza kaamba ka kuundana kwa magazi kapena kutuluka magazi m'kati mwa bongo. Kawirikawiri anthu omwe amadwala nthendayi amakhala ali ndi vuto lakuthamanga kwambiri kwa magazi.

Mawu akuti **stroke** amagwiritsidwa ntchito chifukwa nthendayi imayamba mwadzidzidzi. Munthu akhoza kugwa pansi mwadzidzidzi, nkukomoka. Nthawi zambiri nkhope yake imakhala yotupikana, amapuma movutikira ndi mwaphokoso, ndipo mtima wake umagunda mwaphamvu koma mochedwa. Akhoza kukhala chikomokere kwa mawola kapena masiku ambiri.

Ngati angakhale ndi moyo, akhoza kukhala ndi vuto poyankhula, powona, kapena poganiza, kapenanso mbali imodzi ya nkhope kapena thupi litha kusiya kugwira ntchito. Akakhala matenda akufa kwa ziwalo amlingo ocheperapo, ena mwa mavuto tatchulawa atha kudza popanda kukomoka. Nthawi zina mavuto akudza ndi matenda oumitsa ziwalo amachizika pakadutsa kanthawi.



### **Chithandizo:**

Mugonekeni wodwalayo motukula mutu wake ndi msamiro. Tembenuzani thupi lake cham'mbali kuti kumtunda kwa bondo ndi ntchafu zikhale motukuka kuti thupi lake lipindike pakati malovu ndi mamina atha kuchoka kukhosi kudzera pakamwa, ndipo lirime lake litha kubwera patsogolo kuchoka kukhosi. Mukatero munthu adzapuma mosavuta ndi mopanda phokoso, ndipo mamina, malovu kapena masanzi sangabwerere kumapapo. Mutembenuzeni wodwalayo mbali ina pamawola atatu aliwonse. Ngati wakomoka, musamupatse chakudya, chakumwa kapena mankhwala podzera pakamwa (onani za munthu wokomoka pa tsamba 79). Ngati kuli kotheka pitani kuchipatala.

Matenda oumitsa ziwalo akatha, ngati ziwalo zina zasiya kugwira ntchito, muthandizeni munthu wodwalayo kuyenda ndi ndodo ndi kugwiritsira ntchito mkono wake umene uli wolunga kuzisamalira yekha. Asawope kuchita masewero olimbitsa thupi, ndipo pang'onopang'ono wonjezerani kamtunda kamene angayende ndi zinthu zimene amachita yekha ndi mkono umodzi. Mupatseni chisamaliro chachikondi ndi kumulimbikitsa. Atha kumachita zinthu zina bwino pakatha miyezi ingapo. Ngakhale akuvutika poyankhula, kukumbukirani kuti angadziwe bwino zomwe anthu akuyankhula pamene iye alipo.

Ngati kuli kotheka amwe mankhwala moyenera monga alangizira kuchipatala kuti BP ichizidwe (onani tsamba 130).

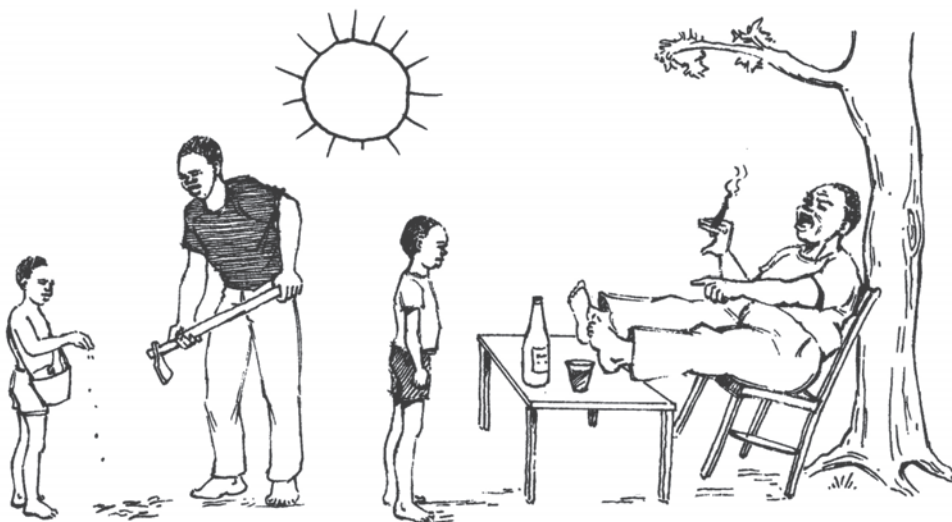
**Dziwani izi:** Ngati mbali imodzi ya nkhope ya munthu wachichepere kapena okulirapo pang'ono isiya kugwira ntchito mwadzidzidzi popanda zizindikiro za matenda oumitsa ziwalo, uku kutha kukhala kusagwira ntchito kwa mitsempha yakunkhope komwe kumachitika kwa nthawi yochepa (**Bell's Palsy**). Izi zimasiya zokha pa sabata zochepera kapena miyezi. Chomwe chimayambitsa sichidziwika. Chithandizo cha mankhwala ndi chosafunika ndipo ndi chosatheka. Ngati diso limodzi silinatsekeke lonse, limangeni ndi kansalu koyera bwino usiku kuti lisaume ngakhale usana popewa kuyabwa, fumbi ndi mphepo.

## Mawu kwa anthu achichepere omwe akufuna kukhala a moyo wa mgwiro paukalamba wawo

Matenda ambiri amene amagwira anthu achikulire ndi okalamba, kuwonjezerapo kuthamanga kwambiri kwa magazi, kuuma kwa mitsempha matenda a mtima, ndi matenda opha ziwalo, zimayamba kaamba ka momwe munthu amadzisamalira, zimene munthu amadya, kumwa, ndi kusuta pomwe ali wamng'ono. Mwayi wanu wokhala ndi moyo ndi a wangwiro kwa nthawi yayitali ndi ochuluka ngati:

1. **Mukudya bwino:** Zakudya zamaagulu atatu zokwanira bwino, koma osachulutsa kwambiri kapena kudya zamafuta ambiri. Pewani kunenepa kwambiri.
2. **Osamwa mowa mwauchidakwa.**
3. **Osasuta fodya.**
4. **Chitani masewero olimbitsa thupi kawirikawiri.**
5. **Pumani ndi kugona mokwanira.**
6. **Phunzirani chomwe mungasangalatsidwe nacho pamene mulibe chochita:** Njira yake ndi kuthana ndi zinthu zimene zakukhumudwitsani kapena zakudandaulitsani mtima uli pansu.

**Kuthamanga kwambiri kwa magazi** (tsamba 130) ndi kuuma kwa mitsempha (**arteriosclerosis**) ndi zimene zimayambitsa kwambiri matenda a mtima ndi stroke zitha kupewedwa kapena kuchepetsedwa pochita zimwe tanena pamwambazi. Kutsika kwa kuthamanga kwambiri kwa magazi ndi kofunika polewa matenda a mtima ndi matenda oumitsa ziwalo. Anthu omwe ali ndi vuto la kuthamanga kwambiri kwa magazi ayenera kupimitsa pafupipafupi ndikuchita zinthu zothandiza kuletsa kuthamanga kwambiri kwa magazi. Amene sangathe kuchepetsa kuthamanga kwa magazi, pakudya pang'ono (ngati ali onenepa mowirikiza), kusiya kusuta fodya, kuchita masewero olimbitsa thupi kawirikawiri, kupuma ndi kumwa mankhwala kuchepetsa kuthamanga kwa mtima (**antihypertensives**) kukhoza kuthandiza. Zikafika povuta pitani kuchipatala.



**KODI MWA ANTHU AWA NDI UTI AMENE AKUWONEKA KUTI ANGAKHALE MOYO KWA NTHAWI YAYITALI NDI KUKHALA NDI MOYO WANGWIRO PAUKALAMBA WAKE? NANGA NDI UTI AMENE AKUWONEKA KUTI AKHOZA KUMWALIRA NDI MATENDA A MTIMA KAPENA KUUMA KWA MITSEMPHA? CHIFUKWA CHIYANI? MUNGAPEREREKE ZIFUKWA ZINGATI?**

## Kuvomereza imfa

Nthawi zambiri anthu okalamba amakhala okonzeka ndipo amavomereza kumwalira kwawo kusiyana ndi anthu amene akuwasamalira. Anthu omwe achita zazikulu m'moyo mwawo samawopa imfa. Amatenga imfa ngati kutha kwa moyo mwachilengedwe.

Kawirikawiri timalakwa poyesesa kuchiza munthu amene ali pafupi kumwalira.

Nthawi zina izi zimawonjezera kuvutika kwa munthu wodwalayo komanso banja lake. Chomwe tingachite kuwonetsa chikondi chathu sikufunafuna mankhwala apamwamba kapena chipatala chapamwamba koma kukhala pafupi ndikumulimbikitsa munthu amene ali pafupi kumwalira. Mudziwitseni kuti muli okondwa ndi nthawi yonse imene munakhala naye, chisangalalo ndi chisoni chomwe munagawana naye ndiponso inu muli ovomereza kuti akapume. Pa nthawi yomaliza, chikondi ndi kuvomereza kwanu ndi zofunika kwambiri kusiyana ndi mankhwala.

Anthu okalamba kapena amene adwala kwa nthawi yaitali, amafuna kukhala kumudzi kusiyana ndi kukakhala kuchipatala. Nthawi zambiri izi zimachitika munthu akayandikira kumwalira. Koma izi sizolakwa ayi. Tiyenera kuzindikira mmene munthu akumvera m'thupi mwake komanso zomwe iye akufuna zomwe ife tingakwanitse kumpatsa. Nthawi zina wodwala kwambiri amazindikira kuti kukhalabe ndi moyo kumawonongetsa zambiri, kupangitsa banja lake ndi abale kukasaka ngongole kapenanso ena kuvutika ndi njala chifukwa chakuti ndalama zathera pa iye. Wodwala amatha kunena kuti ndi bwino amwalire nthawi zina awa amakhala maganizo abwino.

Ngakhale izi zili chonchi, pali anthu enanso omwe amawopa imfa. Ngakhale iwo akudwala kumakhalabe kowavuta kuti avomereze kusiyana nalo dziko lapansi. Chikhaliidwe chilichonse cha anthu chili ndi zikhulupiriro zawo zokhudza imfa ndi moyo wina ukatha moyo uno. Maganizo, zikhulupiriro ndi miyambo zimathandiza kumthunzitsa pansu mtima munthu amene ali pafupi kufa.

Imfa imatha kubwera mwadzidzidzi ndi mosayembekezera komanso munthu amatha kuiyembekezera. Si chinthu chapafupi kumuthandiza munthu wokondeka kuvomereza ndikukonzekera imfa. Chapafupi chomwe tingathe kuchita ndi kumusamalira, kumulimbikitsa, kumumvetsetsa ndi kumuwonetsera chikondi chathu.

Imfa ya achinyamata kapena ana ndi yovuta kwambiri. Pa nthawiyi, chikondi ndi chilungamo zimafunikira kwambiri. Mwana kapena wina aliyense amene ali pafupi kumwalira amadziwa kuti amwalira chifukwa cha mmene iye akumvera m'thupi mwake, mantha, komanso kudandaula kwa abale ake. Aliyense, wamkulu kapena mwana, amene ali pafupi kumwalira, ngati akufuna kuti amve zowona zenezeni zokhudza moyo wake muwuzeni, koma mumuuze mwachifatse ndi mwachiyembekezera. Mulire pokhapokha ngati simungathe kudziletsa, koma muwonetseni chifukwa choti mumamukonda, ndi kuvomereza kuti akapume. Izi zimamuthandiza kulimba mtima komanso kuvomera kusiyana nanu. Kutu adziwe izi simuyenera kuziyankhula koma kuzichita ndi kuziwonetsa.

Tonse tidzafa. Ntchito ya ochiza ndi kuthandiza anthu kuvomereza kufa pamene nthawi yakwana ndikuthandiza kuchepetsa chisoni chawotsala.

