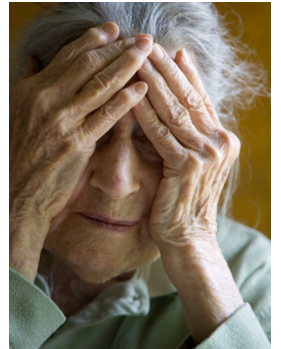


Yintoni isifo sengqondo esixhalabisayo?

Ukuba wena, okanye umhlobo wakho okanye isizalwane sakho niye nafunyaniswa ukuba ninesifo sengqondo esixhalabisayo ninokuba nenkxalabo okanye nokubhideka. Nisenokungazi ukuba yintoni isifo sengqondo esixhalabisayo. Eli phepha lolwazi liza kuninceda ekuphenduleni eminye yemibuzo yenu.

Igama elithi 'dementia' (isifo sengqondo esixhalabisayo) lisetyenziswa ekuchazeni iimpawu ezenzekayo xa ingqondo yosulelwe zizifo neemeko ezithile. Ezi ziquka isifo sedumbe kunye nokushwabana kwe/kwamalungu omzimba. Isifo sengqondo esixhalabisayo siyaqhubeka – okuthetha ukuba iimpawu ziza kuye zisiba ngaphezulu.

Indlela esikhawuleza ngayo isifo sengqondo esixhalabisayo ixhomekeke kumntu ngamnye. Ingulowo umntu ufana yedwa kwaye uza kusiva isifo sengqondo esixhalabisayo ngendlela yakhe.



Iimpawu zesifo sengqondo esixhalabisayo ziquka ezi zilandelayo:

- Ukulahlekelwa yinkumbulo – umzekelo, ukulibala indlela egodukayo esuka ezivenkileni, okanye ukungakwazi ukukhumbula amagama neendawo.
- Ukutshintsha-tshintsha kobume bengqondo – ingakumbi kuba amalungu engqondo alawula imvakalelo ayachatshazelwa sesi sifo. Abantu abanesifo sengqondo esixhalabisayo banokuziva belusizi, besoyika okanye benomsindo malunga nento eyenzeka kubo.
- Iingxaki zonzibelelwano – ukwehla kwezinga lokuthetha, lokufunda nelokubhala.

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Kumanqanaba okugqibela esifo sengqondo esixhalabisayo, umntu ochaphazelekayo uza kuba neengxaki zokwenza imisebenzi yemihla ngemihla, kwaye uza kuxhomekeka kakhulu kwabanye abantu.

Yintoni ebangela isifo sengqondo esixhalabisayo?



Kukho izifo neemeko eziliqela ezibangela isifo sengqondo esixhalabisayo. Ezi ziquka oku kulandelayo:

Isifo sedumbe

Ref. families.health.ufl.edu

Esi ngoyena nobangela wesifo sengqondo esixhalabisayo. Ngexesha lesi sifo ukutsaleka (**chemistry**) nolwakhiwo lwengqondo luyathsintsha, oko kukhokelele ekufeni kweeseli zengqondo.

Isifo semithambo

Ingqondo ixhomekeke kunxibelelwano lwemithambo ukuze izise igazi elinomongo-moya. Ukuba unikezelo lomongo-moya oluya egazini aluphumeleli, iiseli zengqondo kulula ukuba zife. Iimpawu zesifo sengqondo esixhalabisayo semithambo sinokubakho ngoko nangoko, okanye emva kokushwabana kwe/kwamalungu omzimba, okanye ekuhambeni kwexesha ngenxa yokuba nokushwabana kwe/kwamalungu omzimba okuncinane.

Isifo sengqondo esixhalabisayo esine- Lewy Bodies

Olu hlobo lwesifo sengqondo esixhalabisayo silifumene eli gama kwizakhiwo ezingqukuva ezincinane ezikhula ngaphakathi kweeseli zemithambo-luvo. Ukubakho kwazo engqondweni kukhokelela ekuweni kwezihlunu zengqondo. Inkumbulo, ukuqwalasela kunye nezakhono zolwimi ziyachaphazeleka.

Isifo sengqondo esixhalabisayo sexesha eliphambili) kuqukwa isifo iPick) Fronto-temporal dementia (including Pick's disease)

Kwisifo sengqondo esixhalabisayo esimalunga nokukhawuleza kweentlafuno umonakalo usoloko ugqalisele kumphambili wengqondo. Kuqala, kuchaphazeleka kakhulu ukuba nguwe kunye nendlela yokuziphatha kunenkumbulo.

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Izizathu ezizezona zinqabileyo sesifo sengqondo esixhalabisayo

Kukho ezinye izizathu ezizezona zinqabileyo zesifo sengqondo esixhalabisayo, kuqukwa ulosulelo oluqhubekayo lwemithambo-luvo ephezulu, imeko ye-*Korsakoff*, isifo i-*Binswanger*, intsholongwane kagawulayo nesifo i-*Creutzfeldt-Jakob (i-CDJ)*. Abantu abanesifo sokuqina kwamathambo, esentshukumo yezihlunu zeeseli zemithambo-luvo. Isifo i-*Parkinsons* kunye ne-*Huntington* nazo zinkwenza isifo sengqondo esixhalabisayo.

Ngubani ofumana isifo sengqondo esixhalabisayo?

- Isifo sengqondo esixhalabisayo sichaphazela kakhulu abantu abadala. Nangona kunjalo, sinako ukuchaphazela abantu abasebatsha.
- Abasebuhlanti kunye nabasetyhini bayasifumana isifo sengqondo esixhalabisayo.
- Oosonzululwazi benza uphando ngemvelaphi enxulumene nendalo / nofuzo yokuba nesifo sengqondo esixhalabisayo.
- Kuyabonakala ukuba kwiimeko ezinqabe kakhulu ezimbalwa iintsholongwane ezibangela isifo sengqondo esixhalabisayo zinokwenzeka ngenxa yofuzo.

Ingaba isifo sengqondo esixhalabisayo singanyangwa?

Iimeko ezininzi zesifo sengqondo esixhalabisayo azinakunyangwa, nangona kuqhubeka uphando lokuvelisa amachiza, utofo kunye nonyango lwesi sifo.

Kwiminyaka ekhoyo kuye kwaveliswa amachiza amatsha aphelisa ezinye zeempawu zesifo i-*Alzheimer* kumanqanaba asekuqaleni nakwaphakathi. La machiza asebenza engqondweni ukuze agcine unikezelo lwekhemikhali ebalulekileyo i-*acetylcholine*.

La machiza ngala alandelayo:

- *I-Aricept (donepezil hydrochloride)*
- *I-Exelon (rivastigmine)*
- *I-Reminyl (galantamine)*

La machiza awaz'ukusinyanga isifo i-*Alzheimer*, kodwa anokuzinzisa ezinye iimpawu okwexesha elithile.

Iimpembelelo ezinokubakho zinokuquka urhudo, ukuba ngathi uza kugabha, ukulala, ukudinwa

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kunye nokungacaceli ukutya.

Ndingatsho njani ukuba ndinesifo sengqondo esixhalabisayo?

Abantu abaninzi bayoyika kube benesifo sengqondo esixhalabisayo, ingakumbi xa becinga ukuba inkumbulo yabo iye isehla ngokwehla. Ukulibala akuthethi ukuba unesifo sengqondo esixhalabisayo. Ukulahlekelwa yinkumbulo isenokuba kwenziwa kukuguga. Kusenokuba luphawu loxinzelelo okanye lokudakumba. Kwiimeko ezinqabe kakhulu, iimpawu zesifo sengqondo esixhalabisayo singenziwa kukunqongophala kweevithamini okanye kunye nedlala eliba sengqondweni.

Ukuba uxhalabile ngawe, okanye ngomntu osondeleyo kuwe, kubalulekile ukuba uchazele ugqirha wakho ngenkxalabo yakho.

Uhlalutyo lwesifo sengqondo esixhalabisayo

Kubaluleke kakhulu ukufumana uhlalutyo olululo.

Uhlalutyo luza kunceda ugqirha ukuba akhuphe engqondweni izifo ezinokuba neempawu ezifana nezesifo sengqondo esixhalabisayo, kuqkwa ukudakumba.

Ukuba nohlalutyo kunokuthetha ukuba kunokwenzeka ukumiselwa kwamachiza amanqanaba asekuqaleni naphakathi esifo i-Alzheimer.

Nokuba ungumntu onesifo sengqondo esixhalabisayo okanye ungumkhathaleli waloo mntu, uhlalutyo lunokukunceda ekulungiseleleni nasekucwangciseni ixesha elizayo.

Isifo sengqondo esixhalabisayo sibonwa ngugqirha, ugqirha ekuthiwa yi-GP okanye yincutshe. Incutshe leyo isenokuba yincutshe yokonga abantu abadala (ugqirha oyincutshe

ekunyangeni abantu abadala), inzululwazi ngezifo zemithambo-luvo (umntu oqwalasela iintsholongwane ezikwimithambo-luvo), okanye ugqirha wezifo zengqondo (incutshe ekunyangeni impilo yengqondo).

Ugqirha usenokwenza iqela lovavanyo. Olu vavanyo lwenzelwe ukuvavanya inkumbulo kunye nokukwazi ukwenza imisebenzi yemihla ngemihla.

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Ingaba isifo sengqondo esixhalabisayo singathintelwa?

Okwangoku asiqinisekanga ukuba yintonina yintoni na ebangela ukuba iintsholongwane ezininzi zikhokelele kwisifo sengqondo esixhalabisayo. Oku kuthetha ukuba kunzima ukuqiniseka ukuba singenza ntoni na ukuthintela isifo sengqondo esixhalabisayo.

Nangona kunjalo, ubungqina ingathi bubonisa ukuba ukutya okunezakha-mzimba kunye nesimbo sokuhlala esisempilweni kunokukhusela ukuba nesifo sengqondo esixhalabisayo. Ingakumbi, ukungatshayi, ukuzilolonga rhoqo, ukuphepha ukutya okunamafutsha kunye nokuhlala usebenzisa ingqondo kwixesha lokuguga, oko kunokusikhusela ekubeni sibe nesifo sengqondo esixhalabisayo semithambo kunye nesifo i-*Alzheimer*.

Ulwazi oluthe vetshe

Kukho amaphepha amabini olwazi amalunga noku kulandelayo:

Isifo i-Alzheimer, isifo sengqondo esixhalabisayo semithambo, Isifo sengqondo esixhalabisayo semithambo esine-Lewy bodies, Isifo sengqondo esixhalabisayo esimalunga nokukhawuleza kweentlafuno (kuqukwa isifo i-Pick), i-CJD kunye noonobangela abanqabe kakhulu besifo sengqondo esixhalabisayo.

I-Aricept, I-Exelon ne -Reminyl – amachiza amatsha esifo i-Alzheimer

Uhlaziyo novavanyo

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