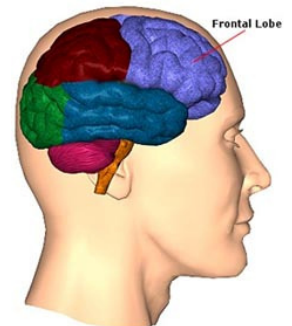


Yintoni isifo sengqondo esiyingozi esimalunga neentlafuno ezikumphambili wentloko (kuqukwa isifo iPick)?

Eli phepha linika ulwazi ngokubanzi olumalunga nenye yeentlobo ezakhe zangaba zesifo sengqondo esiyingozi, isifo sengqondo esiyingozi esimalunga neentlafuno ezikumphambili wentloko. Licacisa ukuba ngubani na okukuchaphazeleka, kwanokuba zeziphi na iimpawu abanokuba nazo.

Yintoni isifo sengqondo esimalunga nesahlulo seentlafuno ezikumphambili wentloko?

Igama elithi 'isifo sengqondo esiyingozi esimalunga neentlafuno ezikumphambili wentloko' liquka iimeko ezahlukeneyo, kuqukwa isifo iPick, ukuwa kwesahlulo sengqondo esiphambili kunye nesifo sengqondo esinxulunyaniswa nesifo somthambo-luvo omayelana neentshukumo zezihlunu. Zonke zibangelwa ngumonakalo kwisahlulo sengqondo esingaphambili kunye/okanye kwiindawo zeentlafuno zengqondo/zentloko. Ezi ndawo zizo ezilawula ukuziphatha kwethu, ukuphendula kwetho ngokweemvakalelo nezakhono zethu zolwimi.



Ngubani ochaphazelekayo?

- Isifo sengqondo esiyingozi esimalunga neentlafuno zentloko luhlobo lwe-sifo sengqondo esiyingozi nesinqabe kakhulu, esenzeka nganeno kakhulu kunesifo i-Azheimer.
- Abantu abangekho badala kakhulu, ingakumbi abo bangaphantsi kweminyanga engama-65 ngabo abasenokuchaphazeleka.
- Abasebuhlanti kunye nabasetyhini ngokulinganayo banokuba naso esi sifo.

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Zeziphi iimpawu zaso?

Umonakalo kwiindawo zesahlulo sengqondo eziphambili nezisezintlafunweni ezikumphambili wentloko uza kubangela iimpawu ezahlukeneyo. Umntu ngamnye uza kuyiva le meko ngendlela yakhe yedwa.

Utshintsho lwesimo nokuziphatha

Okona kona kukuba kumanqanaba okuqala esifo sengqondo esiyingozi nesimalunga neentlafuno ezikumphambili wentloko, inkumbulo izezakuba yeyiyo, kodwa isimo nokuziphatha komntu kuza kutshintsha. Abantu abanesifo sengqondo esiyingozi nesimalunga neentlafuno ezikumphambili wentloko basenokuba nje ngoku kulandelayo:

Basenokungabi nangqiqo baze bangabi nalo uvelwano kwabanye abantu – basenokukhangeleka bezicingela bodwa kwaye bengenalokuba uvakalelo lomnye umntu.

Baba ngabantu abanomdla ngakumbi kwizinto ezingaphandle ekubeni kuqala bebengabantu abathuleyo, okanye baba ngabantu abasoloko bebodwa ekubeni ngaphambili bebengabantu abanomdla kwizinto ezingaphandle.

Baziphatha ngendlela engeyiyo, umzekelo, benza iintetho ezingabonisi ngqiqo, bahlekise ngamaxha 'angengawo' okanye babe krwada.

Babonisa ukuziphatha kakubo esidlangalaleni.

Baba neenkani

Baphazamiseka lula

Badala imisebenzi yesiqhelo, umzekelo, inkqubo eqhutywa rhoqo.

Kubalulekile ukuqaphela ukuba ezi mpawu zibangelwa ngumzimba, kwaye aziyonto enokusuka ilawulwe okanye ibanjwe ngulo mntu.

lingxaki zolwimi

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Umntu onesifo sengqondo esiyingozi nesichaphazela iintlafuno ezikumphambili wentloko nabo banako ukuba neengxaki zolwimi, kuqukwa ezi zilandelayo:

Ubunzima bokufumana amagama angawo

Ukungakwazi ukuncokola nje kakuhle

Ukuthetha umlembelele, okanye ukusebenzisa amagama amaninzi anesiqulatho esincinane

Ukuncipha okanye ukungabikho kwentetho

Utshintsho kwisiqhelo sokutya

Abo bachaphazelekayo basenokutya kakhulu kunye / okanye bavele bathande ukutya okuswiti.

Amanqanaba okugqibela

Izinga lokuqhubeka lesifo sengqondo esiyingozi nesichaphazela iintlafuno ezikumphambili wentloko lahluke kakhulu,

ukusuka kwixesha elingaphantsi kweminyaka emibini ukuya kwixesha elingaphezu kweminyaka elishumi.

Kumanqanaba okugqibela, umonakalo osengqondweni kulula ukuwubona, kwaye iimpawu ziyakusoloko zikhangeleka zifana nezo zesifo i-Alzheimer. Abantu abachaphazelekayo basenokungabaqapheli abahlobo namalungu eentsapho zabo, kwaye banokufuna ukukhathalelwa ngumongikazi.

Ingaba luhlolwa njani olu hlobo lwesifo sengqondo esiyingozi?

Isifo sengqondo esiyingozi nesichaphazela iintlafuno ezikumphambili wentloko siqhele ukuhlolwa ngendlela engeyiyo ngokungathi sisifo i-Alzheimer. Incutshe yiyo enokwenza uhlolo lwesifo sengqondo esiyingozi nesichaphazela iintlafuno ezikumphambili wentloko ngokubuza lowo uchaphazelekayo, kwanokuthatha imbali ecacileyo yeempawu zabo. Zisenokubuza ulwazi kwiintsapho, kubahlobo nakubantu ababakhathalelayo, ukuze zifumane umfanekiso obanzi wokuziphatha kwalo mntu.

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Kusenokusetyenziswa uxilongo lomzimba ngemitha yombane lwetomografi efaka ulwazi kumatshini womgca ocingelwayo ojikeleza umziba (CT scan) kunye noxilongo lomzimba ngemitha yombane olwenza umfanekiso ngentloko enomtsalane (MRI scan), ukujonga ubungakanani bomonakalo oya engqondweni. Uhlobo olubambekayo lunokwenzeka kuphela emva kokubhubha, ngexesha utshintsho kwisakhiwo sengqondo lunokuqwalaselwa ngokuthe ngqo kuhlobo lwasemva kokubhubha. emva kokubhubha.

Ingaba sisifo esilufuzo?

Kukho imbali yosapho kwisiqingatha sazo zonke iimeko zesifo sengqondo esiyingozi nesichaphazela iintlafuno ezikumphambili wentloko. Kwezi ntsapho, indlela yesi sifo isoloko isiba nesikhokelo esithile kwizizukulwana zonke. Ezinye zezi ndlela zofuzo zidityaniswa notenxo oluthile kwiikhromozom 3 neze-17. Unobangela wesifo sengqondo esiyingozi esingelofuzo akakaziwa okwangoku.

Ingaba lungakho unyango?

Okwangoku alukho unyango lwesifo sengqondo esiyingozi nesichaphazela iintlafuno ezikumphambili wentloko, kwaye nokuqhubeka kwale meko akunakucothiswa. Amachiza enzelwe ukunyanga isifo i-Azheimer, anje nge-*Aricept* ne-*Exelon* anokwenza ukuba iimpawu zixhalabise kakhulu, zize zandise neenkani. Kodwa kuninzi okunokwenziwa ukuthomalalisa iimpawu. Ukwazi ngakumbi ngesi sifo, kwanokuba kutheni umntu eziphatha ngaloo ndlela, oko kusenokuba yindlela elungileyo yokunceda aba bantu ekubeni bamelane nesi sifo.

Abakhathaleli basenokukwazi ukwenza amaqhinga, anje ngokuphepha ungquzulwano nokusebenza ngengqiqo, kunokuba bazame ukutshintsha indlela yokuziphatha kwabo bachaphazelekayo. Iingcali zokunyanga ukuthetha zinokuba luncedo kwiingxaki zolwimi.

Ulwazi oluthe vetshe

Iincwadi namanqaku eejenali:

Kertesz, Andrew and Munoz, David G (eds). *Pick's disease and Pick complex*, Chichester: Wiley-Liss, 1998

Bayer, Tony. Rarer cause of dementia, in *Signpost* 4 (4), April 2000

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