

## Yintoni isifo sengqondo semithambo?

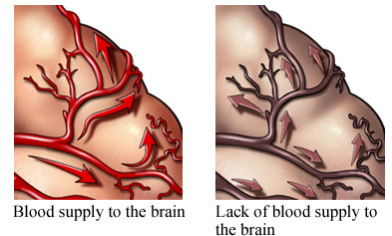
*Eli phepha lolwazi licacisa ezinye zezizathu kunye neempawu zesifo sengqondo esixhalabisayo semithambo, kwaye linika iingcebiso zendlela yokunciphisa umngcipheko wokuba nesi sifo.*

Yintoni eyenza isifo sengqondo esixhalabisayo semithambo?

Isifo sengqondo esixhalabisayo semithambo senzeka xa iiseli ezisengqondweni zingafumani umongo-moya / i-oksijini. Inggqondo ifumana umongo-moya ngonxibelelwano lwemithambo yegazi ekuthiwa yinkqubo yemithambo. Xa kukho ukubhloka kwinkqubo yemithambo okanye ukuba ineentsholongwane, igazi liyanqandwa lingafikelelo engqondweni. Ngenxa yoko iiseli ezisengqondweni ziyafa, kuze oko kukhokelele kwiimpawu zesifo sengqondo esixhalabisayo.

### **Zeziphi izizathu ezenza izifo zemithambo?**

Izifo zemithambo zenziwa yimiba emininzi. Indlela esiphila ngayo, ukutya esikutyayo, ukuba sisela kangakanani nai kunye necuba, konke oku kuchaphazela ukuba ingaba sinako na ukuba nezifo zemithambo. Ezinye iintlobo zezifo zemithambo ziyafuzwa. Abantu abanoxinzelelo oluphezulu lwegazi, inqanaba eliphezulu lamafutha egazini kunye nesifo seswekile basemngciphekweni wokuba nesifo semithambo.



Blood supply to the brain

Lack of blood supply to the brain

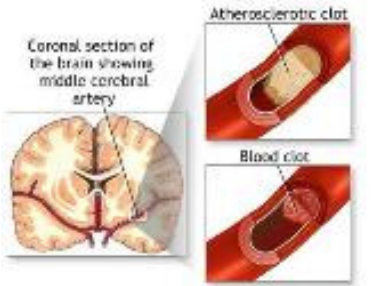
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## Istrowukhi kunye nesifo sengqondo esixhalabisayo?

Istrowukhi sesona sizathu sixhaphakileyo sesifo sengqondo esixhalabisayo semithambo. Istrowukhi senzeka xa ukuhamba kwegazi engqondweni kubhlokwa lihlwili legazi kunothumela wegazi okanye xa unothumela wegazi egqabhuka.



Ref. z.about.com/d/alzheimers/1/0/U/-/-/-/ Stroke.jpg

Xa oku kusenzeka iiseli zengqondo eziziswa nguloo nothumela aziwufumani umongo-moya zize ke ngoko zife. Lo monakalo awuphinde ubuyiselwe ngemva.

Abantu abanestrowukhi esinye nesikhulu baza kufumana ubunzima obunje ngokushwabana okanye ukoma kwicala elinye lomzimba, iingxaki zokuthetha nezolwimi, okanye ubunzima kulungelelaniso nakwintshukumo. Isifo sengqondo esixhalabisayo naso singavela.

## Isifo sengqondo esixhalabisayo esenziwa luthotho lwestrowukhi esincinane?

Ngamanye amaxesha abantu banokufumana uthotho kwestrowukhi esincinane. Xa 'ezi strowukhi zincinane' zisenzeka, zinokwenza ukuba neentloko ezibuhlungwana, ukungaboni kwexeshana kunye nobuthathaka obuphakathi ezingalweni nasemilenzeni. Kumaxesha amaninzi ezi mpawu ziyakhawuleza ukuphela, zize zingaphinde zibuyezenze iingxaki zexesha elide.

Nangona kunjalo, olu thotho lwestrowukhi esincinane lunokubangela ukukhula komonakalo engqondweni, okunokubangela isifo sengqondo esixhalabisayo. Olu hlobo lwesifo esixhalabisayo sengqondo kuthiwa sisifo sengqondo esixhalabisayo esibangelwa luthotho lwestrowukhi esincinane (i-multi-infarct dementia ngesiNgesi)

## Isifo i-Binswanger

Isifo i-Binswanger luhlobo olunqabe kakhulu lwesifo sengqondo esixhalabisayo semithambo esenziwe ngumonakalo koonothumela begazi abasenzulwini 'yenkqu-nto emhlophe yengqondo'. Esi sifo sikwayiyo nenxalenye yoxinzelelo oluphezulu lwegazi.

## Iimpawu zesifo sengqondo esixhalabisayo semithambo

Njengezinye iintlobo zesifo sengqondo esixhalabisayo, abantu abanesifo sengqondo esixhalabisayo semithambo baza kuba nokulahlekelwa yinkumbulo, ubunzima bonxibelelwano, kunye nokulahlekelwa bubuchule bomzimba njengokuba esi sifo siqhubeka. Nangona kunjalo, kukho ezinye iimpawu ezizodwa zesifo sengqondo esixhalabisayo semithambo.

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Ngenxa yokuba isifo sengqondo esixhalabisayo sinokuchaphazela amalungu awohlukeneyo engqondo, obunye ubuchule bunokungachaphazeleki. Oku akufani nesifo i-Alzheimer, umzekelo, apho isifo sichaphazela ingqondo yonke.

Abanye abantu banesifo sengqondo esixhalabisayo semithambo banokuqaphela ukuba iimpawu zabo ziyacotha ixeshana, zize zehle ngokukhawuleza. Kubantu abanesifo i-Alzheimer ukwehla kucotha kakhulu.

Abantu abanesifo sengqondo esixhalabisayo basenokuqonda ukuba kwenzeka ntoni kubo.

Oku kwenza ukuba kube lula ukuba babe nokudakumba/nenkxalabo.

## Uhlalutyo

Kunokuba nzima ukuhlalutya ukuba umntu unesifo i-Alzheimer okanye isifo sengqondo esixhalabisayo. Kusenokwenzeka ukuba umntu abe nazo zombini ezi ntlobo zesifo sengqondo esixhalabisayo.

Ubugcisa obutsha benza kube lula oku kuhlalutya. Iindlela zokubonisa ubuchopho zingabonisa iindawo zengqondo ezonakeleyo ngenxa yestrowukhi, ezibonisa isifo sengqondo esixhalabisayo semithambo. Kodwa ke apho kungekho bungqina bestrowukhi, kuqhelekile ukuba kwenziwe uhlalutyo lwesifo i-Alzheimer. Kubalulekile ukuqaphela ukuba ezinye izifo zemithambo zinokwenza isifo sengqondo esixhalabisayo.

Kubaluleke kakhulu ukuba kuchongwe uhlobo lwesifo sengqondo esixhalabisayo kuba unyango lwesifo i-Alzheimer nolwesifo sengqondo esixhalabisayo semithambo lohluke kakhulu.

## Unyango nokuthintelwa kwesifo sengqondo esixhalabisayo semithambo

Ngelishwa akukho ndlela yokubuyisela umva umonakalo oya engqondweni xa uye wenzeka. Kodwa, kuxhomekeka kubungakanani bomonakalo, ngonyango olululo, kunokuba nakho ukunciphisa okanye ukucothisa ubungakanani bokwehla. Into ebalulekileyo kukuthintela ukuba kwenzeke omnye umonakalo.

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Abantu abaye bafunyanwa benesifo sengqondo esixhalabisayo semithambo baza kunyangelwa isifo esiye sakhokelela koku kuphazamiseka.

Umzekelo, uxinzelelo lwegazi oluphezulu lungalawulwa ngokutya okunezakha-mzimba nangendlela yokuphila, kwakunye nangamachiza. Abantu abakumngcipheko westrowukhi banokunikwa amachiza enza igazi libe ngumxambuluza ukuze kuthintelwe okunye ukwenzeka kwamahlwili egazi.

Okona kubalulekileyo, siyazi ukuba kuyakwazi ukuncitshiswa komngcipheko wokwenzeka kwesifo sengqondo esixhalabisayo.

Abantu abatya ukutya okuneqondo eliphezulu lamafutha, abatshayayo okanye abangawulolongi umzimba bakowona mngcipheko mkhulu westrowukhi. .

Abantu abanoxinzelelo lwegazi oluphezulu kufuneka ukuba bajonge ukuba oogqirha babo balu-lawula ngononelelo.

Ungalinciphisa izinga loxinzelelo lwegazi oluphezulu, istrowukhi kunye nesifo sengqondo esixhalabisayo semithambo ngokwenza oku kulandelayo:

- Ngokungatshayi
- Ngokusela izixa ezizizo zotywala
- Ngokunciphisa ityuwa namafutha ekutyeni kwakho
- Ngokulolonga umzimba rhoqo
- Ngokuba ugqirha wakho atshekiske uxinzelelo lwakho lwegazi kanye ngonyaka ubuncinane
- Ngokuba ugqirha wakho athathe umlinganiselo wamazinga amafutha asegazini lakho.

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## Amanqaku:

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### Contact us:

3rd Floor,  
State House,  
3 Rose Street,  
Cape Town

P.O. Box 16421  
Vlaeberg  
8018

Tel: (021) 421 0077/78  
Email: [info@dementiasa.org](mailto:info@dementiasa.org)  
Or [support@dementiasa.org](mailto:support@dementiasa.org)



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