PBO 930022142 NPO 049-191

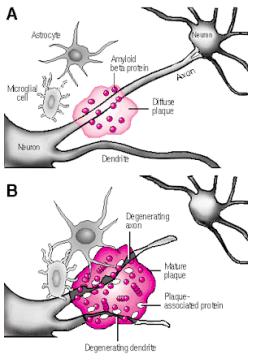
Siyini Isifo I-Alzheimer's?

Isifo i-Alzheimer's sivame kakhulu kwabanokuwohloka komqondo. Leli phepha elinikeza imfomesheni lichaza izimpawu nezimbangela zesifo i-Alzheimer's, lichaze nezindlela zokwelapha ezitholakalayo okwamanje.

Isifo i-Alzheimer's saqale sachazwa isazi sezinzwa esingumJalimane, u-Alois Alzheimer, njengesifo esithinta ubuchopho. Njngoba lesi sifo siqhubeka, kwakheka 'izingqimba' 'nokusontana' ezinhlakeni zamangqamuzana obuchopho, okuholela ekufeni kwawo.

Siyazi nokuthi abantu abanesifo i-Alzheimer's bantula amakhemikhali athile abalulekile ebuchosheni babo. La makhemikhali ayabandakanyeka ekudluliselweni kwemiyalezo ngaphakathi ebuchosheni.

Isifo i-Alzheimer's siyisifo esiqhubeka kancane kancane, okusho ukuthi njengoba isikhathi siqhubeka kulimala izingxenye ezengeziwe zobuchopho. Njengoba lokhu kwenzeka, izimpawu zalesi sifo ziba zimbi ngokwengeziwe.



Izimpawu

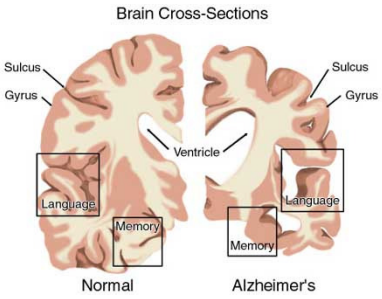
Abantu abasesigabeni sokuqala sesifo i-Alzheimer's bangase babe nenkinga yokulahlekelwa inkumbulo ngezikhathi ezithile futhi bakuthole kunzima ukuthola amagama afanele. Njengoba isifo siqhubeka bangase:

- Badideke futhi bakhohlwe njalo amagama abantu, ezindawo, amaphoyimente okumelwe baye kuwo nezenzakalo zamuva.

- Imizwelo yabo iyaguquguquka. Bangase bazizwe bedabukile noma bethukuthele. Inkinga yabo yokulahlekelwa inkumbulo ingabethusa noma ibakhungathekise.

Bangase bathambekele ekufuneni ukuba bodwa ngoba bephelelwa ukuzethemba noma beba nenkinga yokukhulumisana nabanye.

Njengoba lesi sifo siqhubeka, abantu abanesifo i-Alzheimer's bathola ukuthi badinga ukusekelwa ngokwengeziwe yilabo ababanakekelayo. Ekugcineni, bayodinga usizo kuyo yonke imisebenzi yabo yansuku zonke.



Ref. .topnews.in/health/files/alzheimers-brain

Nakuba kunezimpawu zesifo i-Alzheimer's ezivame kubo bonke, kubalulekile ukukhumbula ukuthi umuntu ngamunye uhlukile. Abekho abantu ababili abanesifo i-Alzheimer's abanezimpawu ezifanayo. Yilowo nalowo muntu uyogula ngendlela yakhe ngaso sonke isikhathi.

Yini ebangela i-Alzheimer's?

Kuze kube manje asikho isizathu esisodwa esiye sahlonzwa njengesiyiyona mbangela yesifo i-Alzheimer's. Kungenzeka kakhulu ukuthi kuba yinhlanganisela yezizathu ezihlukahlukene, ezihlanganisa ukuguga, ufuzo, indawo ezungezile, ukudla nempilo evamile yomuntu.

Ukuguga

Ukuguga kuyaqhubeka kuyisizathu esikhulu esibeka umuntu engozini yokuba nokuwohloka komqondo.

Ukuwohloka komqondo kuthinta umuntu oyedwa kwabangu-20 asebevile eminyakeni engu-65 ubudala, noyedwa kwabahlanu kwasebeve eminyakeni engu-80, kodwa isifo i-Alzheimer's asiphathi abantu asebekhulile

kuphela. (E-UK kunabantu abangu-17000 abangaphansi kweminyaka engu-65 abanokuwohloka komqondo).

Ufuzo

Abantu abaningi besaba ukuthi bangase bathole isifo i-Alzheimer's ngofuzo. Ososayensi manje bazama ukuhlola iqhaza isizinda sofuzo lomuntu esinalo esifweni i-Alzheimer's.

Siyazi ukuthi kunemikhaya embalwa lapho kucaca khona kakhulu ukuthi lesi sifo siye sadluliselwa ngofuzo ukusuka kwesinye isizukulwane ukuya kwesilandelayo. Lokhu kuvame ukuba semikhayeni lapho isifo sisheshe sibonakale khona besebancane.

Nokho, kwabaningi umphumela wofuzo ubonakala umncane, kangangokuthi uma umzali noma esinye isihlobo sinesifo i-Alzheimer's, amathuba okuba sikuphathe nawe awadlula kancane

awomuntu ozalelwe emkhayeni ongenaso isifo i-Alzheimer's.

Indawo Ezungezile

Azikho izizathu zendawo ezungezile ezingase zibe nomthelela ekuqaleni kwesifo esezihlonziwe. Eminyakeni embalwa edlule kwakhe kwaba nokukhathazeka kokuthi ukuchayeka kuyi-aluminiyamu kungase kubangele isifo i-Alzheimer's. Nokho, lezi zizathu ziye zachithwa abaningi.

Ezinye izizathu

Ngenxa yomehluko okhona ekwakhekeni kwamangqamuzana ezakhi zofuzo, phecelezi, ama-*chromosome,* abantu abanesifo se-Down's abaphila baze bafike eminyakeni engu-50 nengu-60 bangase babe nesifo i-Alzheimer's.

Abantu abaye balimala kakhulu ekhanda noma bashaywa ngemvubu babonakala besengozini enkulu yokuba nokuwohloka komqondo. Abashayi-sibhakela abashaywa njalo ekhanda nabo basengozini.

Ucwaningo luye lwabonisa nokuthi abantu ababhemayo nalabo abanomfutho ophakeme wegazi noma amazinga aphakeme amafutha ayingozi emithanjeni (*cholesterol*) bandisa ingozi yokuphathwa isifo i-Alzheimer's.

Ukuhlonza isifo

Uma ukhathazekile ngempilo yakho, noma yomunye umuntu osondelene naye, kubalulekile ukufuna usizo lukadokotela.

Ukusheshe sihlonzwe:

Kuyokusiza ekuhleleleni ikusasa.

Kuyosho ukuthi umuntu onokuwohloka komqondo angase azuze ekwelapheni okutholakalayo okwamanje.

Kuyokusiza ukuba uthole imithombo engakunikeza izeluleko nokusekela.

Ayikho indlela eqondile yokuhlola ukuwohloka komqondo. Ngokuvamile sihlonzwa ngokubekela

eceleni ezinye izimbangela (zezimpawu).

Udokotela noma uchwepheshe walesi sifo uyofuna ukuhlola ukuthi akunakwenzeka yini ukuthi le nkinga ibangelwa izifo ezibangelwa amagciwane, ukuntuleka kwamavithamini, izinkinga zendlala ye-thyroid, izimila ezisebuchosheni, imiphumela engathandeki yemithi kanye nokucindezeleka ngokomzwelo.

Ochwepheshe balesi sfo

Udokotela wakho angase acele uchwepheshe kulesi sifo ukuba asize ekuhlonzeni lesi sifo. Uchwepheshe angase abe isazi sezifo zengqondo, isazi sezinzwa, noma udokotela wezifo eziphathelene nokuguga. Ukuthi wubani ozoya kuye kuxhomeke eminyakeni yobudala yomuntu ohlolwayo, ekutheni usakwazi kangakanani ukuzenzela izinto ezithile nokuthi izinsiza zithuthuke kangakananani endaweni yakini.

Ukuhlolwa

Ngokuvamile kuyothathwa igazi lomuntu ohlolwayo liyohlolwa futhi naye ahlolwe ngokugcwele. Kuyohlolwa nenkumbulo yomuntu, ekuqaleni ngokumbuza imibuzo ngezenzakalo zamuva nezindala. Isazi sokusebenza kwengqondo singase sihlole ngokuningiliziwe inkumbulo yakhe namandla akhe okucabanga.

Angase afakwe nasemshinini othatha izithombe zobuchopho ukuze kubhekwe izinkomba ezithile zoshintsho olwenzekayo ebuchosheni. Kunemishini emiringana yokuthatha izithombe zobuchopho, ehlanganisa i-CT (*computerized tomography*) ne-MRI (*magnetic resonance imaging*).

Ukwelashwa

Okwamanje alikho ikhambi lokwelapha isifo i-Alzheimer's. Nokho, kunemithi emiringana etholakalayo engase ibambezele ukuqala kwezimpawu kwabanye abantu abasesigabeni esiphakathi salesi sifo. Abantu abanesifo i-Alzheimer's baye babonakala bentula ikhemikhali okuthiwa i-*acetylcholine* ebuchosheni babo. Imithi emisha – i-Aricept, i-Exelon ne-Reminyl – isebenza ngokulondoloza ikhemikhali i-*acetylcholine* esekhona ebuchosheni.

Le mithi ayilona ikhambi, kodwa ingase inciphise amandla ezinye zezimpawu zesifo i-Alzheimer's isikhathi esithile. Imiphumela engathandeki ingase ihlanganise ukuhanjiswa isisu, isicanucanu, ukuqwasha, ukukhathala okungapheli nokuba nenhliziyo emnyama.

Ukunakekela umuntu onokuwohloka komqondo

Kuningi okungenziwa ngokoqobo ekuqinisekiseni ukuthi abantu abanesifo i-Alzheimer's baphila bezimele isikhathi eside ngangokunokwenzeka.

Silungiselele amakhasi amaningana anikeza ulwazi neziqondiso kubantu abanokuwohloka komqondo nakubanakekeli babo. Sibuye futhi sisekele abantu abanakekela labo abanokuwohloka komqondo.

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