

## Kuyini ukuwohloka komqondo

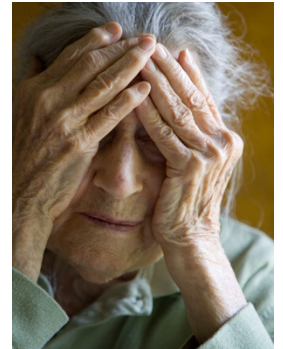
Uma wena, noma umngane noma isihlobo niye nahlonzwa ngokuthi ninokuwohloka komqondo, kungenzeka ukuthi nikhathazekile noma nididekile. Kungenzeka awazi ukuthi kuyini loku kuwohloka komqondo. Leli phepha elinikeza imfomesheni kufanele likusize ekuphenduleni eminye yemibuzo yakho.

Igama lesiNgesi elithi, 'dementia' elisho ukuwohloka komqondo lisetshenziselwa ukuchaza izimpawu eziba khona lapho ubuchopho bunezifo ezithile. Lezi zihlanganisa isifo se-Alzheimer's nokushaywa unhlangothi.

Ukuwohloka komqondo kwenzeka kancane kancane – okusho ukuthi ngokuhamba kwesikhathi izimpawu ziyolokhu ziba zimbi. Ukuthi le nkinga iyoqhubeka ngokushesha kangakanani kuxhomeke kumuntu onale nkinga. Umuntu ngamunye uhlukile futhi uyoba nokuwohloka komqondo ngendlela ehluke kweyabanye.

Izimpawu zokuwohloka komqondo zihlanganisa:

- Ukulahlekelwa yinkumbulo – ngokwesibonelo, ukukhohlwa indlela eya ekhaya uma usuka ezitolo, noma ukungakhumbuli amagama abantu nezindawo.
- Ukuguquguquka kwemizwelo– ikakhulu njengoba lesi sifo sithinta izingxenye zobuchopho ezilawula imizwelo. Abantu abanenkinga yokuwohloka komqondo bangase futhi bazizwe bedabukile, bethukile, noma bethukuthele ngalokho okwenzekayo kubo.
- Izinkinga ekukhulumisaneni nabanye – Ikhono lokuxoxa, ukufunda nokubhala liyancipha.



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Lapho loku kuwohloka komqondo sekusesigabeni sokugcina, umuntu onako uyokuthola kunzima ukufeza imisebenzi yansuku zonke futhi uyothembela kakhulu kwabanye abantu.

### Kubangelwa yini ukuwohloka komqondo?



Ref. families.health.ufl.edu

Kunezifo eziningana ezibangela ukuwohloka komqondo. Zihlanganisa:

#### Isifo i-Alzheimer's

Lesi sifo siyimbangela evamile yenkinga yokuwohloka komqondo. Njengoba lesi sifo siqhubeka, amakhemikhali nesimo sobuchopho kuyashintsha, kuholele ekufeni kwamangqamuzana obuchopho.

#### Isifo semithambo yegazi

Ubuchopho buthembele enxanatheleni yemithambo yegazi ebulethela igazi elinomoya-mpilo. Uma ubuchopho bungawutholi umoya-mpilo, amangqamuzana obuchopho cishe ayofa. Izimpawu zokuwohloka komqondo ebangelwa yimithambo yegazi zingenzeka masinyane mhlawumbe ngemva kokushaywa unhlangothi, noma zenzeke ngemva kwesikhathi esithile lapho umuntu eye washaywa unhlangothi ongemubi kakhulu izikhathi eziningana.

#### Ukuwohloka komqondo okuhambisana nobukhona bama-Lewy Bodies

Igama lalolu hlobo lwenkinga yokuwohloka komqondo lisuselwa ezinhlayiyeni eziyizindilingana ezakheka ngaphakathi kwamangqamuzana ezinzwa. Ukuba khona kwalezi zinhlayiyana ebuchosheni kuholele ekuwohlokeni kobuchopho. Inkumbulo, amandla okugxilisa ingqondo nawokusebenzisa ulimi kuyathinteka.

Ukuwohloka komqondo okuthinta ubuchopho obungaphambili nobungasezinhlafunweni (kuhlanganise nesifo i-Pick's)

Ekuwohlokeni komqondo okuthinta ubuchopho obungaphambili nobungasezinhlafunweni, ngokuvamile umonakalo ugxila kuleyo ngxenye ephambili yobuchopho. Ekuqaleni kuthinteka kakhulu ubuntu nendlela yomuntu yokwenza ngaphezu kwenkumbulo.

#### Izimbangela ezingandile zokuwohloka komqondo

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Kunezinye izimbangela eziningi ezingandile zokuwohloka komqondo, kuhlanganise nesifo esibangela ukuba ndiki-ndiki komzimba (*supranuclear palsy*) esenzeka kancane kancane, isifo i-Korsakoff's, i-Binswanger's, isandulela-ngculazi nesifo i-Creutzfeldt-Jakob (i-CJD).

Abantu abanekinga yokuwohloka kwemisipha, isifo esilimaza ingxenye yobuchopho elawula ukunyakaza komzimba nobuchopho, isifo i-Parkinson's ne-Huntington's nazo zingayibangela le nkinga yokuhlakelwa umqondo.

### Ubani oba nenkinga yokulahlekelwa wumqondo?

- Ukuwohloka komqondo kuthinta kakhulu abantu asebekhulile. Nokho, ingabathinta nabantu abasebasha.
- Ukuwohloka komqondo kuphatha amadoda nabesifazane.
- Ososayensi bacwaninga iqhaza ufuzo olunalo kuloku kuwohloka komqondo.
- Kubonakala sengathi ezimweni ezimbalwa ezingandile, izifo ezibangela ukuwohloka komqondo zitholakala ngofuzo.

### Kuyelapheka yini ukuwohloka komqondo?

Izinhlobo eziningi zokuwohloka komqondo azelapheki, nakuba ucwaningo lusaqhubeka lokuthola imithi, imigomo nezindlela zokwelapha.

Eminyakeni yamuva kuye kwenziwa imithi emisha edambisa ezinye zezimpawu zesifo i-Alzheimer's uma sisesigabeni sokuqala noma esiphakathi. Le mithi ebuchosheni isebenza ukulondoloza isilinganiso esisekhona sekhemikhali ebalulekile okuthiwa i-*acetylcholine*.

### Nansi le mithi:

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

Le mithi ngeke iselaphe isifo i-Alzheimer's, kodwa ingase inciphise amandla ezinye zezimpawu

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isikhathi esithile.

Imiphumela engathandeki yale mithi ingase ihlanganise ukuhanjiswa isisu, isicanucanu, ukuqwasha, ukukhathala okungapheli nenhliziyo emnyama.

### **Ngingabona kanjani ukuthi ngingenkinga yokuwohloka komqondo?**

Abantu abaningi besaba ukuthi kungenzeka banenkinga yokuwohloka komqondo, ikakhulukazi uma becabanga ukuthi inkumbulo yabo iya iba yimbi.

Ukukhohlwa akusho neze ukuthi usunenkinga yokuwohloka komqondo. Ukulahlekelwa inkumbulo kungaba umphumela wokuguga. Kungaba futhi uphawu lokuthi unokucindezeleka komqondo noma komzwelo. Ezimweni ezingandile, izimpawu ezifuze ezokuwohloka komqondo zingabangelwa ukuntuleka kwamavithamini kanye/noma isimila ebuchosheni.

Uma ukhathazekile ngawe ngokwakho noma ngothile osondelene naye, kuyozuzisa ukuxoxa ngokukhathazeka kwakho nodokotela.

### **Ukuhlonza ukuwohloka komqondo**

Akuve kubalulekile ukuba le nkinga ihlonzwe ngokufanele.

- Ukuhlonzwa kwale nkinga kuyosiza udokotela ukuba abekele eceleni izifo okungenzeka zibe nezimpawu ezifana nezokuwohloka komqondo, kuhlanguke nokucindezeleka ngokomzwelo.
- Ukuhlonzwa kwayo kungasho ukuthi uyokwazi ukunikezwa imithi yesigaba sokuqala noma esiphakathi sesifo i-Alzheimer's.
- Kungakhathaliseki ukuthi uwumuntu onenkinga yokuwohloka komqondo noma uwumnakekeli, ukuhlonzwa kwale nkinga kungakusiza ukuba ulungiselele futhi uhlelele ikusasa.

Ukuwohloka komqondo kungahlonzwa udokotela ovamile noma owuchwepheshe walesi sifo. Udokotela owuchwepheshe kungaba udokotela wezifo eziphathelene nokuguga, udokotela oyisazi sezifo zezinzwa noma isazi sezifo zengqondo).

Udokotela angase ahlole izinto eziningana. Lezi ziklanyelwe ukuhlola inkumbulo nekhono lokwenza imisebenzi yansuku zonke.

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## Ingabe kungavinjelwa ukuwohloka komqondo?

Okwamanje asiqiniseki ukuthi yini ebangela izifo eziningi eziholela ekuwohlokeni komqondo. Lokhu kusho ukuthi kunzima ukuqiniseka ukuthi singenzani ukuvimbela ukuwohloka komqondo.

Nokho, ubufakazi bubonakala bubonisa ukuthi ukudla ukudla okunempilo nendlela yokuphila enempilo kungase kukuvikele ekuwohlokeni komqondo. Ikakhulu, ukungabhemi, ukuvivinya umzimba njalo, ukugwema ukudla okunamafutha nokugcina ingqondo imatasa uze uguge, kungasiza ekusivikeleni ekuhlaselweni ukuwohloka komqondo okubangelwa wukuwohloka kwemithambo yegazi nokubangelwa yisifo i-Alzheimer's.

## Ulwazi olwengeziwe

Kunamanye amakhasi anikeza ulwazi ngalokhu:

*Isifo i-Alzheimer's, ukuwohloka komqondo okubangelwa ukuwohloka kwemithambo yegazi, ukuwohloka komqondo okubangelwa ukwakheka kwezinhlayiyana eziyizindilinga ebuchosheni, ukuwohloka komqondo okubangelwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni (kuhlanganise nesifo i-Pick's), i-CJD nenkinga yokuwohloka komqondo okubangelwa yizimbangela ezingandile.*

*I-Aricept, i-Exelon ne-Reminyl – imithi emisha yesifo i-Alzheimer's*

*Ukuhlonzwa nokuhlolwa*

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## Notes:

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