

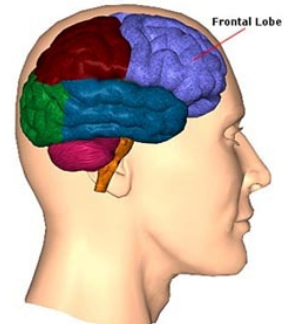
## **Kuyini ukuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni**

*Leli phepha linikeza enye yemfomesheni evamile ngolunye lwezinhlobo ezingandile zokuwohloka komqondo, inkinga ebangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni. Lichaza ukuthi ubani osethubeni lokuba nale nkinga nokuthi yiziphi izimpawu angase abe nazo.*

Kuyini ukuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni?

Inkulumo ethi 'ukuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili noma obusezinhlafunweni' ihlanganisa izifo eziningi, kuhlangukane nesifo i-Pick's, ukuwohloka kobuchopho obungaphambili kanye nokuwohloka komqondo okuhlobene nesifo esilimaza ingxenye yobuchopho ehlobene nobuchopho nokunyakaza komzimba.

Zonke lezi zifo zibangwa ukulimala okwenzeka ebuchosheni obungaphambili kanye/noma lobo obungasezinhlafunweni. Lezi zingxenye zobuchopho zilawula indlela yethu yokwenza, indlela esisabela ngayo ngokomzwelo namakhono ethu okusebenzisa ulimi.



### **Siphatha obani?**

- Ukuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni kuwohlobo olungandile lwale nkinga, eyenzeka ngesilinganiso esiphansi kakhulu uma kuqhathaniswa nesifo i-Alzheimer's.
- Abantu abasebasha, ikakhulu labo abaneminyaka yobudala engaphansi kuka-65, basethubeni elikhulu lokuphathwa yilesi sifo.
- Amadoda nabesifazane basethubeni elilinganayo lokuphathwa yilesi sifo

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## Ziyini izimpawu zaso?

Ukulimala kobuchopho obungaphambili nobungasezinhlafunweni kuyobangela izimpawu ezinhlobonhlobo. Umuntu ngamunye uyoba nezimpawu ezihlukile.

Ukushintsha kobuntu nendlela yokwenza

Ngokuvamile, lapho le nkinga ebangwa ukuwohloka kobuchopho obungaphambili nobusezinhlafunweni isesigabeni sokuqala, inkumbulo isuke ingaphazamisekile, kodwa ubuntu nendlela yokwenza yalo muntu iyoshintsha.

Abantu abanale nkinga ebangwa ukuwohloka kobuchopho obungaphambili nobusezinhlafunweni bangase:

- Bantule ukuqonda futhi bangakwazi ukuzwelana nabanye – bangase babonakale benobugovu futhi bengenamizwa
- Baqale ukuba amaqhalaqhala kanti ngaphambili bebenamahloni, noma bafune ukuba bodwa kanti ngaphambili bebethanda ukuba nabantu
- Benze ngendlela engafaneleki, ngokwesibonelo, bangase bakhulume ngokungacabangi, bantele ngezikhathi 'ezingafanele' noma babe luhlaza
- Baphelelwe wukuzithiba, ngokwesibonelo benze izenzo ezihlobene nocansi phambi kwabantu
- Babe nolaka
- Baphazamiseke kalula
- Baqalise inkambiso engashintshi, ngokwesibonelo imicikilisho abazizwa bebophekile ukuyenza.
- Kubalulekile ukuqaphela ukuthi lezi zimpawu zibangwa isifo futhi umuntu onale nkinga akanamandla okulawula noma okuzinqanda.

Izinkinga zolimi

Umuntu onale nkinga ebangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni angase futhi abe nezinkinga zolimi, ezihlanganisa:

Inkinga yokuthola amagama afanele

Ukungakwazi ukuqhuba ingxoxo ngokuzenzakalelayo

Ukungakhuluma undendende noma ukusebenzisa amagama amaningi angasho lutho

ukungakhulumi kakhulu noma ukungakhulumi nhlobo.

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Ukushintsha kwendlela yokudla

Abantu abanale nkinga bangase badle ngokweqile futhi/noma baqale ukuthanda izinto ezinoshukela.

Isigaba sokugcina

Izinga okuqhubeka ngalo ukuwohloka komqondo okubangwa wukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni, lehluka kakhulu, ukusukela eminyakeni emibili ukuya kweyishumi.

Esigabeni sokugcina ukulimala kobuchopho kusuke sekwenzeka endaweni eyodwa, futhi izimpawu ngokuvamile ziyocishe zifane nezesifo i-Alzheimer's.

Labo abaphethwe yilesi sifo bangase bangabe besakwazi ukubona abangane namalungu omndeni futhi bangase badinge ukunakekelwa.

### Luhlonzwa kanjani lolu hlobo lokuwohloka komqondo?

Ukuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni ngokuvamile kuhlonzwa ngokungeyikho njengesifo i-Alzheimer's. Uchwepheshe walesi sifo angase akwazi ukuhlonza ukuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni ngokubuza umuntu onale nkinga nangokubhala umlando oningiliziwe wezimpawu. Angase futhi acele umndeni, abangane nabanakekeli ukuba bamnikeze imfomesheni, ukuze athole isithombe esibanzi sendlela yokwenza yalo muntu.

Ukuthatha izithombe zobuchopho, nge-CT (*computerized axial tomography*) nange-MRI (*magnetic resonance imaging*) nakho kungasetshenziswa ukuze kubonakale izinga lokulimala kobuchopho.

Ukuhlonza lesi sifo okunembile kungase kwenzeka kuphela ngemva kokuba lo muntu esefile, lapho izinguquko esimweni sobuchopho zingabonwa khona ngokuqondile lapho kuhlinzwa isidumbu.

### Ingabe siyisifo esidalwa ufuzo?

Kubantu abacishe babe yingxenye yalabo abanaloku kuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni kuye kwatholakala ukuthi akhona amalungu emindenini aye aphathwa yilesi sifo. Kule mindeni lesi sifo sivame ukulandela indlela ethile ezizukulwaneni zayo. Ezinye zalezi zinhlobo ezidalwa ufuzo ziye zahlotshaniwa nokungakheki kahle kwezakhi zofuzo (ama-*chromosome*) 3 no-17.

Izimbangela zokuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni okungadalwa ufuzo azikaziwa kuze kube manje.

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## Kungelapheka yini?

Okwamanje alikabikho ikhambi lokwelapha loku kuwohloka komqondo okubangwa ukuwohloka kobuchopho obungaphambili nobungasezinhlafunweni futhi ayikho indlela yokubambezela ukuqhubeka kwaso.

Imithi eklanyelwe ukwelapha isifo i-Alzheimer's, njenge-Aricept ne-Exelon, ingase yenze izimpawu zibe zimbi ngokwengeziwe futhi idlondlobalise nolaka.

Kodwa kunokuningi okungenziwa ekudambiseni izimpawu. Ukwazi okwengeziwe ngalesi sifo nokuthi kungani lo muntu enza izinto ngendlela enza ngayo ngokwakho kungaba indlela ephumelelayo yokusiza abantu ukuba babhekane nalesi sifo ngempumelelo. Abanakekeli bangase basungule amasu okubhekana nale nkinga, njengokugwema ukuhilizisana nesiguli nokugxila ezimpawini eziwumkhuba, kunokuzama ukushintsha indlela yokwenza yalabo abanalesi sifo.

Abeluleki babanekinga yokukhuluma bangase basize ezinkingeni eziphathelene nolimi.

## Ulwazi olwengeziwe

### Izincwadi nezihloko:

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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## Notes:

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