

## Tshenyeho 'dementia' ya boko bo ka pele (ho kenyeletswa Lefu la Pick)

*Leqephe lena le fana ka tlhahisoleseding e akaretsang hodima se seng sa dibopeho tse sa atang haholo tsa 'dementia', e leng 'dementia' ya boko bo ka pele. Le hlakisa hore ke mang ya tla ameha le hore matshwao a ho kula ke afe ao ba ka bang le wona.*

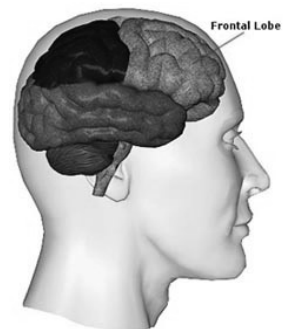
Tshenyeho ya kelello 'dementia' ya boko bo ka pele ke eng?

Lentswe lena 'fronto-temporal dementia' kapa ka mantswe a mang 'dementia' ya boko bo ka pele le akareditse mefuta e mengata ya bokudi, ho kenyeletswa Lefu la Pick, tshenyeho ya moharelo o ka pele wa boko le 'dementia' e amahanngwang le lefu la dinyurone tsa motsamao.

Kaofela di bakwa ke tshenyeho ya moharelo o ka pele wa boko le/kapa dikarolo tsa boko tse kahara phatla. Dibaka tsena di ikarabella bakeng sa boitshwaro ba rona, dikarabelo tsa maikutlo a rona le ditsebo tsa rona tsa puo.

Ke mang ya amehang?

- 'Dementia' ya boko bo ka pele ke 'dementia' ya sebopeliso se sa tlwaelehang e etsahalang ka sewelo ho feta lefu la Alzheimer.
- Batho ba batjha, ka ho kgetheha ba dilemo di ka tlase ho 65, ba ka nna ba ameha.
- Banna le basadi ka ho lekana ba ka ba le bokudi bona.



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## Matshwao a ho kula ke afe?

Tshenyeho moharelong wa boko o kapele le kahara phatla e tla baka matshwao a ho kula a fapafapaneng. Motho ka mong o tla ba le bokudi bona ka tsela ya hae e ikgethileng.

## Phetoho ya botho le boitshwaro

Ka tlwaelo, mekgahlelong e qalang ya 'dementia' ya boko bo ka pele, kgopolo e tla dula e tsitsitse, empa botho le boitshwaro ba motho eo di tla fetoha.

Batho ba nang le 'dementia' ya boko bo ka pele ba ka:

- Hloka kutlwisiso mme ba lahlehelwa ke bokgoni ba ho utlwela batho ba bang – ba ka hlahella e le baikabi mme ba se na kutlwelo ho ba bang
- Ba fetoha batho ba bontshang maikutlo a bona pontsheng ha pele ba ne ba pata maikutlo, kapa ba ka ikgula bathong ha pele ba ne ba rata ho ba hara batho
- Ba ka itshwara ka tsela e sa lokang, ho etsa mohlala, ba etsa ditlha-hiso tse sa nahaniswang, boswaswi ba nako 'e fosahetseng' kapa ba tella
- Ba lahlehelwa ke boithibo, ho etsa mohlala, ba bontsha botshwaro ba tsa thobalano pontsheng
- Ba ba marofo
- Ba kgeloswa maikutlo ha bonolo
- Ba ba le mesebetsi, ho etsa mohlala, ditlwaelo tse sa laoleheng.

***“The person cannot usually control or contain these acts”***

Ho bohlokwa ho lemoha hore matshwao ana a ho kula a na le sesosa sa ntho e phelang mme ha se ntho eo motho enwa ka tlwaelo a ka e laolang kapa a e thibela.

## Mathata a puo

Motho ya nang le 'dementia' ya boko bo ka pele a ka ba le mathata a puo, ho kenyeletswa:

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- Mathata a ho fumana mantswe a nepahetseng
- Ho se kgone ho theha puisano ha bonolo
- Puo e potolohang, kapa ho sebedisa mantswe a mangata a nang le dikateng tse fokolang
- Phokotseho kapa tlhokeho ya puo.

## Diphetoho ditlwaelong tsa ho ja

Batho ba amehileng ba ka ja ho feta tekanyo le/kapa ba rata dijo tse tswekere.

## Mekgahlelo ya morao

Sekgahla sa ho ja setsi ha 'dementia' ya boko bo ka pele se fapafapana haholo, ho tloha ho ka tlase ho dilemo tse pedi ho fihla ho dilemo tse fetang leshome. Mekgahlelong ya morao tshenyeho bokong e atisa ho pharalla haholo, mme matshwao a ho kula ka tlwaelo a hlahella a tshwana le a Alzheimer.

Batho ba amehang ba ka nna ba se hlole ba lemoha metswalle le ba lelapa mme ba ka hloka tlhokomelo ya baoki.

## Sebopeho see sa 'dementia' se fumanwa jwang?

Phumano ya bongaka ya 'dementia' ya boko bo ka pele hangata ha e nepahale mme e ka nkwa ka phoso hore ke lefu la Alzheimer. Ngaka e kgethehileng e ka kgona ho fana ka phumano ya 'dementia' ya boko bo ka pele ka ho botsa motho ya amehang dipotso le ho nka histori e feletseng ya matshwao a ho kula. Hape a ka nna a kopa tlhahisoleseding ho tswa ho ba lelapa, metswalle le bahlokomedi, hore a fumane setshwantsho se feletseng sa boitshwaro ba motho eo.

Disekene tsa CT (computerized axial tomography) le MRI (magnetic resonance imaging) hape di ka sebediswa ho fumana hore tshenyeho ya boko e namme hakae. Sephetho se tiileng se ka kgonahala feela kamora lefu, moo diphetoho sebopehong sa boko di ka bonwang ka kotlolloho tlhahlobong ya setopo.

“There is a family history in about half of all cases of fronto-temporal dementia.”

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## Ke lefu la lefutso?

Ho ba le boteng ba lefu lena kahara lelapa hara palo e ka etsang halofo ya batho ba nang le 'dementia' ya boko bo ka pele. Malapeng ana sesosa sa lefu lena ka tlwaelo se na le sebopeho se kgethehileng ho parola meloko. Tse ding tsa dibopeho tse na tse futswang di hokahantswe le bokowa ba dikeromosome tsa 3 le 17.

Disosa tse ding ntle le lefutso tsa 'dementia' ya boko bo ka pele ho fihla hajwale ha di tsejwe.

## Na kalafo e a kgoneha?

Ho fihla hajwale ha ho pheko bakeng sa 'dementia' ya boko bo ka pele mme ho ja setsi ha bokudi bona ho ke ke ha fokotswa.

Meriana e reretsweng kalafo ya lefu la Alzheimer, jwalo ka Aricept le Exelon, e ka mpefatsa matshwao a ho kula le ho eketsa borofo.

Empa ho na le tse ngata tse ka etswang ho kokobetsa matshwao a ho kula. Tsebo e kgolwanyane ya hore ke hobaneng motho eo a itshwere ka tsela eo a itshwereng ka yona ka boyona e ka ba tsela e atlehileng ya ho thusa motho ya nang le lefu lena. Bahlokamedi ba ka kgona ho theha maqheka a ho thulana le bothata bona, jwalo ka ho qoba dikgohlano le ho qoba dintho tse hanellang kelellong ya motho eo, ho fapana le ho leka ho fetola sebopeho sa boitshwaro ba motho ya amehang.

Baalafi ba puo ba ka ba le thuso bakeng sa ho thusa ka mathata a puo.

## Tlhalisoleseding e nngwe

### Dibuka le dingolwa tse kgutshwane:

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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## Dinoutsu:

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### Contact us:

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