DEMENTIASA
managing alzheimer's and dementia care

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Kuyini ukuwohloka komqondo okudalwa yimithambo yegazi?

Leli phepha elinikeza imfomesheni lichaza ezinye zezimbangela nezimpawu zokuwohloka komqondo okudalwa yimithambo yegazi futhi linikeza amanye amacebiso endlela yokunciphisa ingozi yokuphathwa yilesi sifo.

Yini ebangela ukuwohloka komqondo okudalwa ukuwohloka kwemithambo yegazi?

Ukuwohloka komqondo okudalwa yimithambo yegazi kwenzeka lapho amangqamuzana ebuchosheni engawutholi umoya-mpilo. Kunenxanxathela yemithambo yegazi ebizwa ngokuthi isimiso semithambo yobuchopho ephakela ubuchopho ngomoya-mpilo. Uma kukhona okuvimba lesi simiso semithambo noma uma sihlaselwe yisifo esithile, igazi alikwazi ukufinyelela ebuchosheni. Ngenxa yalokho, amangqamuzana asebuchosheni ayafa, kuholele ezimpawini zokuwohloka komqondo.

Blood supply to the brain

Lack of blood supply to the brain

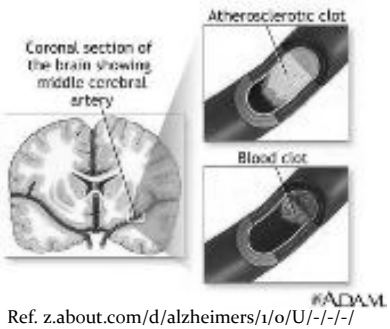
Ziyini izimbangela zesifo semithambo yegazi?

Isifo semithambo yegazi sibangelwa izizathu eziningi. Indlela yethu yokuphila, esikudlayo, ukuthi siphuza futhi sibhema kangakanani konke kuthinta amathuba okuba sibe nesifo semithambo yegazi. Ezinye izinhlobo zesifo semithambo zitholakala ngofuzo.

Abantu abanomfutho ophakeme wegazi, abanezinga eliphakeme lamafutha egazini nabanesifo sikashukela basengozini yokuphathwa yisifo semithambo yegazi.

Ukuwohloka komqondo okudalwa ukushaywa unhlangothi nesifo semithambo yegazi?

Ukushaywa unhlangothi kungenye yezimbangela ezivamile zokuwohloka komqondo okudalwa yisifo semithambo yegazi. Ukushaywa unhlangothi kwenzeka lapho ukugeleza kwegazi ebuchosheni kuvinjwa ihlule legazi emthanjeni noma lapho kuqhume umthambo.



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

Lapho lokhu kwenzeka, amangqamuzana obuchopho aphakelwa yilowo mthambo awawutholi umoya-mpilo abese efa. Lo monakalo awuhlehliseki.

Abantu abashaywa unhlangothi omkhulu bangaba nezinkinga ezinjengokufa uhlangothi oluthile lomzimba, izinkinga zokukhuluma nolimi noma inkinga yokuhambisana kwezitho zomzimba nengqondo. Ukuwohloka komqondo okudalwa yimithambo yegazi nakho kungaqala.

Ukuwohloka komqondo okudalwa ukushaywa unhlangothi izikhathi eziningi (*multi-infarct dementia*)?

Ngezinye izikhathi abantu bashaywa unhlangothi oluncane izikhathi eziningi. Lapho lolu 'nhlangothi oluncane' lwenzeka lungase lubangele isiyezi, ubumpumputhe

besikhashana nobuthaka ngesilinganiso esithile ezingalweni nasemilenzeni. Ngokuvamile izimpawu ziyashesha ukuphela futhi azibonakali zidala izinkinga zesikhathi eside.

Nokho, lokhu kushaywa unhlangothi izikhathi eziningi kungase kubangele ukulimala okuqhubekayo ebuchosheni okungabangela ukuwohloka komqondo. Lolu hlobo lokuwohloka komqondo lubizwa ngokuthi yi-*multi-infarct dementia.*

Isifo i-Binswanger's

Isifo i-Binswanger's siwuhlobo olungandile lokuwohloka komqondo okudalwa yimithambo yegazi. Lona lubangelwa ukulimala kwemithambo yegazi engxenyeni ephakathi impela 'yobuchopho obumhlophe.' Ngokwengxenye, kubangelwa umfutho ophakeme wegazi.

Izimpawu zokuwohloka komqondo okudalwa yimithambo yegazi

Njengoba kunjalo ngezinye izinhlobo zokuwohloka komqondo, abantu abanokuwohloka komqondo okudalwa yimithambo yegazi bayolahlekelwa inkumbulo, babe nobunzima ekukhulumisaneni nabanye futhi njengoba lesi sifo siqhubeka, balahlekelwe amandla okuzenzela izinto.

Nokho, kunezimpawu ezitholakala kuphela kulesi sifo esibangelwa yimithambo yegazi.

Ngenxa yokuthi ukuwohloka komqondo okudalwa yimithambo yegazi kungathinta izingxenye ezihlukile zobuchopho, amakhono athile angase aqhubeke engathintekile. Lokhu akufani nesifo i-Alzheimer's, ngokwesibonelo, lapho lesi sifo sithinta khona bonke ubuchopho.

Abanye abantu abanokuwohloka komqondo okudalwa yimithambo yegazi bangase baphawule ukuthi izimpawu zabo zihlala zinjalo isikhathi esithile bese ziba zimbi kakhulu masinyane. Kubantu abanesifo i-Alzheimer's, ukuwohloka kuqhubeka njalo.

Abantu abanokuwohloka komqondo okudalwa yimithambo yegazi bangase baqonde ukuthi kwenzekani kubo.

Lokhu kungabenza bathambekele kakhulu ekuphathweni ukucindezeleka okungokomzwelo.

Ukusihlonza

Kungase kube nzima ukuhlonza ukuthi umuntu uphethwe yisifo i-Alzheimer's noma ukuwohloka komqondo okudalwa yimithambo yegazi. Kuyenzeka futhi ukuba umuntu abe nazo zombili lezi zinhlobo zokuwohloka komqondo.

Ubuchwepheshe obusha benza kube lula ukusihlonza. Izindlela zokuthatha izithombe zobuchopho ziyabonisa uma kunezingxenye ezithile zobuchopho ezilimele ngenxa yokushaywa unhlangothi okubonisa ukuthi unokuwohloka komqondo okudalwa yimithambo yegazi. Nokho, lapho bungekho ubufakazi bokushaywa unhlangothi, kuvamile ukuba sihlonzwe ngokuthi yi-Alzheimer's. Kubalulekile ukuqaphela ukuthi kungenzeka ukuthi loku kuwohloka komqondo kubangelwe ezinye izifo zemithambo yegazi.

Kubaluleke kakhulu ukuhlonza ukuthi le nkinga iluhlobo luni lokuwohloka komqondo ngoba imithi yokwelapha isifo i-Alzheimer's ihluke kakhulu kweyesifo sokuwohloka komqondo esibangelwa yimithambo yegazi.

Ukwelapha nokuvimbela ukuwohloka komqondo okudalwa yimithambo yegazi

Ngeshwa ayikho indlela yokuhlehlisa umonakalo ebuchosheni lapho sewenzekile. Kodwa, kuxhomeke ekuthini umonakalo mkhulu kangakanani, uma kusetshenziswa indlela yokwelapha efanele kungenzeka ukuthiya noma ukubambezela izinga lokuwohloka. Into ebalulekile, ukuvimbela ukuba kungenzeki omunye futhi umonakalo.

Abantu abaye bahlonzwa ngokuthi banokuwohloka komqondo okudalwa yimithambo yegazi bayolashelwa isifo esiholele kule nkinga. Ngokwesibonelo, umfutho wegazi ophakeme ungase ulawulwe ngokudla nangendlela yomuntu yokuphila nangemithi. Abantu abasengozini yokushaywa unhlangothi bangase banikezwe imithi ehlambulula igazi labo ukuze kuvinjelwe ukwakheka kwamanye amahlule.

Okubaluleke nakakhulu, siyazi ukuthi kuyenzeka ukunciphisa ingozi yokuba nokuwohloka komqondo okudalwa yimithambo yegazi.

Abantu abadla ukudla ukudla okunesilinganiso esiphakeme samafutha ajiyile, ababhemayo noma abangawuvivinyi umzimba basengozini enkudlwana yokushaywa unhlangothi.

Abantu abanomfutho ophakeme wegazi kufanele babe ngaphansi kweso elibukhali lodokotela babo.

Unganciphisa ingozi yokuba nomfutho ophakeme wegazi, ukushaywa unhlangothi nokuwohloka komqondo:

- Ngokungabhemi
- Ngokuphuza utshwala ngesilinganiso esifanele
- Ngokunciphisa usawoti namafutha ajiyile ekudleni kwakho
- Ngokuvivinya umzimba njalo
- Ngokucela udokotela wakho ukuba ahlole umfutho wegazi lakho okungenani kanye ngonyaka
- Ngokucela udokotela wakho ukuba athathe isilinganiso samafutha asegazini lakho

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