

## Tshenyeno ya methapo ya madi?

***Leqephe lena la tlhahisoleseding le hlakisa tse ding tsa disosa le matshwao a ho kula a tshenyeho ya methapo e tsamaisang madi mme le fana ka ditlhahiso tsa hore menyetla ya kotsi ya hore bo-kudi bona bo etsahale e ka fokotswa jwang.***

**Ke eng se bakang tshenyeno ya methapo ya madi (vascular dementia)?**

*"If there is a blockage in the vascular system or if it is diseased, blood is prevented from reaching the brain."*

"Vascular dementia" e etsahala ha disele tsa boko di sa fumane oksijine e lekaneng. Boko bo fepelwa ka oksijine ke marangrang a methapo ya madi e bitswang sistimi ya madi. Haeba ho na le thibano sistiming ya madi kapa haeba e kula, madi a thibelwa ho kena bokong. Ka lebaka lena, disele tsa boko di a shwa, e leng se bakang matshwao a ho kula a "dementia".

**Disosa tsa lefu la methapo ya madi ke dife?**

Lefu la methapo ya madi le bakwa ke dintlha tse ngata. Tsela eo re phelang ka yona, seo re se jang, hore re nwa le ho tsuba hakae kaofela di tla ama hore na re na le monyetla o mokae wa ho tshwarwa ke lefu la methapo ya madi. Mefuta e meng ya lefu la methapo ya madi e a futswa. Batho ba nang le lefu la kगतello e phahameng ya madi, mafura a mangata mading a bona le lefu la tswekere ba kotsing e kgolo ya ho ba le lefu la methapo ya madi.



Blood supply to the brain

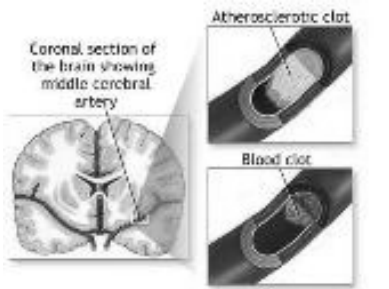


Lack of blood supply to the brain

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

## Seterouku le tshenyeho ya methapo ya madi?

Seterouku ke se seng sa disosa tse atileng ka ho fetisisa tsa tshenyeho ya methapo ya madi. Seterouku se bakeha ha phallo ya madi bokong e thibelwa ke lehlwele la madi mothapong wa madi kapa haeba mothapo wa madi o ka phatloha.

Ha sena se etsahala disele tsa boko tse fepelwang ke mothapo oo wa madi di tla haellwa ke oksijine mme di shwe. Tshenyeho ena ha e lokisehe.

Batho ba hlaselwang ke seterouku se le seng se matla ba tla ba le mathata a jwalo ka ho shwa lehlakore le le leng la mmele, mathata a puo le leleme, kapa mathata a kgokahanyo ya metsamao. Tshenyeho ya methapo ya madi e ka ba teng.

“Sometimes people may experience a series of small strokes.”

## Tshenyeho ya dikarolwana tse mmalwa ka lebaka la tahlehelo ya phephelo ya madi (Multi-infarct dementia)?

Ka nako e nngwe batho ba ka ba le matoto a diseterouku tse nyane. Ha ‘diseterouku tse nyane’ tsena di etsahala di ka baka motsekelo, bofofu ba nakwana le phokolo e bobebe diphakeng kapa maotong. Hangata matshwao ana a ho kula a ka fela kapele mme ha a bonahale a baka mathata a letho a nako e telele.

Leha ho le jwalo, diseterouku tse nyane tsena di ka baka pokellano ya tshenyeho bokong e ka bakang tshenyeho ya methapo-kutlo (dementia). Mofuta ona wa “dementia” o bitswa “multi-infarct dementia”.

## Lefu la Binswanger

Lefu la Binswanger ke sebopelo se sa tiwaelehang sa tshenyeho ya methapo ya madi le bakwang ke tshenyeho methatswaneng e kahare-hare ‘karolong e tshweu’ ya boko (‘white matter’).

Kgatello ya madi e phahameng e na le seabo le yona ketsahalang ena.

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## Matshwao a ho kula a tshenyeho ya methapo ya madi?

Jwalo ka mefuta e meng kaofela ya tshenyeho ya methapo-kutlo, batho ba bang le tshenyeho ya methapo ya madi ba tla ba le tahlehelo ya kgopolo, mathata a kgokahano le, ha lefu le ntse le eja setsi, tahlehelo ya bokgoni ba tshebediso ya mmele. Leha ho le jwalo, ho na le matshwao a itseng a ho kula a kgethehileng a tshenyeho ya methapo ya madi.

- Hobane tshenyeho ya methapo ya madi e ka ama dikarolo tse kgethehileng tsa boko, bokgoni bo itseng bo ka sala bo sa angwa ke lefu lena. Sena se fapane le lefu la Alzheimer, ho etsa mohlala, moo lefu lena le amang boko bohle.
- Batho ba bang ba nang le tshenyeho ya methapo ya madi ba ka ehlwa hore matshwao a bona a ho kula a dula a tsitsitse nakwana e itseng ebe a qalella ho fokola. Lefung la Alzheimer phokotseho ena e tsitsitse haholo.
- Batho ba tshwerweng ke tshenyeho ya methapo ya madi ba ka utlwisisa se etsahalang ho bona.

Sena se ka etsa hore ba be le kगतello kelellong.

## Tlhahlobo ya bongaka

Ho ka ba thata ho fumana hore na motho o na le lefu la Alzheimer kapa tshenyeho ya methapo ya madi.

Hape ho a kgonahala hore motho a be le mefuta e mmedi ena ya tshenyeho ya methapo. Dithekenoloji tse ntjha di nolofatsa phumano ya sena. Dithekeniki tsa ditshwantsho tsa boko di ka hlahisa haeba dibaka tse bokong di senyehile ka lebaka la seterouku se bontshang tshenyeho ya methapo ya madi. Leha ho le jwalo, moo ho se nang bopaki ba hore seterouku se bile teng, ho atisa hore phumano ya bongaka ya Alzheimer e etswe.

Ho bohlokwa ho lemoha hore mafu a mang a methapo ya madi e ka ba wona a bakang tshenyeho ya methapo-kutlo.

Ho bohlokwa haholo hore mofuta wa tshenyeho ya methapo e tsebahatswe hobane dikalafo tsa lefu la Alzheimer le tsa tshenyeho ya methapo ya madi di hlile di fapane.

**“It can be difficult to diagnose whether a person has Alzheimer’s disease or vascular.”**

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## Kalafo le thibelo ya tshenyeho ya methapo ya madi

Ka bomadimabe ha ho tsela ya ho kgutlisa tshenyeho e bileng teng bokong ha e se e bile teng. Empa, ho ipapisitswe le hore tshenyeho ke e mahlonoko hakae, ka kalafo e nepahetseng, ho ka kgoneha ho fokotsa kapa ho diehisa sekgahla sa phokolo. Taba ya bohlokwa ke ho thibela tshenyeho e eketsehileng ho ba teng.

Batho ba fumanweng ba na le tshenyeho ya methapo ba tla alafelwa lefu le bakileng temalo ya bona. Ho etsa mohlala, kगतello e phahameng ya madi e ka laolwa ka phepo le ditlwaelo tsa bophelo, mmoho le meriana.

Batho ba kotsing ya ho ba le seterouku ba ka fuwa meriana e sesefatsang madi ho thibela hore ho be le mahlwele a mang hape a bang teng mading.

SA bohlokwa ka ho fetisisa, re a tseba hore ho a kgonena ho fokotsa kotsi ya ho ba le tshenyeho ya methapo ya madi.

Batho ba jang dijo tsa phepo e nang le mafura a loileng a mangata, ba tsubang kapa ba sa thapolleng mmele ba kotsing e kgolo ho feta ya seterouku.

Batho ba nang le kगतello e phahameng ya madi ba tlameha ho dula ba e behile leihlo ka ngaka ya bona.

O ka fokotsa kotsi ya hao ya ho ba le kगतello e phahameng ya madi, seterouku kapa tshenyeho ya methapo ya madi ka:

- Ho se tsube
- Ho itekanyetsa jwala boo o bo nwang
- Ho fokotsa letswai le o o le jang le mafura a loileng
- Ho ikwetlisa mmele kgafetsa
- Ho bona ngaka ya hao hore a hlablobe kgafello ya madi a hao bonyane hang ka selemo
- Ho methwa bongata ba mafuta mading a hao ke ngaka yahao.

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