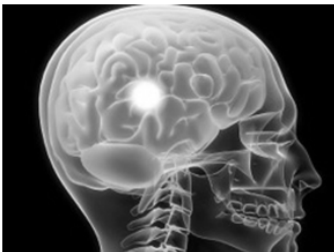


Yintoni ukuphazamiseka kwengqondo ukunxulumene nesifo ugawulayo?



Abantu abanesifo ugawulayo ngamanye amaxesha baba nokuphazamiseka kwengqondo, ingakumbi kumanqanaba okugqibela okugula kwabo. Eli phepha lolwazi licacisa indlela ekunyangwa ngayo ukuphazamiseka kwengqondo. Likwachaza neempawu lize libonise nonyango olukhoyo.

Isifo ugawulayo (Imeko efunyenweyo ehlasela ukuncipha kokufunyanwa kwakhona zezinye izifo) senziwa kukubakho kwentsholongwane engaphenduliyo kugonyo (intsholongwane kagawulayo) emzimbeni. Intsholongwane kagawulayo isebenza ngokuhlasela inkqubo yokungabi nakosulelwa kwakhona zezinye izifo, loo nto yenze ukuba umntu owo-sulelekileyo athabatheke kakhulu kulosulelo.

Problems with short term memory

Clumsiness

Unsteadiness

Jerky eye movements

Ataxia ('drunken gait')

Changes in personality

Ukuphazamiseka kwengqondo okunxulumene nesifo ugawulayo kunokubangelwa koku kulandelayo:

- Amandla okungqubana entsholongwane kagawulayo athe ngqo engqondweni
- Ulosulelo oluthatha ithuba ngenxa yenkqubo ebuthathaka yokungabi nakosulelwa kwakhona zezinye izifo.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Kuxhaphake kangakanani?

Kunzima ukutsho kanye kanye malunga nesenzeko sokuphazamiseka kwengqondo okunxulumene nesifo ugawulayo. Kwenziwa uphando oluninzi ngesi senzeko phambi kokwaziswa 'konyango oludibeneyo' – ukusetyenziswa kwamayeza adibeneyo nasetyenziswa ngoku ekulawuleni intsholongwane kagawulayo.

Iimpawu

Iimpawu zokuphazamiseka kwengqondo okunxulumene nesifo ugawulayo zinokuquka ezi zilandelayo:

The following tests may be carried out:

- HIV test
- CT scan
- MRI scan
- Lumbar puncture
- Neuropsychometric testing
- Brain biopsy

- Ukulibala
- Iingxaki zokuqwalasela
- Ubunzima ekuthetheni
- Iingxaki zenkumbulo yexeshana elifutshane
- Ubutatasholo
- Ukungazinzi
- Iintshukumo zamehlo ezingathi zibuxhuzula
- Ataxia ('drunken gait')
- Utshintsho lobuyena
- Ukungabi namdla wokutya
- Iimpawu zemvakalelo ezingezizo
- Ukutshintsha-tshintsha kwesimo sengqondo
- Uba nemibono

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Unyango

Kungakho iingxaki ekunyangeni ukuphazamiseka kwengqondo okunxulumene nesifo ugawulayo.

- Kuye kwakho ukubhideka malunga nenkcazelo echanekileyo yale meko.
- Abantu abaninzi bafumana unyango olungelulo ngokuba banyangelwe ukudakumba okanye banyangelwe ezinye iimeko zokuphazamiseka kwengqondo.

Ngamanye amaxesha abantu baba neempawu zesifo sengqondo esixhalabisayo, kuze kufunyanwe mva ukuba banentsholongwane kagawulayo. Kunokwenziwa olu vavanyo lulandelayo:

Uvavanyo lwentsholongwane kagawulayo

Oku kufuneka kwenziwe kuphela emva kwengcebiso eyodwa.

Ukuhlolwa nge-CT

Ukuhlolwa nge-A CT (*computerized tomography*) kungasetyenziswa ukuze kubonwe ulosulelo olusengqondweni.

Ukuhlolwa nge-MRI

Ukuhlolwa nge-MRI (*magnetic resonance imaging*) kunokubonisa ukufinyela kwesihlunu sengqondo.

Ukuhlatywa ngenaliti emqolo

Oku kuquka ukuthatha ulwelo olusuka kumazantsi omnqonqo ngenaliti. Kuno-kusetyenziselwa ukubona isixa solosulelo lwentsholongwane kagawulayo kulwelo olungqonge ingqondo.

“A brain biopsy involves taking a small piece of the brain and examining it in the laboratory.”

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Uvavanyo Neuropsychometric

Uvavanyo lwengqondo lusetyenziselwa ukulinganisela umsebenzi wamalungu awohlukeneyo engqondo.

Ibiopsy yengqondo

Ibiopsy yengqondo iquka ukuthatha isiqqa esincinane sengqondo nokusihlola elebhu. Le nkqubo ayenziwa kakhulu kuba iquka ukuhlinzwa kwengqondo.

Ulawulo

Amachiza alawula intsholongwane kagawulayo

Okwangoku akukabikho ndlela yokunyanga isifo ugawulayo.

Nangona kunjalo, ukwaziswa 'konyango oludibeneyo' – ukusetyenziswa kwamachiza amathathu okanye an-gapha kwesithathu alawula intsholongwane kagawulayo – kuye kwaphucula kakhulu ukuba nokuphila kunye nekhwalithi yobomi babantu abanesifo ugawulayo.

Injongo yala machiza alawula intsholongwane kagawulayo kukunciphisa isixa seentsholongwane ezisegazini, kube ngokwenza oko kuncitshiswa umonakalo onokubangelwa yintsholongwane kagawulayo. Abantu abanokuphazamiseka kwengqondo okunxulumene nesifo ugawulayo baye banikwe umxube wamachiza on-yango lokulawula intsholongwane kagawulayo, ukuze kupheliswe okanye kuncitshiswe ukukwazi kokuba intsholongwane kagawulayo iye engqondweni. Impumelelo yala machiza ithetha ukuba ugqaliselo lonyango luye ngoku lwasuka kunyango lokudambisa lwaya kolovuselelo.

Amanye amachiza / amayeza

Amachiza anyanga isifo sengqondo nawo ayamiselwa kubantu abanokuphazamiseka kwengqondo okunxulumene nesifo ugawulayo, kuqakwa:

- Amayeza aphelisa ukudakumba (anje nge-fluoxetine, i-paroxetine, i-citalopram kunye ne-venlafaxine). La mayeza asetyenziselwa ukuphucula impembelelo kunye nokucacela ukutya.
- Amayeza Neuroleptics (anje nge-olanzepine ne- risperidone). La mayeza anokunika isiqabu kuphazam-iseko nekhwalabo.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Uvuselelo

Inkqubo elandelelanayo yokuvuselela inganceda abantu abanokuphazamiseka kwengqondo okunxulumene nesifo ugawulayo ukuba baphinde bafunde izakhono abazidingayo ukuze bazikhathalele. Oku kusenokuquka ukufunda kwakhona ukuzihlamba, ukuzinxiba nokuzityisa, indlela yokuthatha amayeza nokupheka, kunye nendlela yokuqaphela ukhuseleko ezindleleni nasekhaya.

Kubhalwe ngoncedo lweCandelo lokuPhazamiseka kweNgqondo ngenxa yeNtsholongwane ka-Gawulayo, kwisiBhedlele iMidmay, esiseLandani

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Amanqako:

Contact us:

Tel: (021) 421 0077/78
Email: info@dementiasa.org
Or support@dementiasa.org

3rd Floor,
State House,
3 Rose Street,
Cape Town

P.O. Box 16421
Vlaeberg
8018



www.dementiasa.org

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679