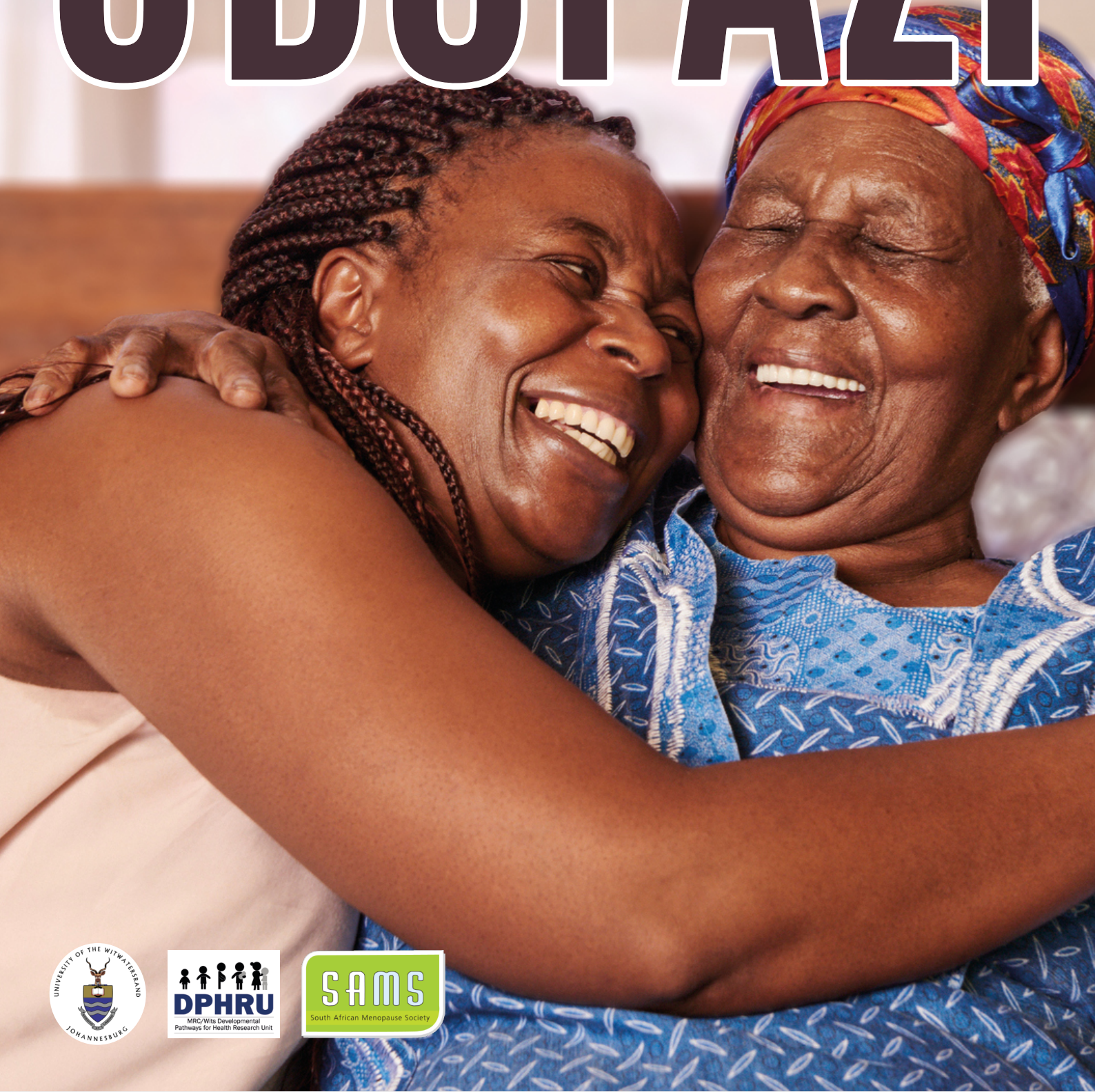


UBUFAZI



Umhlahlandlela wokuzwisisa ukunqamuka
kokuya esikhathini

UBUFAZI: Umhlahlandlela wokuzwisisa ukunqamuka kokuya esikhathini

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Okuqukethwe kulencwadi kusekelwe kwimibuzo ebuzwe abesifazane baseningizimu Africa ngesimo sokunqanyukelwa wukuya esikhathini emuva kocwaningo olwenzwe ebakwa MRC/Wits Development Pathways kumnyango wezempilo. Loluhlelo luhlale ukuthi kunjani ukudlula kulesimo sokunqanyukelwa emzansi Africa. Lemibuzo iphendulwe ochwepheshe bezempilo nabacwaningi besimo sokunqanyukelwa.

Sibonge kakhulu kubantu abesifazane abasilekelele ngokuhlelwa kwalencwadi. Sithemba ukuba lencwadi izolekelele ekupheni izeluleko ezincedayo nokwazi kangcono ngesimo sokunqanyukelwa eningizimu Africa.

Udaba lwencwadi

Inhloso yalencwadi wukunceda ukuphendula imibuzo ebuzwa habantu besifazane ngokunqamuka kokuya esikhathini. Ichaza ukuthi kuyini ukunqamuka kokuya esikhathini, yini ongakulindela ngokunqamuka kokuya esikhathini, iphinde inikeze imininingwane yokuphatha ezinye zezimpawu abesifazane abadlula kuzo.

Lencwadi ithuthukiswe nabesifazane basemzansi Africa abasixwayise ngemininingwane esetshenzisiwe ephinde yasinceda ekuyakheni. Siphinde sasebenzisana nabacwaningi, nabanakekeli bempilo nochwepheshe bikunqamuka kokuya esikhathini.

Ukubonga

Sibonga omama basemzansi Africa abalandelayo ngezeluleko zabo: Sarah, Lerato, Agnes, Refilwe, Anna, Constantia, Nelly, Pauline, Bina, Grace, Wendy, Pricilla, Matha, Busisiwe, Constance, Cindy, Teresa.

Sibonge uDr Lineo Matsela, Obstetrician nodokotela wezifo zabesifazane, Mediclinic Medforum, South Africa, ilungu lomkhandlo, umphakathi wokunqanukelwa wukuya esikhathini emzansi Africa.

Sibonge uDr Nicole Jaff, umphakathi wokunqanukelwa wukuya esikhathini wasenyakatho melika (NCMP), Umnyango we Chemical Pathology, National Health Laboratory Service ne Univesi yase Witwatersrand isikhundla sezempilo zeSciences, uMzansi Africa, Amalungu womkhandlo, umphakathi wokunqanukelwa wukuya esikhathini.

Sibonge uDr Trudy Smith, udokotela wabesifazane kwioncologi, Wits Donald Gordon isikhundla sokwelapha, umongameli womphakathi wokunqanukelwa wukuya esikhathini 2019-2021, ilungu lokhandlo, umphakathi wokunqamuka kokuya esikhathini.

Uma ungathanda ukuthola eminye imininingwane mayelana nokunqamuka kokuya esikhathini, sicela uvakashele iwebhusayithi yeSouth African Menopause Society (SAMS) ku-<https://www.menopause.co.za/>

Umhlahlandlela wokuzwisisa ukunqamuka kokuya esikhathini

Yini ukunqamuka kokuya esikhathini?

Ukunqamuka kokuya esikhathini yilapho owesifazane angasaboni izinkathi. Uma kungadlula unyaka izinkathi zingaveli, kusuke kuwusuku lokugcina lokuba elowesifazane abone izinkathi. Abanye bayibiza “ukushintsha kwempilo”. Lesi yisimo esijwayelekile emuntwini owesifazane okhulayo.

Yini ebanga ukunqamuka kokuya esikhathini?

Ukunqamuka kokuya esikhathini kubangwa wushintsho lwemizwa emzimbeni. Lemizwa/amahomoni inceda ukuba sesikhathini inyanga nenyanga ekuqaleni kwakho ukuba sesikhathini, lemizwa yiyo enceda ngokukhiqizwa kwamaqanda (akhiqizwa emzimbeni ukunceda ukuba nomntwana/ukukhulelwa). Ukunqamuka kokuya esikhathini makufika (khumbula, uma kungadlula unyaka izinkathi zingaveli), amaqanda awasakhiqizi. Lokho kusho ukuthi angeke usakwazi ukukhulelwa.

**Kwenzakalani uma
unqanyukelwa
wukuya
esikhathini?**



Awuvele nje esithubeni unqanyukelwe wukuya esikhathini, lokhu kwenzeka kancane kancane. Uma sewusondelwa wukunqamuka kokuya esikhathini, imizwa yakho iqala ukukhuphuka iphinde yehle, lokhu kubanga ushintsho emzimbeni olungajwayelekile. Loshintso emzimbeni lwenzakala ekuhambeni kwesikhathi ngaphambi kokuba uficwe wukunqamuka kokuya esikhathini. Uma sewusondela lesi sikhathi, ubona ngokushintsha kwemizwa nokomzimba okwenzeka kuwe.

Uma ukunqamuka kokuya esikhathini kusondela, uzobona ngokushintsha kwezikhathi zokukhiqizwa kwamaqanda. Loshintsho luhlukahlukene kwabesifazane. Ngezinye izinyanga angeke ubone isikhathi futhi kwezinye izinyanga usibone. Kuyenzeka sifike ngegazi eliningi noma elincane, kungenzeka ungaboni isikhathi inyanga eyodwa noma ezibili ngaphambi kokuba siqale futhi. Loshintsho lungaqhubeka izinyanga noma iminyaka ngaphambi kokuba unqanyukelwe wukuya esikhathini. Izikhathi ziyamisa kungalindelwe kwabanye besifazane. Abesifazane bathola loshintsho ngezindlela ezihlukahlukene.

**Wazi kanjani uma
sewuficwe wukunqamuka
kokuya esikhathini?**

Uma sewusemaphakathini kweminyaka engamashumi amane noma ngaphezulu ungakayi esikhathini, kuphinde kudlule unyaka, lokho kuchaza ukuthi sewuficwe wukunqamuka kokuya esikhathini. Kepha, izimo ezifana nokwehla komzimba, ukuxakeka nokungaphili kahle, njengokubhema nokuphuza utshwala kakhulu, kungabanga ukumisa kokuya esikhathini. Kumele uqaphele ukuthi zikhona ezinye izimo ezingabanga ukunqamuka kokuya esikhathini. Kubalulekile ukwazi ukuba izimpawu zokunqamuka kokuya esikhathini zifana noshintsho olobangwa yizifo zomzimba ezingabangwa amaqanda akhulile. Kubalulekile ukwazi lokhu. Uma ungacabangi ukuthi izizathu nezimpawu zokungaphatheki kahle emzimbeni zihambelana nokunqamuka kokuya esikhathini, kumele uxhumane nodokotela noma umongikazi, bangakuthumela kudokotela wabesifazane ozothatha igazi ukuhlolisisa ukuthi ngabe sekuyisikhathi sokunqamuka kwesikhathi noma yizifo zomzimba.

**Yiziphi izimpawu ongazithola
uma ukunqamuka kokuya
esikhathini kufika?**

Abafazi abaningi bayazibona izimpawu zokunqamuka kokuya esikhathini. Lezimpawu zingavela mhlawumbe emaphethelweni wokuya esikhathini. Lezimpawu zingaba nzima futhi zibe yinkinga. Ezinye zazo:

- Ukushiselwa ebusweni, entanyeni nasesifubeni nokujuluka ebusiku.
- Amabele abuhlungu.
- Ukucasuka nokudineka
- Ukulahlekelwa wukukhumbula Memory problems (ukukhohlwa izinto nokungakwazi ukubeka umqondo wonke entweni/endabeni eyodwa)
- Ukuba nesidina (ukuhlala ujabhile noma ukungahlaliseki)
- Ukuhlulwa wukulala noma ukulaliseka.
- Ukukhuluphala komzimba
- Ukuba buhlungu kwamalunga omzimba
- Ukoma kwamehlo nokwesitho sangasese.

Lesi simo singaqhubeka kuze kudlule iminyaka eyisishiyagalolunye. Bonke abafazi bahlukahlukene, yingakho kungeke kufane ukunqamuka kokuya esikhathini ebanganini. Nanoma abaningi besifazane bethwala ubunzima eminyakeni esondela ukunqamuka kokuya esikhathini, abanye ababi nazo lezinkinga. Uma isikhathi sokunqamuka kokuya esikhathini sesifikile, ikakhulu laba abafikelwe ukunqamuka kokuya esikhathini ngenxa yokuhlinzwa kususwa isibeletho nalaba abathatha imithi engajwayelekile, bangaba nalezimpawu sebegugile. Abaningi abesifazane bangahlushwa wukoma kwesitho sangasese lokhu kungenza ukuya ocansini kube buhlungu noma nzima, ukwehla kogqozi lokuya ocansini kujwayelekile ebafazini abanezimpawu zokunqamuka kwesikhathi.

**Ishintsha
njani
imizimba
yabesifazane
abanqanyuke
lwa wukuya
esikhathini?**

Ushintsho lwamahomoni lungabanga ushintsho emzimbeni. Amabele angazwakala ekhuluphala noma ebuhlungu ekusondeleni kokunqamuka kokuya esikhathini futhi kubalula ukukhuluphala. Abanye besifazane abadli ukudla okulungile umabezizwa bedumele, lokhu kubenza bazizwe ngcono. Kepha bazizwa bangcono isikhathi esimfushane ngoba ukukhuluphala kuyadumaza. Lemininingwane engaphansi ichaza izindlela zokuziphatha ukuvika ukukhuluphala uma kunqamuka ukuya esikhathini. Kuyenzeka futhi ukuba ulahlekelwe yizinwele noma ubone zikhula ebusweni. Namehlo avama ukoma.

**Ungenzani
ukuphatha
lezimpawu?**

Ukubhekana nokushiselwa nokujuluka ebusuku

- Gcoka izimpahla ezilengayo ezenzwe ngokotini ukuvumela ukuphefumula kwelabhi.
- Gcoka izimpahla ezimbalwa ukuze ukwazi ukukhumula ingubo ngayinye uma uzwa usha.
- Phatha ibhodlela elincane lamanzi ukuthi ukwazi ukufafaza emhlane, entanyeni nasemadolweni uma ukushiselwa kufika. Gcina lebhodlela eduze nawe uma uyolala.
- Ungadli ukudla okubabayo nokushisayo, phuza itiye noma ikhofi elipholile.
- Ungadli kakhulu, ungaphuzi kakhulu utshwala nekhofi.
- Ungabhemi.
- Ukuzivocavoca kubalulekile.
- Ukucindezeleka kungabanga ukushiselwa, zama ukwehlisa umoya.
- Zama ukuphefumula ngokuzigedla uma uzizwa ucindezekile. Phefumula ngempumulo umlomo uvaliwe ubale kuzekube kane. Bamba umoya ubale kane bese ukhiphe umoya kancane ngomlomo. Phinda lokho imizuzu ibemibili.

Ukubhekana nokukhuluphala

- Kubalulekile ukudla kahle nokuzivocavoca. Funda ngaphansi ukwazi kangcono.

Ukubhekana nokungaphatheki kahle uma ocansini

- Uma ucansi lungakuphathi kahle, ikhona imithi ongayisebenzisa ukuthambisa isitho sangasese. Uglisi wokuthambisa ungenza ucansi lube lula. Lemithi ingathengwa ekhemisi. Qaphela lemithi akumele ibe manakha noma imisoco. Ngesicelo akumele usebenzise amafutha wokupheka noma amafutha wokuthambisa umzimba. Lokhu kungabangela ukushiseka nokulimala kwesitho.
- Odokotela bangakupha iestrogen cream engagcotshiswa esithweni sangasese esomile. Lokhu kungasetshenziswa kabili evikini ukwehlisa ubuhlungu ngesikhathi socansi ngenxa yokunqamuka kwesikhathi

iHormone therapy

- iHormone Therapy (HT) yisivivnyo esisebenzayo uma uhlushwa wukushiselwa kakhulu. Udokotela uzokuchazela ngemiphumela nokumele ukuqaphele. Uma uthatha iHT, kumele ube novivinyo ngokuphelele uphinde uhlolwe wudokotela owabesifazane kanye ngonyaka aphinde enze imammogram. Tshela udokotela wakho ngodaba lwezempilo ezomndeni wakho. Thatha iHT encane esikhathini esincane' Hlola nodokotela wakho unyaka nonyaka ukubona uma kusabalululekile ukuyisebenzisa.
- Abesifazane abangakwazi ukuthatha iHT, zikhona ezinye; buza udokotela nomongikazi ngayo.

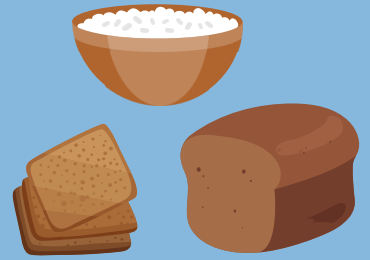
Kumele owesifazane azinakekele kanjani kulesi sikhathi?

Njengoba abafazi abaningi bekhuluphala, kubalulekile ukubheka ukuthi udlani.
Ukwenza lokho kumele:

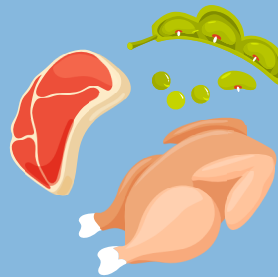


Idla izithelo nemifino:
Izithelo nemifino zinamavithamini namaminerali abalulekile.

Ukudla okunsundu:
Kulungele inhliziyo nokuthi uhlale uphilile. Loku kubala ioats, brown rice, Mabela nesinkwa esinsundu.



Thola icalcium elingene: iCalcium yiminerali eqinisa amathambo. Ekudleni okunecalcium eningi kubalwa ubisi neyoghurt, inhlanzi enamathambo njenge sardine nama pilchards, and nemifino eluhlaza njenge spinashi.

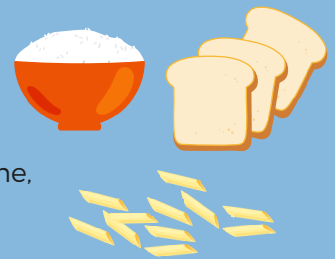


Thola iprothini elingene:
Iprothini inceda ngokuqinisa umzimba. Ukudla okuneprothinibama kubalwa ubhontshisi, amadobhisi, inhlanzi, inkukhu inyama.

Idla ukudla okulingene:
Kubalulekile ukudla ukudla okulingene. Uma udla kakhulu uzokhuluphala nanoma udla ukudla okulungile.



Yehlisa ukudla okumhlophe:
Ukudla okumhlophe akuwulungelanga umzimba njengokudla okunsundu, lokhu kubala ipapa elimhlophe, irise emhlophe nesinkwa esimhlophe.



Yehlisa amafutha: Amafutha abalulekile kodwa, amanye abaluleke ukudlula amanye. diet. Amafutha abalulekile avela kwiavocado, amafutha wecanola neolive. Zama ukwehlisa ukudla amafutha angalungile njengalawa atholakala kumakhekhe nakwibhotela. Lawa ayakhuluphalisa.



Yehlisa ukudla okunoshukela njengamaswidi neziphuzo: Lokudla naleziziphuzo zinoshukela omningi. Akukho lula ukuyeka amaswidi kodwa ukuzama ukwehlisa ushukela etiyeni kunganceda ekuhambeni kwesikhathi.

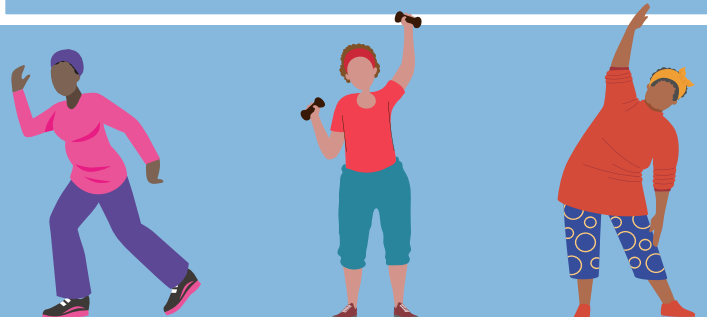


Yehlisa usawoti: Usawoti lubanga isifo segazi eliphezulu. Yehlisa ukudla okunosawoti uphinde ungafaki oluningi mawupheka.

Phuza amanzi amaningi: Phuza amakomishi ayisithupha wamanzi elangeni.



Hlala uzivocavoca: Kubalulekile ukuzivocavoca, Ungahlali phansi isikhathi eside. Kumele uzame ukuzivocavoce amahora amathathu evikini. Lokhu kubala ukudanisa, ukuhamba nokusebenza endlini. Uma ungajwayelanga, cala kancane uze ujwayele. Lokhu kunganceda ngokulala kahle.



Uma usese yintombi, enyageni amahormoni womzimba ahlela isibeletho sakho ukulungiselela ukukhulelwa. Enza lokhu ngokwakha ibonda lesibeletho. Uma ungakhulelwa lebona liyabhidlika bese liphuma ngesitho sangasese. Emuva kwesinye nesinye isikhathi isibeletho siyazilungisa ukwenzela ukumitha, lokho kwenzeka nyanga nenyanga kuze kufike isikhathi sokunqamuka kwesikhathi. Uma ungasakwazi ukukhulelwa (ngoba ungasakhiqizi amaqanda), isibeletho asisadingi ukulungiselela ukukhulelwa. Ibonda alisakhwa, ukopha kwegazi kuyaphela. Kubalulekile ukukhumbula ukuba uma unqanyukelwa wukuya esikhathini waze wangophi igazi onyakeni, kwenzeka futhi ukuthi wophe igazi, thinta udokotela noma umongikazi ngoba kungasho ukuthi kunesifo esibelethweni.

Kwenzakalani ngegazi lesikhathi uma unqanyukelwa wukuya esikhathini?

Kufika nini ukunqamuka kokuya esikhathini emuntini wesifazane?

Ukunqamuka kokuya esikhathini kujwayelekile ukuba kufika eminyakeni engango 45 kuya ku 55 yobudala. Kuningi umuntu wesifazane unqanyukelwa wukuya esikhathini eminyakeni engu 50.

Kungani iminyaka ihlukahlukene yokunqamuka kokuya esikhathini?

Abantu besifazane bahlukile, yingakho bangayi esikhathini ngokulingana. Nokunqamuka kokuya esikhathini kungafika masinya noma kuladelwe. Kuningi okungabangela ukuhlukana kweminyaka umakunqamuka kokuya esikhathini. Okubalulekile kodwa ukunqamuka kokuya esikhathini kukamama wakho kungafana nokwakho. Kodwa akuvamile, kukhona okunye okungabanga ukunqamuka kokuya esikhathini. Ukugula, imithi ehluhlukene nangalendlela ophila ngayo. Ukubhema kubangela ukunqamuka kwesikhathi kube masisha ngoba ugwayi lumosha amaqanda futhi lokhu kwenza ukuthi angasebenzi kahle. Ngokusho njalo, kungenzeka usheshe unqanyukelwe wukuya esikhathini uma bewubhema kodwa umzali wakho angabhemi.

Ukunqanyukelwa wukuya esikhathini kungahlupha ukuya ocansini na?

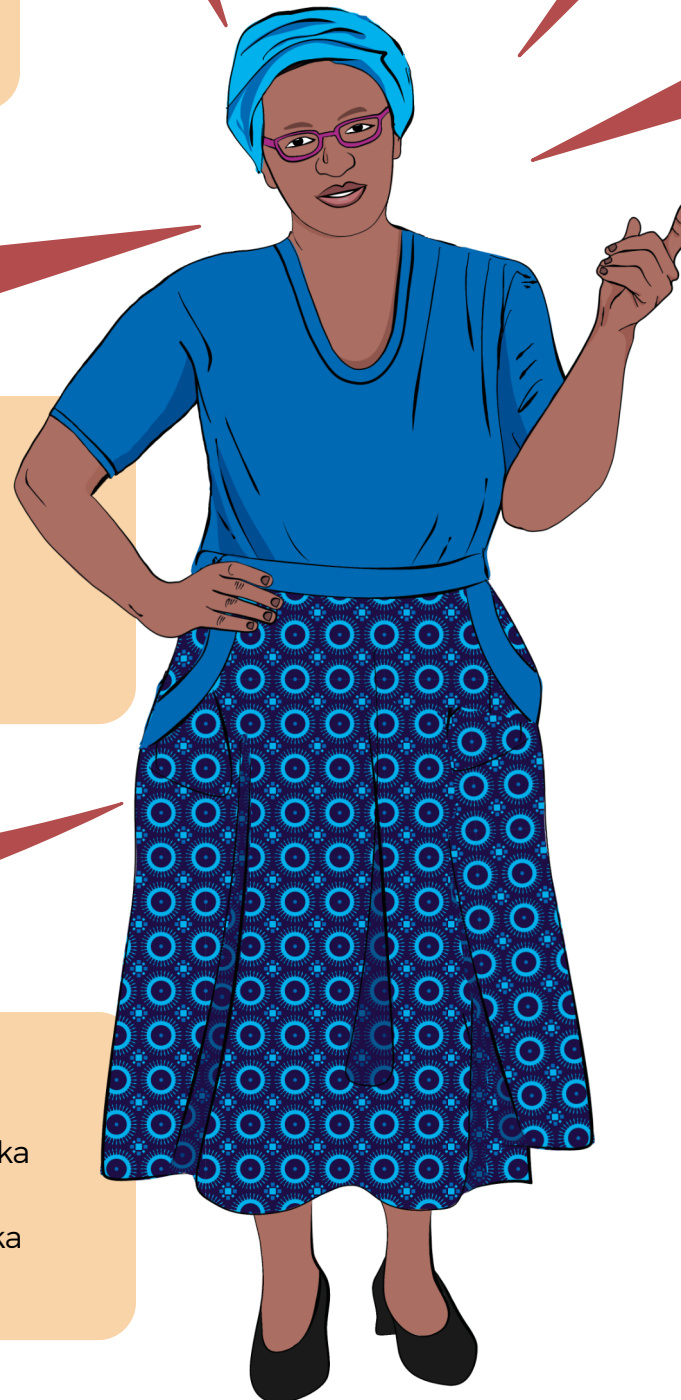
Ukunqanyukelwa wukuya esikhathini kungehlisa ugqozi lokuya ocansini. Futhi ukoma kwesitho sangasese kungabanga ubuhlungu kuphinde futhi kwenze kungabilula ukuya ocansini. Kodwa kukhona amakhambi anganceda ngokoma kwesitho sangaphansi futhi kuya kubengcono ukuya ocansini uma lesimo sibohla.

Ungakwazi ukukhulelwa makunqamuka ukuya esikhathini?

Uma sewufice ukunqamukakokuya esikhathini (mhlawumpe esingaba esingaba wunyaka), angeke usakhulelwa. Kodwa uma ungafuni ukukhulelwa, caphela ungenzi iphutha. Nanoma ukufika kwesikhathi kungezi nyanga nenyanga, ungakhulelwa. Kumele usebenzise izinto zokuzivikela kuze kufike isikhathi sokunqamuka kwesikhathi.

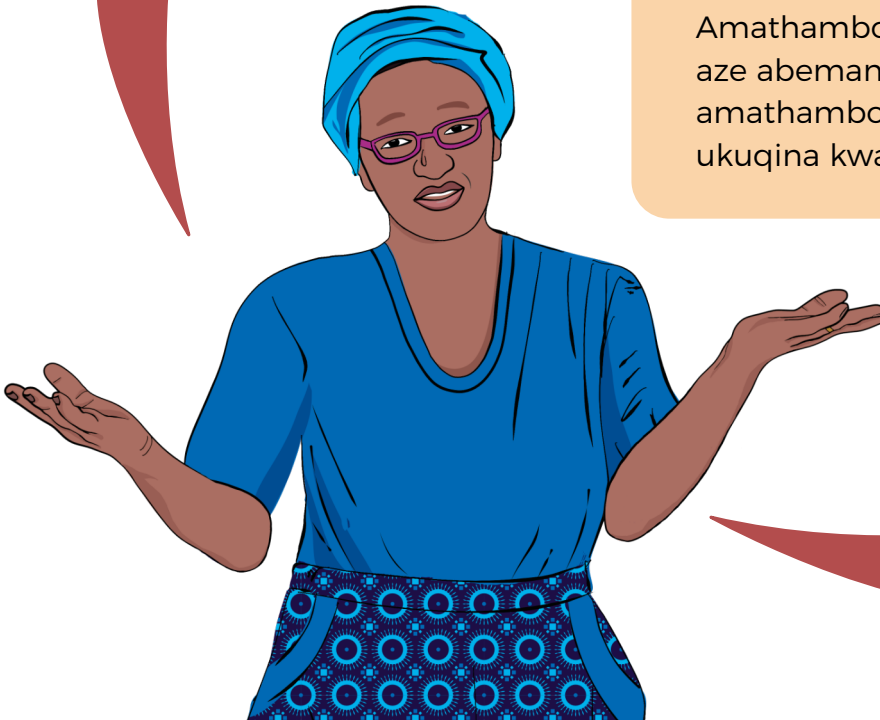
Ukunqamuka kokuya esikhathini kungabanga izifo ezifana nomdlavuza na?

Cha kodwa kubalulekile. Bikela udokotela uma ungazizwa kahle.



**Ukunqamuka kokuya
esikhathini kungalimaza
amathambo ami na?**

Ukushintsha kwamahormoni kudlala indima emathambeni futhi uma sekunqamuka ukuya esikhathini, amathambo aphuka, njengesihlakala. Amathambo womgogodla angalimala aze abemancane. Uma kuphuka amathambo, kumele uyohlola sibhedlela ukuqina kwawo.



**Ngingenzani
ukuqinisa
amathambo ami?**

Ukuze ahlale aphilile, amathambo womuntu ayashintsha uma isikhathi silokhu sihamba. Uma udla ukudla okondlekile okune calcium, uphila kahle, unganceda umzimba ekwakheni amathambo aqinile. Amathambo ayaqina uma ehlala esebenza. Ukugcina amathambo aqinile, kumele wenze okubili okulandelayo:

- **Ukuzivocavoca okunokusinda.** Imithelela izwakala uma umengezinyawo ucindezela ukushukunyiswa komzimba. Lokhu kungenzeka uma uhamba, ugijima noma ugquma. Uba nemithelela uma umile lokhu kunceda ukuba amathambo aqine.
- **Ukuzivocavoca kokuqinisa imisipha.** Imisipha yakho inikeza amathambo akho umsebenzi ngokuwadonsa. Lokhu kuqinisa amathambo. Uma imisipha yakho iqina, idonsa kanzima lokhu kuqinisa amathambo. Ukuqinisa imisipha yakho kumele uyenze imelane nokucindezeleka. Ukukhuphula ukucindezela kungenzeka ngokukhuphula ukusinda njengokuguga izinsimbi ngaphezu kwekhanda. Ukuqinisa imisipha kwenza kube lula ukuzivocavoca.



Abesifazane abaneHIV baficwa wukunqamuka kokuya esikhathini ngesikhathi esifanayo nabafazi abangenayo. Akumelanga imizwa ihluke ngoba owesifazane uneHIV. Ukunqamuka kokuya esikhathini kwenza abaningi abesifazane badumale, lokhu kuyinkinga khakhulu ebantwini besifazane abaneHIV. Ukunqamuka kokuya esikhathini kuhlukahlukenene. Usuka unenhlanhla uma ungaboni izimpawu zokunqamuka kokuya esikhathini nanoma uneHIVnoma, ungaba nemizwa ehlukele ekuhabeni kweminyakeni.

Abanye abesifazane abaneHIV bakuthola kunzima ukunqamuka kokuya esikhathini. Kubanzima ngesinye isikhathi ukuthatha imithi yeHIV nokuya esibhedlela, lokhu kungabeka impilo yakho ebunzimeni. Kumele ukhulume nodokotela wakho akwazi ukukunceda uma lokho kwenzeka. Imithi yakho yeHIV isebenza kahle nanoma unqanyukelwe wukuya esikhathini. Kubalulekile ukunakekela amathambo akho uma unqanyukelwe wukuya esikhathini, ikakhulu uma uneHIV. Njengoba nibonile kubalulekile ukuhlola amathambo akho uma ukulesimo. Uma uneHIV futhi unqanyukelwe wukuya esikhathini kumele uhlolisise isimo sakho samathambo ngoba zombili zingakhuphula isimo sokulimala kwamathambo.

Kuhluka njani ukunqamuka kokuya esikhathini kowesifazane oneHIV.



Khumbula, ukunqamuka kokuya esikhathini kusha empilweni yakho. Sethemba lemininingwane izonceda ukuba uphile impilo enhle kulesi sikhathi.

