



Umhlahlandlela Wabesifazane Abanesifo Se-Psoriatic

Uhlu lokuhlola olungezansi luklanyelwe ukuthuthukisa ulwazi lwakho uma ucabanga ukuqala umndeni. Uzothola ulwazi olubalulekile nezihloko ezibalulekile okufanele uzifunde, uxoxa nochwepheshe bakho bezempilo ezigabeni ezahlukene zohambo: kusukela ekuqwashiseni ngenzalo, ngaphambi kokuthi uzame ukukhulelwa, phakathi nokukhulelwa kwakho, nangemuva kokubeletha.

Ukwenza uhambo lwakho lokuhlela umndeni lube lula ngangokunokwenzeka, kubalulekile ukuthi wena nodokotela wakho ninqume ndawonye ukuthi ningayihambisa kanjani indlela yenu yokuba umzali. Kukuzuzisa kakhulu ukuthi ubuze yonke imibuzo onayo, ucele ukwesekwa ngokwengeziwe uma ukudinga futhi ubike noma yiziphi izinguquko ezimpawini zakho noma impilo jikelele. Lombhalo wenzelwe ukukunikeza isiqondiso emaphuzwini abalulekile ongaxoxa ngawo nodokotela wakho.

Khumbula ukuthi uhambo lwawo wonke umuntu luhlukile. Udokotela wakho uzokwazi ukukweluleka ngezindlela zokwelashwa ezifanele, futhi akusize ukhethe ulwazi ohambweni lwakho njengoba uwazi umzimba wakho kangcono nokuthi yini ezokusebzela wena.

Igama

Usuku



Ngaphambi kokuthi uqale

Uma welashelwa isifo se-psoriatic futhi ungafuni ukuba nezingane okwamanje, xoxa nodokotela bakho ukuthi yiziphi izinketho zakho.

Kubalulekile ukuqaphela ukuthi uma uthatha imithi ethile, akufanele ukhulelwe, kungakhathaliseki ukuthi unesifiso sokuqala umndeni. Imithi ethile i-teratogenic, okusho ukuthi inobuthi kakhulu ku-embryo, ibangela ukukhubazeka, ukubambezela kokukhula kwengqondo, nezinye izinkinga. Eminye imithi ayituswa ngenxa yokuthi ingase ibe nezingozi ezihlobene noma kungase kube nocwaningo olulinganiselwe nolwazi ngemiphumela yayo phakathi nokukhulelwa noma enganeni engakazalwa. Ngesikhathi esifanayo, ezinye izinketho ziphephile futhi zingathathwa ngenkathi uzama ukukhulelwa, ngesikhathi sokukhulelwa kanye nokuncelisa.¹

Ngokuphathelele nokulawulwa kokuzalwa, ngokuvamile akukho ukuphikisana ekusebenziseni ukuvimbela inzalo kwabesifazane abanesifo se-psoriatic. Kusadingeka ukuxoxa ngezinketho zokuvimbela inzalo nodokotela wakho, njengoba kungase kube nokusebenzisana okuthile nemithi yakho ye-psoriasis enganciphisa ukusebenza ngempumelelo kokwelashwa noma ukuphepha noma kudinga ukuqapha okwengeziwe (isb. umfutho wegazi).

Yiluphi ulwazi engihamba nalo lapho ngivakasha?

Bhala phansi yonke into oyisebenzisayo ukwelapha isifo sakho se-psoriatic, okuhlenganisa imithi yokwelapha ngaphandle kwekhawunta, imithi kadokotela, nanoma imaphi amavithamini/izithasiselo. Bayise ekuqokweni kwenu nixoxe:

- izinketho zokuvimbela inzalo kanye nokwelashwa ukuvimbela ukukhulelwa noma
- izinketho zokwelapha ze-psoriatic eziphephile ekukhulelweni futhi ezingathathwa ngaphambilini ukuze kuqalwe umndeni.

Faka uzakwenu ezinqumweni zakho zokuhlela umndeni.

Ngabe usebudlelaneni bothando nomuntu ozoba umzali wengane yakho yakusasa? Iba nezingxoxo ezivulekile nabo mayelana nakho kokubili okulindele ngaphambi nangemuva kokukhulelwa.

Ngaphambi kokuzama ukukhulelwa

Uma nje usunquma ukuthi ufuna ukuzama ukukhulelwa, kubalulekile ukuvakashela udokotela wakho – udokotela ojwayelekile, udokotela wesikhumba, udokotela wezifo zamathambo, udokotela wezifo zokubelethisa/owesifazane, noma omunye umhlinzeki wezempilo ukuze uxoxe ngezindlela zokwelapha ezifanele ze-psoriasis yakho.

Ezinye izindlela zokwelapha zidinga ukuyekiswa izinyanga ezimbalwa ngaphambi kokukhulelwa, futhi ezimweni ezimbi kakhulu kuze kube yiminyaka eminingana, ngakho-ke kubalulekile ukuthi ukhulume ngesifiso sakho sokuba ngumzali nodokotela wakho kusenesikhathi. Udokotela wakho uzokwazi ukuthi angalungisa kanjani kangcono, uma kudingeka, uhlelo lwakho lokwelashwa kwe-psoriasis, noma akusize ufike lapho ungakhulelwa khona ngokuphephile.

Ezinye izindlela zokuphila azinconywa, njengokubhema nokuphuza. Kubaluleke kakhulu ukuthi uzigweme kulesi sigaba sempilo yakho. Indlela yokuphila enemphilo, ukuzivocavoca njalo, kanye nokuhlanzeka okuhle kokulala kunganciphisa ukuqubuka futhi kuthuthukise imiphumela yokukhulelwa.

Ngenzenjani ngaphambi kokuqokwa kwami kokuqala?

Bhuka i-aphoyintiment nodokotela

Bhala phansi uhlu lwama-khilimu namafutha okugcoba, imithi ethengiswa ngaphandle kwekhawunta kanye nemithi kadokotela kanye namavithamini/ izithasiselo ozithathayo. Zithathe nawe lapho uya khona.

Bhala phansi zonke izimpawu zakho. Vula futhi ubhale phansi izimpawu ngisho noma ucabanga ukuthi azihlobene nesifo sakho se-psoriatic. Isifo se-Psoriatic singenzeka ngezindlela ezahlukeneyo.



Isifo se-Psoriatic singagijima emindenini. Uma umzali oyedwa ene-psoriasis kukhona ingozi engu-16% ingane yakho ingase ibe ne-psoriasis. Uma bobabili abazali bephila nalesi sifo ingozi ingane yakho ingase inyuke iye ku-50%². Ingabe unokukhathazeka mayelana nezingane zakho ezinalesi sifo? Zibhale ngezansi ukuze uxoxe ngazo nodokotela wakho.

Ukuphila nesifo se-psoriatic kwandisa ingozi yokuthuthukisa ezinye izifo ezifana nesifo senhliziyo, isifo sikashukela, umfutho wegazi ophezulu, ukukhuluphala, nezinye. Bhala ngezansi noma yimuphi umlando womndeni owaziyo ukuze uxoxisane nodokotela wakho ngendlela yokuqapha izingozi phakathi futhi ngemva kokukhulelwa.

Ngabe kufanele ngihambe nomuntu ngiye ku-aphoyintimenti

Kungaba umqondo omuhle ukuthatha othile uhambe nawe uma uye kuma-aphoyintimenti akho.

Ungase ucele umlingani wakho, ilungu lomndeni, noma umngane oseduze ukuthi akuphelezele lapho uya emihlanganweni. Zibalulekile ekusekeleni ukuziphatha, buza imibuzo ongase ukhohlwe ukuyibuza, futhi ubhale namanothi kuma-aphoyintimenti. Qiniseka ukuthi umeme umuntu ongamethemba.

Uma kufanele uhambe wedwa, cela udokotela wakho ukuthi afingqe i-aphoyintimenti futhi ayibhale phansi ozoya nayo ekhaya.

Mema umuntu kusenesikhathi ngaphambi kwesikhathi esibekiwe. Chaza ukuthi ungathanda yini ukuthi babe nawe ehhovisi likadokotela, noma uma ungathanda bahlale egumbini lokulinda.

Uyabadinga ukuthi babhale amanothi? Uyafuna ukuthi nabo babuze imibuzo? Qiniseka ukuthi wabelana ngezidingo zakho ngaphambi kwe-aphoyintimenti.

Uma ufuna ukuthi babe sehhovisi likadokotela nawe, chaza lokho okulindele, izidingo, nezinhliso zakho kusenesikhathi, ukuze bazilungiselele. Zibhale ukugwema ukukhohlwa noma yini.



Yini okufanele ngibuze?

Leli yithuba lakho lokubuza imibuzo ngesifo sakho, izindlela zokwelapha ezitholakalayo, ukuthi ungazilungiselela kanjani kangcono ngaphambi kokukhulelwa, ukuthi yini ongayilindela ngesikhathi sokukhulelwa nangemva kokukhulelwa, futhi uxoxe ngokukukhathazayo.

Eminye imithi kufanele iyekwe ezinyangeni ngaphambi kokukhulelwa, eminye ingaphuzwa ngokuphepha phakathi nokukhulelwa nangale kwalokho. Kubalulekile ukuthi ubuze ukuthi ngabe udinga ukulungisa uhlelo lwakho lokwelashwa ngendlela efanele.

Hamba nohlu lwakho lwemithi. Buza ukuthi ingabe ukwelashwa kwakho kwamanje kuzodinga ukushintsha. Khumbula ukuthi kubalulekile ukuthi udokotela wakho acabangele ubungozi kanye nezinzuzo zezinhlelo zokwelapha ezitholakalayo kuwe. Uma ukhulelwa futhi i-psoriasis yakho ayikho ngaphansi kokulawula, ungase welulekwe ukuthi uphuze imithi engase ibe nezingozi ezithile kumbungu.

Gcwalisa ithebula elingezansi kanye nodokotela wakho.

Ukwelashwa	Udinga ukuyeka ukwelashwa?			
	CHA	Uma kunjalo, nini?		
		NGAPHAMBILI Kwokukhulelwa	NGEMVA Kwokukhulelwa	NINI Ukuqala futhi

Yiziphi izinyathelo ezilandelayo?

Buza ukuthi ukwelashwa kwakho kungashintsha noma kungashintshi kanjani, bhala amanothi ukuthi kuzosithinta kanjani futhi kanjani isifo sakho se-psoriatic. Uma yebo, kuzomele ishintshe, uzosheshe ubone izinguquko?

Yiziphi izivivinyo noma ukuhlolwa okufanele ukwenze?

Ukuhlolwa nokuhlolwa kungase kwehluke kumuntu ngamunye. Udokotela wakho angakusiza wenze izivivinyo ezidingekayo kanye nokuhlola okudingekayo. Okufanelekile, abesifazane kufanele baqale ukuphuza i-folic acid cishe izinyanga ezi-3 ngaphambi kokukhulelwa. Kuyanconywa futhi ukuthatha uvithamini D noma ezinye izithako, kodwa ukuthatha i-vitamin D ngokweqile kungathinta ukukhula kwengane futhi kuthinte ukukhula. Buza udokotela wakho ukuthi yini okudingeka uyenze futhi uma kufanele wenze noma yiziphi izinguquko ekudleni kwakho. Uma wenza noma yikuphi ukuhlola (isibonelo, ukuhlolwa kwegazi), buza ukuthi kufanele uyilindele nini imiphumela.



Xoxani ngalokho okwenzeka ngesikhathi sokukhulelwa.

Ngesikhathi sokukhulelwa, iningi labesifazane libona ukuthuthuka kwezimpawu zabo (55%), abanye ababoni izinguquko (21%) kanti abanye baba nokuwohloka kwezimpawu (24%). Kodwa-ke, ama-post-partum flares abhekana nabesifazane abangaba ngu-65%.³ Xoxa nganoma yikuphi okukukhathazayo nokuthi yini engenziwa ukuze uthuthukise inhlalakahle yakho phakathi nangemuva kokukhulelwa uma uzizwa kabi kakhulu.

Buza udokotela wakho ngolwazi olwengeziwe ngesihloko, isibonelo izincwajana noma amawebhusayithi, ongawasebenzisela ukufunda ngejubane lakho. Xhumana nenhlangano yangakini yesiguli se-psoriasis. Ukwabelana ngolwazi lwakho nabanye abasahambayo ngokusebenzisa okufanayo, noma labo abake baphila, bangaduduza futhi bakusize uzizwe ukhululeke kakhudlwana.

Ngesikhathi sokukhulelwa

Kwabaningi, lesi ngokuvamile isikhathi esimnandi ekuphileni kwalabo abahlele ukuba nezingane. Kodwa ukuphila nesifo esingamahlalakhona kungenza lokhu okuhlangenwe nakho kube inselele. Khuluma nodokotela wakho, qapha izimpawu zakho bese ubika uma ubona izinguquko.

Gcwalisa ithebula elingezansi bese ukhuluma ngalo nochwepheshe bakho bezempilo. Ngesikhathi ukhulelwe, uchwepheshe wakho wezokunakekelwa kwezempilo angaba udokotela wesikhumba, umbelethisi, noma omunye.

Gcwalisa ithebula elingezansi

	Ku-trimester yokuqala	Kwi-trimester yesibili	Kwi-trimester yesithathu
Gada ukuthi uzizwa kanjani			
Bhala lokho uchwepheshe wakho wezokunakekelwa kwezempilo ayeluleke, ukuthi yini okufanele uyibukele nokuthi yini okufanele yenziwe ngokulandelayo			



I-trimester yesithathu

Manje usungena esigabeni sokugcina sokukhulelwa. Ingabe uzizwa ukulungele ukulethwa?

Isifo se-Psoriatic asivamile ukuvimbela ukubeletha okuphephile, kodwa kungase kubaluleke kakhulu ukuxoxa ngezimpawu ezinjengama-plaque endaweni yangasese / endaweni engezansi yesisu noma ubuhlungu bamalunga nokuthi yini engenziwa ukuze kuncishiswe.

Bhala phansi noma yikuphi okukukhathazayo noma imibuzo ongase ube nayo bese uxoxa ngayo nodokotela wakho

Xoxa nodokotela wakho ngokuphathwa kwezinhlungu kanye nezinketho zakho zokulethwa

Ngemva kokukhulelwa

Ngemva kokubeletha, ungase ube nengxube yenjabulo nokungabaza nezinselele ezizayo. Nakuba lesi kuyisikhathi esijabulisayo sokuzihlanganisa nengane yakho esanda kuzalwa, ungase ubone izinguquko esikhumbeni sakho noma izimpawu ezihlangene, ezingashintshashintsha ngenxa yokushintsha kwama-hormone kwangemva kokubeletha. Ungase futhi ube nokucindezeleka kwangemva kokubeletha, ngakho-ke kubalulekile ukuthi ufuno usizo kudokotela wakho, abezempilo yengqondo noma amaqembu okusekela njengezinhlangothi zeziguli.

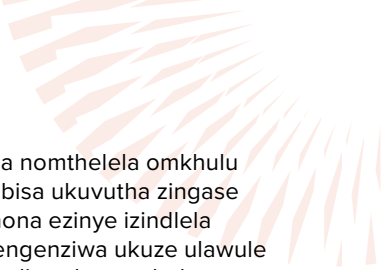
Ukwesekwa okuvela kubahlinzeki bezokunakekelwa kwempilo kungasiza ekuzulazuleni kokubili okujabulisayo nobunzima balesi sigaba ngokuzethemba.

Ukwesekwa okuvela kumlingani wakho ozalwa naye, amalungu omndeni, noma abangani abaseduze bangakunikeza usizo olungokoqobo ekunakekeleni umntwana, ukupheka, ukuhlana, kanye neminye imisebenzi evamile. Umndeni nabangane banganikeza nokusekelwa okubalulekile ngokomzwelo futhi basize ekulawuleni imithi nama-aphoyintimenti. Labo abaseduze nawe bavame ukuba nendima ebalulekile ekuboneni izinguquko ezicashile empilweni yakho iyonke, ikakhulukazi impilo yengqondo kanye nempilo enhle, futhi bangakusiza ukuthi uxoxe ngalezo zinguquko nodokotela wakho.

Xoxa nodokotela wakho ukuthi yimiphi imithi ephephile ukuyithatha ngenkathi uncelisa. Luyini uhlelo uma uhlangabezana nokuqubuka komlilo?



Gcina umkhondo wezimpawu zakho futhi uma uhlangabezana nokuqubuka noma ukwanda kwesifo sakho.



Ukuvutha kwe-Psoriasis ezingonweni, isibonelo, kungaba nomthelela omkhulu ekhonweni lakho lokuncelisa. Ezinye izihloko ezingadambisa ukuvutha zingase zingatiswa uma uhlela ukuqhubeka nokuncelisa. Ingabe zikhona ezinye izindlela zokwelapha ongazizama? Buza udokotela wakho ukuthi yini engenziwa ukuze ulawule ukuqubuka. Bheka amakilasi angaphambi kokubeletha/okuncelisa ukuze uthole ukwesekwa nokuqinisekiswa kochwepheshe bezempilo nabanye omama abasha.



Qaphela inhlalakahle yakho yengqondo futhi uma ulele ngokwanele. Ngisho noma kulindeleke ukuthi inani lakho lokulala kanye nekhwalithi kuzoshintsha nosana olusanda kuzalwa, kubalulekile ukuqaphela ukuthi ukuqubuka kwesikhumba kungenzeka uma ungaphumuli ngokwanele. Bika izinguquko ekulaleni, ebuhlungwini, nasekukhathaleni bese uxoxa ngazo nodokotela wakho.

Khuluma ngempilo yesikhathi eside kanye nokuhlela umndeni. Ingabe ufuna izingane ezengeziwe? Ngokushesha kangakanani? Ingabe udinga usizo ngokudla okunempilo kanye nezeluleko zokuzivocavoca umzimba?



Ukwamukela ingane esanda kuzalwa yisikhathi esihle futhi esishintshayo, futhi nakuba isifo se-psoriatic singaletha ukucatshangelwa okwengeziwe, akufanele kusibekele injabulo yokuba umzali. Ngokunakekela kozwelo kanye nolwazi olufanele nesiqondiso, ungazizwa uqinisekisiwe futhi usekelwe esigabeni ngasinye saloluhambo. Khumbula, awuwedwa!

Sithemba ukuthi loluhlu lokuhlola lusebenza njengomhlahlandlela wokukusiza ukuthi uzulazule ezigabeni ezihlukene zokuba ngumama, ukuze ukwazi ukugxila kulokho okubaluleke kakhulu, wazise uhambo lwakho nengane yakho encane.

Izithenjwa

1. <https://www.guidelines.edf.one/guidelines/psoriasis-guideline>
2. Gupta, R. et al. Genetic Epidemiology of Psoriasis. *Curr Derm Rep.* 3:61-78 (2014)
3. Rademaker, M. et al. Psoriasis in those planning a family, pregnant or breast-feeding. The Australasian Psoriasis Collaboration. *Australas. J. Dermatol.* 59, 86-100 (2018)

I-IFPA ikholelwa ngokuqinile ukuthi indlela engcono kakhulu yokuthola ulwazi nezinsiza ezengeziwe ukuxhumana nenhlangano yeziguli.

Okuhamba phambili kwethu ukuxhuma amalungu omhlaba e-IFPA emhlabeni wonke. Vakashela ikhasi lamalungu e-IFPA ukuze uthole uhlu lwezinhlangano ezingamalungu: ifpa-psy.com

Sikukhuthaza ukuthi uxhumane nezinhlangano zendawo ukuze uthole ukwesekwa ekuphileni nesifo se-psoriatic - I-IFPA iyaqhubeka nokugcizelela ukubaluleka kobudlelwano bomhlinzeki wesiguli lapho wenza noma yiziphi izinqumo zokwelashwa nokuthi isiguli kufanele sihlale siphakathi kwezinqubo zokwenza izinqumo. Isinqumo sokushintsha phakathi kokwelashwa kufanele senziwe kumuntu ngamunye futhi kuphela ngemvume egcwele, enolwazi yakho kokubili isiguli nomhlinzeki.

IFPA

I-IFPA yinhlangano engenzi nzuzo ehlanganisa izinhlangano zikazwelonke nezesifunda ezivela emhlabeni wonke.

Kwa-IFPA, sibona ngeso lengqondo umhlaba ongenakho ukuhlushwa yi-psoriatic disease. Ukufeza lokhu, sigxile ekunikeni amalungu ethu amandla, ukuthuthukisa izimo zokuphila zabantu abaphila nesifo se-psoriatic kanye nokuqwashisa.

Thola ulwazi oluthe xaxa mayelana noSuku Lomhlaba Lwe-Psoriasis, umkhankaso waminyaka yonke wokumela okhuthazwa yi-IFPA lapho amalungu nabasekeli behlela khona imisebenzi yokuqwashisa nge-psoriasis kanye nesifo samathambo.

Vakashela: ifpa-psy.com



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