



Ukwamnkela Ukuba NguMam: Isikhokelo sabasetyhini abaneSifo sePsoriatic

Uluhlu lokuhlola olungezantsi lwenzelwe ukuphucula amava akho ukuba ucinga ngokuqala usapho. Uya kufumana ulwazi olubalulekileyo kunye nezihloko eziphambili ofanele uzifumane xoxa nengcali yakho yezempilo kumanqanaba ahlukeneyo ohambo: ukusuka ekuqondeni ukuchuma, ngaphambi kokuba uzame ukukhawula, ngexesha lokukhulelwa kwakho, kunye nasemva kokubeleka.

Ukwenza uhambo lwakho locwangciso losapho lube lula kangangoko kunokwenzeka, kubalulekile ukuba wena nogqirha wakho nigqibe kunye malunga nendlela yokuyihamba indlela yakho yobuzali. Kukulungele ukuba ubuze yonke imibuzo onayo, ucele inkxaso eyongezelelweyo ukuba uyayifuna kwaye uchaze naluphi na utshintsho kwiimpawu zakho okanye impilo jikelele. Olu xwebhu lwenzelwe ukukunika isikhokelo kwimiba ephambili onokuthi uxoxe ngayo nogqirha wakho.

Khumbula ukuba uhambo lomntu wonke lwahlukile. Ugqirha wakho uya kuba nakho ukukucebisa ngonyango olululungeleyo, kwaye akuncede wenze ukhetho olunolwazi kuhambo lwakho njengoko uwazi kakuhle umzimba wakho kwaye yintoni ekusebenzela wena buqu.

Igama

Umhla





Ngaphambi kokuba uqale

Ukuba unyangelwa isifo se-psoriatic kwaye awufuni ukuba nabantwana ngalo mzuzu, xoxa noogqirha bakho ukuba zeziphi iinketho zakho.

Kubalulekile ukuba uqaphele ukuba ukuba uthatha amayeza athile, akufanele ukhulelwe, kungakhathaliseki ukuba unqwenela ukuqala intsapho. Amayeza athile a-teratogenic, nto leyo ethetha ukuba ayityhefu kakhulu kwi-embryo, ebangela ukungahambi kakuhle, ukulibaziseka kokuphuhliswa kwengqondo, kunye nezinye iingxaki. Amanye amayeza akanconywa ngenxa yokuba esenokuba neengozi ezinxulumene noko okanye kusenokubakho izifundo ezilinganiselweyo nolwazi ngemiphumo yawo ebudeni bokukhulelwa okanye kumntwana ongekazalwa. Kwangaxeshanye, ezinye iinketho zikhuselekile kwaye zinokuthathwa ngelixa uzama ukukhulelwa, ngexesha lokukhulelwa kunye nokuncancisa.¹

Ngokubhekiselele kulawulo lokubeleka, akukho zithintelo ngokuqhelekileyo ekusebenziseni izicwangcisi ngabasetyhini abanesifo sepsoriatic. Kuseyimfuneko ukuxoxa ngeendlela zokuthintela ukukhulelwa kunye nogqirha wakho, kuba kusenokubakho ukunxibelelana namayeza akho e-psoriasis anokunciphisa ukusebenza konyango okanye ukhuseleko okanye afune uhlolo olongezelelweyo (umzekelo, uxinzelelo lwegazi).

Loluphi ulwazi endihamba nalo xa ndindwendwela?

Bhala phantsi yonke into oyisebenzisayo ukunyanga isifo sakho sepsoriatic, kubandakanywa unyango olungaphezulu kwekhawuntara, amayeza amiselweyo, kunye naziphi na iivithamini / izongezo. Zise kwidinga lakho kwaye uxoxe:

- iindlela zokuthintela ukukhulelwa kunye nonyango lokuthintela ukukhulelwa okanye
- iinketho zonyango kwisifo sepsoriatic ezikhuselekileyo ekukhulelweni kwaye zinokuthathwa ngaphambili ukuqala usapho.

Libandakanye iqabane lakho kwizigqibo zakho zocwangciso-ntsapho.

Ngaba unobudlelwane bothando nomntu oza kusebenzisana nomntwana wakho wexesha elizayo? Yiba neengxoxo ezivulelekileyo kunye nabo malunga nolindelo lwakho ngaphambi nasemva kokukhawula.

Ngaphambi kokuzama ukukhulelwa

Ngokukhawuleza xa uthatha isigqibo sokuba unqwenela ukuzama ukukhulelwa, kubalulekile ukutyelela ugqirha wakho - ugqirha Jikelele, i-Dermatologist, i-Rheumatologist, i-Obstetrician / Gynecologist, okanye omnye umboneleli wezempilo ukuxoxa ngonyango olufanelekileyo lwe-psoriasis yakho.

Olunye unyango kufuneka luyekwe kwiinyanga ezininzi phambi kokuba ukhulelwe, kwaye kwiimeko ezinzima ukuya kuthi ga kwiminyaka eliqela, ngoko ke kubalulekile ukuba uthethe ngomnqweno wakho wokuba ngumzali kunye nogqirha wakho kwangoko. Ugqirha wakho uya kuyazi indlela yokulungelelanisa kakuhle, ukuba kuyimfuneko, isicwangciso sakho sonyango lwe-psoriasis, okanye akuncede ufike kwindawo apho unokukhawula ngokukhuselekileyo.

Ukhetho oluthile lwendlela yokuphila alukhuthazwa, njengokutshaya nokusela. Kubaluleke ngakumbi ukuba uziphephe ezi zinto kweli nqanaba lobomi bakho. Indlela yokuphila enempilo, ukuzivocavoca rhoqo, kunye nokulala okucocekileyo kunokunciphisa intlekele kunye nokuphucula iziphumo zokukhulelwa.

Yintoni endiyenzayo ngaphambi kokuba ndiqes hwe okokuqala?

Bhukisha idinga kunye nogqirha wakho.

Bhala phantsi zonke incukacha zezinto ozithambisayo, ikhrimu ne -ointment, amayeza owaselayo – owabhalelwe ngu Gqirha, nowathenge phambili ngaphandle kwempepha zika Gqirha, nezakhiwo mziba oziselayo. Uziphathe kuwe xana usiya kutyilelo.

Bhala phantsi zonke iimpawu zakho zezigulo. Khululeka, kwaye ubhale phantsi zonke iimpawu, nokuba ucinga ukuba azihambelani nesifo sakho se-psoriatic. Isifo sePsoriatic singenzeka ngeendlela ezahlukeneyo, kunye neendawo ezohlukeneyo emzimbeni onokuthi ungalindelanga kuzo. Ugqirha wakho uya kuba nakho ukukukhokela kwaye axilonge iimpawu onokuthi ube nazo.



Isifo sePsoriatic sinokuqhuba kwiintsapho. Ukuba umzali omnye une-psoriasis kukho umngcipheko omkhulu we-16% yokuba umntwana wakho anokuba ne-psoriasis. Ukuba bobabini abazali bahlala nesi sifo, umntwana wakho usengozini yokubanaso esisifo inokunyuka iye kuma- ku50%.² Ingaba unayo nkxalabo ngabantwana bakho abanesi sifo? Zibhale ngezantsi ukuze uxoxe ngazo nogqirha wakho.

Ukuphila nesifo se-psoriatic kwandisa umngcipheko wokuphuhlisa ezinye izifo ezifana nesifo senhliziyo, isifo seswekile, uxinzelelo lwegazi, ukutyeba, kunye nezinye. Bhala ngezantsi nayiphi na imbali yosapho lwakho kuba uxoxe nogqirha wakho ngendlela yokubeka iliso kwiingozi ngexesha nasemva kokukhulelwa.

Ingaba kufuneke ndihambe nomnye umntu xa ndisiya kwidinga?

Isenokuba ngumbono olungileyo ukuthatha umntu uhambe nawe xa usiya kwidinga lakho. Unokucela iqabane lakho, ilungu losapho lwakho, okanye umhlobo osenyongweni ukuba akukhapse xa usiya kwidinga. Zibalulekile kwinkxaso yokuziphatha, buza imibuzo onokuthi ulibale ukuyibuza, kwaye uthathe amanqaku kwiidinga. Qiniseka ukuba umema umntu onokumthemba.

Ukuba kufuneka uhambe wedwa, cela ugqirha wakho ukuba ashwankathele idinga kwaye ulibhale phantsi ukuze ugoduke nalo.

Mema loo mntu kwangethuba ngaphambi kokuba wenze idinga. Cacisa ukuba ungathanda ukuba babe kwiofisi kagqirha kunye nawe, okanye ukuba ungathanda ukuba bahlale kwigumbi lokulinda.

Ingaba uyawafuna ukuze athathe amanqaku? Ngaba nawe uyafuna ukuba babuze imibuzo? Qinisekisa ukuba wabelana ngeemfuno zakho phambi kokuba udibane.

Ukuba ufuna ukuba babe kwiofisi kagqirha kunye nawe, chaza izinto ozilindeleyo, iimfuno, kunye neenjongo ngaphambi kwexesha, ukuze bazilungiselele. Zibhale ukuphepha ukulibala nantoni na.



Ndibuze ntoni?

Eli lithuba lakho lokubuza imibuzo malunga nesifo sakho, unyango olukhoyo, indlela yokulungiselela kakuhle ngaphambi kokukhulelwa, ukuba ulindele ntoni ngexesha nasemva kokukhulelwa, kwaye uxoxe ngezinto ezikuxhalabisayo.

Amanye amayeza kufuneka ayekwe kwangethuba kwiinyanga ezingaphambi kokuba akhawulwe, amanye anokuthatyathwa ngokukhuselekileyo kulo lonke ixesha lokukhulelwa nasemva koko. Kubalulekile ukuba ubuze ukuba ngaba kufuneka uhlehlengise isicwangciso sakho sonyango ngokufanelekileyo.

Thatha uluhlu lwakho lwamayeza kunye nawe. Buza ukuba ngaba unyango lwakho lwangoku lufuna ukutshintsha. Khumbula ukuba kubalulekile ukuba ugqirha wakho athathele ingqalelo imingcipheko kunye noncedo lwezicwangciso zonyango ezifumanekayo kuwe. Ukuba uyakhulelwa kwaye i-psoriasis yakho ayikho phantsi kolawulo, unokucetyiswa ukuba uthathe iyeza elinokuba nemingcipheko ethile kwi-embryo.

Gcwalisa le theyibhile ingezantsi kunye nogqirha wakho

Unyango	Kufuneka uyeke unyango?			
	HAYI	Ukuba kunjalo, nini?		
		NGAPHAMBILI Ukukhulelwa	EMVA ukukhulelwa	NINI ukuqalisa kwakhona

Ngawaphi amanyathelo alandelayo?

Buza ukuba unyango lwakho lunokuthi lutshintshe njani okanye lungatshintshi na, bhala amanqaku malunga nokuba uchaphazeleka njani ngesisifo sakho se-psoriatic.

Ukuba kunjalo, kufuneka itshintshe, ungaliqwalasela nini lona olutshintsho?

Loluphi uvavanyo lwezonyango okanye uvavanyo ekufuneka uyenzile?

Uvavanyo lwezonyango kunye novavanyo lunokwahluka kumntu ngamnye. Ugqirha wakho unokukunceda wenze iimvavanyo eziyimfuneko kunye novavanyo olufunekayo. Ngokufanelekileyo, abasetyhini kufuneka baqale ukuthatha i-folic acid malunga neenyanga ezi-3 phambi kokuba bakhulelwe. Kukwacetyiswa ukuba uthathe i-vitamin D okanye ezinye izongezo, kodwa ukuthatha i-vitamin D engaphezulu kunokuchaphazela ukukhula komntwana kunye nokuchaphazela uphuhliso. Buza ugqirha wakho ukuba kufuneka wenze ntoni kwaye ukuba kufuneka wenze naluphi na utshintsho kwisondlo sakho. Ukuba wenza naluphi na uvavanyo (umzekelo, uvavanyo lwegazi), buza ukuba kufuneka ulindele nini na iziphumo.



Xoxani malunga nokuba ngamava akho anokuba yintoni ngexesha lokukhulelwa.

Ngexesha lokukhulelwa, uninzi lwabasetyhini bafumana ukuphuculwa kweempawu zabo (55%), abanye ababoni naluphi na utshintsho (21%) kwaye abanye bafumana ubunzima beempawu (24%). ukuvutha emva kokubeleka, nangona kunjalo, zenzeka malunga nama-65% kwinani kwabasetyhini.³ Xoxa ngazo naziphi na izinto ezikuxhalabisayo kunye nento enokwenziwa ukuphucula impilo yakho ngexesha nasemva kokukhulelwa, ukuba awuziva ngcono.

Buza ugqirha wakho ngolwazi oluthe kratya ngesihloko, umzekelo iincwadana okanye iiwebhusayithi, onokuzisebenzisa ukuze uzifundele ngesantya sakho. Fumana ukudibana nombutho wakho wesigulana se-psoriasis yendawo. Ukwabelana ngamava akho nabanye abahambayo ngokufanayo, okanye abakhe baphila ngamava, banokukuthuthuzela kwaye bakuncede uzive ngakumbi ngokukhululeka.

Ngexesha lokukhulelwa

Kwabaninzi, eli lidla ngokuba lixesha elimnandi kubomi babo bacebe ukuba nabantwana. Kodwa ukuhlala nesifo esinganyangekiyo kunokwenza la mava abe lucelomngeni ngakumbi. Thetha nogqirha wakho, ubeke iliso kwiimpawu zakho kwaye unike ingxelo xa ubona naluphi na utshintsho.

Gcwalisa le theyibhile ingezantsi kwaye uthethe ngayo nengcali yakho yezempilo. Ngexesha lokukhulelwa kwakho, uchwepheshe wakho wezempilo unokuba ngudermatologist, umbelekisi, okanye enye.

Gcwalisa le theyibhile ingezantsi

	Kwi-trimester yokuqala	Kwi-trimester yesibini	Kwi-trimester yesithathu
Beka iliso kwindlela oziva ngayo			
Bhala ukuba ingcali yakho yezempilo icebisa ntoni, yintoni omawuyibukele kwaye yintoni ekufuneka yenziwe ngokulandelayo			



Kwi-trimester yesithathu

Ngoku ungena kwinqanaba lokugqibela lokukhulelwa. Ngaba uziva ukulungele ukubeleka?

Isifo se-Psoriatic asifane sithintele unikezelo olukhuselekileyo, kodwa kunokubaluleka ukuxoxa ngeempawu ezifana namacwecwe kwindawo yelungu langasese / indawo esezantsi yesisu okanye iintlungu zamalungu kunye nokuba yintoni enokwenziwa ukuze kuncitshiswe.

Bhala phantsi naziphi na izinto ezikuxhalabisayo okanye imibuzo onokuba nayo kwaye uxoxe ngayo nogqirha wakho

Xoxa nogqirha wakho wolawulo lweentlungu kunye nokhetho lwakho lokuhambisa

Emva kokukhulelwa

Emva kokubeleka, unokufumana umxube wovuyo kunye namathandabuzo kunye nemingeni ezayo. Ngelixa eli lixesha elimnandi lokuzimanya kunye nosana lwakho olusandul'ukuzalwa, unokuqaphela utshintsho kwesikhumba sakho okanye iimpawu ezidibeneyo, ezinokuguquguquka ngenxa yokutshintsha kwehomoni emva kokubeleka. Usenokuba noxinzelelo lwasemva kokubeleka, ngoko ke kubalulekile ukuba ujonge uncedo kugqirha wakho, iinkonzo zempilo yengqondo okanye amaqela enxaso afana nemibutho yezigulana.

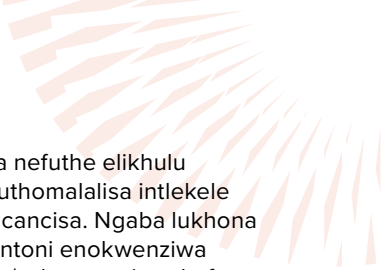
Inxaso evela kubaboneleli bezempilo inokunceda ukuhamba zombini ulonwabo kunye nobunzima beli nqanaba ngokuzithemba.

Inxaso evela kwiqabane lakho lokuzalwa, amalungu osapho, okanye abahlobo abasenyongweni banokukunika uncedo olusebenzayo ekunyamekeleni umntwana, ukupheka, ukucoca, kunye neminye imisebenzi yesiqhelo. Usapho kunye nabahlobo banokunika inkxaso ebalulekileyo yeemvakalelo kunye nokunceda ukulawula amayeza kunye namadinga. Abo basondeleyo kuwe bahlala benendima ebalulekileyo ekuboneni utshintsho olufihlakeleyo kwimpilo yakho yonke, ngakumbi impilo yengqondo kunye nokuphila kakuhle, kwaye unokukunceda uxoxe nolo tshintsho kunye nogqirha wakho.

Thetha nogqirha wakho ukuba ngawaphi amayeza akhuselekile ukuwathatha ngelixa uncancisa. Sithini isicwangciso xa ufumana iintlekele?



Gcina umkhondo weempawu zakho kwaye ukuba ufumana iintlekele okanye ukwanda kwesifo sakho.

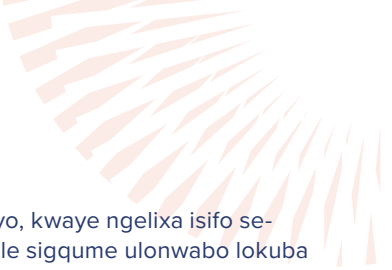


Ukuvutha kwe-Psoriasis kwiingono, umzekelo, kunokuba nefuthe elikhulu kwisakhono sakho sokuncancisa. Eminye imixholo enokuthomalalisa intlekele yokuvutha ayinakucetyiswa ukuba uceba ukuqhubeka nokuncancisa. Ngaba lukhona olunye unyango onokuluzama? Buza ugqirha wakho ukuba yintoni enokwenziwa ukulawula ukudangala. Khangela iiklasi zaphambi kokubeleka/zokuncancisa ukufuna inkxaso kunye noqinisekiso kubasebenzi bezempilo kunye nabanye oomama abatsha.



Qaphela impilo yakho yengqondo kwaye ukuba ulele ngokwaneleyo. Nangona kulindeleke ukuba ubungakanani bakho bokulala kunye nomgangatho uya kutshintsha kunye nosana olusandul' ukuzalwa, kubalulekile ukuba ukhumbule ukuba intlekele ingenzeka ukuba awuphumli ngokwaneleyo. Ingxelo utshintsho ebuthongweni, intlungu, kunye nokudinwa kwaye uxoxe ngazo nogqirha wakho.

Thetha ngempilo yexesha elide kunye nocwangciso-ntsapho. Ngaba ufuna abantwana abaninzi? Kungekudala? Ngaba ufuna uncedo ngesondlo kunye neengcebiso zokuzivocavoca umzimba?



Ukwamkela usana olutsha lixesha elimangalisayo neliguqulayo, kwaye ngelixa isifo se-psoriatic sinokuzisa iingqwalasela ezongezelelweyo, akufanele sigqume ulonwabo lokuba ngumzali. Ngononophelo olunovelwano kunye nolwazi oluchanekileyo kunye nesikhokelo, unokuziva uqinisekisiwe kwaye uxhaswa kwisigaba ngasinye solu hambo. Khumbula, awuwedwa!

Siyathemba ukuba olu luhlu lusebenza njengesikhokelo sokukunceda uhambe kumanqanaba ahlukeneyo okuba ngumama, ukuze ukwazi ukugxila kweyona nto ibalulekileyo, ukuxabisa uhambo lwakho nomntwana wakho omncinci.

limbekiselo

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 ngamandla ukuba eyona ndlela ingcono yokufumana ulwazi kunye nezibonelelo ezingaphezulu kukunxibelelana nombutho wezigulane.

Eyona nto iphambili yethu kukuqhagamshela amalungu e-IFPA ehlabathi kwihlabathi liphela. Ndwendwela iphepha lamalungu e-IFPA uluhlu lwemibutho yamalungu: ifpa-pso.com

Siyakukhuthaza ukuba uqhagamshelane nemibutho yendawo ukuze ufumane inkxaso yokuphila nesifo se-psoriatic - i-IFPA iyaqhubeka nokugxininisa ukubaluleka kobudlelwane bomboneleli wesigulane xa usenza naziphi na izigqibo zonyango kwaye isigulane kufuneka sihlale kwiziko leenkqubo zokwenza izigqibo. Isigqibo sokutshintsha phakathi konyango kufuneka senziwe kumntu ngamnye kwaye kuphela ngemvume ephelileyo, enolwazi lwesigulane kunye nomboneleli.

IFPA

I-IFPA ngumbutho ongajonganga ngeniso odibanisa imibutho yesizwe neyengingqi evela kwihlabathi jikelele.

Kwi-IFPA, sinombono wehlabathi elingenakubandezeleka sisifo se-psoriatic. Ukufezekisa oku, sigxile ekuxhobiseni amalungu ethu, ukuphucula iimeko zokuhlala kubantu abaphila nesifo se-psoriatic kunye nokwazisa.

Fumana ulwazi oluthe kratya malunga noSuku lweHlabathi lwePsoriasis, iphulo lokukhuthaza i-IFPA lonyaka apho amalungu kunye nabaxhasi baququzelela imisebenzi yokwazisa nge-psoriasis kunye ne-psoriatic arthritis.

Ndwendwela: ifpa-pso.com



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