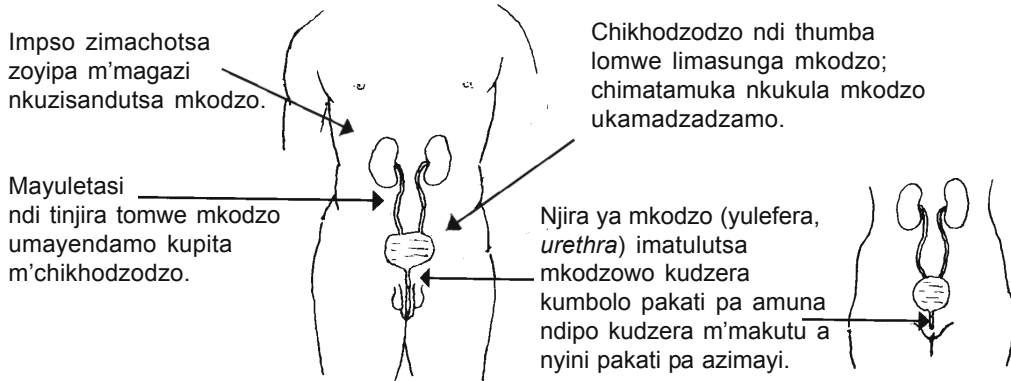


NJIRA YA MKODZO NDI ZIWALO ZOBEREKERA

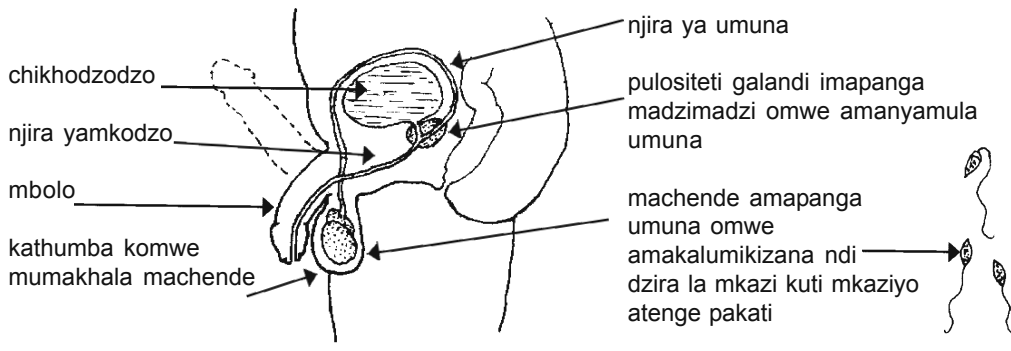
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Njira ya mkodzo imathandiza thupi kutulutsa zoyipa za m'magazi kudzera *mumkodzo*.

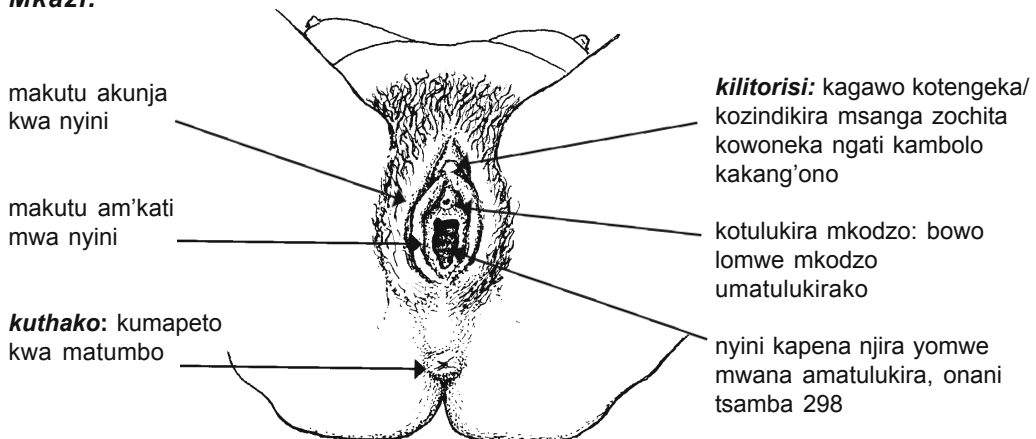


Ziwalo zoberekera ndi zomwe zimagwiritsidwa ntchito pogonana.

Mwamuna:



Mkazi:



Mavuto a kunjira ya mkodzo

Pali mavuto ambiri akunjira ya mkodzo ndipo ndi kovuta kuwasiyanitsa kwake. Ena si owopsa pomwe ena ndi owopsa kwambiri ndipo amayamba ndi kachizindikiro kakang'ono. Ndi kovuta kuwazindikira mavutowa pongowona m' buku ngati lino. Nzeru zapadera nzofunikira kudziwa za mavutowa. Pitani kuchipatala kuti akakuthandizeni.

Mavuto odziwika pokodza:

1. Matenda a m'njira ya mkodzo omwe safalikira pogonana.
2. Timiyala ta mu impso.
3. Mavuto a mupurositeti galandi (kuvutika kukodza chifukwa chokula kwa magalandiwo makamaka pakati pa akuluakulu).
4. Chinzonono (kuvutika kapena kupweteka pokodza ndi matenda opatsirana pogonana).
5. Mmadera ena *schistosomiasis* ndi yomwe imayambitsa magazi mumkodzo. Onani tsamba 153.

Matenda a m'njira ya mkodzo omwe satha kufala kudzera chifukwa cha nkugonana

Zizindikiro:

- Kutentha ndi kuzizira kapena kupweteka kwa mutu.
- Kupweteka m'mbali.
- Kupweteka pokodza: kufuna kukodza pafupipafupi.
- Mkodzo wofiira ndi wotuwa/wa magazi.
- Kudzikodzera/ kukodzedwa.



- Kuwoneka ngati chikhodzodzo sichikuchotsa mkodzo onse.
- Kupweteka m'munsi mwa msana (impso).
- Kupweteka kumafikira mpaka m'miyendo.
- Kutupa mapazi ndi nkhope. (Nthenda ya impso ikakula.)

Amayi ambiri amadwala matenda opatsirana a mumkodzo kusiyana ndi abambo. Zizindikiro zake ndi **kupweteka pokodza** ndi **kufuna kukodza pafupipafupi**. Chizindikiro china ndi **magazi mumkodzo** ndi **kupweteka m'munsi mwa mimba**, m'munsi mwa msana komwe kumafalikira kuzungulira m'mbali mwa nthiti. Kutentha thupi kumasonyeza vuto lalikululu.

Chithandizo:

- **Imwani madzi ambiri.** Matenda ang'onoang'ono angathetsedwe pongomwa madzi ambiri basi. Imwani kapu imodzi ya madzi pamphindi makumi atatu aliwonse kwa mawola atatu kapena anayi ndipo muzolowere kumwa madzi. (Munthu yemwe sakutha kukodza, kapena ali ndi chotupa kumaso ndi m'manja, sayenera kumwa madzi ambiri).
- Munthu ngati akutentha thupi kapena ngati sakuchira akamwa madzi, ayenera kumwetsedwa mapiritsi a *co-trimoxazole* kapena *sulfonamide* (tsamba 372), *ampicillin* (tsamba 367), *tetracycline* (tsamba 370). Kuti muthetseretu matendawa, ndi bwino kumwa mankhwalawa kwa masiku khumi. Ndi koyenera **kupitiriza kumwa madzi ambiri mukamamwa mankhwalawa** makamaka a safonamayidzi.
- Wodwala atengeredwe kuchipatala ngati sakupeza bwino pambuyo pomwa mankhwalawa. Mankhwala ena sachiza nthenda ya njira zamkodzo ngakhale kuti amathetsa kupweteka. Musamwe mankhwala oterewa koposa masiku awiri.



Miyala ya mu impso ndi m'chikhodzodzo

Zizindikiro:

- Chizindikiro choyamba ndi kupweteka kwambiri m'munsi mwa nsama, cham'mbali mwake kapena m'munsi mwa mimba kapena mtsinde mwa mbolo pakati pa amuna.
- Nthawi zina njira ya mkodzo imatsekeka kotero kuti munthu amavutika kukodza kapena sakodza konse. Munthu amangotulutsa madontho amagazi akayamba kukodza.
- Pakhoza kukhala matenda ena amumkodzo panthawiyo.

Chithandizo:

- Chofanana ndi cha matenda a m'chikhodzodzo.
- Mupatseni *aspirin* kapena mankhwala ena ochepetsa ululu (onani tsamba 394).
- Yesani kukodza muli chogona pofuna kuti mwala wa m'chikhodzodzo uyende ndi kutsekula njira ya mkodzo.
- Pitani kuchipatala ngati matenda akukulirakulirabe komwe akakupangeni opaleshoni.

Kukula kwambiri kwa magalandi omwe amapanga za madzimadzi onyamula umuna

Vutoli lili mwa abambo akuluakulu ambiri. Limayamba chifukwa chotupa kwa magalandi omwe ali pakati pa chikhodzodzo ndi njira yamkodzo.

- Munthu amalephera kukodza. Nthawi zina mkodzo umangotuluka pang'ono kapena kutsekekeratu. Munthu nthawi zina angatenge masiku anayi osakodza.
- Ngati thupi likutentha, ndiye kuti palinso matenda pambali pavuto la kutupa kwa purositeti galandi.

Chithandizo chake:

- Munthu ngati sakutha kukodza, ayese kukhala mbafa ya madzi otentha chonchi. Ngati izi sizikuthandiza, chubu chotchchedwa kafatala (*catheter*) chingafunike.
- Wodwala amwe maantibayotiki a *ampicillin* (tsamba 367) kapena *tetracycline* (tsamba 370) ngati akutentha thupi.
- Pitani kuchipatala ndi wodwala. Matenda osachirirapo angafunike opaleshoni.



Chidziwitso: Ndi bwino kusiyaniitsa matendawa ndi chinzonono kapena *chlamydia* amene angapangitse kuti mkodzo uvute kutuluka. Anthu akuluakulu amakhala ndi maporositiireti galandi okula. Anyamata makamaka omwe achita chigololo ndi mkazi wodwala angathe kutenga chinzononochi kapena *chlamydia*.

Nthawi ndi momwe tingawiritsire ntchito kafatala (Chubu chochosera mkodzo m'chikhodzodzo, *catheter*)

Nthawi yoyenera ndi yosayenera kugwiritsa ntchito kafatala:

- **Musagwiritsire ntchito kafatala pokhapokha** ngati ikufunika kwambiri ndiponso nkovuta kupeza dotolo m'nthawi yake. Ngakhale kugwiritsira ntchito chubuchi mosamala kungayambitsebe matenda owopsa kapena kuwononga njira yamkodzo.
- Musagwiritsire ntchito chubuchi ngati mkodzo ukutuluka.
- Ngati munthu sangathe kukodza mpempheni kuti ayese kukodza atakhala m'bafa lamadzi osamba otentha. Ayambe kumwa mankhwala amatenda a chinzonono kapena a vuto la porositeti yotupa msanga.
- Ngati munthu ali ndi chikhodzodzo chodzadza komanso chopweteka ndipo sangathe kukodza, gwiritsirani ntchito chubucho.

Zizindikiro za poyizoni mumkodzo (uremia):

- Fungo lam'kamwa limanunkha ngati mkodzo.
- Mapazi ndi nkhope zimatupa.
- Kusanza kukhumudwa ndi kusokonezeka.



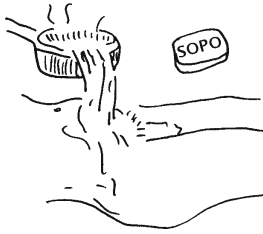
Chidziwitso: Anthu omwe anakhalapo ndi vuto la kukodza, magalandi apositiireti otupa kapena miyala ya mu impso iwowa ayenera kugula ndi kumasunga kafatala pafupi.

MMENE MUNGALOWETSERE KAFATALA (chubu chochotsa mkodzo m'chikhodzodzo)

1. Wiritsani chubucho ndi sirinji iliyonse mungafune kugwiritsira ntchito kwa mphindi khumi ndi zisanu.



2. Tsukani bwino m'munsi mwa khungu la mbolo kapena pakati pa makutu anyini ndi malo onsewo.



3. Sambani m'manja ndi ndipo gwirani zinthu zomwe zili zoyera bwino/zopanda mabakiteriya.



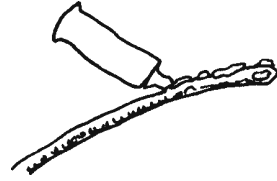
4. Ikani nsalu zoyera bwino pansu ndi pamalo pozungulira malowo.



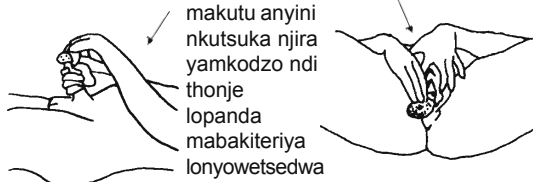
5. Valani magolovesi otetezedwa bwino kapena sisitizani mmanja bwinibwino ndi akoholo kapena sopo wa opareshoni.



6. Ipakeni kafatala ndi mankhwala a kirimu oterera monga K-J omwe amasungunuka m'madzi.



7. Ipsotoleni mboloyo ndiponso tsekulani makutu anyini nkutsuka njira yamkodzo ndi thonje lopanda mabakiteriya lonyowetsedwa ndi sopo.



8. Mbolo ili chipsotolere ndiponso makutu anyini ali otsekula, lowetsani kafatala m'bowo la mkodzo. Muzisuntha kafatalayo koma musachite kukakamiza, mbolo iyimitseni chonchi.



Gwirani mbolo mosaipinda.

9. Kwa amuna, kafatala ikankheni mpakana mkodzo utayamba kutuluka.

Chidziwitso:

Njira yamkodzo ya amayi ndi yayifipi kusiyana ndi ya amuna.



Zofunika kudziwa: Ngati munthu asonyeza zizindikiro kuti mumkodzo mwake muli poyizoni kapena ngati chikhodzodzo chadzadza kwabasi ndipo chatamuka, musalole kuti mkodzo utuluke nthawi imodzi; m'malo mwake uloleni kutuluka pang'onopang'ono kwa ola kapena mawola awiri.

Nthawi zina mayi sangakodze akangochira/akangobereka kumene. Mawola asanu ndi limodzi akadutsa ndipo chikhodzodzo chake chikakhalabe chodzadza ndi mkodzo angafunike kugwiritsira ntchito kafatala ndipo musagwiritsire ntchito kafatala ngati chikhodzodzo cha mayi nchosadzadza koma ingom'mwetsani madzi ambiri.

Mavuto a amayi

Zotuluka kunyini (zinthu zowoneka ngati mafinya zochokera kunyini)

Amayi onse amakhala ndi zotuluka kunyini zowoneka zoyera ngati mkaka kapena mwachikasu. Ngati sizikuyabwa kapena sizikutulutsa fungo loyipa, ndiye kuti palibe vuto lina lililonse.

Amayi ambiri makamaka akakhala ndi pakati amavutika ndi zotulukazi zomwe zimayabwa kunyini. Zotulukazi zimayamba chifukwa chamatenda ndipo zimakhala zovulitsa koma zosawopsa (onani tsamba 232).

Koma matenda oyamba chifukwa cha chinzonono kapena *chlamydia* akhoza kupweteka mwana pobadwa.

1. Zotuluka zathovu zowoneka zobiriwira ndiponso chikasu kapena zoyera zonunkha kwambiri. Izi zingayambe chifukwa cha *Trichomonas*. Munthu amamva kutentha pokodza. Nthawi zina ziwalo zoberekerera zimatupa komanso kupweteka. Zotulukazo zingathe kukhala ndi mafinya.

Chithandizo chake:

- Ndi kofunika kutsuka zoberekerera bwinobwino.
- Mankhwala otsukira kunyini ndi madzi otentha osakaniza ndi viniga amathandiza. Ngati palibe viniga, mungathe kugwiritsira ntchito juwisi wa mandimu.

ZOFUNIKA KUDZIWA: Madzi azilowa pang'onopang'ono ndipo chubucho musachilowetse kuposa mainchesi atatu m'nyini.

Thirani mankhwala otsukira nyini okwana masupuni 6 aang'ono a viniga m'madzi owiritsa okwana lita imodzi ya madzi pamene azizira.



Chenjezo: Musatsuke kunyini ndi mankhwala a dochi m'masabata anayi omalizira a pathupi kapena masabata asanu ndi limodzi mutachira. Ngati mayi akusowa mtendere ndi zotulukazo, *Nystatin* wolowetsedwa kunyiniko angathandize (onani tsamba 249).

- Tengani galiki ndi kumukulunga pa kansalu koyera bwino ndikukayika ku nyiniko. Sendani adyo mosatulutsa madzimadzi ake. Kutani m'pepala laukhondo ndi kulilowetsa kunyini.
- Gwiritsani ntchito mankhwala a kunyini masana kawiri pa tsiku ndipo usiku lowetsani kulovu wa galiki. Chitani izi kwa masiku a pakati pa 10 ndi 14.
- Ngati izi sizikuthandiza gwiritsirani ntchito *metronidazole* wolowetsa kapena mankhwala ena ovomerezeka a *Trichomonas*, kapenanso imwani mankhwala a *metronidazole*. Mukafuna kudziwa zoyenera kukuchenjezani kapenanso malangizo, onani tsamba 388.

ZOFUNIKA KUDZIWA: Ndi chachidziwikire kuti mwamuna yemwe mkazi wake ali ndi *Trichomonas* nayenso alinawo matendawa ngakhale sakumva kalikonse. Amuna ena omwe ali ndi *Trichomonas* amamva kutentha pokodza. Mwamuna naye ayenera kumwa *metronidazole*.

2. **Zotuluka zowoneka ngati batala wamkaka koma zonunkha ngati ufa wophikira buledi kapena mamodi.** Izi zingayambe ndi yisiti ndipo kunyini kumayabwa kwambiri. Makutu anyini amawoneka ofiira kwambiri ndipo amapweteka. Izi zimawoneka pakati pa amayi oyembekezera kapena omwe ali ndi matenda a shuga (tsamba 132) kapena omwe akhala akumwa maantibayotiki kapena mapiritsi oletsa kutenga mimba.

Chithandizo: Tsukani kunyini ndi madzi oyika viniga (onani tsamba 248) kapena *gentian violet* (GV) amene wasungunulidwa kotero kuti pali magawo awiri a GV pa magowo zana limodzi a madzi (kapena kuti GV wokwanira masupuni atiyi awiri mu madzi okwana theka limodzi la lita). Gwiritsani ntchito matabuleti a *Nystatin* wolowetseka kunyini pofuna kuchiza *moniliasis* kapena *Candida*. Onani malangizo a mlingo wa mankhwalawa pa tsamba 386. Matenda oyamba ndi yisitii angathe kuchizidwa poika kunyini yogati wosatsekenera. **Musagwiritsire ntchito ma antibayotikichifukwa akkhoza kungukulitsa vutolo.**

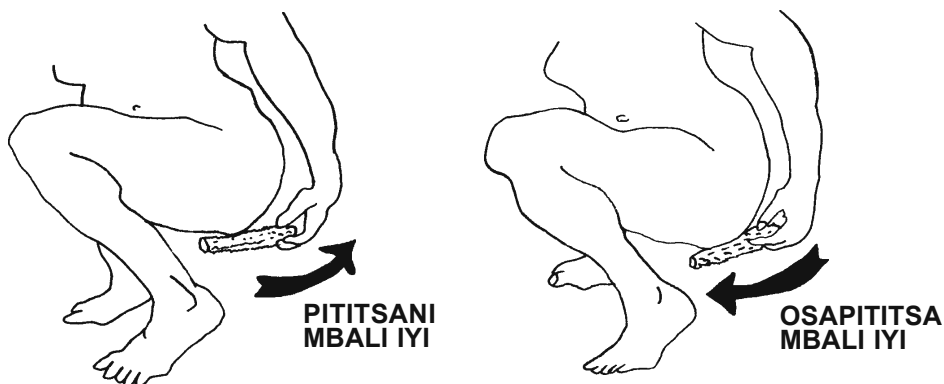
3. **Zotuluka zokhuthala za mkaka zonunkha.** Awa angakhale matenda oyamba ndi mabakteriya. Pamafunika kuwayeza bwinobwino kuti muthe kusiyantsa ndi *Trichomonas*. Tsukani ndi madzi oyikamo viniga (onani tsamba 248) kapena povidoni-ayodini (*betadine* wokwana masupuni 2 tiyi 6 mu lita imodzi ya madzi). Mungathenso kulowetsa galiki tsiku lililonse kwa masabata awiri (onani tsamba 248). Ngati izi sizikuthandiza, yesani *metronidazole* (onani tsamba 383).

4. Zotuluka zamadzimadzi zotuwa komanso zofiirira zokhala ndi magazi fungo loyipa, zopweteka m'munsi mwa mimba. Izi ndi zizindikiro za matenda akuluakulu monga khansa (tsamba 298). Imwani maantibayotiki ngati thupi likutentha (*ampicillin* kapenanso *tetracycline* - onani masamba 367 ndi 370). **Komanso pitani kuchipatala msanga.**

ZOFUNIKA KWAMBIRI: Pitani kuchipatala msanga ngati zotulukazo zatenga nthawi yayitali kapena sizikusiya ngakhale mukulandira chithandizo.

Mmene amayi angapewere matenda ambiri

1. Malo aziwalo zoberekera ayenera kukhala aukhondo. Sambani ndi sopo.
2. Kodzani mukatha kugonana. Izi zimathandiza kupewa matenda a mumkodzo (koma sizipewa kutenga pakati).
3. Onetsetsani kuti mwadzisamala bwinobwino mukatha kuchita chimbudzi. Muziseta kuyambira kutsogolo kupita kumbuyo:



Kusera m'tsogolo kungafalitse majeremusi kapena nyongolotsi kotulukira mkodzo kapena ku nyini. Onetsetsani kuti mukuwasetetsa ana akazi ang'onoang'ono chimodzimodzi ndi akulu ndipo muziwaphunzitsa masetedwe oterewa akamakula.

Kupweteka kwa m'munsi mwapakati pa mimba ya amayi

Izi zimayamba chifukwa cha zinthu zosiyanasiyana zomwe zafotokozeredwa m'magawo osiyanasiyana m'bukuli. Ndongomeko yotsatirayi yomwense ili ndi mafunso ingakuthandizeni kudziwa komwe mungayang'ane.

Zomwe zingayambitse kuwawa m'munsi mwa mimba ndi izi:

1. Kupweteka chifukwa chamatenda akumwezi

(tsamba 261). Kodi kumapweteka kwambiri musanayambe kumwezi kapena mukayamba kumwezi?

2. **Matenda akuchikhodzodzo** (tsamba 244). Kupweteka kwa m'munsi mwa mimba. Kodi mukukodza pafupipafupi kapena mukumva kupweteka pokodza?

3. **Matenda otupa cha mchiuno.** Izi zimachitika kumapeto kwa matenda a chinzonono zomwe zimapweteka m'munsi mwa mimba ndziponso kutenthetsa thupi (tsamba 252). Munthu amene ali ndi zizindikirozi ayenera koyamba kupatsidwa mankhwala a chinzonono (tsamba 374). Kenaka mupatseni *tetracycline* (tsamba 370) kapena *erythromycin* (tsamba 369) kwa masabata awiri. Ngati pali zizindikiro zoti nthenda yafika poopsy perekani pakati pa 400mg ndi 500mg wa *Metronidazole* katatu patsiku kwa masiku khumi. Ngati mayi akugwiritsira ntchito *intrauterine device* (IUD kapena lupu), iyenera kuchotsedwa ndipo kawonaneni ndi dotolo.

4. **Mavuto ogwirizana ndi zotupa m'munsi mwa mimba.** Izi zafotokozeredwa kale mwachidule ndipo zikaphatikizana (tsamba 298) ndi **ovariyani siyisiti** ndi **nkhansa**. Pamafunika kuti wodwala ayezedwe bwinobwino.

5. **Mimba yoyambira pambali pa chiberekero (*Ectopic pregnancy* - Mwana akapangika ndikuyamba kukula kunja kwa chibelekero):** Mayi amamva kuwawa kwambiri ndipo amatuluka magazi (onani tsamba 298). Mayiyu amasonyeza zizindikiro zamimba ndipo amafowoka komanso amachita chizungulire (tsamba 263). **Pita nayeni kuchipatala msanga chifukwa moyo wake uli pa chiswe.**

6. **Zovuta chifukwa chotaya mimba** (tsamba 300). Mayi akhoza kumva kutentha, kutuluka magazi owundana kunyini, kupweteka m'mimba kapena kuvutika kukodza (tsamba 294). **Mtengereni kuchipatala msanga.**

7. **Matenda ena a mmatumbo** (tsamba 151). Kodi matendawo akugwirizana ndi kuda kapena kupanga chimbudzi?

Mavuto enawa si owopsa koma ndi ovuta kuwasiyanitsa. Ndi kofunika kuwayeza bwinobwino kuti muthe kuwasiyanitsa.



Pitani kuchipatala msanga ngati simukudziwa chomwe chikuyambitsa kupwetekako kapena ngati kupwetekako sikukusiya.

Abambo ndi amayi osabereka

Nthawi zina abambo ndi amayi amayesetsa kuti akhale ndi ana koma kumapezeka kuti mayi sakutenga pathupi. Pamenepa ndiye kuti mwina bambo kapena mayi ndi wosabereka. Kawirikawiri, palibe chimene chingachitike kuti munthu abereke, koma nthawi zina zimatheka malinga ndi chomwe chikupangitsa kuti zinthu zikhale chomwechi.

Zomwe zimapangitsa kuti munthu asabereke

1. **Kusabereka kwachibadwa.** Thupi la munthuyo silingathe kubereka. Abambo ndi amayi ena amabadwa osabereka.

2. **Kufowoka kapena kusowa kwa zakudya zoyenera m'thupi.** Kwa amayi ena, kuchepa kwa magazi, kusowa kwa zakudya zoyenera komanso kusowa kwa ayodini zimachepetsa mwayi wotenga pathupi. Nthawi zina zimapangitsa kuti mwana afe asanabadwe mwinanso mayi wake asanazindikire kuti ali ndi pathupi (onani kutaya pathupi (mimba) pa tsamba 299).

Mayi amene akulephera kutenga pathupi kapena amene wakhala akumangotaya pathupi kapena kupita pachabe azidya zakudya zopatsa thanzi, azigwiritsira ntchito mchere wa ayodini ndipo ngati magazi ake ndi ochepa kwambiri, azimwa mapiritsi a aironi (*iron pills*) (tsamba 263). Zimenezi zingamuthandize kuti athe kutenga pathupi komanaso kuti mwana wobadwayo akhale wathanzi.

3. **Matenda okhalitsa,** makamaka nthenda yotupa mafupa a m'chiuno (onani tsamba 250) amene amadza chifukwa cha nthenda ya chinzonono. Kuchiza ndi kupewa nthendayi ndi kofunika chifukwa chiwerengero cha amayi osabereka chimachepa.

4. **Abambo** nthawi zina amalephera kupereka pathupi kwa akazi awo chifukwa chakuti amakhala ndi umuna wochepepa. Ndi bwino kuti abambo azidikira osagonana ndi mkazi wake kwa masiku angapo podikira kuti mkaziyo alowe m'nyengo ya pa mwezi yomwe angathe kutenga pathupi. Iyi ndi nyengo ya pakatikati kuchokera nthawi yomwe amasamba ndi nthawi yomwe akuyembekeza kusambanso (onani tsamba 310 ndi 311). Kudikiraku kungamuthandize bamboyo kuti akhale ndi umuna wokwanira pa nthawi yomwe akugonana ndi mkazi wake pa nyengo yomwe mayiyo atha kutenga pathupi.

Chenjezo: Mankhwala amene abambo ndi amayi osabereka amapatsidwa kuti abereke ndi wosathandiza, makamaka kwa anthu aamuna. Mankhwala achikudanso ndi wosathandiza. Musataye ndalama zanu pa zinthu zosathandiza.

Ngati ndinu mayi ndipo mukulephera kukhala ndi mwana, pali zinthu zingapo zomwe mungachite kuti moyo wanu ukhale wosangalala:

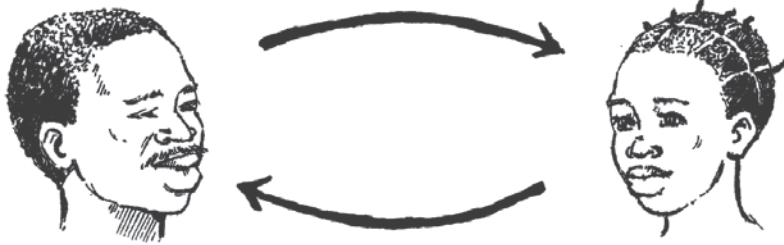


- Mwina mutha kukonza zotenga ana amasiye kuti muziwalera ngati ana anu. Mabanja ambiri amakonda ana otere ngati awo enieni.
- Mwina mutha kuphunzira ntchito za umoyo kapena kumathandiza anthu a kudera kwanu mu njira zina. Chikondi chomwe mukanachipereka kwa ana anu, mutha kuchipereka kwa anthu ena.
- Ngati mukukhala m'mudzi mmene anthu ake amawona kuti ndi chinthu cha manyazi kuti mayi asakhale ndi mwana, inu ndi anthu ena mutha kupanga gulu lothandiza anthu amene akusowa zinthu zosiyanasiyana ndi kuwathandiza kuti mayi si kuti amadziwika pokhapokha akhale ndi mwana ayi.

Matenda opatsirana pogonana

Chinzonono ndi *chlamydia*

Awa ndi matenda opatsirana pogonana ndipo ali ndi zizindikiro zofanana. Munthu amene ali ndi chinzonono amatha kukhalanso ndi kalamidiya pa nthawi yomweyo choncho ndi kofunika kuchiza nthenda zonsezo.



Mwa mwamuna:

- Kumva kupweteka pokodza.
- Mafinya amatuluka kumaliseche.
- Nthawi zina kumaliseche kumatupa (machende) amatupa.

Pambuyo pa sabata kapena miyezi:

- Zotupa pa bondo kapena pa mawondo onse, zotupa mzitendene, pa mkono ndi zovuta zina zambiri.
- Zilonda thupi lonse.
- Kusabereka (kulephera kupereka pathupi).

Mwa mkazi:

- **Poyamba sipakhala zizindikiro** (koma mwina amamva kupweteka pang'ono pokodza kapena kutuluka zamadzimadzi kumaliseche).
- Ngati mayi wapakati yemwe ali ndi chinzonono salandira thandizo la mankhwala msanga asanabereke, nthendayo imalowa m'maso mwa mwanayo ndi kuyambitsa khungu (tsamba 232).

Pambuyo pa sabata kapena miyezi:

- Kumva kupweteka m'munsi mwa mimba (tsamba 250).
- Mavuto okhudzana ndi msambo.
- Kusabereka.
- Mavuto okhudzana ndi kukodza (tsamba 244).

Kwa anthu aamuna, zizindikiro zoyamba zimawoneka pakatha masiku awiri kapena asanu (mwinsano sabata zitatu kapena kupitirirapo) pambuyo pogonana ndi munthu amene ali ndi nthendayi. Mwa munthu wamkazi, zizindikirozi zimatenga sabata zingapo kapena miyezi kuti ziyambe kuwoneka. **Komabe munthu amene sakuwonetsa zizindikiro atha kupatsira anthu ena matendawa**, patangopita masiku ochepa iye atatenga matendawa.

Chithandizo:

- Kale, nthenda ya chinzonono inkachizidwa ndi *penicillin*. Koma kumadera ambiri masiku ano, nthendayi sikumachizika ndi *penicillin* choncho mankhwala ena ayenera kugwiritsidwa ntchito. Ndi bwino kufunsafunsa kuti mudziwe mankhwala amene akugwira bwino ntchito, mankhwala amene akupezeka mosavuta komanso amene mtengo wake ndi wosakwera. Mankhwala omwe amachiza chinzonono ndi *chlamydia* onani pa tsamba 374. Ngati kupweteka ndi kutuluka mafinya sizikusiyi pambuyo pa masiku awiri kapena atatu pamene mwalandira mankhwala, ndiye kuti matenda a chinzononowo sangachizidwe ndi mankhwalawo, kapena kuti wodwalayo ali ndi nthenda ya *chlamydia*.

- Ngati mkazi ali ndi chinzonono kapena *chlamydia* komanso akutentha thupi ndikumvanso kupweteka m'mimba, ndiye kuti mwina ali ndi nthenda yotupitsa mafupa m'chiuno (onani tsamba 250).
- Aliyense amene wagonana ndi munthu amene akudziwika kuti adadwalapo chinzonono kapena *chlamydia* ayenera kulandira mankhwala, makamaka akazi amene amuna awo ali ndi matendawa. Ngakhale kuti mkaziyo asonyeze zizindikiro, akhoza kukhala kuti matendawo ali nawo. Ngati salandira mankhwalawo pa nthawi yomweyo, akhoza kupatsiranso nthendayo kwa mwamuna wake.
- Tetezani maso a ana onse obadwa kumene kumatenda a *chlamydia* komanso chinzonono amene amayambitsa khungu. Chithandizo Chake onani masamba 232 ndi 392.

Chenjezo: Munthu amene akudwala chinzonono kapena *chlamydia* atha kukhalanso ndi matenda a chindoko mosazindikira. Nthawi zina ndi bwino kulandiriratu mankhwala a chindoko chifukwa mankhwala a chinzonono ndi *chlamydia* amatchinjiriza kuti zizindikiro za chindoko zisawoneke ngakhale kuti **mankhwalawo sachiza chindokocho.**

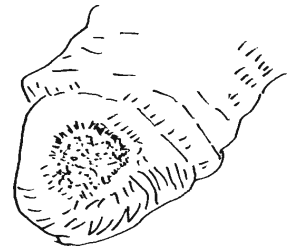
Kupewa kwa matendawa ndi matenda ena opatsirana pogonana kwa lembedwa pa tsamba 260.

Chindoko

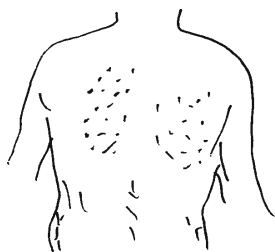
Chindoko ndi nthenda yowopsa yomwe anthu amapatsirana pogonana.

Zizindikiro:

- Chizindikiro choyamba ndi chilonda. Chilondachi chimawoneka pambuyo pa sabata ziwiri mpaka zisanu pambuyo pogonana ndi munthu amene ali ndi chindoko. Chilonda chimawoneka ngati chiphuphu, thuza kapena ngati bala lina lililonse. Kawirikawiri chilondachi chimatuluka kumaliseche kwa mwamuna kapena mkazi. Nthawi zinanso chimatuluka m'milomo, m'zala, pakamwa komanso kotulukira chimbudzi. Chilondachi chimakhala ndi tizilonda tambiri majeremusi amene amafala kuchoka kwa munthu wina kupita kwa wina. **Chilondachi nthawi zambiri chimakhala chosapweteka ndipo ngati chili m'kati mwa kumaliseche kwa mkazi, mkaziyo sadziwa kuti ali nacho choncho atha kupatsira ena matendawo mosavuta.**
- Chilondachi chimachoka chokha pambuyo pa masiku ochepa popanda mankhwala **koma matenda amakhala akufalikirabe m'thupi.**
- Pambuyo pa sabata kapena miyezi ingapo, munthu amadwala zilonda zakukhosi, amatentha thupi pang'ono, pakamwa pake pamakhala zilonda komanso amatupa m'malo mokumanira mafupa. Kapenanso zizindikiro izi zimawoneka pa khungu lake:



zilonda kapena ziphuphu zopweteka pa thupi lonse



zinthu zozungulira zokhala ngati zidzolo



zilonda zoyabwa m'manja kapena m'mapazi



Zizindikiro zonsezi kawirikawiri zimatha zokha, ndipo munthu amaganiza kuti ali bwino koma matenda amapitirirabe. **Ngati nthendayi sichizidwa mokwanira, nthenda ya chindoko imagwira gawo lina lililonse la thupi ndi kuyambitsa matenda a mtima, kufa ziwalo, misala ndi mavuto ena.**

Chenjezo: Ngati pakhungu patuluka zilonda zachilendo pambuyo pa masiku kapena chiwonekere chilonda cha kumaliseche chija, ndiye kuti mwina munthu ali ndi chindoko. Kotero pitani kuchipatala msanga.

Kuchiza nthenda ya chindoko: (Kuti nthendayi ithereu ndi kofunika kulandira mankhwala osalekezera panjira.)

- **Ngati zizindikiro zawoneka kwa nthawi yosaposeera chaka**, wodwala alandire mayunitsi 2.4 miliyoni a jekeseni wa *benzathine penicillin* nthawi imodzi. Bayani theka la muyezowu kumatako onse. (onani tsamba 367). Anthu amene sagwirizana ndi *penicillin* ayese *tetracycline* 500 mg kanayi pa tsiku kwa masiku khumi ndi asanu.
- **Ngati zizindikiro zikuwoneka kwa nthawi yopitirira chaka chimodzi**, wodwala alandire mayunitsi 2.4 miliyoni a *benzathine penicillin* womwe ndi muyezo wa theka ku thako lililonse, kamodzi pa sabata kwa sabata zitatu kukwanitsa muyezo wa mayunitsi 7.2 miliyoni. Ngati wodwala sagwirizana ndi *penicillin*, ayese *tetracycline* 500 mg kanayi pa tsiku kwa masiku makumi atatu.
- Ngati munthu akuganiza kuti ali ndi chindoko, apite kuchipatala msanga. Nthawi zina kumafunika kuyezetsa magazi. Ngati sikungatheke kutero, munthuyo ayenera kulandirabe mankhwala a nthenda ya chindoko.
- Munthu aliyense amene wagonana ndi munthu amene akuganiziridwa kuti ali ndi chindoko ayeneranso kulandira mankhwala makamaka amuna kapena akazi a mabanja amene akuganiziridwa kuti ali ndi matendawa.

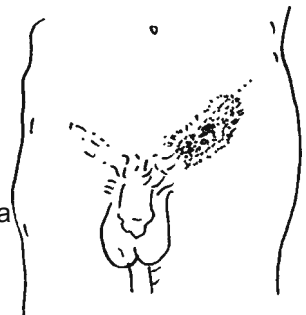
Dziwani kuti: Amayi oyembekezera kapena oyamwitsa amene thupi lawo limadana ndi *penicillin* atha kugwiritsira ntchito mankhwala a *erythromycin* pa muyezo ofanana ndi *tetracycline* (onani tsamba 370).

Pofuna kupewa chindoko onani tsamba 260.

Mabomu (kuphulika kwa anabele a mchinena, *Lymphogranuloma venereum*)

Zizindikiro:

- **Mwa mwamuna:** Zinthu zakuda zolimba zazikulu zowoneka m'mphechempheche zomwe zimaphulika ndikutulutsa mafinya. Kenaka zimatsekeka ndi kudzaphulikanso.
- **Mwa mkazi:** Chimodzimodzi ngati zomwe zanenedwa zokhudza mwamuna. Kapenanso zilonda zopweteka zotulukira mafinya ndi zamadzimadzi kumalo kotulukira chimbudzi.



Chithandizo:

- Onanani ndi anthu ogwira ntchito zachipatala.
- Akulu alandire makapusulo awiri a *tetracycline* a 250 mg kumwa kanayi pa tsiku kwa masiku khumi ndi anayi.
- Pewani kugonana mpaka zilonda zonse zitapola.

Chidziwitso: Zizindikirozi zitha kukhalanso za *chancroid* (onani tsamba 256).

Zilonda za ku maliseche

Chilonda chimodzi chosapweteka ku maliseche chikhoza kukhala chizindikiro cha nthenda ya chindoko (onani tsamba 253). Koma kutuluka kwa zilonda zingapo ku maliseche kutha kukhala chizindikiro cha matenda ena opatsirana pogonana monga mauka, matuza a kumaliseche, ndi *Chancroid*.

Mauka (*Genital warts, Condylomata acuminata*)

Mauka ndi nthenda yomwe imayamba ndi mavairasi amene amafalitsidwa pogonana (onani tsamba 221).

Zizindikiro:

Tinthu totupa ting'onoting'ono, tolimba, toyererako komanso nthawi zina timakhala tofiirira komanso tokhakhala. Mwa amuna, tinthuti timamera kumaliseche konse komanso ku malo otulukira chimbudzi.

Mwa akazi, timamera pamwamba pa kumaliseche kwawo komanso ndi m'kati momwe. Timameranso kumalo kochitira chimbudzi.



Chithandizo:

Pakani *bichloroacetic acid* kapena *podophyllin* (tsamba 387) pa kachilonda kalikonse. (Ngati kungatheke yambani mwapaka **Vasilini** kapena mafuta ena olimba ngati vasilini pofuna kuteteza khungu lomwe silinagwidwe ndi nthendayi). Mankhwala a *podophyllin* ayenera kupukutidwa (posamba pambuyo pa mawola asanu ndi limodzi). Ndi kofunika kulandira mankhwala kangapo. Kenaka tizilonda timanyala ndi kuchoka koma timabwereranso.

Kupewa:

Pogonana mwamuna azivala kondomu ngati iye kapena mnzakeyo ali ndi nthendayi (onani tsamba 309).

Kuvala kondomu nthawi zonse pogonana kumathandiza kupewa matenda onse opatsirana pogonana monga mauka, *herpes*, *chancroid*, Edzi ndi ena.

Matuza a kumaliseche (*Genital Herpes*)

Matuza a kumaliseche amapweteka kwambiri ndipo amayamba ndi mavairasi. Matuza ang'onoang'ono amawoneka kumaliseche ndipo amafala pogonana. Matuzawa nthawi zina amachita pakamwa pamene anthu ayamwana kumaliseche pa nthawi yochita zachikondi (*oral sex*). Komanso tiyenera kudziwa kuti pali matuza ena amene amameranso pakamwa koma sayamba chifukwa chogonana. (onani zilonda za mutu tsamba 242).

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Zizindikiro:

- Thuza limodzi kapena matuza angapo ang'onoang'ono opweteka kwambiri, owoneka ngati timadontho ta madzi pa khungu omwe amapezeka kumaliseche, kotulukira chimbudzi, m'matako ngakhalenso mu ntchafu.
- Matuza amaphulika ndikukhala mawala.
- Mawalawa amauma ndikukhala tiziphudugwa tolimba ta magazi ouma.



Mawala amatha kukhala asanapole kwa sabata zitatatu kapena kupitirira. Wodwala amatentha thupi, ndipo thupilo limaphwanya, amazizidwa komanso m'mphechempheche mumakhala zotupa. Akazi amavutika pokodza.

Mavairasi amakhalabe m'thupi ngakhale pamene zizindikiro zonse zachoka. Matuza atsopano amatha kubweranso nthawi ina iliyonse pambuyo pa sabata kapena zaka. Matuza atsopanova amachita malo ake akale omwewo koma amakhala ochepa komanso osapweteka kwambiri ndiponso sachedwa kupola.

Chithandizo:

Palibe mankhwala amene amachiza nthendayi. Ndi kofunika kukhala munthu waukhondo. Ndi bwino kukhala osagonana pamene muli ndi zilonda ngakhale pakhale kondomu, musagonane.

Sambani m'manja kawirikawiri ndipo yesetsani kusagwira zilonda. Maso atha kugwidwanso ndi matendawa ngati mutawakhudza pambuyo pogwira zilonda.

Chenjezo: Ngati mayi amene ali ndi zilondazi abereka mwana, atha kupatsira mwanayo matendawo. Izi ndi zowopsa kwambiri. Choncho ndi bwino kuti anthu ogwira ntchito zachipatala monga azamba amene akukuthandizani adziwe ngati muli ndi zilondazi kapena ayi.

Chancroid

Zizindikiro:

- Zilonda zofewa zopweteka ku maliseche kapena kotulukira chimbudzi.
- Zotupa m'mphechepeche.

Chithandizo:

- Perekani *co-trimoxazole* (tsamba 372) kapena *erythromycin* (tsamba 369) kwa masiku asanu ndi awiri.
- Ndi bwino kuperekeratu mankhwala a chindoko pa nthawi yomweyi (tsamba 253).
- Ngati m'mphechempheche muli zotupa pitani kuchipatala kuti akaziphulitse.



HIV (*Human Immunodeficiency Virus*) / EDZI (*AIDS-Acquired immune deficiency syndrome*)

Edzi ndi nthenda yatsopano yowopsa imene imafala ndi vayirasi yotchedwa. Nthendayi ikupezeka m'mayiko ambiri pa dziko lapansi ndipo yawanda kumaiko ambiri ndithu.

Nthenda ya Edzi imachepetsa mphamvu ya thupi yolimbana ndi matenda. Munthu wodwala Edzi amadwaladwala matenda ena monga kutsekula m'mimba, chibayo, TB ndi khansa ya pakundu. **Anthu ambiri odwala Edzi amamwalira** chifukwa cha matenda omwe matupi awo sangathe kulimbana nawo.

Edzi imafala pamene zinthu monga magazi, umuna, kapena ukazi za munthu amene ali ndi mavairasi a HIV zalowa m'thupi la wina. HIV ikhoza kufala mu njira izi:

Kugonana ndi munthu amene ali ndi vairasi (kachilombo) koyambitsa HIV.



Munthu amene amagonana ndi anthu ambiri atha kutenga Edzi mosavuta.

Kugwiritsira ntchito zingano imodzi yosawiritsa pobaya jekeseni.



Anthu amene amadzibaya okha jekeseni pogwiritsira ntchito zingano imodzi atha kutenga HIV mosavuta.

Mayi wodwala Edzi ngati ali ndi pakati amatha kupatsira mwana wake.



Pafupifupi gawo limodzi la magawo atatu (1/3) la ana amene amayi awo ali ndi HIV amakhalanso ndi HIV/Edzi.

Zofunika kudziwa: Mutha kutenga HIV kwa munthu amene akuwoneka wathanzi. Zimatenga nthawi yaitali (miyezi kapena zaka) pamene kachilombo kalowa m'thupi kuti zizindikiro zoyamba ziwoneke. **Komabe munthu wotere atha kufalitsa HIV kwa anthu ena kupyolera mu njira yogonana kapena kubwerekana mazingano.**

HIV sifala pongokhudzana chabe monga pogwirana chanza (kupatsana moni), kukhala nyumba imodzi, kusewera pamodzi kapena kudyera pamodzi. Komanso nthendayi sifala kudzera mu chakudya, m'madzi, polumidwa ndi tizilombo, pogwiritsira ntchito chimbudzi chimodzi kapena pomwera makapu amodzi ndi odwala.

Zizindikiro:

Zizindikiro za Edzi zimakhala zosiyanasinyana mwa anthu osiyanasinyanso. Kawirikawiri zizindikiro zake zimakhala zofanana ndi zizindikiro za matenda ena a tsiku ndi tsiku koma kuti zimabwera mwamphamvu komanso zimakhala nthawi yaitali.

Ngati zizindikiro zitatu zotsatirazi zilipo ndipo munthu akumadwaladwala, ndiye kuti mwina ali ndi Edzi (komabe simungatsimikize popanda kuyezetsa):

- **Kutsika sikelo.** Munthu amapitirira kuwonda nthawi ndi nthawi.
- **Kutsekula m'mimba** kopitirira mwezi umodzi.
- **Kutentha thupi** kopitirira mwezi umodzi. Nthawi zina kutentha thupiku kumayamba ndi kusiya ndikuyambiranso.

Zizindikiro zina: Munthu atha kukhalanso ndi chimodzi kapena zingapo mwa zizindikiro izi:

- Chifuwa chopitirira mwezi umodzi.
- Zilonda za m'kamwa (onani tsamba 242).
- Anabele ndi Zotupa zingathe kukhala zopanda ululu, pamalo ena aliwonse (onani tsamba 89).
- Zilonda za pakhungu.
- Zilonda zosachizika msanga kumaliseche ndi m'matako.
- Kutopa nthawi zonse.
- Anthu amene ali ndi kachiramboka HIV amatha kudwalanso TB (tsamba 189) kapena mashingozi, tsamba 216.



Mu Africa nthenda ya Edzi amaiyerekeza kuti ndi 'kaliwonde' chifukwa imawondetsa.

Chithandizo:

Palibe mankhwala ochiza Edzi. Koma popeza anthu odwala Edzi amadwala matenda ena, ndi bwino kuchiza matendawo:

- Ngati akutsekula m'mimba, wodwala amwe mankhwala obwezeretsa madzi ndi mchere m'thupi (ORS), tsamba 161.
- Ngati watuluka zilonda m'kamwa, gwiritsirani ntchito mankhwala awa: *gentian violet*, *nystatin*, *micozale* (onani tsamba 255 ndi 386).
- Ngati ali ndi zilonda kumaliseche ndi m'matako, gwiritsirani ntchito mankhwala a *bichloroacetic acid* kapena *podophyllin* (onani tsamba 255 ndi 387).
- Ngati akutentha thupi amwe zakumwa zambiri, *aspirin* ndiponso muziziritse thupilo posamba madzi ozizira (onani tsamba 76 ndi 77).
- Pezani mankhwala a chifuwa ndi chibayo mankhwala ake ndi antibayotiki (tsamba 180). Ngati chifuwa ndi kutentha thupi sizikutha ndi bwino kuyezetsa TB. Funsani kwa anthu ogwira ntchito zachipatala za kapewedwe ndi kachizidwe ka TB kwa anthu amene ali ndi HIV.
- Ngati khungu likuyabwa, perekani mankhwala a *antihistamines* (tsamba 399) ndipo chizani matenda aliwonse omwe alipo (tsamba 213).
- Khalani athanzi pakudya zakudya zabwino (onani Mutu 11), kukhala osamwa mowa, osasuta fodya kapena kugwiritsira ntchito mankhwala mosayenera komanso pokhala ndi nthawi yopuma ndi yogona mokwanira.

Mankhwala atsopano a ARV monga: *zidovudine* (AZT), *nevirapine* ndi 'triple therapy' onse atagwiritsidwira ntchito pamodzi akhoza kuthandiza munthu wa HIV/Edzi kukhala ndi moyo kwa nthawi yaitali. Mankhwalawa sapha kachilombo ka HIV kapenanso kuchiza Edzi koma nthenda ya Edzi sikudwalitsa pafupipafupi. Kuipa kwa mankhwalawa ndi kwakuti ndi okwera mtengo kotero m'maiko osauka n'kovuta kuwapeza. Mukafuna kudziwa ngati m'dziko mwanu mankhwalawa alimo ndi bwino kufunsa kwa munthu wogwira ntchito zaumuyo m'dera lanu. Kuti mudziwe zambiri zokhudza mankhwala a nevirapini pofuna kuteteza kufalikira kwa kachilombo ka HIV kuchoka m'thupi la mayi kupita m'thupi la mwana. Amayi oyembekezera amene ali ndi kachiroambo ka HIV ayenera kupeza malangizo a momwe mungapewere kupatizira kachiroambo kwa mwana, onani pa tsamba 265.

Palibe chifukwa choti anthu odwala Edzi azikhala okha kapena kugona paokha. Khungu lawo kapena mpweya umene amapuma sizifalitsa Edzi.

Kumudzi, anthu akubanja la odwala pamodzi ndi anzake azimukonda ndi kumulimbikitsa wodwalayo pamene akukonzekera imfa yake (onani tsamba 348).

Kupewa:

- Mudzigonana ndi munthu m'modzi yekha yemwense ali wokhupirika. **Kugonana ndi munthu m'modzi yekha pamoyo wanu wonse ndi njira yokhayo yodalirika popewa Edzi.**
- Gwiritsani ntchito kondomu ngati inu kapena mzana wagonana ndi wina pambali painu (onani tsamba 309). **Kugwiritsa ntchito kondomu kumachepetsa tchansi yakuti mutenge kachiromba ka Edzi ndinso tchansi yakuti mufalitse kachiromboko.**
- Musagonane ndi munthu amene amagonana ndi anthu ambiri monga mahule amuna kapena akazi, kapena anthu omwe amadzibaya mankhwala oletsedwa.
- Landirani mankhwala a matenda opatsirana mwamsangamsanga - makamaka matenda omwe amayambitsa zironda.
- Musabayidwe ndi jakisoni yemwe sadaphitsidwe. **Ogwira ntchito ya zaumoyo asabwereze kugwiritsa ntchito jakisoni popanda kuiwiritsa (onani tsamba 75).**
- Musabayire mankhwala oletsedwa m'thupi mwanu. Komangati mufuna kutero jakisoni kapena nsingano yanu musabwerekane ndi wina aliyense pokhapokha zitatsukidwa mu bulitchi (*bleach*) kapena kuwiritsidwa kwa nthawi yosachepera mphindi makumi awiri (onani tsamba 75).
- Onetsetsani kuti zida zonse zochitira mdulidwe (kuumbala), zida zonse zobowolera makutu kapena zogwirira ntchito yotemera thupi zawiritsidwa.
- Ngati nkotheke musavomere kugawiridwa magari omwe sanayezedwe. Pewani kugawiridwa magari pokhapokha ngati nzosapeweka.
- Funani njira zotetezera ndi kuphunzitsira ana amene amagona m'mankhwala a mzinda, ogwira ntchito oyendayenda, odzibaya ndi mankhwala oletsedwa ndi ena omwe ali pachoopsya za momwe angapewere kutenga kapena kufalitsa za kachiromba kayambitsa matenda a Edzi.
- Kwakukulu Edzi ingathe kupewedwa powonetsetsa kuti mabaya ali ndi chiyanjano chabwino komanso zachuma zikuyenda bwino, kuonetsetsa kuti mabanja salekana chifukwa chofuna ntchito, kuonetsetsa kuti anthu sayenera kuchita zachiwerewere kuti apeze.

Anthu odwala Edzi amene akutentha thupi, kutsegula m'mimba, kumwa kupweteka m'thupi asowa thandizo lapadera. Izi zikhoza kuchitika popanda choopsya. Koma pofuna kupewa kufalitsa kachiromba ka Edzi pali zingapo zoti zikumbukiridwe:

- Magazi, zironda, kutsegula m'mimba kwa kamwazi, masanzi a magari zikhonza kufalitsa kachiromba koyambitsa Edzi. Pofuna kupewa kukhudza izi valani magolovesi a pulasitiki kapena pepala la pulasitiki m'manja anu. Sambani manja anu kawirikawiri.
- Zovala zakuda, zamagazi, zogonera, zopukutira kubafa ziyenera kugwiridwa mosamala. Zichapeni m'madzi otentha a sopo kapena oyikamo blitichi a *chlorine (chlorine bleach)*.



khalani oleza mtima kwa odwala Edzi.

Kupewa kufalitsa matenda opatsirana pogonana

1. **Samalani ndi anthu amene mumagonana nawo:** Munthu amene amagonana ndi anthu ambirimbiri akhoza kukhala ndi matendawa, makamaka mahule. Pofuna kupewa matendawa, muzigonana ndi munthu mmodzi wokhulupirika. Ngati mukufuna kugonana ndi munthu wina wosadziwika bwino, **gwiritsirani ntchito kondomu** (makondomu amateteza kumatenda opatsirana pogonana koma sikuti amateteza kotheratu ayi).

2. **Imwani mankhwala msanga:** Ndi kofunika kuti anthu onse amene ali ndi matenda opatsirana pogonana alandire thandizo la mankhwala msanga kuti asapatsire anzawo. Musagonane ndi munthu wina aliyense mpaka patapita masiku atatu pambuyo pomaliza kumwa mankhwala. (Palibe mankhwala aliwonse ochiza Edzi.)

3. **Uzani anthu ena kuti akalandire mankhwala:** Ngati munthu wazindikira kuti ali ndi matenda opatsirana pogonana, ndi bwino kuti awuze anthu onse amene iye wagonana nawo kuti akalandire mankhwala. Makamaka ndi bwino kuti mwamuna awuze mkazi chifukwa mkaziyo mosazindikira atha kumapatsira anthu ena ndipo ana onse obadwa mwa iye atha kubadwa ndi matenda kapena khungu ndipo potsiriza mayiyo atha kukhala osabereka.

4. **Thandizani ena:** Anzanu onse amene ali ndi matenda opatsirana pogonana muziwalimbikitsa kuti azilandira mankhwala mwamsanga ndipo kuti apewe kugonana mpaka atachira.

5. **Pewani uhule ndikugwiritsira ntchito mankhwala mosayenera:** Anthu amene amachita uhule komanso amene amagwiritsira ntchito mankhwala mosayenera pogwiritsa ntchito masirinji atha kutenga nthenda ya *Hepatitis B* yomwe imapangitsa chikasu ndi zovuta zina (onani tsamba 183). Njira zopewera Edzi zimathandizanso kupewa *Hepatitis B*.