

**Umhlahlandlela
Mayelana
Nomdlavuza webele
KwaZulu-Natali**

C-Sisters
nyathelela ukuphumelela

Abanikele ngolwazi

Arlene O'Connell, Lucinda Johns, Donnée Ness, Beverley-Ann Fink, Saskia Wüstefeld, Alex de la Rouvière, Yvette Ritchie, Buye Mkhwanazi, Lalwanthie Gangadeya, Gerty Hancke, Michael Ritchie, Jack Fink, Melissa Fink, Matthew Fink, Hayley Firth, Dr. Ines Buccimazza, Dr Lucille Heslop, Dr. Waldemars Szpak, Val Logan

Ithimba elihlele ibhuku:

Alex de la Rouvière, Beverley-Ann Fink, Lucinda Johns, Donnée Ness, Arlene O'Connell, Saskia Wüstefeld

Ofundisise ibhuku (ngaphambi kokushicilelwa):

Waleska Saltori

Umklami-midwebo:

Melissa Fink

IMIBANDELA

Akuzokuba semahlombe abakwa C-Sisters ukulimala noma ukulahlekelwa okudalwe ngokusebenzisa noma ukwethembela olwazini olunikeziwe. Abe C-Sisters bahlanganise lomqulu ngokusebenzisa ubufakazi babo qobo; noma kunjalo, ngeke sikuqinisekise ukuphelela kolwazi futhi ngeke sizibophezele ngokusemthethweni ngokusetshenziswa kwalomhlahlandlela.

Ulwazi oluqokethwe kulomqulu lumelwe ukusetshenziselwa izizathu zokufundisa kuphela. Lokho akusho ukuthi ungabe usaxoxisana nethimba lakho lezempilo.

Akukho ngxenye engakopishelwa ukudayiswa nanoma ngayiphi indlela. Amakhophi angathathwa futhi asatshalaliswe mahhala ngenhloso yokufundisa iziguli kanye nabasebenzi bezempilo.

Abaxhasi

Ukugaywa kwebhuku kuxhaswe ngabakwa Novartis Oncology ngesifiso sokuqhubela phambili imfundo.

Abakwa Reaching Out Sisters, St. Annes Catholic Church, Sydenham

Abakwa Keal Property Management

Abakwa Al Baraka Bank

Abakwa Merck Oncology

Abakwa Raindow Oncology

Abakwa Roche Oncology

OKUQUKETHWE

1. Isingeniso

2. Ukuhlowa: ukuthatha isinyathelo sokuqala

Izindawo ongahlolwa khona ibele ngesithombe

Ukuhlololwa umdlavuza webele ongaba wufuzo

3. Ukuhlola imbangela yesifo: ukuya olwazini nasekuqondeni

Umbiko we Pathology

Ukuthola izinga lomdlavuza (TNM Staging)

Uhlobo

Ukuhlololwa imbangela yesifo – amathiphu ashisayo

Ukukhetha ithimba lokukweseka kumdlavuza

4. Ukwelashwa: Izinyathelo eziya ekwelulameni

Unakekelo lwezempilo lwesifunda

Unakekelo lwezempilo ezikhungweni ezizimele

Usizo lwezezimali uma ulashwa esikhungweni sikahulumeni

Ngaphambi kokwelashwa – amathiphu ashisayo

Inzalo kanye nomdlavuza webele

Ukongqa inzalo

Ukuhlinzelwa umdlavuza webele

Ukuhlinzwa – amathiphu ashisayo

Ubunzima ongaba nabo ngemuva kokuhlinzwa

Ukwelashwa ngamakhemikhali

Ukwelashwa ngamakhemikhali – amathiphu ashisayo

Ukwelashwa ngemisebe

Ukwelashwa ngemisebe – amathiphu ashisayo

Ukukhathala okudalwa wumdlavuza

Ukwelashwa kokucindezela amahomoni

Ukuphothula ukwelashwa – amathiphu ashisayo

5. Uhambo lwemizwa: Umdanso woshintsho

ISIKHATHI SAMI – Yimi engizwa lokhu

Ukuphila emoyeni – amathiphu ashisayo

6. Abantu ababalulekile kuwe

7. Ukwelulama: ingqinamba kanye nokuzinikela

Ukwelulama: amathiphu ashisayo

8. Izinsiza KwaZulu-Natali

Izindawo ezelaphela umdlavuza

Abanakekeli bezilonda

Unakekelo lwasemakhaya

Usizo lokwelulama

Izinsiza ngokwengqondo

Izinsiza ezengeziwe

9. Ukubukeka kahle kanye nokuzizwa njengowesimame

Izindawo esisabalalisa amawigi

Izindawo okutholakala kuzo amabele okufakwa

Izindawo ongathola kuzo izimpahla zokubhukuda

Ukugqoka ngendlela entsha

Izinto zokuhlaza ikhaya

Amathiphu okuzivocavoca

Ukudla

Imithi yokugcwalisela amavithamini kanye namaminerali emzimbeni

Umsoco – amathiphu ashisayo

Izindawo okudayisa kuzo ukudla okutshalwe ngemvelo/izindawo zokudla

10. Amaqembu okwesekana

Amaqembu okwesekana KwaZulu-Natali

11.Ukufa: Umdanso wokugcina

Iziteji zokufa

Ukubhekana nokufa – amathiphu angakusiza

Izinqumo mayelana nempilo, unakekelo lwezempilo kanye nokufa

Ukubhekana nokufa kothandiweyo

12.Isiphetho

13.Amawebsites anosizo

14.Izincwadi eziwusizo

I-C-Sisters

‘Nyathelela ukuphumelela ’

***“Uma uthatha yonke inselelo inyathelo eliloda
ngesikhathi, ngokholo kuso sonke isinyathelo,
amandla kanye nokuqonda kwakho kuyokwanda”***

James E. Faust

MAYELANA NE C-SISTERS

Uhambo lwesiguli somdlavuzi kanye nabathandiweyo baso luvame ukuba ngolunzima kakhulu. Ulwazi olusephathekayo alutholakali kalula kwabesimame abaningi. Asikhulumi ngolwazi lwezokwelashwa kuphela, kodwa olomsoco, olwamabele okufakelwa, kanye nol ululeko-ngqondo oluphathelene nokwelashwa komdlavuzi. Lezi zinto azithathwa njengezibaluleke kakhulu uma umuntu elwisana nesifo esesabekayo kepha kubalulekile ukuba zibhekwe zonke ukuqinisekisa ukuthi isiguli siyakwazi ukuphinde sizizwe siphelile emva kokwelashwa. Kunamaphutha kanye nokuhlwaya okuningi kulolu hambo, ulwazi uthuka uzithela nje kulo. Uhambo olunjalo-ke olwaholela ekutheni uYvette Ritchie kanye no Donnée Ness basungule I C-Sisters.

UYvette wake waphathwa ngumdlavuzi webele kanye no Donne osebenza ngezomnyakazo kulabo abane-lymphoedema (ukuvuvukala kwengalo emva kokususwa kwebele) babona kunesidingo, ikakhulukazi eThekwini, sokufafaza ulwazi mayelana nomdlavuzi webele – kanye nokunye okuphathelene nawo – emphakathini wonkana. Nge C-Sisters, inhloso yabo ukunikezela ngolwazi kanye neminingwane ehambisana nesikhathi ezigulini zomdlavuzi webele kanye nabake baphathwa yiwo; futhi baphinde badale izinxanxathela zokuxhumana ezingaphezu kwalezo ezejwayelekile, eziphathelene nokubhekana nomdlavuzi webele kanye nemithelela yawo emide.

1. Isingeniso :

***Uma ngabe ufuna ukuthandana nesicathulo,
ungakwenza lokho. Isicathulo angeke
silubuyise uthando lwakho, kodwa ngakolunye
uhlangothi isicathulo angeke sikulimaze
ngokujulile. Futhi-ke ziningi izicathulo
ezibukeka kahle.***

Alan Sherman

Siyakwemukela kuleli bhukwana elisebenziseka kalula elimayelana nomdlavuza webele. Kukhona izincwadi eziyidlanzana ezimayelana nomdlavuza kanye nezibhalwe ngabantu abanomdlavuza webele. Mhlawumbe uyazibuza ukuthi pho leli bhukwana lehluke ngani. Sonke sithintekile ngomdlavuza webele – abanye bethu babile nawo kanti abanye bethu banamalunga omndeni anawo umdlavuza. Singabesimame abasebenzayo, kanti siyaqonda ukuthi kusho ukuthini ukuba ngowesifazane kulesisikhathi esisheshayo esiphila kusona. Kuleli bhukwana, sikhethe ukuxoxa ngezihloko ezithile ngenxa yalokhu esesikufundile ngomdlavuza webele ezimpilweni kanye nasemisebenzini yethu. Leli akusiko ukuphela kwethuluzi lokuqondisisa ukuphila nomdlavuza webele. Kunalokho, liyinkomba ewusizo futhi liyisiqalo ohambeni lwakho oluya phambili. Sethemba ukuthi ulwazi olukulencwadi luzokugqugquzela ekutheni uxoxisane nodokotela wakho mayelana nokwelashwa kwakho.

Lo mhlahlandlela ubhalelwe ngqo ngabesimame baKwaZulu-Natali, njengoba I C-Sisters izinze khona. Sikholelwa ekutheni baningi abesimame eKZN abadinga lomhlahlandlela uma sekufanele babhekane nomdlavuza webele. Inhloso yaleli bhukwana ingukunikezela ngokuqonda kanye nokuqwashisa. Liphinde futhi linikezele ngemininingwane yokuxhumanisa nezinsiza eziseduze.

Kwabe C-Sisters, Lesi sicathulo akhuluma ngaso uSherman simele ubuhle, isitayela. Siwuphawu lwalengxenywe yowesimame esinika umuzwa wokufukuleka emoyeni osenza zizizwe singabesifazane. Khona kunjalo, kumele sazi ukuthi ngabantu – hhayi izinto – abanomthelela kakhulu endleleni esiziphatha kanye nesizizwa ngayo. Ukuba nomdlavuzi kusho ukuthi kumele sibhalansise imimoya yethu kanye nezinto eziphathekayo njengabantu besimame. Ngokuvula leli bhukwana, usuthathe isinyathelo sokuqala esiya ekwelaphekeni. Ngakho-ke thatha isibindi, uphumele phandle ngazo lezo zicathulo ezibukekayo kodwa ezikuphatha kahle – uthathe uhambo lwakho. Uhambo lolwazi kanye nokuzithola ubuwena lukulindele.

2. Ukuhlowa: ukuthatha isinyathelo sokuqala

Abantu besimame bakhathazeka kakhulu ngomdlavuza; isigaxa ebeleni lomngani siyinto ethusa thina uqobo lwethu.

Martha Weinman Lear

Isinqumo sokuyohlolwa umdlavuzwa singaba ngesinzima kakhulu, kodwa kubalulekile ukukhumbula ukuthi kungumsebenzi wakho ukunakekela impilo yakho kanye nohlobo lwempilo yakho. Ukuhlolwa kusenesikhathi kungaholela ekutheni utholakale masinya umdlavuzwa kanti namathuba okuphila emva kwalokho anganda. Cishe wonke umdlavuzwa webele uyelapheka, inqobo nje uma utholakale kusenesikhathi esanele. Akuvamile ukuba udinge ukuhlinzwa ngokushesha emva kokutholakala komdlavuzwa, ngakhoke kubalulekile ukuthi ufune umbono womunye udokotela, wenze ucwaningo, uthole nolwazi olwanele ngohlobo lomdlavuzwa onalo. Unesikhathi esingangamasonto amabili ukwenza isinqumo esilungele wena.

Kunezinyathelo ezimbalwa ohlelweni lokuhlolwa:

- Ukuzihlola wena mathupha amabele kanye ngenyanga
- Ukuyohlolwa emtholampilo kanye ngonyaka
- Nokuyohlolwa ngomshini (mammogram) uma uneminyaka engamashumi amane nangaphezulu

Zikhona nezinye izinhlobo zokuhlolwa, esingabala kuzo:

- (MRI) umshini othatha isithombe esijulile sebele – lokho kwenzelwa izimo la kunzima kakhulu ukubona ingaphakathi lebele, njengokuthi uma ibele liqine kakhulu noma lake lalimala phambilini.
- Emafutheni (ultrasound)- lokhu kwenziwa ukuqinisekisa imiphumela ephuma esithombeni noma kubantu besimame abanezigaxa ebeleni bebe bengaphansi kweminyaka engamashumi amathathu nanhlanu.

Uma kutholakala isilonjana/isigaxana esisolisayo , kuye kuthathwe isicubu saleyondawo esolisayo siyohloliswa. Buza kudokotela wakho ukuze akuchazele kahle ngalokhu esesikhulume ngakho ngasenhla.

Ukhumbule, njalo uma uvakashela udokotela wakho, ukuthi kuyilungelo lakho ukuthola umbono wesibili (komunye udokotela).i

Izindawo Ongahlolwa Khona Ibele Ngesithombe

eThekwini	Lake, Smit and Partners Inc.	Parklands Hospital Westville Hospital Crompton Hospital Kingsway Hospital	031 240 0200 031 275 9180 031 701 0208 031 904 0460
	Jackpersad and Partners Inc.	Westridge Med. Centre PET / CT Scan Chatsmed Garden Hospital Mt Edgecombe Hospital	031 273 1050 031 273 1050 ext 1057 031 402 9280 031 502 9500
	Wedderburn-Maxwell Partners Inc.	Medical Centre Umhlanga	031 5825000/1/2
	North Coast Bone Density and Breast Care Centre	Umhlanga	031 566 2889
	Alberlito Hospital	Dr Vimul Valabjee and Ass inc	032 946 6870

	Addington Hospital	Department of Oncology	031 327 2182
eMgungundlovu	Mediclinc Hospital		033 845 3700
Margate	Dr G. Booyens Inc		039 317 1745
oThongathi	Victoria Hospital		032 438 3200
Richards Bay	Nisbet Govender and Associates Inc		035 789 6613
eGoli	Linksfeld Hospital	PET / CT Scan	011 647 3400

Ukuhlololwa umdlavuzwa webele ongaba wufuzo

Uma ababili, noma ngaphezulu, emndenini wakho (umama wakho noma udadewenu) bake baba nomdlavuzwa webele (besaya esikhathini), kungaba wumqondo omuhle ukuba nawe uyohlolwa ukuthi awubafuzanga yini. Ezinye izinhlobo zomdlavuzwa, njengowebele nowesidleke samaqanda, zihamba emndenini. Kodwa lukhona uhlobo lokuhlolwa olukwazi ukuveza uma umuntu esengozini yokuwuthola umdlavuzwa webele, wesidleke samaqanda nezinye izinhlobo zomdlavuzwa. Uma kunomlando womdlavuzwa emndenini akusho ukuthi nawe uzoba nayo kodwa kungasho ukuthi nawe usengcupheni. oSosayensi abazazi zonke izizathu zokuthi kungani abantu bethola umdlavuzwa, kodwa esikwaziyo wukuthi amathuba okuthi uthole izinhlobo ezithile zomdlavuzwa

makhulu uma kukhona oke waba nawo umdlavuza emndenini wakho.

Usengcupheni uma emndenini wakho oseduze kunababili noma ngaphezulu asebeke baba nomdlavuza webele noma wesidleke samaqanda bengaphansi kweminyaka engu 50. Uma owomndenini enomdlavuza webele, kuba kuhle uma ezohlolwa ukuthi ngabe eyohlobo olufuzisayo yini. Uma ngabe kutholakala ukuthi eyohlobo olufuzisayo, uye aphinde ahlolwe futhi ukuze kutholakale ukuthi ngamaphi amalunga omndenini asengcupheni enkulu yokuluthatha lolufuzo. Abantu abazalwa nomuntu onomdlavuza wofuzo basethubeni lokuthi nabo baluphethe lolu fuzo, kanti futhi basengcupheni enkulu yokuthi nabo bangaba nomdlavuza webele, wesidleke samaqanda kanye nezinye izinhlobo zomdlavuza.

Izindawo ongahlololwa kuzo ufuzo (lomdlavuza)

Kukhona izindawo ezihlolela izinhlobo ezahlukene zofuzo, okubalwa kuzo umdlavuza ohamba emndenini. Kulezi zindawo bangakusiza emibuzweni onayo mayelana nokuhlolwa, kanye nokuphumela obala ngomdlavuza webele. Uyalulekwa ukuba uthunyelwe ngudokotela wakho kulezi zindawo. Inombolo yocingo: 031 267 7000, I-Email: wellness@mdsafrica.net, iwebsite: www.mdsafrica.net

Iziguli zakulesi sifundazwe ezithunyelwe ngodokotela bazo zingaxhumana nomtholampilo wezofuzo e-**Inkosi Albert Luthuli Central Hosipital** kule nombolo 031 240 1000

Udaba luka Alex

“Umdlavuzwa – isikhashana, uhambo noma impilo yonke?”

Kwakuwusuku olumnyama futhi olunesiphepho mhla ngipaka emnyangweni wokwelashwa komdlavuzwa. Ngaduka, ngehla ngenyuka ezitebhisini, kodwa ekugcineni ngayithola indawo engangize kuyo. “Ingabe nguwena isiguli esisha?”, ngezwa izwi libuza emva kwami. “Uhamba wedwa – akukho mndeni?” yangethusa yomibili lemibuzo, ngaphelelwa wukuthi ngizophendula ngithini. Emva kwehora, sengixoxile nodokotela owungoti kwezokwelashwa komdlavuzwa, wangiphelezela ngamagama alandelayo, “ungalindela ukuthi kuzothatha isikhathi esithi asibe ngangonyaka ngaphambi kokuba uqede ukwelashwa.”

Ngayishaya yazula imoto sengibheke kudokotela wami, ngihlwaya igebe noma esinye isixazululo. Ngangingayikholwa lento eyayenzeka: mhlawumbe ngangisazovuka kuleli phupho elibi. Kwathi uma ngibuka ngaphandle kwewindi lakwadokotela ngibona isibhakhaha simpunga, kungoLwesihlanu ntambama – ngicabanga yonke lemicikilisho eyabe isangimele, ukwelashwa, ukushoda kwamasosha omzimba, ukuqothuka kwezizwele – kwangikhanyela ukuthi ngabe ngingaphuphi. Ngangivukile. Kwabe kuyikho lokhu engabe ngikuzwa. Impilo iqhathwe nokufa. Kwabe kuyisikhathi sokuba ngikhethe.

“Uzodinga ukuthathwa isithombe (x-ray) zesifuba ngaphambi kokuhlinzwa”, washo udokotela. Ngehla ngezitebhisi, ngaya lapho kuthathwa khona izithombe. Kwabe kuthule ngoba kwase kuhlwa. Ngaqeda lapho, amabombo ngawabhekisa ekhaya, sengazi ukuthi ngesi sikhathi ngesonto elizayo, izigaxa zizobe zingasekho, ibele lami lizobe lingasekho, yonke into izobe isishintshile.

Sekwedlule iminyaka emithathu ngaqala ukwelashwa ngamakhemikhali (chemotherapy). Ngiyakhumbula ukuthi kwakunjani ngizama ukuthi ngingaphefumuli, nginganyakazi, ngingacabangi. Ngiyakhumbula ukuthi kwakunjani ukubuka izithunzi zinyakaza amahora ngamahora. Ngiyalukhumbula nothando, ukunakekelwa, kanye nokusekwelwa yilabo abaseduze nami. Impilo ilulana futhi ithanda ukucaca kangcono manje. Kukhona ophisi abashodayo noma abashintshile, kodwa ingqikithi isafana. Kusele umbuzo owodwa kuphela: ingabe umdlavuza uyisikhashana, uhambo noma owempilo yonke?

3. Ukuhlola imbangela yesifo: ukuya olwazini kanye nasekuqondeni

Kwezinye izikhathi akulaleki ebusuku, ngizibuza ukuthi, “Engabe kukuphi lapho ngingahambisanga khona ngendlela?” Ngibe sengizwa izwi lithi, “Lokhu kuzothatha ngaphezu kobusuku obubodwa”

Charles M. Schulz

Umbiko we Pathology

Umbiko wePathology uzobe uqukethe yonke imininingwane mayelana nomdlavuza wakho webele. Kukhona izinhlobo eziningi zomdlavuza webele kanye nezigaba kanye namazinga. Ngesikhathi kutholakala isigaxa/izigaxa, zibe seziyohlolwa. Ukuthola ukuthi hlobo luni lomdlavuza onalo kungathatha isikhathi esingaba ngamasonto ambalwa. Ukuhlolwa okuningi kanye nezithombe kungadingeka ngaphambi kokuba kwazeke kahle uhlobo lomdlavuza kanye nokuthi usabalele kangakanani. Le miphumela yiyona eyobe isicacisa ukuthi hlobo luni lokwelashwa ozoluthola.

Umbiko wokuhlolwa kwesicubu utshengisa ubukhona bomdlavuza futhi unikeza nomhlahlandlela wokuhlinzwa noma enye indlela yokwelapha.

Umbiko wePathology uvame ukuba nale mininingwane elandelayo:

- Ubungako kanye nendawo okuyo umdlavuza
- Imingcele yokuhlinza
- Hormone receptors
- Isimo se-HER2
- Izindlala
- uhlobo lomdlavuza

Ukuthola izinga lomdlavuza (TNM Staging)

Ukuhlolwa kwezinga kubheka ubungako besigaxa(Tumour), ukuthi kungabe izindlala zithintekile yini, kanye nokuthi kungabe ususabalele kangakanani kwezinye izindawo emzimbeni. Lendlela yokuhlola izinga lomdlavuza isetshenziswa umhlaba wonke. Ukuhlolwa lokhu okwenzekayo ukuthola imbangela yokugula kuzokunika eminye imininingwane mayelanga nezinga lomdlavuza wakho. Ukwazi izinga lomdlavuza kubaluleke kakhulu ngoba kusiza odokotela ukuba bakwazi ukwenza isinqumo sokuthi iyiphi indlela yokwelashwa ekulungele.

Izinga I: umdlavuza usasezinyameni zebele ezingaphansi kwesikhumba kuphela. Kungenzeka kube khona ukufacaka kwesikhumba. Izindlala eziseduze kwebele *azikakathinteki*.

Izinga II: izindlala ezisekhwaphezi sezithintekile.

Izinga III: isifo sesenabele odongeni lwesifuba, esikhunjani, kanye nasezindlaleni ezisemqaleni.

Izinga IV: umdlavuza usuwenabele nakwezinye izingxenye zomzimba, emathanjeni, esibindini, noma emaphashini.

Uhlobo

Odokotela belapha umdlavuza ngokwezinhlobo zawo (1,2, noma 3), okutshengisa ukuthi kungabe umdlavuza ukhula ngokushesha okungakanani. Uhlobo 1 yilo oluphansi, okusho ukuthi umdlavuza ukhula ngokunensa. Uhlobo 3 luphezulu, okusho ukuthi umdlavuza ukhula ngesivinini esikhulu.

***Abangani yilabo bantu abangavamile abasibuza
ukuthi sinjani bese belinda ukuzwa impendulo.***

Ed Cunningham

Udaba luka Gerty

Ngamehlo kaMama

Ngesikhathi kutholakala ukuthi indodakazi yami yabe inomdlavuzwa, ngakhungatheka kakhulu. Ngenxa yokuthi umyeni wami wabe eshone eminyakeni engu 13 eyayedlule, ngangizizwa ngingedwa futhi ngibuhlungu; ikakhulukazi ngoba indodakazi yami yabe iseNgilandi mina ngiseThekwini. Kwakumele ngime, ngibuyise umqondo. Yize noma ngangifa ngaphakathi futhi ngifisa ukuthi ngingabuthatha lobo buhlungu benhliziyo kanye nokuthandabuza ngekusasa lakhe, ngazama ukuthi ngiqine ukuze ngikwazi ukwamukela izidingo zakhe. Ngangifuni ukucabanga ukungakwazi ukubhekana nesimo, nokunezelela engcindezini ayebhekene nayo.

Kukhona izinto esingeke sikwazi ukuzishintsha futhi abathandiweyo bethu badinga uthando olungenamigomo kanye nokwesekwa. Ngakhoke, noma sidlula ezivunguvungwini zempilo, senza lokho okumele sikwenze, ngesithunzi, yenxa yothando esithanda ngalo abantwana bethu.

Udaba luka Michael

Ngehlo lomyeni

Ngokubuka kwami, yonke lento yesabisa kakhulu uma isidlulile, isigemeleme engingafisi siphinde senzeke.

Umbuzo uhlale ufana kubantu abaningi: “Ngabe ngidlule kanjani kulokhu?” Impendulo wukuba nesisekelo sabangani abaseduze kanye nomndeni ongethembela kubo ngakho konke. Ngesikhathi esifanayo, ngendlela engaqondakali, ukungazi ukuthi kuzokwenzakalani ezikhathini eziningi, ngoba angeke wesabe into ongayazi. Kodwa uhlale unovalo ngokungase kwenzeke.

Angikholwa ukuthi indoda ingakwazi ukuqondisisa ukuthi umkayo angazizwa kanjani uma ebhekene nale nkinga, noma abe nazo zonke izimpendulo zokuthi kumele enzeni ngaleso sikhathi. Ngikholelwa ekutheni kudingeka wethembe udokotela wakho, udokotela ohlinzayo, abasebenzi bezempilo, kanye nohlobo lokwelashwa olukhethiwe. Themba, kholwa futhi ulindele imiphumela emihle. Thatha usuku nosuku ngalunye ngesikhathi.

Ukuhlolwa imbangela yesifo – amathiphu ashisayo

- Uma ngabe ukuhlolwa kwakho kokuqala kwenziwe wudokotela ohlinzayo, gcizelela ukuvakashela udokotela owuchwepheshe kwezokwelashwa komdlavuzi (oncologist) ngaphambi kokwenza isinqumo sakho ngokwelashwa.
- Kungakuhle kakhulu uma kuba khona owomndeni noma umngani ngesikhathi uyohlolwa imbangela yesifo okokuqala. Ngaleyo ndlela bayokwazi ukukukhumbuza ngemibuzo okumele uyibuze futhi bangakubhalela phansi amaphuzu abalulekile.
- Yiba nencwajana ozokwazi ukubhala kuyo imibuzo kanye nezimpendulo ngesikhathi ubonana nodokotela. Ungaphinde ubhale kuyo neminye imibuzo kanye nokukuxakile ukuze ubuze kudokotela uma usumbona.
- Yazimiphumela yokuhlolwa kwakho – uhlobo, izinga, indlela okhula ngayo umdlavuzi. Cela udokotela wakho akuchazele futhi axoxisane nawe mayelana nalamaqiniso abalulekile mayelana nomdlavuzi wakho kanye nokuthi akuthinta kanjani ukwelashwa kwakho.
- Funa umbono wesibili mayelana nokuhlolwa kwakho kanye nohlelo lokwelashwa kwakho uma udinga ukwenza lokho.

- Cela amakhophi ayo yonke imiphumela yokuhlolwa kwakho ukuze uwagcine kwifayela lakho.
- Imibiko yakho yePathology ingamapheshana abaluleke kakhulu. Yenza isiqiniseko sokuthi bonke abasizi bezempilo abakusizayo banawo amakhophi ukuze basebenzele phezu kwawo. Ngisho noma kuthiwa awuluqondi ulimi lwezempilo oluphalwe kulembiko, abasebenzi bezempilo bazoluqonda.
- Qala umsebenzi wokufaka isicelo sokukhokhelwa umshwalense, njengomshwalense wezifo ezesabekayo.
- Xhumana nabe medical aid ngokushesha emva kokutholakala nesifo, ukuze izindleko zokwelashelwa umdlavuzwa ziphume esikhwameni esakhelwe ukwelashwa komdlavuzwa.
- Uma unokwethuka okukhulu, abelaphi ngamakhambi noma abasebenzi bezempilo bangakunika amakhambi athile azokusiza ukwehlisa lokho kwethuka kanye novalo.
- Uma unezinkinga emoyeni, ungaxhumana nomeluleki wezomoya noma umeluleki wezenkolo owake wasebenza neziguli zomdlavuzwa ukuze uthole ukwesekwa. Thola lolo sizo oludingayo.

***Izinyembezi sizinikelwe ukuba sizisebenzise.
Njengazo zonke izipho ezinhle, kumele
sizisebenzise ngendlela.***

Loretta Young

Ukukhetha ithimba lokukweseka kumdlavuza

Ilungu ngalinye lethimba elikwesekayo kumdlavuza lininamakhono athize okukusiza ekwelulameni kwakho. Futhi kungenzeka likusize isikhashana noma lugcwalise indima ethile. Ithimba lakho lezokwelashwa limbandakanye abanye noma bonke laba abalandelayo:

- **Udokotela owuchwepheshe kwezokwelashwa komdlavuza (oncologist):** nguye ozofoxisana nawe ngokwelashwa okudingekayo ekwelashweni kwakho, futhi nguye udokotela wakho ophambili ngesikhathi sokwelashwa. Uyena ozoba yinhloko yethimba lakho lokwelashelwa umdlavuza.
- **Umsebenzi wezempilo oqeqeshelwe ukukusiza ukunyakaza (Biokineticist):** lona nguchwepheshe ozokusiza emaphethelweni okwelulama kwakho futhi ubaluleke kakhulu ukuqinisekisa ukuthi ubuyela esimweni sokunyakaza sangaphambi kokwelashwa noma sokuba yingxenye yezemidlalo.
- **Umngani wakho webele:** lona ngumuntu ozohamba nawe uma uyokwelashwa. Nguye futhi okududuzayo futhi akhalisane nawe.
- **Abanye abake baphathwa wumdlavuza:** abe C-Sisters kanye namanye amaqembu anjenge CANSA kanye neReach for Recovery bazokunika indawo yokuba uqondisise futhi ukhulume ngosudlule kukho nabanye abake baba lapho ukhona. Ukuzwa ukuthi abanye badlule kanjani emdlavuzeni kungaba wumthombo omkhulu wamandla.
- **Umeluleki wezengqondo:** ozokunika usizo oluzokwelapha emoyeni, kusukela ekutholakaleni sesifo kuze kube uyelapheka emoyeni.
- **Usomsoco (Dietician):** ozokusiza ngohlelo lokudla nomsoo ngesikhathi nangemuva kokwelashwa.
- **Owelapha ngezindlela ezehlukile (homeopath):** angakusiza kakhulu ukwelapha imithelela yemithi yomdlavuza, nangesikhathi esilandela ukuhlinzwa.

Khuluma nodokotela wakho womdlavuzwa ngamakhambi owatholayo.

- **Abamele iziguli:** bangakusiza uma unenkinga ofisa ukuyidlulisela phambili. iPink Link yiqembu elimele abaphethwe wumdlavuzwa webele, alasungulwa wu Samantha Galliet elifundisa futhi lazise abesimame ngamalungelo abo njengeziguli zomdlavuzwa webele. Ngeminye imininingwane ungavakashela www.pinklink.org.za / www.campaign4cancer.co.za
- **Usokhemisi:** angakweseka ekuhlangebzaneni nemithelela engemihle yemithi yomdlavuzwa.
- **Abasebenza ngomnyakazo(physiotherapist):** funa ozokusiza ngomnyakazo osemthethweni ngaphambi kokuqala ukwelashwa, yikhona ezokulungiselela ukuhlinzwa aphinde aqinisekise nokuthi ubuyela emnyakazweni wakho wangaphambi kokuhlinzwa.
- **Abasebenza ngeX-ray/odade bokwelashwa ngamakhemikhali:** bazophendula yonke imibuzo yakho emayelana nokwelashwa futhi yibo abazobe bekufaka imithi yokwelashwa. Odade bokwelashwa ngamakhemikhali bangakunika umnotho wamathiphu, izeluleko, unakekelo kanye nokukuhlekisa ngesikhathi welashwa ngamakhemikhali.
- **Ukwesekwa emphakathini:** umndeni kanye nabangani. Abantu abaningi bayakuthokozela ukukuphekela noma bathunywe nguwe noma babe nawe ukukweseka uma kunesidingo. Bacele.
- **Umeluleki wezomphefumulo:** noma ngabe ukhonzaphi, ukwelulekwa kubalulekile, njengakho ukujula ngokomqondo/nomoya kanye nomkhuleko – lokho kuyokusiza kukunike ukuthula kanye namandla.
- **Udokotela ohlinzayo:** nguye ozoba nekhono elidingekayo lokususa isigaxa ebeleni lakho aphinde axoxisane nawe mayelana nokuthi kungani, kanjani kanye nokuthi nini.

4. Ukwelashwa: Izinyathelo eziya ekwelulameni

Udinga izicathulo eziyisipesheli uma uzoqwala izintaba – nomphfumulo oyisipesheli futhi.

Emme Woodhull-Bache

Uhlelo lokwelashwa kwakho oludwethshe wudukotela wakho ohlinzayo kanye nochwepheshe wezokwelashwa komdlavuzaluncike kakhulu emiphumeleni yokuhlolela imbangela yomdlavuzalwakho. Ngalesi sikhathi, amalungu omndeni kanye nabantu abaseduze kwakho kungenzeka bafune ukukusiza kanye/ noma ukukweluleka mayelana nokwelashwa. Yize ushaqekile futhi unengcindezi ngenxa yesimo sakho, kumele uthathe isikhathi sokuthi uhlele futhi ucabangisise ngokuthi udinga ukwenzani mayelana nohlobo lwakho lomdlavuzal.

Zimbili izinhlobo zohlelo lwezokwelashwa KwaZulu-Natali

Unakekelo lwezempilo lwesifunda

Indlela yokwelapha umdlavuzal webele iyafana umhlaba wonke kepha yehlukile komunye nomunye wesifazane. Noma ngabe uyisiguli esikhungweni esizimele noma usemtholampilo womdlavuzal esibhedlela sikahulumani, inhloso iyodwa.

Ubuhle bomtholampilo kahulumeni wokwelashwa kwebele wukuthi kukhona yonke inhlobo yokunakekeleka. Njengesiguli, ungena emtholampilo owodwa lapho udokotela ohlinzayo, uchwepheshe wezokwelashwa komdlavuzal, udokotela wokwakha kabusha indawo ehlinziwe, kanye nochwepheshe abasebenza nge X-ray behleli ndawonye ukunquma indlela ekuyiyona yona yokukwelapha. Kukhona ngisho notolika kulabo abadinga usizo lokuqonda amatemu ezempilo. Abesimame emitholampilo kahulumeni bathola uhlobo olufanayo lokuhlolwa njengalabo abasezikhungweni ezizimele. Ithimba lodokotela abahlinzayo eThekwini lihle kakhulu.

Into eba yinkinga ezindaweni zikahulumeni kuba wukuthi kuthatha isikhathi eside ukuthi uthole uhlobo lokuhlolwa okudingayo.

Unakekelo lwezempilo ezikhungweni ezizimele

Njengesiguli eselashwa esikhungweni esizimele, uzothola izinhlelo zosizo ezisezingeni eliphakeme, okungenzeka ukube azikho ezikhungweni zikahulumeni. Ungathola ukusizakala ngokushesha kunase zikhungweni zikahulumeni. Noma kunjalo, usizo luncike ekutheni udinga ukulashwa okunjani. Uzoba nodokotela oyedwa oyisipesheli okuzoba nguye obhekene ngqo nokwelashwa kwakho. Lokhu kuzokwenza ukuthi uthole ithuba lokuba nobudlelwano bokusebenzisana naye.

Ezikhungweni ezizimele, uba nemihlangano ehlukeno nodokotela abehlukene, akukho ukuhlangana nabo bonke ngesikhathi esisodwa. Ama medical aid ahlukeno abalula isamba ongelashwa kufinyelele kuso. Ukuze uthole imithi ethile/ukulashwa okuthile kuye kudingeke izincazelo zokuthi kungani kumele welashwe ngaleyo ndlela, okungenzeka kudle isikhathi sokuthi ngabe usuqalile ukwelashwa. Kwesinye isikhathi kuze kudingeke ukuthi ukhokhe wena imali okungaba yinkinga kakhulu esigulini ngoba kuyabiza. Isiguli kumele saziswe ngokuphelele ngazo zonke izindleko ngoba ukwelashwa kuncike esifweni hhayi ekutheni imedical aid ikukhave kangakanani.

Usizo lwezezimali uma ulashwa esikhungweni sika hulumeni

Uma welashwa esikhungweni sika hulumeni futhi uba nenkinga yokukwazi ukukhokhela ukwelashwa noma imali yokugibela uma uyokwelashwa, ungaxhumana ne: Moments in Time Charitable Trust ukuze uthole usizo. Yizakhamuzi sase Mzansi Afrika kuphela, ezingenayo imedical aid ezingafaka izicelo zokwesekwa futhi akukho siguli esisodwa esiyothola ukwesekwa okungaphezu kuka R20 000 ngasinye.

Xhumana no Nicky (011) 465 9815 noma uvakashele www.momentsintime.co.za uma ufuna eminye imininingwane.

Udaba luka Arlene

Okwenzeka kimi esikhungweni sezempilo sikahulumeni

Emva kokutholakala nomdlavuza webele ngingenamedical aid, ngaya esibhedlela sikahulumeni. Konke ukuhlolwa kwaphambi kokuhlinzwa kwenziwa e-Albert Luthuli Central Hospital, okuyisibhedlela esabe sinalo lonke uhlobo lwemishini yesimanjemanje. Inkinga nje kwa wukuthi kwakumele ngilinde isikhathi eside ukuze ngibhalise ekuseni. Kunenqwaba yeziguli ezelashwayo zonke izinsuku, okusho ukuthi umuntu kumele abekezela ahlale kulemigqa emide. Kukhokonke kodwa ngicabanga ukuthi ngathola ukwelashwa okuhle kakhulu.

Noma umuntu eyinombolo nje, umtholampilo womdlavuza kanye nomnyango wezokwelashwa komdlavuza banethimba lodokotela elimangalisayo futhi elizinikele, futhi banikeza sonke isiguli ukunakwa. Ngelashwa ngamakhemikhali e-Addington Hospital ngaphambi kokususwa ibele. Lokhu kwakwenzelwa ukuthi kunciphise isigaxa ebeleni. Nalapho futhi ngaphinde ngathola ukuthi umtholampilo webele wabe unabahlengikazi kanye nabasebenzi abanosizo kakhulu. Igumbi ekwelashelwa kulo linelanga kanti futhi uma usuqedile ukubhalisa (lokhu kulula kakhulu eAddington ngoba bane ndawo yokubhalisa iziguli zomdlavuza) , konke okunye okulandelayo kwenziwa ngendlela egculisayo.

I-mastectomy (ukuhlinzwa kokususwa kwebele) kwenziwa eNkosi Albert Luthuli Central Hospital, futhi kwenziwa wudokotela Buccimazza okhaliphe kakhulu. Ukwelulama kwashesha futhi akubanga nazihibe emawadini akhona ahlanzekile. Ezinyangeni ezimbalwa emva kokuhlinzwa, ngelashwa ngemisebe (radiation) eNkosi Albert, nalapho futhi nganginakekelwe yithimba lodokotela, abahlengikazi kanye nabasebenza ngama X-ray abawaziyo umsebenzi wabo. Babexoxa nami zonke izinsuku zamasonto ayisithupha okwelasha. Noma umuntu engatholi ithuba lokuxoxisana ngokujulile nodokotela owuchwepheshe wezokwelashwa komdlavuza – njengoba kwenzeka ezikhungweni zangasese – ngiyakuphakamisa kakhulu ukwelashwa okutholakala ezikhungweni zikahulumeni.

***Isibindi akukhona ukungabi bikho kokwesaba,
kepha kungukukwazi ukubona ukuthi kukhona
okubalukekile kunokwesaba.***

Ambrose Redmoon

Ngaphambi kokwelashwa – amathiphu ashisayo

- Kubalulekile ukuba nolwazi oluyiqiniso mayelana nembangela yesifo sakho kanye nohlelo lokwelashwa uma uvakashela udokotela.
- Vakashela udokotela wamazinyo ngaphambi kokuqala ukwelashwa ngamakhemikhali. Isizathu salokho wukuthi ukwelashwa ngamakhemikhali kwehlisa amasosha akho omzimba okungenza ukuthi kube lula ukuthola ezinye izifo. Thola izeluleko kuchwepheshe wezokwelashwa komdlavuzi.
- Vakashela igumbi lapho uzobe ulashelwa khona ngamakhemikhali ukuze wazi ukuthi ungalindelani.
- Uzokhathala kakhulu ngesikhathi welashwa. Uma kufanele ukuthi uye emsebenzini, hlela ukuthi ukwelashwa kwakho kube ngoLwezihlanu , ukuze uthole ukuphumula ngempelasonto.
- Buzisisa kudokotela wakho ukuthi kungabe kukhona yini okunye okumele ukwenze ngaphambi kokuqala ukwelashwa.
- Thenga isicwengi-manzi (water filter) njengoba kuzodingenga uphuze izingilazi ezingu 8 zamanzi ngosuku.

- Shiya umyalezo ocingweni lwakho, ochazela abangani kanye nomndeni ngokuthi kuhamba kanjani ukwelashwa kwakho. Lokho kukusiza ekutheni ungalokhu uchaza into eyodwa izikhathi eziningi.
- Uma unabangani/umndeni ophesheya kwezilwandle, qala ikhasi lokubazisa kuFacebook ukuze bahlale bazi.
- Uma ungumuntu othanda ukwenza ama-scrapbooks, qala ukwenza enye njengamanje ukuze ugcine umlando wohambo lwakho; ukhumbule nokuqobela phansi leyo miyalezo emihle abantu abakuthumelela yona, ngoba lokho kuyowuphakamisa umoya wakho.
- Uma uzohlinzwa ibele, thenga amahembe kanye nokokulala okunezinkinobho ngaphambili , ngoba kulula ukukugqoka ngamuva kokuhlinzwa.
- Buza kuchwepheshe wezokwelashwa komdlavuza ukuthi ngabe ukwelashwa ngamakhemikhali kuzoholela yini ekutheni ulahlekelwe yizinwele. Uma ethi yebo, thatha umngani wakho nivakashele izindawo ezidayisa amawigi ngoba izinwele zakho zizoqala ukuphuma ezinsukwini ezingu 14 uqalile ukwelashwa ngamakhemikhali. Uma ungafuni ukufaka iwiki, funda ukubopha iduku noma ugqoke izigqoko ngezindlela ezahlukene.

Umdlavuza uyigama, hhayi umusho.

John Diamond

Udaba luka Buye

Engakuzwa ngokuba nomdlavuza webele

Ngesikhathi ngitshelwa okokuqala ukuthi nginomdlavuza, ngangingazi ukuthi isho ukuthini imiphumela yokuhlolwa kwami. Kimina, kwakunjengokutshelwa ukuthi nginesilonda esiswini noma okunye nje ukugula okungatheni. Emva kokuhlinzwa, owesimame wakwa Reach for Recovery wangichazela konke, nokwaba yilapho ngiqondisisa khona kahle ukuthi kwabe kusho ukuthini ukuba nomdlavuza.

Ukuya kokwelashwa okokuqala kwangethusa kakhulu, ngoba abantu engabe ngihlangana nabo babengixoxela izindaba ezesabisayo zokuthi umdlavuza wabe uyisigwebo sentambo kanye nemithelela emibi yokwelashwa (njengokulahlekelwa yizinwele nokuba nesicanucanu). Ngazitshela ukuthi: “sonke siyokufa ngelinye ilanga; lokhu kuwukugula nje futhi akekho othe kuzongibulala.”

Ukulahlekelwa yizinwele kwangikhathaze kakhulu. Ngangingakwazi ukumelana nakho. Ngokuhamba kwesikhathi kwathiwa ngine-lymphoedema (ukuvuvuka kwengalo ohlangothini okususwe kulo ibele), nokwabe sekusho ukuthi ngeke ngisakwazi ukugqoka noma yini engiyithandayo njengoba ubungako bengalo yami kwabe sekuyibo obushoyo ukuthi ngingagqokani.

Okubalulekile wukuthi ngiyaphila futhi ngiyambonga uNkulungkilu ngalokho. Ngicala ukhumbule ukuthi akusona isigwebo sentambo lesi, ikakhulu uma unomndeni kanye nabangani abakwesekayo.

Udaba luka Yvette

Umdlavuzwa webele kude nasekhaya

Ngo August wonyaka ka 2002, ngahamba nomyeni wami saya kohlala eNgilandi. Sasike savakasha ngonyaka ka 2000 futhi sazi ngesikhashana nje ukuthi sabe sizobuyela ekhaya ngakhoke sazitika ngokuzwa futhi sibone amasiko ehlukile, kodwa sasingazimisele ukubhekana nezikhungo zahulumeni wakhona zezempilo. Kwathi ngisemtholampilo webele I Addenbrookes esendaweni yaseCambridge, ngathola izindaba zokuthi ngabe nginomdlavuzwa webele futhi wabe usukwizinga III. Ngangingida ukuhlinzwa ibele ngokukhulu ukushesha futhi kwabe kufanele ngiqale ukwelashwa ngamakhemikhali.

Akulula neze ukubhekana nezindaba ezinjengalezi ukude nasekhaya. Ngisho noma abangani bethu kanye nomzala babehlala khona e-UK, ngangifuna ukuba seduze kuka mama kanye nomfowethu. Kwaba nzima kakhulu futhi ngoba mina noMichael sabe singakwazi kahle ukusebenza komnyango wezempilo futhi sabe sizew izinto eziningi ngawo. Saphefumula kakhulu, saluqala uhambo lomdlavuzwa webele. Ngangifa wuvale futhi kukho konke ukwelashwa kwami nganginjenge ngane encane etetemayo. Ngangibuthaka kodwa uMichael wabe eqinile futhi ngabe ngingakwazi kwenza lutho uma engekho eduze kwami ukungiduduza. Abangani bethu kanye nomzala basiza uMichael ukuthi akwazi ukubhekana nesimo. Sakwazi ukuvakashisa umama wami kabili, kanye ngesikhathi ngisahlizwa kanye nangesikhathi ngiyolashwa ngamakhemikhali okokugcina. Umshana wami wazalwa eThekwini ngosuku olulandela usuku engahlizwa ngalo ibele. Umfowethu wathumela umkakhe, uJaryd, kanye nomntwana ukuba bangivakashele ezinyangeni ezine ezalandela. Konke lokhu kuvakashelwa kwangiqinisa kodwa zaziningi izinsuku ezabe zingezinhle.

Ngelulekwa ukuba ngijoyine uhlolo lwezempilo lokwelashwa ngamakhemikhali futhi ngajoyina ngoba ngezwa kuthiwa uthola ukwesekwa okuthe xaxa uma uyingxenywe yohlelo. Ngeke ngikhononde ngomnyango kahulumeni wezempilo. Yebo, ngangibona odokotela abayisithupa abehlukene ngesikhathi, futhi kwakungikhathaza ukuphindaphinda udaba olulodwa kubo. Futhi isibhedlela sabe singahlanzekile – uMichael kwabe kumele angihlanzele yonke into. Noma kunjalo, ngathola ukwelashwa okusezingeni elicokeme. Ngathola ibele lokufakelwa mahhala, futhi nganikezwa ithuba lokulakha kabusha ibele lami ngesikhathi lihlinzwa. Okunye futhi, yinye kuphela into esayikhokhela imali e-Addenbrookes, ukupaka imoto yethu!

Kodwa eqinisweni, kwaba ngabantu abangisiza ngaphila emva kokuvakashela esibhedlela – udokotela wasethiyetha ovela eNew Zealand, umhlengikazi waseZimbabwe owayesebenza ebusuku, umhlengikazi waseAustralia owayesebenza emini, kanye nowaseZimbabwe owayesebenza ngama X-ray. Sasikuqonda okwabe kusihlekisa kanye nendlela esabe siyiphila futhi sonke sasikhumbula emakhaya. Uma ngibheka emuva manje, ngiyabona ukuthi umtholampilo webele wabe unjengomshini onamafutha enele, futhi uma umuntu esengenile ohlelweni, luyasebenza futhi lwangisebenzela.

Kwathi uma sekuphelile ukwelashwa, ngabe ngifuna ukuya ekhaya, ngibuyele eMzansi Afrika, ngibuyele kumama kanye nomfowethu, ngakho-ke sabuya futhi leso kwaba yisinqumo esihle esake sasenza. Kwathatha cishe iminyaka emibili ukuthi ngikuthokozele ukuphila, ukuqeda imicabango yokuthi, “uzobuya nini [umdlavuzi]?” futhi njengamanje angikholwa ukuthi ngake ngadlula enkingeni enjenga le. Ngafunda izinto eziningi ngenxa yalokhu okwenzeka kodwa njengoba u-anti wami wayesho emva kokuhlinzwa kwakhe ibele, ukuthi akulutho lokhu uma kuqhathaniswa nokulahlekelwa yindodana njengoba kwakwenzekile kuyena. Sonke sinezindlela ezihlukile zokubuka isimo.

Impilo kulomhlaba izalwa ngowesimame.

Adrienne Rich

Inzalo kanye nomdlavuza webele

Njengazo zonke izinhlobo zomdlavuza, ukwelashwa ngamakhemikhali kuyayithinta inzalo. Imithelela kungaba ngeyesikhashana noma ngeyomphelo. Izinga ethinteka ngalo inzalo lincike ezintweni ezimbalwa ezimbandakanya uhlobo lokwelashwa olutholayo, ubangako bemithi oyidlayo kanye neminyaka yakho. Abesimame abangaphezu kweminyaka engu 40 basemathubeni amakhulu okuphelelwa yinzalo ngenxa yokuthi isuke isivele isiqalile ukwehla. Ngebhadi, ayikho indlela yokwazi ngaphambi kwesikhathi ukuthi umdlavuza webele uzoyikhinyabeza yini inzalo.

Ukonga inzalo

Abesimame abatholakale nomdlavuzwa webele bangenza izinto ezithile ezimbalwa ukwenyusa amathuba abo okukhulelwa emva kokwelashwa:

- Indlela okuyiyo enamandla kakhulu yokuvikela ukuphela kwenzalo, wukwenza i-IVF ngaphambi kokuqala ukwelashelwa umdlavuzwa. Lokhu kusho ukuthathwa kwamaqanda akho ahlanganiswe nembewu yomlingani wakho ukuze achamiseleke. Uma esechamiselekile afakwa efrizeni, bese ephinde etshalwa esibeletweni sakho uma usuqedile ukwelashwa.
- Ukongiwa kwezicubu sesidleke samaqanda, ngaphambi kokuqala ukwelashwa, ukuze zibuyiselwe emva kokwelashwa. Le ndlela iseyintsha futhi isathathwa njengeholwayo. Zimbalwa izingane esezizalwe ngale ndlela.
- Enye indlela kungaba ukusebenzisa ezinye izindlela ezehlukile zokwelapha ukubhekana nezinkinga zokuphela kwenzalo.

Ngeminye imininingwane, xhumana ne Life Centre:
Natural Health and Fertility.
Tel: 031 2092785
Email: www.lifecentre.co.za

Udaba luka Hayley

Inzalo emva kokwelashwa

Umbono wami ungukuthi umuntu udinga ukuba edlule ekwelashweni njengokuyala kukadokotela owuchwepheshe kwezokwelashwa komdlavuzi. Zimbili izinto ezangisisa. Okokuqala kwaba wukholo, kanti okunye kwaba wukuphumula kanye nokuvumela ukuthi izinto zenze ngendlela ezifuna ukwenzeka ngayo ngoba ngangazi ukuthi ikusasa labe lingekho ezandleni zami. Lokhu nje, kukodwa, kwaletsa ukuthula okuphelele esimweni sami. Ngelashwa ngamakhemikhali, okwalandelwa wukwelashwa ngemisebe, kwalandelwa wukucindezelwa kwama homoni okwabe kudingekile. Amahomoni acindezelwa iminyaka emibili, okuyinto ehlukile eminyakeni eyisihlanu eyejwayelekile, ngoba ngabe ngisafuna ukuzama ukuba nezingane. Njengoba ngangineminyaka engu 32, ngabona ukulinda iminyaka eyisihlanu kuyisikhathi eside kakhulu. Ucwangingo alukugcwalisi ukuthi ukwelashwa iminyaka eyisihlanu ingcono kunokwelashwa iminyaka emibili.

Kuleminyaka emibili ngisasebenzisa okokucindezela amahomoni, ngangiqhubeka ngihlolwa igazi ukubona izinga lama homoni. Udokotela wami womdlavuzi wayebambisene name futhi esihlonipha isinqumo sami sokonga inzalo, ngakho-ke akazange aqhubeka nokungifaka okokucindezela amahomoni njalo emva kwezinyanga ezintathu ngaphandle uma amazinga amahomoni ayengaphezu kokufanele. Nginesiqiniseko ukuthi lokhu kwaba yiso isizathu sokuthi ngibuyele masisha esimweni sokuya esikhathini ngemva kokwelashwa iminyaka emibili. Ngaqhubeka ne-reflexology ukubuyisela ibhalansi yamahomoni egazini. Ngangidla amaphilisi e-omega 3 no 6 ukugququzela ukubuya kwamahomoni. Ukuya esikhathini kwabuyela esimweni nangaphezu kwangesikhathi ngingakabi nomdlavuzi webele. Ngazala intombazanyana eyisimangaliso ngo Ephreli ka 2008, iminyaka emithathu emva kokutholakala nomdlavuzi webele, wezinga II.

***Ubuthakathaka bethu obukhulu bulele
ekuphoseni kwethu ithawula. Indlela
enesiqiniseko yokuphumelela ngukuba sizame
kanye nje futhi.***

Thomas A. Edison

Ukuhlinzelwa umdlavuzwa webele

Udokotela Ines Buccimazza uthi ukwelashwa komdlavuzwa webele kungukwelapha ngezigaba, nangezindlela eziningi. Ukuhlinzwa kuyingxenye ebalulekile yokukwazi ukulawula isifo.

Kunezinto ezimbalwa okumele sizicabange uma sihlela ukuhlinzwa:

- Kuzoba ngakanani ukuhlinzwa, okuyinto encinke esigabeni sesifo.
- Uzohlinzwa nini
- Isiguli sona sincamelani mayelana nezindlela ezahlukene zokuhlinzwa.

Umdlavuzwa webele osephansi:

izinga I kanye no II

Kwinkomfa ye National Institutes of Health Consensus, ngo January ka 1991 yancoma ukuthi kuzanye ngazo zonke izindlela ukulonga ibele kwabesimame abaningi abanomdlavuzwa webele osezingeni I kanye no II.

Kuyini ukulashwa kokongiwa kwebele?

Zimbili izinto ezisemqoka kulolu hlobo lokwelashwa: ukuhlinzwa kokonga ibele kanye nokwelashwa ngemisebe okulandela ukuhlinzwa. Uma isiguli singezwani nokwelashwa ngemisebe, kusho ukuthi ngeke sikwazi ukwelashelwa ukongiwa kwebele.

Ukongiwa kwebele kusho ukususwa kwesigaxa kanye nezinye izinyama ezisizungezile ukuqinisekisa ukuthi ingozi iphelile. Lokhu kuphelezela wukuhlinza nangasekhwapheni.

Inhloso yokuhlinzelwa ukonga ibele ingukwelapha okuzoba namandla njengokususwa kwebele (mastectomy) okuzophinde kukunike namathuba okuba ibele lakho libukeke cishe ngendlela efanayo nangaphambi kokukhishwa kwesigaxa.

Emva kokukhishwa kwesigaxa kuye kulandeliswe ngokwelashwa kokushiswa ngemisebe. Lokhu kona kuyingxenywe yokuthola ukulawula indawo lapho kususwe khona umdlavuzwa webele.

Ukuhlinzwa kukodwa kunamathuba angamaphesenti angu 40 okuba ubuye umdlavuzwa kwiziguli ezihlinsiwe kuphela. Okuningi ukubuya komdlavuzwa kwenzeka eduze noma lapho kususwe khona isigaxa. Ukushiswa ngemisebe endaweni lapho kususwe khona isigaxa kubalulekile ukuze kususwe zonke izidleke zamaseli omdlavuzwa ngisho ngabe kuthiwa kubonakala sengathi usuke wonke umdlavuzwa.

Ingabe ukwelashwa kokongiwa kwebele kuphephile na?

Izifundo ezimbili zocwaningo ezenziwa ngu Veronesi kanye no Fischer, kanye nezinye eziningi ezalandela ezibandakanya iziguli ezinomdlavuzwa webele wezinga 1 noma 2 zitshengisa ukuthi ukuhlinzwa kokongiwa kwebele okuhlangene nokwelashwa ngemisebe kuholela emazingeni okusinda okuthi uma eqhathaniswa nawokwelulama ngemva kokususwa kwebele abe ngamaphesentu angu 80 kuya kwangu 90.

Ingabe abesimame bayakuncamela yini ukuhlinzwa kokongiwa kwebele?

Inhlobo esanda kushicilelwa mayelana nabesimame abanomdlavuzwa webele osaqala eMelika ithole ukuthi iziguli ezingamaphesenti angu 75 zathola ukuhlinzwa kokongiwa kwebele njengokwelashwa kokuqala. Ezimbili kwezintathu zalezo ezingahlinzelwanga ukonga ibele zabe zinezizathu zezempilo ezingazivumeli ukuba kongiwe ibele.

Yiphesenti elincane labesimame elincamela ukususwa lonke ibele noma selelulekiwe futhi lazisiwe ngakho konke elingakhetha kukho.

Ingabe bonke abesimame kubalungele ukwelashwa ngokongiwa kwebele?

Yize lokhu kuyindlela enhle kakhulu yokwelapha umdlavuza webele osaqala, akubona bonke abesimame okubalungele.

Labo abanezigaxa eziningi ebeleni, labo abanomdlavuza osubuya isibili, ababaliwe kulolu hlobo lokuhlinzwa. Lezi ziguli zona zidinga ukususwa lonke ibele.

Ezinye iziguli akuzilungele ukuhlinzwa kokongiwa ngenxa yobukhulu besigaxa uma kuqhathaniswa nobungako bebele (ikakhulu kuba yilabo abanamabele amancane), noma indawo la kunesigaxa khona (ikakhulu uma isigaxa sisendaweni engenayo inyama eningi). Lezi ziguli zingakulungela ukuhlinzwa kokongiwa kwebele ngokusetshenziswa kokwelashwa ngamakhemikhali okuzosiza ukunciphisa isigaxa ngaphambi kokuhlinzwa. Kulezi ziguli, konke ukwelashwa ngamakhemikhali kwenziwa ngaphambi kokuhlinzwa, kodwa uma kutshengisa ushintsho ngesikhathi umuntu elashwa.

Kusemqoka ukuthi iphakathi nendawo lesigaxa limakwe ngensinjana ngaphambi kokwelashwa ngamakhemikhali , ngoba ezinye izigaxa zincipha ngokumangalisayo zize zigcine zingasabonakali. Lokhu kuwuphawu oluhle lwekusasa lesifo, akusho kodwa lokho ukuthi ukuhlinzwa kwebele akusadingekile. Ngakho-ke kubalulekile ukuthi indawo lapho kukhona khona isigaxa ikwazi ukutholakala ngemisebe ukuze kukwazi ukufakwa ucingo okuzokhishwa ngalo lensinjana yokumaka isigaxa kanye nezicubu zebele eziyizungezile.

Ngubani okumele ahlinzele ukonga ibele?

Bonke odokotela abahlinzayo eNingizimu Afrika bayaqeqeshwa ngokuhlinzela umdlavuzwa webele, ngakhoke bafundisekile ngokwelapha umdlavuzwa webele.

Noma kunjalo, kuyatuswa ukuba ukhethe udokotela ohlinzayo onesipiliyoni sokuhlinza amabele. Ikakhulu izigaxa ezingabonakali kahle kumele zisuswe ngudokotela ozimiselayo, ngoba kudingeka ikhono elikhulu kanye nokucophelela ukuhlinza ngalendlela.

Ukukhishwa ngempumelelo kwalezi zigaxa kuncike kakhulu ezingeni lesipiliyoni sikadokotela lowo ohlinzayo.

Ukuqedwa kokususwa kwesigaxa kuhlonza ikusasa lokuthi ungabuya yini ngelinye ilanga umdlavuzwa endaweni efanayo, okuphinde futhi kuncike kakhulu ekwelulameni kwesiguli.

Umdlavuzwa osuwenabele nakwezinye izingxenye zebele: Izinga III

Iziguli ezinaleli zinga lomdlavuzwa kumele zithole ukwelashwa ngamakhemikhali ngaphambi kokuhlinzwa ukuze kunciphe isigaxa ukulingiselela ukususwa kwebele. Ukususwa kwebele kusho ukususwa kwazo zonke izinyama zebele, esinye sesikhumba esemboze ibele kanye nengono kanye nendawo eyizungezile. Kudingeka ukuba kuhlinzwe nezindlala ekhwapheni okungenzeka kudale ukuvuvuka kwengalo yangasenhla ezigulini ezingamaphesenti angu 10 kuya ku 20.

Ngenxa yokwenyuka kwengozi yokuphinde uthole umdlavuzwa, kulindwa cishe iminyaka emibili emva kokuphuthula ukwelashwa ngaphambi kokuba kuzanywe ukwakhiwa kabusha ibele.

Umdlavuzwa osuwenaba kakhulu: Izinga IV

Leli zinga lisho ukwenaba komdlavuzwa osekudlulile ebeleni kanye nasekhwapheni kwaya ezindaweni ezikude njengamathambo, amaphaphu noma isibindi. Uma sekunjalo, ukwelashwa kugxila ekulawuleni izimpawu zesifo esikhundleni sokuselapha.

Ukwelashwa kuvame ukuqala ngokwelashwa ngamakhemikhali bese kuba okokulawula izimpawu zesifo. Alibe lisahlinzwa ibele njengokujwayelekile, ngaphandle uma linezilonda noma ukopha. Lokho kwenzela ukunika isiguli sempilo engcono.

Le mininingwane ididiyelwe ngu Dr. Ines Buccimazza weZomnyango wokuhlinzwa, e-Inkosi Albert Luthuli Central Hospital

Ukuhlinzwa – amathiphu ashisayo

- Ipayipi lokukhama udoti esilondeni lixhumeke ephakeshaneni lokukhamela. Iphakethe lokukhamela elingashintshwanga kuze kwedlule izinsuku ezintathu lingaba yingozi ngokuletha amagciwane endaweni ohlinzwe kuyo. Khuluma nodokotela ohlinzayo mayelana nokuthi kumele zishintshwe nini izinto zokukhama udoti wesilonda.
- Kubalulekile ukuba ucele udokotela wakho ohlinzayo ukuba axoxisane nawe mayelana nemithelela engaba mibi yokuhlinzwa kanye notkuthi ungabhekana kanjani nayo.
- Siphinde siphakamise ukuba uvakashele abasiza ngomnyakazo ngemuva kokuhlinzwa ukuze bakusize ukwazi ukunyakaza njengaphambilini.

Ubunzima ongaba nabo ngemuva kokuhlinzwa

- Haematoma: ukuqoqana ndawonye kwegazi, okubuhlungu, okuzungeze indawo lapho uhlinzwe khona.
- Seroma: iphakethe loketshezi olungenambala okwenzekayo luqoqane luzungeze indawo ohlinzwe kuyo.
- Ukungena kwamagciwane esilondeni.
- Ukunamathelana kwenxeba: lokhu kwenzeka kakhulu uma kususwe ibele lonke, uma kususwe isigaxa ebeleni, kanye noma kade welashwa ngemisebe. Ukuvama ukuzihlikihla kanye nezindlela zokukhulula inxeba, ozitshengiswe yilowo okusiza ngomnyakazo, zingakwehlisa lokhu. Kuyanconya ukuba ulandele ukuzelula okufundiswe ngabezomnyakazo emva kokwelashwa ngemisebe. Kuyomele uzelule nsuku zonke kuze kube yiminyaka emibili ngemuva kokuphuthula ukwelashwa ukuqinisekisa ukuthi izinyama zihlala zithambile futhi zigobeka.
- Ukuba ndikindiki
- Ukuzwa sengathi kunezingcingo zogubhu ezidonsekile ngaphansi kwesikhumba noma ukuzwa sengathi kunezindophu ngaphansi kwekhwapha ngemuva kokuhlinzwa kwebele. Osiza ngomnyakazo oqeqeshiwe angakusiza ukuba ukhulule lezi zindophi ukuze ukwazi ukuphinde unyakaze ngokugcwele futhi kwehle nobuhlungu.
- Lymphoedema: lokhu wukuqoqelana ndawonye koketshezi ngaphansi kwesikhumba ngenxa yokuvaleka kwemigudu yokukhama izindlala. Ngemuva kokuhlinzwa kanye nokwelashwa ngemisebe, owesimame usengozini yokuba nelymphoedema. Ilymphoedema ayibulali kodwa ikhinyabeza kakhulu uhlobo lwempilo oyiphilayo kanti kuyabiza ukuyinyanga ngoba ayelapheki kodwa iyalawuleka.

Udaba luka Lalwanthie

Ukufunda ukumelana nesimo

Umuzwa ongajwayelekile wokungakhululeki wawuklinya ukuzethemba kwami. Ngangibona ingalo yami yangakwesokudla ikhula. Kwenzakalani manje? Yini engingabhekana nayo embi ngaphezu komdlavuzo? Ngangesaba ukubhekana nokunye ukufeyila komzimba, ngaziphoba ukuthi ngicabange ukuthi, “akulutho lokhu”, kwaze kwaba ingalo yami ikhula ngendlela ebonakalayo ngempela kangangokuthi ukwenza imisebenzana elula kwaphenduka imisebenzi enzima. Ingalo yami yangakwesokudla yakhula yaze yaphindwa kabili kweyesobunxele. Ngaphezu kobuhlungu bomzimba kanye nokungakhululeki, kwakumele ngimelane nengcindezi yokomoya, ukwesaba kanye nokuthandabuza. I-Lymphoedema ingukukhubazeka okumele ngiphile nakho impilo yami yonke. Ngangicabanga ukuthi kwabe kungukuphela komhlaba kwaze kwaba ngithola osebenza ngomnyakazo onguchwepheshe kweze-lymphoedema. Ngatshelwa ukuthi, lesi sifo sami sabe singalawuleka uma ngithola ukunyangwa okuyikho. Inhlasi yethemba isalokoza phakathi kimi. Ngemuva kokukhanywa kanye izindlala, ingalo yami itshengisa ukuncipha ubukhulu.

***Isipiliyoni siyikamu esilnikwa yimvelo uma
sesiqothukelwe yizinwele.***

Isaga

Ukwelashwa ngamakhemikhali (chemotherapy)

Ukwelashwa ngamakhemikhali kwenzelwe ukuba kubulale amaseli omdlavuzwa. Lokhu kwelashwa kuqondiswa emzimbeni wonke, lokho kusho ukuthi ngisho namaseli angenawo umdlavuzwa ayalimala uma welashwa ngaleyo ndlela. Izikho izindlela ezithambile noma ezinomusa uma kukhulunywa ngokwelashwa ngamakhemikhali. Abantu abehlukene bakuzwela ngokwehlukile ukwelashwa ngalolu hlobo, nokho-ke ikhona imithi onganikezwa yona ukwehlisa imiphumela emibi yokwelashwa. Njengoba lokhu kwelashwa kungathatha izinyanga ezine kuya kwezingu 9, ukunakekela impilo yakho ngalesi sikhathi kuyokusiza ukuthi welulame futhi kuvikele nobunzima ngesikhathi welashwa. Imizuliswano yokwelashwa ngamakhemikhali kuzoncika kulezi zinto:

- Uhlobo kanye nezinga lomdlavuzwa webele
- Iminyaka kanye nesimo sempilo yesiguli
- Umdlavuzwa ozwela amahomoni
- Izinhlobo zomdlavuzwa eziphathelele nofuzo

Ukwelashwa ngamakhemikhali – amathiphu ashisayo

- Lokhu kwelashwa kungadala ukuba uqwashe ebusuku. Thola izeluleko zokubhekana nalesi sifo.
- Phatha iqhwa noma ibhodlela elifudumezayo ozolibeka lapho kufakwe khona inaliti yedrip. Lokhu kuyokuziza ungavuvukali. Ukhilimu wokuvikela ukuvuvuka nawo ungawusebenzisa.
- Umcabango wokwelashwa ngalendlela uvame ukungezwakali kahle ezigulini ngesinye isikhathi. Omunye wayebuka ukwelashwa kwakhe kuyinto ecindezela ubukhazikhazi bokuphila. Ezinye iziguli zibona lokhu kwelashwa njengobuthi obunezinhliso ezinhle. Kungakusiza nawe ukucabanga kanyalo.
- Hamba nomuntu othize ozokweseka ngesikhathi sokwelashwa.
- Phuza ujuji wama-prune ukwelapha ukusongeleka.
- Sebenzisa okunye esikhundleni sikashukela, njengoju, Xylitol, Stevia, konke okutholakalayo ezitolo zezempilo.

- Phuza ujusti ofreshi. Kungaba wumqondo omuhle ukuthenga umshini wokwenza ijusti. Ukwenza ujusti kuyasiza ukuthi umzimba umunce izakhimzimba ezisiza ziqinise amasosha omzimba ikakhulu uma ungakuthandi ukudla. Lokhu kuyonqanda isidingo sokuthi uze uthenge imithi yokufakela izakhimzimba. Kuhle ukudla okwemvelo uma ukwazi.
- Yidla kancane ngaphambi kokwelashwa.
- Yidla ukudla okuningi okugezisiwe okungaphekiwe.
- Uma unesicanucanu, zama ukudla ama crackers/amabhiskidi kajinja, noma uphuze isiphuzo sika jinja noma umunce uswidi ongenashukela.
- Konke ukuvuvuka kwesikhumba, noma kwalapho uhlinzwe khona kumele kubikwe ngokushesha kwithimba elikwelaphayo.
- Zikhumbuze ukuthi usemuhle, uzethembe ngokugcwele. Umuntu onguye akusilona ingaphandle lakho kuphela kepha nengaphakathi.
- Ungakhohlwa ukwenza isikhathi sokuzijabulisa futhi uzitotose, kukho konke lokhu okwenzekayo nokusazokwenzeka. Izinto ezincane zenza umehluko omkhulu.

Ukwelashwa ngemisebe (Radiotherapy)

Lena yindlela yokwelapha umdlavuzwa eqonda ngqo lapho kunomdlavuzwa khona, isetshenziselwa ukubulala amaseli omdlavuzwa okungenzeka ukuba asalile ngesikhathi sokuhlinzwa. Ukwelashwa kuthatha isikhathi esingamasonto amahlanu kuya kwayisithupha ngemuva kokuhlinzwa. Izindawo zomzimba ezelashwayo zincike ekutholakaleni kwesifo nembangela yaso.

Ukulungiselela lokhu kwelashwa, kuzodingeka uye emhlanganweni wokuhlela lapho bezokwakha khona imephu yokwelashwa besebenzisa indelebula emzimbeni wakho. Lokhu kwenzelwa ukuqinisekisa ukuthi imisebe ingena ezindaweni ezikhethiwe kuphela.

Buningi ubunzima ongabhekana nabo izinyanga noma iminyaka eminingi ngemuva kokwelashwa ngaluluhlobo, kuvame ukuba kube ezokumpintsheka kwezikhumba noma kwezinyama. Ungalindela ukuba kwenzeke lokhu esontweni lesibili lokwelashwa kanti futhi kuphela emasontweni amabili kuya kwamathathu ngemuva kokuphuthula ukwelashwa.

Ukwelashwa ngemisebe – amathiphu ashisayo

- Gqoka ishethi elinezinkinobho ngaphambili ngoba kulula ukulikhumula uma welashwa.
- Gqoka izimpahla ezikukhululayo
- Gqoka izimpahla ongeke ube nankinga uma ziba namabala endelebula.
- Ungagqoki ubra ngemuva kokudwetshwa kwememphu yokwelashwa emzimbeni
- Ungayigezi indawo lapho kungene khona imisebe kuze kube kusho udokotela wakho. Ungasebenzisa isipontshi ukumbambatha ngamanzi, kodwa ungayikhuhli leyo ndawo.
- Sebenzisa okhilimu abankenazo izithako ezengeziwe, noma zokwenza ukuba bahlale isikhathi eside, kulendawo okungene kuyo imisebe. Odokotela abanengi abakuphasisi ukusetshenziswa kokhilimu ngakhoke kungaba kuhle ukuba uxoxisane nodokotela wakho womdlavuza.
- Sebenzisa uphawuda wezingane ovimbela amagciwane, uflawa wombila, no i-bicarbonate of soda esikhundleni seziqholo/noma esikhundleni sezinsipho.
- Ungasebenzisi iziqholo, okokwenza amagwebu, noma i-mercurochrome noma amaplasta ane-zinc kulendawo okungene kuyo imisebe, ikakhulukazi ngesikhathi uselashwa.
- Isikhumba sakho sizolizwela kakhulu ilanga, ikakhulu onyakeni wokuqala ngemuva kokwelashwa. Yemboze ngezambatho indawo elashiwe noma usebenzise okokuvikela isikhumba elangeni.
- Kuyokusiza kakhulu ukuba uhambe nomunye umuntu uma uyokwelashwa ngemisebe okokuqala, ngoba kungaba yinto enzima kakhulu emoyeni wakho. Kuthatha isikhathi esifushane kakhulu ukwelashwa ngale ndlela. Abangani, umndeni kanye nozakwenu, kungenzeka bakuthokozele ukuthola ulwazi oluza nokukuphelezela uma uyokwelashwa.

Ukukhathala okudalwa wumdlavuzwa

Ukwelashwa ngamakhemikhali, ngemisebe, kanye nangama homoni kuqukethe imithelela emibi emzimbeni, okunganciphisa amathuba esiguli okuba siphinde sikwazi ukuzivocavoca uma seseluleme. Ukukhathala okudalwa wumdlavuzwa kuvame ukuthinta iziguli ezingamaphesenti angu 70 kuya ku 100. Singakuchaza ngokuthi kuwumuzwa wokukhathala okukhulu ongapheli ngisho ngabe uphumula kangakanani. Kungaba wukuthi kufika ngezikhawu, okuthi uma sezihlasele wehluleke wukwenza izinto ojwayele ukuzenza. Indlela okuchazwa ngayo lokhu kukhathala, kuthiwa: ukuphela kwamandla, ukukhathala, ukungakwazi ukugxila, ukukhohlwa, ukucikeka.

Udaba luka Donnée

Ukuqwashisa

Eminyakeni engu 20 edlule, mina nomndeni wami sabe sinakekela umama ngesikhathi enomdlavuzwa. Kwakungekho mathimba omdlavuzwa, maqembu okweseka, internet, kanye namakhalekhukhwini. Njengabanakekeli, sasingenakho ukwesekwa okwenele noma ulwazi mayelana nemithelela noma ubunzima bokwelashwa. Njengoba sabe singumndeni oxhumene nabezempilo, kwavele kwathathwa ngokuthi sizokwazi ukuthi sizobhekana kanjani nalesi simo.

Kuningi osekushintshile ekwelashweni komdlavuzwa kusukela ngalezo zikhathi, imithelela emibi yokwelashwa ngamakhemikhali isibalwa manje, kanti futhi ukuhlinzwa sekungcono kunasekuqaleni. Umdlavuzwa webele kanye neminye imidlavuzwa eminingi isithathwa njengezifo ezilawulekayo/ezelaphekayo, uma zitholakale ngesikhathi. Noma kunjalo, kusekhona imithelela emibi ethatha isikhathi ukucela; eminye yayo ikhinyabeza isimo sakho noma ngabe kade waphothula ukwelashwa.

Ngivame ukuzwa abantu bebabaza “kodwa akekho mina owake wangitshela lokho” baphinde bathi “ngiyabonga ngaleyo thiphu noma leyo nombolo yocingo yalowo muntu; wangisiza kakhulu.”

Isidingo sosizo oluphathekayo kanye nolwazi lokuvikela sikhulu kakhulu, ngisho seluluningi kangaka ulwazi ngomdlavuzwa.

Ukwelashwa kokucindezela amahomoni

Lolu hlobo lokwelashwa lusetshenziswa uma unomdlavuzi okhula kakhulu endaweni enehomoni le oestrogen; ukwelashwa kona kuye kuvimbe ukuba umzimba ungabe usayakha i-oestrogen. Amaphilisi ahlukeni asebenza ngezindlela ezahlukeni, lawo akufanele ayokhethwa ngokuthi:

- Usaya yini esikhathini
- Izinga lomdlavuzi webele
- Isimo se HER2
- Isisindo samathambo akho
- Umlando wegazi elinamahlule
- Umlando wesifo samathambo
- Usengozini engakanani yomdlavuzi wesibelesho noma wesidleke samaqanda
- Ukungezwani nemithi ethile

Kungenzeka welashwe ngalendlela, iminyaka eyisihlanu noma ngaphezulu.

Imithelela emibi yokusebenzisa lendlela yokwelashwa:

- Ukushiselwa, ujuluke esikhaleni nje
- Ubuhlungu noma ukuqina kwamalunga omzimba
- Ukoma kwesitho sangasese
- Ukuncipha kwezinwele
- Ukuqubuka emzimbeni
- Isicanucanu
- Isisu esihambisayo
- Ukukhuluphala
- Isiyenzi

Uma usuzigugisile izicathulo zakho, amandla esikhumba sezicathule asuke esedlulele ekujuleni komzimba wakho. Impilo yakho ngiyikala ngezicathulo, izigqoko kanye nezingubo osuwake wazigugisa.

Ralph Waldo Emerson

Ukuphothula ukwelashwa – amathiphu ashisayo

- Ukuphela kokwelashwa kuvame ukuba wuphola-vuthondaba.
- Yiba nomusa kuwena ngalesi sikhathi. Ungalindeli ukuzizwa kahle ngayo yonke into.
- Hamba ngegxathu lakho usinike isikhala sokwamukela osudlule kukho kanye nalokhu okuseza.
- Kungaba nzima kodwa zama ukulalela imizwa yakho futhi uyamukele ngesikhathi efika ngaso.
- Akukho ngcono ukuziba imicabango emibi kodwa zama ukuyilungisa, ucele ukwesekwa lapho ukudinga khona.
- Abantu abaningi abake baba nomdlavuza bathi bazizwa bengcono ngokuhamba kwesikhathi. Kodwa akuvamile ukwenzeka ngokushesha ngakho-ke ungalindeli lukhulu ngokushesha okukhulu.

Udaba luka Saskia

Ukufunda ukudansa emvuleni

Kwafika isikhathi ekwelashweni kwami lapho kwakungasangiphathi kabi ukuzwa ukuthi kuzomele ngime kancane nokwelashwa ngoba ngishodelwa yigazi emzimbeni noma ukubheka nomunye umthelela omubi wemithi engiyidlayo. Ngaqala ukucabanga ngekusasa. Umeluleki wezengqondo othile was eThekwini usebenzisa umfanekiso owangisiza kakhulu:Ngacabanga impilo yami njenge gumbi eline fenisha. Ngesikhathi kutholakala ukuthi nginomdlavuza webele, ngangingeke ngikwazi ukubuyela kulelo gumbi. Kuyisimo sokuthatha isinqumo esikhulu. Ngangingafuni ukulahlekelwa wulwazi futhi ngabe sengikwamukelile ukuthi impilo yami angeke iphinde ifane nasekuqaleni. Esikhundleni sokuba nomunyu nokuzidabukela, ngacabanga ukuthi, “kumelwe wukuba kuzoba ngcono.” Kwakumele ngibhekisisa ukuthi ngabe ngifuna lelo gumbi libukeke kanjani esikhathini esizayo.

Kwakwesabeka kakhulu lokho, ngoba kwakusho ushintsho kanye nesibindi – ukwethemba ukuthi lapho uholelwa khona kusendaweni ekulungele. Ezinye izinto ezazizwakala zilungile kudala, zizwakala zingasalungile. Kungenzeka kudingeke ukuba ulahlele phandle osofa kanye namakhethini! Kwangenza ngazizwa ngingakwazi ukulawula impilo yami, namanje ngisabuye ngibe nawo lowo muzwa. Into enganginethuba lokuyenza kwabe kunguku hlobisa kabusha. Ukulalela izwi lethu langaphakathi kuthatha isikhathi futhi kuyinto esingavamile ukuyenza. Ukubeka kabusha izinhloso kungaba nzima ngoba kusho ukubhekana ngqo nezinto ezinzima futhi eziyiqiniso. Ngaba nethuba lokuphila impilo yame ngendlela engabe ngifuna ngayo, ukukhipha okuhle kunakho konke okukimi. Lesi sehlo sayishintsha impilo yami futhi sacacisa yonke into. Njengamanje ngiphila impilo kuleli gumbi eline fenisha enhle futhi engifunayo ukuhlala kulo. Ukugcwalisela lobu buhle kanye nokulokhu ngiliguqula leli gumbi kuyingxenye yohambo oluqabulayo lwempilo yami.

5. Uhambo lwemizwa: Umdanso woshintsho

Bonke abanqobi banezibazi

Herbert N. Casson

Umdlavuza webele uwuhambo oluthinta umuntu ngqo futhi olungafani nolunye. Uwuhambo olugcwele ukuthandabuza, ukungazethembi kanye nokungabi nasiqiniseko, futhi ungaphelela ezingqinambeni ezingi zemizwa kanye nezengqondo. Kubalulekile ukuthi uvume ukuthi uzoludinga usizo lokubhekana nezingcindezi eziphathelele nalesi sifo. Udokotela wengqondo, umeluleki wezengqondo noma ikhansela bangakusiza ekutholeni umkhondo wakho kuloluhambo olunzima, futhi bangakusiza ekutheni uqondisise lezivunguvungu eziphathelele nalesi sifo.

Kukhona izinto ezimbalwa eziphathelele nawe ngqo ezinomthelela endleleni obhekana ngayo nomdlavuza. Singabala:

- Indlela oyiyo njengomuntu kanye namakhwalithi onawo
- Indlela obhekana ngayo nobunzima empilweni yakho
- Indlela ocabanga ngayo mayelana nezehlo zempilo yakho
- Izimo eziphathelele nokutholakala kwesifo kanye nokwelashwa kwakho
- Ukwesekelwa kanye nezinsiza ezikhona

Kubalulekile ukuthi lezi zinto ezingenhla uzicine engqondweni futhi kungakusiza kakhulu ukuthi ubhale phansi amaphuzu ambalwa ngaphansi kwazo. Ngaleyo ndlela uzobe usuqale uhambo lokuzazi wena kanye nokuzithola oluzokuholela emuzweni wokuba 'ngophelele'.

Ngesikhathi uthola ukuthi unomdlavuza, ungezwa izinguquko emoyeni kanye nasemzimbeni. Nazi ezi zezinto okungenzeka uzizwe:

Emzimbeni	Emoyeni
<ul style="list-style-type: none"> • Ukukhala • Ukungezwa lutho/ukuba ndikindiki • Ukungakhululeki • Ukukhathala okukhulu • Ukuba buthakathaka • Ukungathandi ukudla • Ukulala kanzima 	<ul style="list-style-type: none"> • Ukwethuka • Ukudideka • Ukungemukeli • Ukungakholwa • Ukulahla ithemba • Ukudangala • Ukuthukuthela • Ukudinwa • Ukwesaba • Ukuphelelwa yithemba • Ukuzizwa ungaphephile • Umunyu

ISIKHATHI SAMI – Yimi engizwa lokhu

Nkulunkulu, ngiphe ukuthula ukuze ngikwazi ukwamukela labo engingeke ngibashintshe, isibindi sokushintsha labo engingabashintsha, kanye nobuhlakani bokwazi ukuthi yimi lo.

Umbhali akaziwa, icashunwe kwi ‘The Serenity Prayer’ ebhalwe ngu Reinhold Neibuhr

Kwamukelekile ukuzizwa 'ungekho kahle', ukwenganywa wulwazi lokuthi usunomdlavuzwa. Ngokuhamba kwesikhathi uzokwazi ukuwekela umdlavuzwa. Ukungemukeli kunendima enhle okuyidlalayo ngoba kukunika ithuba lokucabanga ukuthi usho ukuthini kuwena. Noma kunjalo, ukuhlala isikhathi eside ungemukeli kungaba yisivimbo ekuzitholeni wena uqobo kanye nasekwelulameni ngokomoya. Kubalulekile ukuyivumela imizwa yakho.

Ngokusizwa – kungaba ukwelulekwa ngawedwana noma iqembu lokwesekwa (support group) – ungathuthukisa ukuzazu weba qobo kanye nolwazi onalo. Kulo lonke inyathelo olithatha ngesiqiniseko, uzothola ukuthi ungubani uphinde uhloisise ukuthi ufuna ukuba ngubani. Zithuthukise ngokubuza imibuzo kanye nokuhlwaya ukwesekwa okudingayo.

Qala ngesiphetho emqondweni

Steven R. Covey

Ukuphila emoyeni – amathiphu ashisayo

- Yazi izinto ezikuxakile emoyeni kanye nasengqondweni. Ungazikhoahlisi. Lokhu kungaba nzima kakhulu
- Ungazama ukwakha isithombe-mqondo. Ngamehlo engqondo wubone umdlavuzo njengehimba thize bese ubona amasosha omzimba njengebuthe labasizi eliyozungeza umdlavuzo ngokukhanya okwelaphayo.
- Zibekela izinhloso ezicacile, ezikalekayo, ezifizekayo, eziyiqiniso futhi ubeke nesikhathi ofuna ukuzifeza ngaso.
- Kungenzeka ube nezinhloso ezimbalwa – zihlele ngokubaluleka kanye nangokuphuthuma kwazo. Kungenzeka ukube lezi zinhloso zincike ohlelweni lokwelashwa kwakho.
- Yiba nesikhathi somphfumulo nsukuzonke. Funda izifundo ezithile, bonga, xolela futhi lalela uphinde ukhulekele abanye kanye noqobo lwakho.
- Zitike ngokwenza izinto ozithandayo obungaziniki ithuba phambilini.
- Lalela umculo uma kuyilokho okukunika ukuthula.
- Uma ujula ngokomoya/nengqondo (meditation), kwenze lokho. Gxila endleleni ophfumula ngayo. Zivumele ukuphufumula ngokugcwele futhi okujulile.
- Ukwelashwa kwakho kubuke njenge 'sikhathi sami'. Cabanga ukuthi udingani njengamanje; uzozikhathaza ngabanye abantu ngesinye isikhathi.
- Gcina ibhukwana obhala kulo imicabango; ukugcina umlando wezinto ozibonayo kanye nalezo ozizulile kungakusiza ukukugqugquzela.
- Zama izindlela ezahlukene zokuphumuza imisipha yakho.
- Lala amahora angu7 kuya ku8 busuku bonke.

***Uma uke wadlula entweni ocabanga ukuthi
izokubulala kepha yangakubulala; lonke usuku
luba njengesipho***

Elissa B. Terris

Nazi ezinye zezizathu zokuthi kungani kumele uthole usizo kumeluleki wengqondo:

- Uma ukuthola kunzima ukunqoba imizwa yokuphela kwethemba kanye neyokungakwazi ukuzisiza.
- Uma kunzima ukubhekana nesisindo semizwa enzima njengovalo, ukudangala kanye nokwesaba.
- Uma kunzima ukubhekana nezingqinamba zomzimba noma zomoya ezingona ubudlelwano bakho, ukuphilisana nabanye abantu kanye nomsebenzi wakho.
- Uma uzizwa wenganywe yimicabango kanye nemizwa, wehluleka ukugxila noma ukukhumbula imininingwane noma ulala kanzima.

Udaba luka Lucinda

Uhambo lwami olwelaphayo

Ngesikhathi ngiminyaka engu 32, ukutholakala nesifo somdlavuza kwenza ukuthi ngicabane kanzulu ngenhloso yempilo yami. Ngobusuku obandulela ukuhlinzwa kwebele lami langakwesobunxele, ngacela umama wami ukuba angithathe izithombe. Ngangidinga ukuba nombhalo wezithombe wokubheka izinguquko zomzimba okwase kumele ngizivalelise ngaphambi kokuba ngiqale uhambo lokwamukela. Ulwazi enganginalo, ngokwempilo kanye nangokomsebenzi, mayelana nokubhekana nokuhlukumezeka lwadlala indima esemqoka ekuqondisiseni imizwa yami ngesikhathi sokuhlinzwa kanye nesokwelashwa.

Ukudideka kanye nezixakaxaka emoyeni kwakuyingxenywe yohambo lwami lokumisa, nokuchaza kabusha kanye nokwamukela lezo zingxenywe ezibuhlungu kanye nezimnandi zobumina. Kukhona nezinye izinto eziphathelene name ngqo okusamele ngibhekane nazo, kodwa kulungile: akukho soka lingenasici. Izibazi kanye nezici yizona izinto ezisho lukhulu empilweni. Kukhona izikhathi la okuthi uma ngizibuka esibukweni ngicabange ukuthi : “Konke kunjengoba kwakumisiwe”

Ubudlelwano bokuqala umuntu aba nabo yilobu anabo noqobo lwakhe. Siphinde sibe nenhlanhla yokuzazi sinabanye abantu. Zinakekele.

Izinto umdlavuzwa ongeke uzenze

Umdlavuzwa awunamandla...

Awukwazi ukukhubaza uthando

Awukwazi ukuphihliza ithemba

Awukwazi ukuncozula ukholo

Awukwazi ukubulala ukuthula

Awukwazi ukubulala ubungani

Awukwazi ukuthulisa isibindi

Awukwazi ukuhlasela umphefumulo

Awukwazi ukuntshontsha impilo yaphakade

Awukwazi ukunqoba umoya

Umbhali akaziwa

6. Abantu ababalulekile kuwe

***Phendulela ubuso bakho ngaselangeni, isithunzi sizowela
ngemuva kwakho.***

Isaga sama Maori

Uhambo lwakho lomdlavuza lumbandakanya nabantu ababalulekile kuwena njengomuntu oshade naye, ohlekisana naye, umndeni, abangani, osebenza nabo, abasebenzi bezempilo, kanye nabanye abaphethwe noma abake baphathwa wumdlavuza. Ngakho-ke lokhu singakubuka njengohambo oluhanjwa ndawonye lomdlavuza webele.

Umndeni ubaluleke kakhulu ohambeni lwakho lomdlavuza ngoba wonke amalungu omndeni ahambisana nawe kulendlela. Abantu abafani ngakho izindlela abasithatha ngayo lesi simo sengcindezi izohlukana; ikakhulu uma unomndeni omkhulu (omalume, o-anti, ogo, njalonzalo), kungenzeka kube nodweshu oluqhamukayo. Umehluko ovame kakhulu uba phakathi kwalabo abafuna ukwazi yonke into bafune nokuba nezwi kuwo wonke amazanga okwelashwa kwakho; bese kuba khona labo abangakhathazeki ngezibalo noma umzila wesifo, kodwa abathi 'asibhekane nosuku ngalunye'. Uma ngabe umndeni uphikisana nendlela oyikhethile, wubonge ngokukhathazeka kwawo, bese, ngobumnene, uqiniseka ukuthi awulahlekelwa yilungelo lakho lokukhetha indlela ozokwelashwa ngayo. Yenza lokhu okuzwa kukulungele, ucele umndeni ukuba ukweseke ezinqumeni ozithathayo. Ungumuntu omdala, ngakho izinqumo zakho kumele zihlonishwe, ikakhulu ngoba lesi yisikhathi esinzima empilweni yakho. Khumbula ukuthi awuyona inombolo kepha ungumuntu oyedwa futhi umdlavuza wehlukile kumuntu ngamunye.

Kuzoba khona izikhathi zobuhlungu kanye nezinyembezi. Kuyimvelo lokho ngoba ushintsho lungaba yinto enzima kakhulu. Ukwejwayela isifo esesabekayo, ushintsho oludalwa yimithi esentshenziswayo, indlela umqondo othatha ngayo ukwelashwa: zonke lezi zinto zidinga isikhathi. Yima! Khumula lezo zicathulo ezingakulingani, uvume ukuthi uzizwa ungavikelekile. Akusona isiphetho lesi, yindawo nje yokukhokha umoya ukuze ukwazi ukuthulula lemithwalo oyithwele emoyeni.

Khumbula ukuthi:

- Ukwelashwa kungaba nomthelela endleleni ozibona ngayo. Indlela obukeka ngayo izoshintsha ngenxa yokuphuma kwezinye, ukungamuka kokuya esikhathini, izibazi zokuhlinzwa, ukukhuluphala noma ukuncipha komzimba. Kungenzeka uzibuke esibukweni ungakholwa ukuthi nguwe lo ombonayo bese ucabanga ukuthi nabanye abantu bakubuka ngaleliso nawe ozibuka ngalo.
- Wonke umuntu unesikhathi la eba yedwa khona uma egeza, endlini encane noma ekamelweni. Yilapho elahla khona ihawu avumele izinyembezi zomzimba kanye nezomoya. Uma sisodwa, sikhalela lokhu okusilahlekele kanye nalokhu esikuzuzile, sikhalela ubuthakathaka kanye nokuqina kwethu. Kodwa zizoba khona izikhathi la sizokwazi ukukhuluma nabangani kanye nomndeni ngemithwalo yethu.

Izindaba ezintathu mayelana nababalulekile kithi

Udaba luka Melissa

Kwathi uma ngizwa ukuthi umama wami unomdlavuzwa, ngabanda. Ngangikade ngisanda kumbona, futhi wayebukeka emuhle futhi ephilile. Ngesikhathi ngisuka kuye ngangizwa sengathi asibanga nesikhathi esanele kodwa ngacabanga ukuthi siyokwenza isikhathi ngokulandelayo. Ngokushesha, ngaphoqeleka ukucabanga ngokuthi uzofa – sonke sizofa – ngabona ukuthi ugula kakhulu nokuthi kungenzeka umdlavuzwa ungephuze yena. Nokho ngangingeke ngikwazi ukukuphimisela lokho ngoba ngangazi ukuthi udinga ukuba sicabange imicabango emihle, futhi ngangazi ukuthi umndeni wonke wabe udinga leyo micabango. Ngangifuna ukuba lapho. Ngangifuna ukwenza isimo sibe ngcono, futhi kwakungidina ukuthi akukho lutho olutheni engangingalwenza ngaphandle kokuthi ngikhulume naye ngimtshela ukuthi ngiyamthanda. Ngiyakhumbula ngimshayela ucingo ngimtshela ngezicathulo engabe ngizithengile, ngangimxoxela ngoba yilokho vele esabe sivame ukukwenza. Ngaphatheka kabi uma ngicabanga ukuthi usebunzimeni obungakanani kepha mina ngilokhu ngimxoxela ngezicathulo!

Ngiyakhumbula engitshela ukuthi kubalulekile ukuthi sibuye sikhulume ngezinto ezingasho lutho njengezicathulo, nokuthi amakati enzeni ngalolo suku. Ngibonga izingelosi zonke izinsuku ngokuthi usekhona namanje, ngokuthi ngisakwazi ukumthumelela isms noma ngimthumelele iemail (izimangaliso ze-technology!)...futhi ngibusisiwe kakhulu ngokuba nalo mama enginaye.

Udaba luka Matthew

Usuku umama angifonela ngalo engitshela ukuthi unomdlavuzwa kwaba wusuku olubi kunazo zonke empilweni yami. Ukungabi nasiqiniseko kwakungabekezeleleki. Iyodwa nje into engangiyicabanga, ukuthi umhlaba ungaba yindawo engenalutho uma engashona ngoba ungumuntu ophanayo ogcwalisa izimpilo zalabo abaseduze kwakhe.

Ungumuntu wesimame ohlale enyakaza ngakho ngangikhathazekile ukuthi ukwelashwa ngamakhemikhali kwabe kuzomphatha kanjani emzimbeni kanye nasemoyeni. Engikubongayo nje wukuthi yize wamhlukumeza - waphinde wahlukumeza nomndeni wonke – umdlavuzwa wakhe wasuswa ngempumelelo futhi kesenesikhathi. Ngijabula futhi ngiyabonga ukuthi useyakwazi manje ukukhuluma nabanye besimame abanomdlavuzwa webele ngokwenzeka kuyena.

Udaba kuka Jack

Iyodwa nje into engangiyicabanga, “Makabongwe omuhle ukuthi bawuthole kusenesikhathi”. Amathemba ethu sabe sesiwabeke kodokotela, ukuthi yibo abazoqinisekisa ukuthi uphuma ephila kulenkinga.

7. Ukwelulama: ingqinamba kanye nokuzinikela

***Uma singasakwazi ukushintsha isimo –
siphoselwa inselelo yokuzishintsha thina
uqobo.***

Viktor Frankl

Uma usanda kuqeda ukwelashwa, kuyimvelo ukuthi ube nokukhathazeka mayelana nekusasa lakho nokuthi uzobhekana kanjani nalo. Njangabanye abaningi abake baba nomdlavuzwa, uzoziwa:

- Uphume iqhuzu, uwedwa futhi ulahliwe: sebeyephi onesi kanye nodokotela? Uzokhuluma nobani futhi ngubani osezophendula imibuzo yakho?
- Ungenasiqiniseko mayelana nobudlelwano bakho nabangani kanye nomndeni: abaqondi ngokugcwele futhi balindele lukhulu kuwena njengoba usuqede ukwelashwa.
- Unokuthandabuza, awulinge ukholwe ukuthi ukwelashwa kwakho kube yimpumelelo ngempela. Ingabe umdlavuzwa usuphelile ngempela? Ungaba kanjani nesiqiniseko? Ingabe umdlavuzwa uzobuya?
- Unovalo kanye nokwesaba mayelana nokuhlolwa okunye okusamele ukwenze kanye nokuthi kuzomele uhlolwe kangaki.
- Ukhathazekile ngemithelela yesifo kanye nokuthi izowuthikameza kanjani umsebenzi wakho, ukuphilisana nabanye abantu, ubudlelwano bakho kanye nezinto othanda ukuzenza.
- Ushodelwa wukuzethemba: uzobhekana kanjani nezinguquko – ezibangwe wukwelashwa - endleleni obuka ngayo umzimba wakho njengowesimame?
- Udiniwe ngenxa yokuthi awuziboni usesimweni sokuthi ungahlelela ikusasa/isikhathi eside esizayo.

Thatha isikhathi uhlelele ukwelulama kwakho. Ukwenze njalo:

- Zibekele izinjongo eziyiqiniso kanye nokwaziyo ukufinyelela kuzo manyathelo onke ohambo lwakho.
- Khumbula ukuthi ukwenqaba kungaba yikhambi elihle lokuzinakekela.
- Zibekele
- Yenza ngokungangamandla akho
- Bambelela ekwelashweni kanye nakho konke ukwesekwa okuhambisana nakho.
- Take control
- Bambelela okholweni lwakho
- Zinike isikhathi sokuzitotosa.
- Gcina ukuphumula kuyinto ebalulekile futhi eputhumayo empilweni yakho.

Udaba luka Beverley-Ann

Ukubhekana nemizwa yakho

Ngizizwa ngibusiseke kakhulu ngokuthi umdlavuza wami bawuthola kusenesikhathi kakhulu, okwashi ukuthi asibanga bikho isidingo sokuthi ngelashwe ngamakhemikhali; kuphela nje ngakhishwa izindlala njengendlela yokuvikela. Izinyanga ezintathu zokuqala zedlula ngokukhulu ukushesha ngangangoba into enganginendaba nayo kwabe kungokuthi lomdlavuza usuphumile kimina okusho ukuthi kumbele ngiqine. Wonke umuntu wayemangele ngendlela engabe ngiphila ngayo kodwa ngaphakathi ngabe ngizizwa sengathi ngizoqhuma. Ngebhadi, umzimba kanye nengqondo akupholi ngesikhathi esisodwa futhi ngiyakhumbula ngidinwa wukuthi ingqondo yami yabe isikulungele ukwenza ezinye izinto kepha umzimba ungavumi. Uvalo olukhulu kwabe kungolokuthi angeke ngiphinde ngibe yilomuntu engabe nginguye ngaphambilini. Ngangingakhathaziwe wukuba nebele elilodwa, kepha into eyabe ingihlupha kakhulu kwabe

kungukuthi umzimba kanye nengqondo angeke kuphinde kube sendaweni efanayo. Ngiyakhumbula ngizikhumbuza ukuthi idliwa kanjani indlovu, hhayi kancane kancane kepha ngokuncongola. Kwakumele ngizifundise ukuthi kwakungamele ngibe ngowesimame onamandla onke, futhi isifundo esikhulu engasifunda kwaba ngesokuvumela abangani kanye nomndeni bangenzele lokhu engangizobenzela kona ngenkani ukuba babesesimweni esifana nesami.

Kukho konke, ngagcina wonke ama sms amahle kwibhukwana lemicabango ngoba ngathola ukuthi uma uyifunda imiyalezo mihle kodwa uma uyibhala yilapho uthola khona ukuthi isho ukuthini ngempela. Ukuthi ubusiseke kanjani ngokuba nabantu abakunakekela kangaka empilweni yakho kungena kugxile uma uwubhala phansi umyalezo. Ngezinsuku ezinzima, ngangiyifunda leyo miyalezo bese ngizizwa ngingcono kakhulu.

Ngangingazidabukeli ngoba umqondo wami wabe uthi yizinkulungwane zabantu ezisinde emdlavuzeni ngaphambi kwami, futhi kusazoba khona ezinye izinkulungwane ngemuva kwami. Kulula ukukusho lokho kunokukwenza, kepha ngangingafuni ukuphoxa labo ababengesekile. Kwakuthi uma abangani bengivakashela, ngenze isiqiniseko sokuthi sikhuluma ngabo kungagcini ngokuthi kukhulunye ngami kuphela. Lokho kwasiza ukungenza ngizizwe nginjengabanye abantu.

Ngibusisekile ukuba nalomyeni enginaye. Akakaze angiphathe ngendlela ehlukile kuleyo abengiphatha ngayo ngaphambi kokuhlinzwa ibele. Ngiyazi ukuthi kwake kwaba khona isikhathi lapho ngangiziqhelelanisa naye kodwa, kancane kancane, wangitshengisa ukuthi umuntu enginguye emva kokuhlinzwa usenguyena lo enganginguye ngaphambi kokuhlinzwa, futhi ubudlelwano bethu buya ngokuya buba namandla. Ngifundile ukwamukela lokho engingenamandla okukushintsha.

8. Izinsiza KwaZulu-Natali

Iphutha elikhulu ekwelashweni kwezifo wukuthi kukhona odokotela bomzimba kuphinde kube khona odokotela bomphefumulo, kodwa lezi zinto zombili ube ungeke wazehlukanisa.

Plato

Izindawo ezelaphela umdlavuza

eThekwini	Durban Oncology Centre	Dr Adam McCleave Dr Lucille Heslop Dr Sundrini Pillay Dr Riyaad Ahmed.	031 2618221
	Hopelands Cancer Centre	Dr Diana Pillay Dr Luci Jooste Dr Rob de Bruyne Dr Riaz Mall	031 207 9154
	Westridge Medical Centre	Prof Amo Jordaan, Dr Poovan Govender	031 2619344/5
	The Oncology Centre. 535 Peter Mokaba Rd (Ridge Road)	Dr Rory Callaghan Dr Ingrid Craig Dr Greg Landers Dr Joanne James	031 209 9030 031 208 8666
	Rainbow Oncology parklands	Dr Szpak	031 208 6026
	Addington Hospital	Department of Oncology	031 327 2175
	Inkosi Albert Luthuli Central Hospital	Department of Oncology, Athlone Park	031 2401000/ 1920

eMgungundlovu	321 Alfred Street	Dr Zirk Jansen Dr Ziad Seedat Dr Shane Cullis Dr Rob Dent	033 342 0380
South Coast	Amanzimtoti	Dr Waldemars Szpak Dr Roshnee Behari (Parklands)	031 904 3098 031 207 6997
	Margate		031 207 9154
	Port Shepstone	Dr Riaz Mall.	031 207 9154
Richards Bay & Vryheid	Kanyesongo	Prof Amo Jordaan.	0312619344/5
eMnambithi	Kanyesongo	Dr Riaz Mall.	031 207 9154
Empangeni	Kabilingenyanza	Dr Luci Jooste	031 207 9154
		Dr Poovan Govender	0312619344/5
Howick	Kanyesongo	Dr Ziad Seedat	033 342 0380
		Dr Sundrini Pillay	031 261 8221
Newcastle		Dr Riaz Mall	031 207 9154
		Dr Zirk Jansen	033 342 0380

Abanakekeli bezilonda

Vital care 084 5098217

CliniCare 032 9461826

The Hyperbaric Woundcare Centre

St. Augustine Hospital 031 268 5255
www.netcare.co.za

Unakekelo lwasemakhaya

Console Care Agency 031 7085999

Cancer Management Care 082 4401730

Usizo lokwelulama

Primed Healthcare, Newlands 031 5778140

Izinsiza ngokwengqondo

Uhla oluhlelwe ngezifundazwe www.psychotherapy.co.za

Uhla oluhlelwe ngohlobo lokugula/lwenkinga

www.therapist-directory.co.za

Izinsiza kwezokunyakaza

Uhla lodokokela abafundisa ukunyakaza oluhlelwe
ngezifundazwe www.physiosa.org.za

Odokotela bomnyakazo abaqeqeshelwe ukubhekana ne
031 5631136

Izinsiza ezengeziwe

Izindlela ezehlukile zokwelapha, ziyeseka futhi imvama ziqondile, kodwa njalo ngaphambi kokuba uqale usebenzise izindlela ezehlukile zokwelashwa kumele ukhulume nodokotela wakho ongungoti kwezomdlavuza ukuqinisekisa ukuphepha kwaleyo ndlela yokwelapha ngaphambi kokuba uze uqale uyisebenzise. Ikakhulukazi uma uselashwa ngamakhemikhali.

Inkinga wukuthi, njengesiguli abantu bakuncomela eminingi imithi lena kanye nabelaphi abehlukile abaningi uma unesifo esinjengomdlavuza. Babonge abantu ngeziphakamiso zabo, uzibhale phansi ohleni. Uma kukhona indlela yokwelapha ozwa ikuheha, yenza ucwaningo lwakho uthole ulwazi oluthe xaxa ngayo.

9. Ukubukeka kahle kanye nokuzizwa njengowesimame

Impilo ingumzabalazo ongapheli, ogcwele onesidina kanye nezingqinamaba, kodwa yize kunjalo, ekugcineni uyasithola isitayela sezinwele osithandayo.

Umbhali akaziwa

Amawigi

Uma kuza kumawigi, abantu abehlukene bathanda izinto ezehlukene. Uma ngabe izinwele zakho ziphuma/ziqothuka ngosuku olulodwa, kudingeka ukuthi wenze umnyakazo osheshayo. Amawigi ayisixazululo esilula, kungabe enzelwe wena uqobo, awashwa agqokwe, noma awasemaphathini. Ukukhetha iwigi kungaba yinto emnandi. Hamba nomngani ozaziyo izinto ujabulele ithuba lokubukeka ngokwehlukile ngokushesha

Izindawo esisabalalisa amawigi

Emiles Hair Systems

86 Helen Joseph Road (owawaziwa ngo Davenport Road),
Glenwood, Durban 031 2027445

www.emileshairsystems.co.za

Kinky World of Hair (Durban)

Game City 031 3095762

Berea Centre 031 2010809

Dr Pixley Ka Seme Street (owawaziwa ngo West Street)

031 3040616

Pietermaritzburg Selgro Centre 164 Langalibalele Street
(owawaziwa ngo Longmarket Street) 033 3455765/

033 3451532

www.kinkyhair.co.za

The Cancer Association of South Africa (CANSA)

619 Umbilo Road, Durban 031 2059525,

031 2057824(isikhahla mezi) www.cansa.org.za

Amabele okufakwa kanye nobra

Uma uya kolinganisa ibele lokufakelwa (mangabe sekuphole isilonda) kumele uphathe ubra okulingana kahle owawuwugqoka ngaphambi kokususwa ibele, noma izinhlobo ezahlukene zobra abagcwele abangenazingcingo. Ibele lokufakwa kumele lanele kubra futhi lingaputshukeli ngaphandle. Kwesinye isikhathi uthola ukuthi kumele ubukhulu bukabra bushintshwe kuya ngesakhiwo sikabra.

Abaningi besimame bakuthola kulula/kungcono ukusebenzisa amabele afakwayo esikhashana akwa ***Reach for Recovery*** futh baqhubeka nokuzizwa kanjalo noma sebepothuliwe ukwelashwa.

Izindawo okutholakala kuzo amabele okufakwa

Anita Bras and Protheses 031 2664021

Style (bangakwenzela alingene wena ngqo) 031 5631136

Apex Orthopaedics (amabele okufakwa kanye nobra)
031 7654096

New Hope Prosthetics 031 9043233

CANSA 031 2059525

Berwick Crooks (izembatho zangaphansi zabesimame eziyisipesheli) 033 3941123

Isembatho esicindezelayo

Sidingeka uma kwenzeka uvuvukala ingalo ecaleni kwalapho uhlinzwe khona. Kuyakhuthazwa ukuba usisebenzise lesisambatho uma uhama ngebhanoyi njengesivikelo.

Ngeminye imininingwane kanye nezindawo esitholakala kuzo, xhumana nodokotela wakho/iphysiotherapist.

Izimpahla zokubhukuda

Izimpahla zokubhukuda zingenziwa ukuba zikulingane bese ziba nezikhwanyana ezimbili ngaphakathi ukuze ukwazi ukufaka ibele lokufakwa. Kumele uqiniseke ukuthi lihleli kahle ngaphakathi – ukubuka ibele lakho lintanta emanzini (yebo ayantanta!) akuhlekisi neze ngaleso sikhathi.

Izindawo ongathola kuzo izimpahla zokubhukuda

Lorraine Tyler (bakwenzela eyakho ngqo uma ususwe ibele/amabele) 031 5723776

Jill&Co (ezokubhukuda zabasuswe amabele) 031 5612027

Two Crabby Ladies (ezokubhukuda)

Shop 20, Hillcrest Heritage Market 031 7654500

Beth Windt (bakwenzela eyakho ngqo yokubhukuda) 031 2665695

Ngingayilawula kanjani impilo yami ngingakwazi ukulawula izinwele zami?

Umbhali akaziwa

Ukugqoka ngendlela entsha

Uma usuya kolashwa ngokushiswa noma emva kokuhlinzwa, unghamba unghawufakile ubra noma ugqoke ubra onghawabambi ngqi amabele noma ufake isipontshi kubra wakho. Gqoka isikhafu eside emqaleni wakho yikhona sizohlala sizomboza ngasemabeleni. Ukukhululeka yikho okubalulekile ekugqokeni ngendlela entsha. Gqoka okukukhululayo, nokukwenza uzizwe unghowesimame uzozizwa unghcono kakhulu.

Amathiphu okuziphophotha

Uma ngabe izinwele zakho seziphuma/ziqothuka, kukhona izinto ezimbalwa ongazenza ngeziphophotho:

- Izinkophe: Noma ngabe sezimbalwa kangakanani izinkophe, noma zingasekho nhlobo, unghadweba ngepensela lamehlo eliwuketshezi.
- Amashiya: sebenzisa ipeni lamashiya ukugcwalisa izikhala lapho eqothuke khona amashiya
- Thenga izibuko zelanga ezinhle

Umbala wezinwele

Udokotela wakho ongungoti kwezokwelashwa komdlavuzwa uzophakamisa ukuthi ungasebenzisi odayi bezinwele abene ammonia izinyanga eziwu 6 emva kokwelashwa ngamakhemikhali. Isizathu salokho wukuthi labodayi bomphelo banobuthi obungagqilaza isibindi. Imibala yesikhashana yiyo ephakanyiswayo.

Kodwa kungcono ukungasebenzisi lutho! Kodwa ngenxa yokuthi singabantu futhi sifuna ukuba bahle, indlela engcono yokwenza wukuthi sithenge imibala yemvelo, engafakwe makhemikhali. Uhlobo oludla umhlanganiso njengamanje la eSouth Africa yi Herbatint etholakala kwamanye amakhemisi, ezitolo zempilo kanye nakwa **Earth Mother Organic** eGlenqood. Ngesikhathi izinwele zakho seziqala ukukhula futhi, ungasebenzisa izinhlobo ezithile zezinsipho zezinwele ezikhulisa izinwele; umcwali wakho wezinwele angakweluleka ngokuthi hlobo luni olungakusebenzela kangcono, isibonelo, i-*Nioxin*, i-*Bio Botanicals* kanye ne *Fast*.

Okhilimu

Zama ukuthi usebenzise izigcobo ezisengilazini ukuze ugweme ingozi yezithako okwakhiwa ngazo uplastiki. Sekutholakele ukuthi ubuthi obuningi obuthintekayo ekudaleni umdlavuzwa buye buzishaye sama homoni. Izinhlobo ezithile zomdlavuzwa zikhula endaweni enamahomoni, kanti zikhula kakhulu uma sekugcwele nalawa amanye mahomoni mbumbulu aseziintweni ezenziwe ngoplastiki.

Loluhla lwezinto ezilandelayo sekutholakele ukuphe ziphazamisa ukusebenza kwemvelo kwamahomoni:

- Izibulala-zinambuzane ezinjenge ddt, Lindane kanye neMalathion
- Polycyclic aromatic hydrocarbons (PHAs)
- I-Lead kanye nemekhyuri
- Amakhemikhali athile njenge – butyl benzene-P
- Okokuhlanza endlini
- Amahomoni athile avame ukutholakala ephilisini lokuhlela umndeni
- I-Trybuty tin (esetshenziswa kakhulu ukupenda imikhumbi emikhulu kanye nokonga ukhuni).

Kumele uqaphele lezi zithako kokhilimu bakho. Kungcono ukusebenzisa izigcobo ezinjenge *In Touch Therapy*. Loluhla lwezigcobo luphethe insipho, okokugcoba umzimba, ibhotela lokugcoba umzimba, okokuthoba ilanga, okokuvikela ukulunywa omiyane kanye nokokunciphisa izibazi. Ngeminye imininingwane ungashayela lenombolo yocingo 031 5631136

Izinto zokuhlanya ikhaya

Izinto zokuhlanya ikhaya zakwa *Enchantrix Organic* ziyatholakala ezitolo zempilo, zakwa **Earth Mother Organic**. U**Woolworths** nawo uphethe izinto zokuhlanya ikhaya ezenziwe ngezithako zemvelo, ezikulungele kanti futhi ezilungele nemvelo. Ngokuthola amanye amathiphu okuvikela imvelo ekhaya, vakashela www.simplygreen.co.za noma www.thegreenguide.com

Ukulolonga umzimba

Ukuzivocavoca kubhekana ngqo nalezi zinkinga ezingenzeka emva kokwelashelwa umdlavuzi:

- Ukuphelelwa ngamandla
- Ukwehla kwezinga lomnyakazo kwamanye amalungu omzimba
- Ukwehla kwamandla/ukubekezelela ukuzivocavoca
- Ubunzima bokuzimelela/bokubhalansa

Ukukhathala okuxhumeke kumdlavuzi esike sakhuluma ngakho phambilini, kungaqhubeka izinyanga noma iminyaka emva kokwelashelwa umdlavuzi. Kungayilimaza kakhulu indlela umuntu aphila ngayo nabanye abantu kanti futhi kungakhinyabeza nokukwazi kwakhe ukwenza inzuzo emva kokwelashelwa. Ngo 1986, ucwaningo lwaqinisekisa ukuthi ukuzivocavoca kakhulu kweziguli ngesikhathi zelashwa ngamakhemikhali kuphephile. Kusukela ilapho, sekutholakele ukuthi ukuzivocavoca okulingele, isikhathi esifushane (imizuzu eyishumi) ngezinsuku ezithile kuyakwehlisa lokhu kukhathala okuxhumeke kumdlavuzi.

Amathiphu okuzivocavoca

- Njengoba sekuke kwashiwo, abanye abantu bancoma ukuthi uzivocavoce ngaphambi kokewlashwa, ngoba lokho kwenyusa ubukhulu bemithambo yegazi okwenza ukuthi ukufakwa kwedriphu yokweshwa ngamakhemikhali kube lula. Qiniseka futhi ukuthi uphuza amanzi amaningi (uhhafu welitha) ngaphambi kokuthathwa igazi noma phanmbi kokufakwa idriphu.
- Iziguli zibika ukuthi isikhathi esibaluleke kakhulu sokuzivocavoca yilesi lapho bengazizwa kahle khona
- Uma uqala ukuzivocavoca, yenza uhhafu walokhu ozimisele ukukwenza – ukuzikhandla kanye nesikhathi osichitha uzivocavoca
- Ngaphambi kokuba uzivocavoce, qiniseka ukuthi uphuzile imithi yezinhlungu neyesicanucanu.
- Thola izeluleko kudokotela wakho womnyakazo (physiotherapist)uma uzivocavoca uselashwa; emva kwalokho usungathola umqeqeshi wokuzivocavoca, uma kunesidingo
- Thola iseluleko kungoti wakho wezokudla/wezomsoco uma wehluleka wukudla ngendlela oyalwe ngayo. Uma uzivocavoca, gwema ukudla okungenamsoco. Kulokhu singabala amaswidi, onemenaydi, isinkwa esimhlophe, imajarini, ibhotela, amazambane athosiwe, ubhiya kanye newayini

Izindlela ezikulungele zokuzivocavoca

- Igalofu: ukudlala igalofu kungenza ngcono impilo yakho emzimbeni kanye nasengqondweni
- Ukuya ejimini: ngaphambi kokuba ujoyine ijimu, buzisisa ngamajimu ongafisa ukuba yilunga lawo. Ekuqaleni, ungadinga umqeqeshi ozokusiza ngezinto okumele uzenze ngaphambi kokuba uzenze wedwa. Qala kancane futhi uzicabangele ngohlobo lokuzivocavoca ongalwenza. Ngaphambi kokujoyina ijimu, thola iseluleko kodokotela bakho.
- Pilates: lolu wuhlobo lokuvocavoca umzima olwahlanganiswa wu Joseph Pilates. Luqinisa imisipha esiziza ukuthwala imizimba yethu ngendlela eyiyo futhi lwenyusa ukuqonda indlela yokuphefumula ewusizo kanye nempilo yonkana. Ngeminye imininigwane, vakashela www.pilateshouse.co.za noma ufonele le nombolo 031 2016870
- Qi gong noma chi kung: lena yimfundiso ebanzi eyelaphayo. Imvamisa kuba wumnyakazo owodwa ophindaphindwa imizuzu embalwa, ukusiza izitho ezithile zomzimba. Njalo ngezimpelasonto kuba nethuba lokufunda **eBuddhist Retreat Centre eXobho**. Ungafonela kule nombolo 039 8341863 noma uvakashele www.brcixopo.co.za
- Ukubhukuda: lena yindlela enhle kakhulu yokuzivocavoca kodwa kumele uqaphele ungazikhandli kakhulu ngokubhukudisa okweselesele (breaststroke), ngoba kwakha imisipha yesifuba. Ngemuva kokususwa kwebele, kumele uqinise imisipha yengalo kulolu hlangothi ohlinzwe ngakulo. Ibackstroke (ukubhukuda ngomhlane) yikho okukulungele kakhulu ukuqinisa izingalo.
-

- Tai chi: loluhlobo lobuciko bokulwa lwncike ezimfundisweni zama Tao kanti lungachazwa njengokujula okunomnyakazo, noxhaxha lweminyakazo ehamba kancane yokubhakela kanye nokukhahlela. Konke lokhu kwenziwa ngokukhulu ukujula kokuqonda kanti futhi kuhambisana nendlela yokuphefumula. Ngeminye imininingwane, vakashela www.cmahc.co.za noma uthintane no iangalvin@telkomsa.net
- Ukuhamba/ukwelula izinyawo: yindlela esebenzayo lena yokuzivocavoca. Ukwelula izinyawo kuthokozisa amasosha omzimba kanye nezinga lamahomoni. Khumbula ukuthi uqale kancane
- Iyoga: isiza kakhulu umqondo, umzimba kanye nomphefumulo. Ukuze uthole othisha endaweni yakho, vakashela www.ytf.co.za noma uthinte yoga@absamail.co.za

Vumela ukudla kube yikhambi lakho

Hippocrates

Ukudla okudlayo kumele kube nokudla okuningi okungaphekiwe, okungacolisisiwe, okungenamakhemikhali, okungenamahomoni futhi okutshalwe ngendlela yemvelo. Kunzima ukushintsha indlela esidla ngayo kepha kuzomele uzame ukushintsha kancane kancane. Ukudla kahle kuzokwenza uzizwe ungcono futhi ululame.

Ngezansi kunohla lwamavithamini kanye namaminerali okubalulekile ukuthole uma unomdlavuza webele. Lamavithamini kanye namaminerali kutholakala ekudleni okubhalwe ngezansi. Uma uthenga ukudla okucolisisiwe, kubalulekile ukuthi ubhekisise amalebula. Amagama okunzima ukuwabiza futhi aqala ngohlamvu 'E' bese lulandelwa yinombolo kumele uwagweme.

Vitamin	Lenzani leli vithamini	Litholakala kukuphi ukudla
B1 (thiamin)	Isekela ukugayeka kwamandla kanye nokusebenza kwezinzwa	Ispinashi, uphizi oluhlaza, ujusti katamatisi, ikhabe, imbewu kabhekilanga, inyama yengulube engenamanoni, ubisi lwesoya
B2 (riboflavin)	Isekela ukugayeka kwamandla, ukubona kahle kanye nokuphila kwesikhumba	Ispinashi, ubhrokholi, amakhwe, amaqanda, ubisi, isibindi, ama-oyster, ama-clams
B3 (niacin)	Isekela ukugayeka kwamandla, ukuphila kwesikhumba, izinzwa kanye nokusebenza komgudu wokudla	Ispinashi, amazambane, ujusti katamatisi, inyama yenkomo engenamanoni, umkhwepha wenkukhu, i-tuna (esethinini, enamanzi nosawoti), isibindi, i-shrimp
B6 (pyridoxine)	Igqugquzela ukugayeka kwama-amino acid kanye namanye ama acid, kanye nokwakheka kwamaseli egazi abomvu.	Ubhanana, ikhabe, ujusti katamatisi, ubhrokholi, ispinashi, amazambane, irayisi elimhlophe, umkhwepha wenkukhu

B12	Isetshenziswa ukwakha amaseli amasha, icozulula amafutha, yeseka ukugcineka kwamaseli ezinzwa.	Inyama, inyama yenkukhu, ufishi, ufishi osegobolondweni, ubisi, amaqanda
C (ascorbic acid)	Ukwakheka kwe Collagen, ukugayeka kwe-amino acid, isiza ukuthi kumunceke i-iron, ukuqinisa amasosha omzimba, ivikela ukugudleka kwamaseli	ispinashi, ubhrokholi, uphepha obomvu omise okwensimbi, ujusti katamatisi, ikiwi, umango, orintshi, istrobheri
A (retinol)	Yeseka ukubona okuhle, ukukhula kwesikhumba, amathambo kanye namazinyo, ukuqinisa amasosha omzimba kanye nokuzala	umango, ubhrokholi, i-butternut, ukherothi, ujusti katamatisi, ubhatata, ithanga, isibindi senkomo
D	Igqugquzela ukuqina kwamathambo	Ukuthola ukukhanya kwelanga zonke izinsuku imizuzu engu 10, ubisi oluqinisiwe, isikhuphasha seqanda, isibindi, ufishi ononile
E	Ivimbela ukugudleka	Amafutha ezitshalo (amafutha

	kwamaseli, ukuqinisa untwentwesi olumboza amaseli	kabhontshisi wesoya, amafutha e-canola), i-wheat germ, imbewu kabhekilanga, ukwatapheya, ubhatata, i-tofu, i-shrimp, ufishi wohlobo lwe-cod (ungawuthatha njengomuthi ikakhulukazi uma unohlobo lomdlavuzana olubhejethekiswa ngamahomoni)
K	Ukwakheka kwama phrotheni ashubisa igazi, ukuqinisekisa ukuthi kune-calcium eyanele egazini	Ama-brussel sprouts, imifino eluhlaza enahlamvu, isipinashi, ubhrokholi, iklabishi, isibindi

Amaminerali	Lenzani leli minerali	Litholakala kukuphi ukudla
Calcium	Ukwakheka kwamathambo kanye namazinyo, yeseka ukushubisa igazi	Ubisi, iyogathi, ushizi wecheddar, ushizi weSwisi, itofu, usaydinsi, ubhontshisi oluhlaza, isipinashi, ubhrokholi
Magnesium	Yeseka ukuqinisa amathambo,	Ispinashi, ubhrokholi, ama-

	ukwakheka kwama phrotheni, ukufinyezeka kwemisipha, ukuhamba kwezizwa emzimbeni, kanye nokuqinisa amasosha omzimba	artichoke, ubhontshisi oluhlaza, ubhontshisi o-navy, ubontshisi wepinto, uphizi onamehlo amnyama, imbewu kabhekilanga, itofu, amakinati ecashew
Zinc	Yingxenye yezakhi mzimba ebalwa ekwakhekeni kwezinkomba zofuzo kanye nama phrotheni, ihambisa uVithamin A egazini, isiza ekunambitheni, ukupholisa izilonda, ukwakheka kwesidoda, nokukhulisa ingane esiswini	Ispinashi, ubhrokholi, ubhontshisi oluhlaza, ujusti katamatisi, ama-lentili, ama-oyster, i-shrimp, inkalankala, igalkuni, ingulube enganonile, inyama yenkomo enganonile, isiteki esinganonile, iyogathi enganasinongo, ushizi weSwisi, itofu, ushizi wericotta
Selenium	Isebenzisana novithamin E ukuvikela umzimba ungakhuhleki.	Izidlo zazolwandle, inyama, okusanhlamvana

Umtombo: *Health Check Systems*

Uma singakulingani isicathulo, ngabe kumele ushintshe unyawo?

Gloria Steinem

Imithi yokugcwalisela amavithamini kanye namaminerali emzimbeni

Kumele uthatheni, futhi uyekeni? Nguwe kuphela ongakhetha ngakho-ke lalela umzimba wakho bese uthola usizo lwezempilo. Ngesikhathi sokwelashwa, odokotela bomdlavuzabazokutshela ukuthi kungcono uthathe lemithi amahora angu48 (izinsuku ezimbili ezigcwele) ngaphambi kanye nangemuva kokwelashwa ngamakhemikhali.

Ukudla kanye neziphuzo – amasu okuvikela

- Gwema ukudla okucolisisiwe, ikakhulu lokho okunama-nitrates. Izinyama ezenzelwe ukuhlala isikhathi eside zinama-nitrates. Umzimba uye uwaguqule lama-nitrates abe yizakhi zomdlavuzabazokutshela. Singabala kakhulu ukudla okuvame ukuba phinki ngombala njenge-salami, i-ham, amaviyena, i-corned beef, ubhekeni, i-pastrami kanye ne-pepperoni.
- Kungakusiza kakhulu ukuba ufake okokucwengisisa amanzi ompompi ekhaya (water filtration system)
- Uma ufaka ukudla kwi-microwave, ungasebenzisi izitsha zeplastiki futhi ungaphuzi amanzi asebhodloleni laplastiki elike lahlala isikhathi eside elangeni.
- Gcina isisindo sakho singesinempilo.
- Yeka ukubhema manje

Umsoco – amathiphu ashisayo

- **Qala ukuzenzela amajusi akho.** Lokhu kunenzuzo enkulu emsocweni kanye nasekusebenzeni komzimba wakho.
- **Thenga umshini wokwenza ijusi (juicer):** umshini osebenza kahle kunayo yonke yi-*Oscar* juicer. Lo mshini uyabiza kuneminye futhi unombhotshoselwa omncane kodwa wenza ujusi omningi. Lo mshini unezingxenye eziningi ongenza kuzo amabhotela amakinati, i-pasta kanye nowoyela bembewu. I-*Mean Juice Machine* nayo yinhle kakhulu futhi inombhotshoselwa omkhulu.
- **Amajusi:** qala ngezithelo ozithandayo (i-aphula, uphayinaphu, i-wolintshi), bese ulandelisa ngokherothi, i-celery noma isipinashi esifreshi. Ziningi izinhlobo zamajusi ongazenza. Uma kungenzeka, phuza inkomishi yejusi kahlanu ngosuku uma ukugula kwakho kukukhulu kakhulu. Kungenjalo, qala ngenkomishi eyodwa ngosuku. Uma ngabe usaqala ukuzenzela amajusi, hlanganisa ijusi yakho nenkomishi yamanzi ngoba isuke istrong kakhulu.

Zama ukwenza ijusi ehlanganise zonke lezi zithako zonke izinsuku: iklabishi, uletisi, i-radish, i-watercress, ispinashi, ukherothi, ubhontshisi oluhlaza, ugalikhi, i-celery, ukhukhumba, ubhrokholi, ama-brussel sprouts. Uma kukuxaka ukuyiphuza, ungafaka i-aphula noma ipheya ukuze ibe swidi. Uzama ukwenza umzimba wakho ungabi ne-acid, kanti lezi zitshalo ezingenhla zikulungele kakhulu ukuxosha umdlavuzo. Gezisisa/khuhla izitshalo noma uzihlube ngaphambi kokwenza ujusi.

Ungaxhumana ne-**Healthmakers** (0861 100 695) noma i-**Earth Mother Organic** (031 2021527) ukuze uthole imininingwane yokuzenzela ijusi.

- **Funda ngokuzigqumisa imbewu:** amathileyi okuqhumisa imbewu ayatholakala ezitolo zezempilo eziningi. Ubhontshisi we-Mung kanye namalentili yikho okulula kakhulu ukukugqumisa. Futhi kukulungele kakhulu ukukudla phakathi nezidlo. Ungathenga nembewu egqunyisiwe ongayidla njengesaladi kwa **Spar**, kodwa kungcono kakhulu ukuzigqumisa eyakho. I-Alfalfa, radish, ubhontshisi we-Mung, ubhekilanga, i-clover kanye ne-wheatgrass yizona izimbewu ezejwayelekile ongazigqumisa zona. Amaphakethe embewu kanye nezitsha zokugqumisa kuyadayisa ezitolo eziningi zezempilo.
- **Sebenzisa amaprotein:** sebenzisa iquinoa uyipheke njengoba usuke upheka irayisi. Njengesidlo sasekuseni, unganezelela ukolweni kanye ne-muesli engenashukela, i-linseed egayiwe, kanye nezithelo eziqotshiwe – uphayinaphu kanye nobhanana kulunge kakhulu. Ngelantshi, ungafaka iquinoa kwisaladi lakho. Ngesapha, ungasebenzisa iquinoa esikhundleni serayisi noma amazambane.
- **Gwema ushukela omhlophe:** sebenzisa i *Xylitol* noma i *Stevia* esikhundleni sikashukela womoba
- **Phuza ikhofi elitshalwe ngendlela yemvelo (organic):** ungaphuzi kakhulu ikhofi. Uma kwenzeka uliphuza, uphuze elitshalwe ngendlela yemvelo. Ungalithenga kwa **Woolworths** kanye nakwa **Earth Mother Organic**

- **Phuza okunobisi lwemvelo:** sebenzisa okunobisi lwemvelo, okungaveli ezilwaneni ezifakwe amahomoni okukhula. Ubisi lwakwa *Woolworths* kanye nolwe *Fairfield* yilo olulunge kakhulu uma ufuna olungenamahomoni. u**Woolworths** kanye no-**Earth Mother Organic** badayisa ushizi, iyogathi, amaqanda kanye nobisi kwemvelo. Ungazama nobisi lwerayisi kanye nezinye izinhlobo zobisi. Qinisekisa ukuthi yonke imikhiqizo yakho yobisi yenziwe msulwa ngokushiswa (pasteurized).
- **Gwema ukolweni:** abantu abaningi abakwazi ukumelana nokolweni. Ukuqunjelwa kanye nokucinana emakhaleni kungaba yizinkomba zalokhu. Sebenzisa uflawa we-rye noma werayisi esikhundleni sokalweni. Zikhona izinkwa ezingenawo ukolweni kwa *Woolworths* kanye nakwa **Earth Mother Organic**
- **Gwema ama-transfats/hydrogenated fats:** lawa ngamafutha enziwa ngokushisa/amakhemikhali. Kwesinye isikhathi abizwa ngama-transfatty acids. Gwema zonke izidlo ezinegama elithi 'hydrogenated'. Gwema izidlo eziphekwe ngamafutha amaningi, i-margarine, isinkwa, amakhekhe, amabhiskidi, amashibusi amazambane, inkukhu ethosiwe, amadonathi, amaqebelengwane kanye nokunehlama (njengophaya). Sebenzisa uwoyela we-grapeseed uma upheka kanye ne-olive oil kumasaladi. Kungcono ukupheka ngesisi (steam) noma ukosa ukudla kunokuba ukuthose. Sebenzisa i-apple sauce esikhundleni sebotela noma imargarine uma ubheka

- **Yidla ukudla kwamandla:** ukudla kwamandla yikokhu kudla okugcwele amaminerali kanye nezakhamzimba okumele kunezelwe ekudleni okunomsoco. I-Aloe Vera noma i-Aloe ferox kanye nama brazil nuts ayimithombo emikhulu yeminerali, iSelenium. Usawoti omahhadla, iHimalayan crystal rock salt (iyanambitheka futhi inempilo), ama-goji berry, uwoyela kakhukhunathi, i-*Spirulina*, impushana yeKelp, impushana yamaphrotheni eHemp, ukhokho oluhlaza, ama-flax seed, itiye eliluhlaza, i-barley, ipollen yezinyosi kanye ne-maca ngokunye ukudla kwamandla futhi kuyatholakala ezitolo eziningi.
- **Yidla phakathi nezidlo, noma umatasa:** ama-brazil nuts, ama-almondi, ama-walnut, ukhokho oluhlaz, izintanga, imbewu kabhekilanga kanye nokherothi kuyizidlo ezinhle ongazidla phakathi nezidlo ukuze uthole amandla.
- **Tshala okwakho ukudla:** qala ingadi yakho. Uma kungenzeki lokho, ungatshala amakhambi kanye nezitshalo zamasaladi ezitsheni.

Izindawo okudayisa kuzo ukudla okutshalwe ngemvelo/izindawo zokudla

Earth Mother Organic & Garden Café

106 Bulwer Road, Glenwood, Durban 031 202 1527

[Isikhahlamezi]

031 7656261

www.earthmother.co.za

earthmother@telkomsa.net

Shongweni Farmers and Craft Market

Njalo ngeMigqibelo ekuseni (uma uphuma kuM13, uthatha umgwaqo oya eNtshongweni)

Ekhoneni lika Alverstone kanye no Kassier Road, Shongweni

Christine Standeaven 031 777 1554 / 083 777 1674

www.shongwenimarket.co.za

Karkloof Farmers Market

Ngase Howick (uma uphuma ku Karkloof Road)

Njalo ngeMigqibelo: 07H00 – 11H00 082 820 8986

Dove House Organics

14 Karkloof Road, Howick 033 330 3554 / 082 868 4517

dovehouse@absamail.co.za

www.dovehouse-organics.co.za

Organic Girl

Hayley McLellan

084 556 9700

hayley@organicgirl.co.za

Izitolo eziningi zezempilo zinohlu olubanzi lwezinto zemvelo: u**Woolworths**, **Spar**, **Pick 'n Pay** kanye no **Everfresh** bonke banohlu olufreshi kanye nolupakishiwe lwezidlo zemvelo. U**Dischem** unalo nawo idlanzana lezidlo zemvelo, izimpushana kanye nokunye. Ijusi efreshi iyatholakala kwa **Earth Mother Organic**, **Woolworths**, **Jiran** noma e-**Kauai**. Ama-cappuccino kanye nama khofi ayatholakala kwa **Earth Mother Organic** kanye nakwa **Woolworths**

10. Amaqembu okwesekana

***Abantu abaningi bangabuka emuva eminyakeni
eseyedlula, bakwazi futhi ukukhomba isikhathi
kanye nendawo la izimpilo zabo sashintsha
khona ngendlela ebonakalayo. Ngisho ngabe
kungephutha noma kuhleliwe, lezi yizikhathi la,
ngenxa yokulungela okungaphakathi kithi
kanye nokusebenzisana kwezehlo
ezisizungezile, siphopheleka ukuba sizihlolisise
thina mathupha kanye nemigomo esiphila
ngaphansi kwayo futhi senze izinqumo ezithile
ezizosithinta impilo yethu yonke.***

Frederick F. Flack

Akhona amaqembu okweseka anikezele ngezinhlelo zokweseka eziwusizo futhi ezikhombisa ukunakekela kulabo ababhekene nomdlavuza.

The Cancer Association of South Africa (CANSa)

Umbono weCANSa (vision)

Ukuphokophelela kwiSouth Africa ebukhali kwezomdlavuza, ngokugxila ekufundiseni ukuze kuvikeleke ukungena komdlavuza, sibe siqhubeka nendima ye CANSa ewukunakekela kanye nokweseka abaphethwe wumdlavuza kanye nabathandiweyo babo.

Umsebenzi weCANSa (mission)

Sizonciphisa ngokubonakalayo umthelela womdlavuza, ngokugqugquzela ezempilo kuyo yonke imiphakathi eseSouth Africa, ukweseka kanye nokusiza ngocwaningo, ukuvikela, ukutholakala kusenesikhathi kanye nokunakekela.

eThekwini	<p>CANSA KZN office: uma nifuna abazokhuluma, imicimbi kanye nolwazi</p>		<p><u>031 205 9525</u></p>
	<p>CANSA support group Durban North (ihlangana njalo ngoLwesibili wesibili enyangeni)</p>	<p>Sheila Moolman</p>	<p>sheilam@wol.co.za</p>
	<p>Hillcrest Methodist Church</p>	<p>Glynnis Crowe</p>	<p>031 7763407</p>
	<p>Kloof Methodist Church</p>	<p>Anthea Grenfell</p>	<p>031 7642086</p>

	Reach for Recovery	Marika Wade/ Mo Friedrichs	072 248 0008 031 209 3736 031 266 4021
eMgungundlovu	Breast Cancer Support Group	Refille Magagula	033 3429837 083 3304948
	Reach for Recovery	Denise Philips	033 3472366
	Raisethorpe Support Group	Sabitha Harridhadparsad	084 8793875
South Coast			
	Reach for Recovery	Josephine Smith	039 6951597
	Umdoni Retirement Village		031 205 9525
Newcastle	Bosom Buddies	Marieta Scheepers	083 2290787
	Male Support Group	Nico Killian	082 9233503
Richards Bay	The Bay Hospital and Lifeline Zululand Cancer Support Group	Office co-ordinator	083 2736239 035 7725677
Melmoth	Open Group	Maureen Dlamini	035 7725677

Balito	Cancer Support Group	Jaime Ernst Diedre	082 4422080 083 7070680
---------------	----------------------	-----------------------	----------------------------

Amanye amaqembu okweseka (support groups) KwaZulu Natali

Parklands Hospital Support Group

Iqembu lihlangana njalo ngoLwesine ngo 5 ntambama

Bernice de Langristin 031 2424129/ 031 2666054

noma ngemuva kwezikhathi zomsebenzi 0829243584

Reach for Recovery

i-Reach for recovery eyakhelwe emgomweni wokuthi owesifazane oyedwa oseke waba nomdlavuzi webele anikele ngesikhathi sakhe kanye nolwazi lwakhe ukusiza aphinde asekele omunye onomdlavuzi webele.

Umsebenzi wabowukuthuthukisa uhlobo lwempilo lwabesimame abanomdlavuzi webele kanye nemindeni yabo. iReach for Recovery iyisibhedlela/inakekela abasemakhaya abo/ isekela nangocingo. Iyinhlangano edudulwa ngabantu abasinde emdlavuzeni webele, ekuvakashela esibhedlela ukuzokweseka emva kokuhlinzelwa umdlavuzi webele. Inikezela ngolwazi oluwusizo kanye nezaluleko. Ingosi yabo yezingcingo ihlale inabantu abalindele ukukusiza.

072 2480008 (KwaZulu-Natali)

Highway Hospice (eSherwood)

Usosesheni weHospice ungaba yingxenye yokunakekela nanoma yingasiphi isiteji sokululama noma sokuhlaselwa kabusha wumdlavuzi. Banethimba elizini ke labahlengikazi bomphakathi kanye nezinye izinhlelo ezisiza isiguli kanye nomndeni waso. iHighway Hospice ingakusiza uma wena njengesiguli ubagunyaza ukwenze njalo. Banakekela abantu emakhaya kanti futhi banendawo la begcina khona asebehlabekela kakhulu eSherwood, eThekwini.

031 2086110

www.hospice.co.za

Verulam Hospice

032 5332764

South Coast Hospice

039 6823031

Makhuhla House Interim Home

Lena yindawo eyikhaya enethezekile eyakhiwe yiCANSAs. Kulendawo kutholakala ukudla, indawo yokuhlala kanye nezithuthi ezikuyisa ziphinde zikubuyise lapho welashwa khona. Ukwelulekwa ngokomoya nakho kuyatholakala. Ungaxhumana no Linda Copolla

619 Umbilo Road, Durban, 4001 lcipolla@cansa.org.za

031 2059525

031 2057824 (isikhahlemezisi)

Udaba luka Val

Isifundo sami ngesifo esesabekayo

Ukuthola ukuthi nginomdlavuza webele esikhathini esingangonyaka esedlule kwaba yizindaba ezishaqisayo kimina. Akubanga bikho sikhathi sokucabanga ngokwakumele ngikukhethe! Ukususwa kwebele, ukwelashwa ngamakhemikhali, kulandelwa wukushiswa - kwakumele ngethembe udokotela owungoti kwezokwelashwa komdlavuza futhi ngethembe ukuthi zonke lezi zinto okwakumelwe zenziwe kimina zazinesidingo, mgoba ngangifuna (futhi ngisafuna) ukuphila. Ngifuna ukubona amadodakazi ami eshada, ngibe nabazukulu, futhi ngifuna ukuchitha iminyaka engu 20 ezayo nomyeni wami.

Njengoba ngisebenza embonini yomshuwalense nokutshalwa kwezimali, ngangiqinisekile ukuthi ngibhekeleleke ngokufanele ngokwezimali. Izeluleko engizinika ama-client ami ngiyaqiniseka ukuthi name ngiyazisebenzisa. Qiniseka ukuthi uyaqondisisa ngosizo onalo, ukuthi yiziphi izibhedlela ongazihamba, nokuthi uvumeleke imali engakanani yokwelashwa, nokuthi uyomelwa wukukhokha imali engakanani yephakethe lakho. Ngenhlanhla imedical aid yami yayinosizo lwezomdlavuza oluhle kakhulu – ngakho zonke izimali zesibhedlela, kuhlangele ukwelashwa, yiwigi, ibele lokufakelwa, kanye nobra abayisipesheli zakwazi ukukhokheleka. Uma ngilinganisa ngingathi ukwelashwa kwami (okungakaphothulwa) sekubize cishe imali engango R600 000.

Ingxenywe eyenza isisekelo sekhaya lakho wukuqiniseka ukuthi unomshuwalense wokufa, wokukhubazeka, wokuvikela inzuzo yakho (uma kwenzeka ulahlekelwa wumsebenzi), kanye nowwezifo ezesabekayo. Umshuwalense wokuvikela inzuzo uyasiza kakhulu uma kwenzeka ugula ngendlela yokuthi awukwazi ukusebenza – kungenzeka ukuthi usanda kwenza izinguquko ezinkulu ezishintsha impilo yakho, ngakho lomshuwalense ungakukhokhela iholo lakho (obekungenzeka

likulahlekele) uma ungakwazi ukuqhubeka nomsebenzi wakho.

Emva kwalokho kwabe sekushaya isikhathi sokuthi ngifake iclaim yami. Kwaqale kwanzima ngoba kwakunenqwaba yamafomu okwakumele agcwaliswe wudokotela kanye name, kodwa kwathi uma sengiwahambisile amafomu kwashesha konke ngayithola nemali. Ngakhokhelwa yonke imali yokwelashwa: eyangisiza kakhulu ngesikhathi ngelashwa ngamakhemikhali, kwathi enye ngayitshalela izinsuku ezinzima. Umshwalense wami wezifo ezesabekayo usekhona ngoba kungenzeka ukuthi ngifake isicelo sesibili.

Kubaluleke kakhulu ukuhlala uhlale ubhekisise usizo lomshwalense wakho ngoba izimo zingashintsha unyaka nonyaka. Thola umeluleki wezezimali ozokusiza uhlolisise ukuthi usengozini engakanani bese ukhetha umshwalense okufanele wezifo ezesabekayo. Ungalindi ngoba ucabanga ukuthi yinto eyenzeka kwabanye abantu kuphela!

11. Ukufa: Umdanso wokugcina

***Abanye abantu bakusaba kakhulu ukufa,
kangokuthi abaqali ngisho ukuqala ukuphila***

Henry Van Dyke

Ukufa kuyinto wonke umuntu azobhekana nayo ngelinye ilanga. Kodwa abaningi bethu abachithi sikhathi becabanga ngokwabo ukufa. Uma sazi kahle ukuthi siyokufa, yila sikwazi khona ukuphila ngempela. Ubuhlungu bokudedela impilo oyaziyo uye lapho ungazi khona kuyigxathu elikhulu lokukholwa. Kungenzeka uzwe sengathi wehluliwe nokuthi ihawu lemizwa yakho likuveze ubunqunu bakho mangabe uqala ucabangisisa ngokufa kwakho. Uma usiwazi ukuthi unomdlavuza osubhebhethetheke kakhulu, noma umdlavuza ongelapheki, kungavusa imizwa enamandla kakhulu, njengale:

- Ukuphika/ukungemukeli
- Uvalo
- Ukudinwa
- Ukudabuka

Iziteji zokufa

u-Elisabeth Kubler-Ross uchaza iziteji zokufa ezinhlanu :

- Ukuphika kanye nokuba yinkomo edla yodwa
- Ukudinwa
- Ukwenza izivumelwano
- Ukudabuka
- Ukwamukela

Kungaba khona isikhathi la uzizwa usendaweni yokwamukela, yokwenza isinqumo futhi yoxolo. Lesi yisikhathi la usuwamukele khona ukuthi ungafa kodwa lokho akusho ukuthi usulahle umdlandla wakho wokuphila kuze kube uphefumula okokugcina.

**Asazi ukuthi kunjani ukwedlula la ngoba lokhu
kuwumgomo wempilo yethu uqobo.
Nanjengoba iqhwa lingeke liwazi umlilo
ngaphandle kokuthi lincibilike linyamalale**

Jules Renard

Ukubhekana nokufa – amathiphu angakusiza:

- Zinike isikhathi sokuhluzisisa kahle imininingwane/ulwazi. Imicabango yakho kanye nemizwa yakho kungenzeka ukube kuyingxubevange. Funda ukuzibekezelela.
- Sebenzisa amakhono akho okuphila kanye nokwenza izinqumo. Ungakhohlwa wukusebenzisa umoya wakho kanye nokwesekwa ngabanye.
- Kumele uqonde ukuthi imizwa eyahlukene yeywayelekile. Abantu, ngokwemvelo, bayakwazi ukubhekana nomunyu kanye nokulahlekelwa. Zivumele ukuba ukuze lokhu okuzwayo ngezikhathi ezahlukene – ukwesaba, ukudinwa, uvalo, ukudangala, umunyu, injabulo, ukubonga, ukugculiseka, uxolo, kanye nokuzizwa uxhumekile ngokomoya.
- Bavumele abanye ukuba bakukhathalele. Cela futhi wamukele usizo kanye nokwesekwa. Amalunga omndeni, abangani, amalunga ethimba elikunakekela ngokwezempilo, umeluleki wezomoya, kanye nabanye bakhona ukuze bahambe nawe kulokhu okwenzeka kuwena. Ungazami ukuzenzela wedwa. Ukufuna ukwesekwa kuzokusiza kuphinde kusize nalabo abakukhathalele.
- Buza labo ababhekelele impilo yakho ngolwazi/imininingwane oyidingayo ukuze ukwazi ukwenza izinqumo noma ukwazi ukubhekana nesifo sakho. Ubuze ngezindlela eziseceleni ongasizakala ngazo, njengokunakekelwa endaweni enjenge-hospice.
- Hlelela indlela ofisa ukunakekelwa ngayo ezinsukwini zakho zokugcina, ngendlela othanda ngayo, kweyame emizweni yakho kanye nasezintweni ezibalulekile kuwe. Kuhle ume uzibhala phansi izifiso zakho.

***Izinyembezi ezibaba kunazo zonke ezikhalwa
phezu kwamathuna, ngezamagama
angakhulunywanga kanye nezenzo esisale
singenziwanga.***

Harriet Beecher Stowe

**Izinqumo mayelana nempilo, unakekelo
lwezempilo kanye nokufa**

Kukhona izincwadi ezisemthethweni ezingalandelwa uma isiguli esinesifo esingalapheki sisesimweni lapho singakwazi ukuzenzela mathupha izinqumo eziphatelene nokwelashwa. Phakathi kwalezi zincwadi singabala:

- **Advance directive (isiqondiso esenziwe ngaphambi kwesikhathi):** lena yincwadi ebhalwa nguwe, udokotela wakho kanye nomndeni wakho. Lencwadi isebenza njengesiqondiso uma kwenzeka kuba nezinguquko esimweni sakho sezempilo bese kutholakala ukuthi awusakwazi ukuzikhulumela wena ngofisa kwenzeke. Lencwadi yenzela ukuba izinqumo zakho zezempilo zenzeke njengoba ufisa, hhayi ngokufisa komunye umuntu.
- **Health proxy :** lena yincwadi esemthethweni la ukhetha khona umuntu okholwa wukuthi ukufisela okuhle, ozokuthathela izinqumo zezempilo , uma kwenzeka uzithola usesimweni la ungakwazi ukuzithathela khona lezi zinqumo
- **Living will:** incwadi esemthethweni ekubeka kucace ukuthi ufuna benze njani odokotela uma kwenzeka isimo sakho somqondo noma somzimba sikhubazeka unomphelelo (njengokuba kwikhoma, noma ukuquleka unomphelelo)

Ezinye izinto okubalulekile ukuba uzicabange:

- Qinisekisa ukuthi iwili yakho isesimweni. Kuwumqondo omuhle ukuba uyihlohlolise emva kokwaziswa ngesifo onaso. Lena yingxenywe okunzima ukubhekana nayo, kodwa ngokulungisa izindaba zakho kusenesikhathi uyobe ususa umthwalo emahlombe alabo abathandiweyo kuwe. Zama ukwenza izinto zibe lula kubona. Lokhu kubone njengesipho obapha sona, sokuvalelisa.
- Kufanele wenze isinqumo sokuthi uzodinga usizo lommeli noma lwebhange na ukubhala iwili yakho; ukhumbule ukugcina ikhophi yayo. Khumbula futhi nokukhetha umuntu ozohlolapha izifiso zakho mayelana nokwabiwa kwefa lakho.
- Ezinye izincwadi ezisemthethweni njengezincwadi zomshwalense kanye nezivumelwano zezimalimboleko, kudingeka zigcinwe ndawonye endaweni ephaphile. Qiniseka ukuthi umndeni wakho uyazi ukuthi uzozitholaphi nokuthi kumele uxhumane nobani mayelana nokwesula/ukukhokha izikweletu noma ukufaka izaziso.
- Uma ngabe unesicelo esithile mayelana nomngcwabo wakho – umculo/izifundo – qiniseka ukuthi abathandiweyo bakho bayazi ngaso yikhona bezokwenza umngcwabo wakho ube njengoba ushilo.

Ukubhekana nokufa kothandiweyo

Kulabo abasele ngemuva, ukufa kothandiweyo kungaba yinto ebuhlungu kakhulu. Uma ubhekene nokusondela kokufa komuntu omthandayo, kungakusiza ukukhumbula lokhu okulandelayo:

- Yiba khona ngezinsuku zokugcina. Ungesabi ukuthinta noma ubambe isandla somuntu osesondele ekufeni.
- Susa zonke iziphazamiso, njengokuthi nje: cisha umabonwakude noma umsakazo. Gxila kuloyo muntu.
- Uma umuntu ekhathele noma esebuthaka kakhulu, ungalhali isikhathi eside uma uzomvakashela.
- Mvumele umuntu ofayo ukuthi akhulume ngemizwa yakhe
- Khulumani ngezinto, zingasali zilenga.
- Mnike umuntu ithuba lokukhumbula ezakudala. Mgqugquzele ukuthi akhulume ngezinto asazikhumbula.
- Khuluma ngomunyu wakho. Khuluma ngothando lwakho. Valelisa.

Umunyu uwuhambo oluhlale luguquka futhi olunemizwa eminingi: ukungezwa lutho, ukungakholwa, uvalo lokwehlukana, ukulahlekelwa yithemba, ukudabuka, kanye nesizungu. Izinkolelo, indlela esikhonza ngayo kanye namasiko kunomthelela omkhulu endleleni esizila/esikhala ngayo.

Ingxenye ebalulekile yokukhala ngumngwabo la umuntu ekwazi khona ukuba yingxenye yesiko azame nokubhekana nokulahlekelwa. Umndeni kanye nomphakathi udlala indima ebaluleke kakhulu ekukhaliseni ngoba unikezelana ngokweseka kanye nenduduzo.

Gqugquzela umndeni kanye nabangani ukuba bathole ukwesekwa kanye nokunakekelwa abakudingayo.

12. Isiphetho

Kepha uma owesimame engazivumeli ukuba ahambe, uyokwazi kanjani ukuthi ubengafika kude kangakanani? Uma engake akhumule amaxhumela akhe, uyokwazi kanjani ukuthi ubengahamba ibanga elingakanani, nokuthi ubengagijima kangakanani?

Germaine Greer

Ulwazi mayelana nomdlavuza webele luningi kakhulu ezincwadini, kwi-internet, kanye nasemithonjeni yezindaba. Inhloso yaleli bhukwana bekungukuqoqela ndawonye izinsiza ezibalulekile kanye nolwazi, ukuze kusizakale abaphethwe wumdlavuza, imindeni yabo, abanakekeli, kanye nabasebenzi bezempilo. Ngokuphikelela kwethu, sizwa sengathi sikwazile ukufeza umsebenzi wethu. Imibono yenu, iziphakamiso kanye nezindaba kwamukelekile. Ungaxhumana nathi kuleli kheli: csistersgroup@gmail.com

13. Amawebsites anosizo

I-internet iyindawo ewusizo ongathola kuyo ulwazi. Kungenzeka kube nzima ukuthola ikhasi olifunayo, kodwa umngani wakho webele angakusiza asefe kulamakhasi alandelayo ukuze akutholele ukuthi yimaphi aphethe ulwazi olungakusiza.

Ulwazi ngomdlavuzi: South Africa

www.cansa.org.za
www.becanceraware.co.za
www.campaign4cancer.co.za

Amakhasi omdlavuzi webele: South Africa

www.her2.co.za
www.breastcancer.co.za
www.journeyofhope.co.za
www.igfb.co.za

Ulwazi ngomdlavuzi

www.cancer.gov
www.chemocare.com
www.cancerbacup.org.uk
www.asco.org
www.cancercare.org
www.cancer.org
www.youngsurvival.org www.breastcancercare.org.uk
www.breastcancer.org
www.castingforrecovery.org
www.komen.org

Amakhasi e-Lymphoedema: South Africa

www.lymphoedema.co.za

Amanye amakhasi e-lymphoedema:

www.lymphoedema.org.au

www.mlduk.org.uk

Izinsiza kanye nokwesekwa kukaZwelonke kwezempilo

Radiological Society of South Africawww.rssa.co.za

Inikeza ngohla lwezindawo ongelashwa kuzo ngemisebe
eNingizimu Afrika.

South African Oncology Consortiumwww.saoc.org.za

Bafuna ukudidiyela izindlela odokotela abazimele abanikezela
ngayo imithi, futhi banohla lodokotela abangochwepheshe
kwezokwelashwa komdlavuza eNingizimu Afrika.

Cindezela ku “patients corner” ukuthola udokotela oseduze
nawe.

www.plasticsurgeon.co.za

Cindezela ku “patients corner” ukuthola udokotela oseduze
nawe.

www.surgeon.co.za

Uhlu lwabahlinzeki ngezempilo eNingizimu Afrika.

www.medpages.co.za

Amaqembu okweseka

www.campaign4cancer.co.za or www.pinklink.co.za
Inhlangano kaZwelonke emele iziguli namalungelo azo.

www.bosombuddies.cfsites.org

Iqembu lokweseka laseGauteng elihlose ukushintsha izindlela esibuka ngazo umdlavuza webele, futhi liguqguzela ukucabanga okuhle mayelana nokwelulama, ukuphila kanye nohlobo oluyilo lwempilo. Akhona amagatsha ezifunda.

www.plwc.org.za / www.mybreast.org.za

Lena yinhlangano eyasungulwa eKapa ukweseka abantu abasanda kutholakala nomdlavuza, iphinde yakhe nemihlahandlela yokweseka. Akhona amagatsha ezifunda.

14. Izincwadi eziwusizo

Uhla lwezincwadi esizithole zinosizo siyi-C-Sisters:

Izincwadi eziphathelene nomdlavuza

The Choice

B. Bohan, Harper Thorsons 2006

Heal Cancer: Choose Your Own Survival Path

R Cilento, Michelle Anderson Publishing 1992

After Breast Cancer: A Common Sense Guide to Life After Treatment

H Hill Schnipper, Bantam Press 2003

Why People Don't Heal And How They Can

C. Myss, Random House 1998

Know Your Breast. Netcare booklet

C Pantanowitz, D & Benn, 2009

Your Life in Your Hands: Understanding, preventing and overcoming breast cancer

J Plant, Thomas Dunne books 2001

Psychological Recovery from Cancer

L Schlebusch, Maskew Miller Longman 1999

Izincwadi ezimayelana nokuzinakekela ngokomphefumulo

The Journey

B Bays, Harper Collins Publishers 2002

Cancer: Step Outside the Box

T Bollinger, Infinity Partners 2006

The Artist's Way

J Cameron, Putman Penguin 2002

Quantum Healing

D Chopra, Bantam Books 1990

Oh the Places You Will Go

Dr Seuss, Random House 1990

The End of Life Handbook

S Fieldman, D & Lasher, Raincoast Books 2008

Stars in the Deepest Night: After the death of a child

G B Gentry, Writers Club, Canada 1999

Life of the Beloved

N Henri, Crossroad Publishers 2002

End the Struggle and Dance with Life

S Jeffers, St. Martin's Press 1997

The Practice of Happiness

J Kehoe, Zoetic Books 2001

The Greatest Salesman in the World

O Mandino, Bantam Books in association with Frederick Fell Publishers 1985

The Invitation

Oriah Mountain Dreamer, Harper Collins 1999

Self Healing

L Proto, Piatkus Books 1990

***Shortcut to a Miracle: How To Change Your
Consciousness and Transform Your Life***

E Rann. M & Arnott, Jeffers Press 2005

Prayer and The Five Stages of Healing

R Roth, Hay House Publishing 1999

Mind Shift - Stress Management and your Health

L Schlebusch, University of Natal Press 2001

The Power of Now

E Tolle, Namaste Publishing 2004

A New Earth

E Tolle, Penguin Books, 2008

Dying, A Practical Guide for the Journey

S Wood & P Fox, Double Storey Books 2009

What's So Amazing About Grace.

P Yancy, Zondervan Publishing 2002

Izincwadi ezimayelana nokudla ngokunempilo

Cultivating Flavour: Kitchen Gardening for Kindred Spirits

T Badcock-Walters, Lizard's Leap Press 2008

The Omnivore's Dilemma: A Natural History of Four Meals

M Pollan, Penguin Press 2007

Medical Seasonings.

K Scott, Book Surge Publishing 2006