Iphepha eliNgaphandle leNkcazelo yeNkxaso yoPhononongo

Isihloko soXwebhu

Isikhokelo seSigulana soPhononongo lwe-Starz

Abantu ekuLungiselelwe bona neNdlela yokuSebenzisa

Esi sikhokelo sinolwazi olubalulekileyo ukuze izigulana zikhangele kuso ebudeni bokuthatha inxaxheba kuphononongo, ukubanceda ukulungiselela amatyelelo nokuqonda ngeenkqubo eziza kwenzeka ebudeni bophononongo.

Inqanaba lokuSebenzisa (ubhaliso/imvume/ukuthatha inxaxheba kuphononongo)

Ebudeni bokuthabatha inxaxheba kuphononongo

Ifomethi yokuGqibela (ubukhulu bombhalo/iwebhu)

A5, 12pp, uqweqwe lwalo, lubhalwe ngemibala emi-4 kwi-170 gsm yesilika, isongiwe, yasikwa, yagotywa yaze yathungwa okwe-saddle

Inani lamagama ento

Elona nani liphezulu licetyiswayo lamagama: Amagama ali-150 kwiphepha ngalinye lombhalo

Jonga amaphepha azimeleyo ukufumana inani lokwenene lamagama.

Iinjongo zombandela

• Ukugqabaza malunga nophononongo nokuchaza ukuba kulindelwe ukuba zenze ntoni na izigulana ngexesha lamatyelelo ophononongo

• Ukucacisa ngokubanzi nantoni na ekufuneka umguli ayenze ekhaya (ngaphandle kwamatyelelo ophononongo)

• Ukunikezela ngemiyalelo ukwenzela xa kukho iingxaki ebudeni bophononongo

Uthathelo-ngqalelo lwabaphulaphuli

Esi sikhokelo sophononongo sibhalelwe izigulane ezineminyaka yobudala eli-10–17.

Sincede sifumane olungolunye unyango lohlobo 2 lwesifo seswekile kwabaselula

Isikhokelo sakho kuPhononongo lwe-Starz

Senzele abantwana kwanabo bafikisayo abanohlobo lwesi-2 lesifo seswekile

Wamkelekile kuPhononongo lwe-Starz

Siyazi ukuba kunokuba nzima ukuba nohlobo lwesi-2 lesifo seswekile xa usemncinci. Ngokuthatha inxaxheba kuPhononongo lwe-Starz, uyakube unceda abanye abantu abasebancinci abanohlobo lwesi-2 lesifo seswekile kwilixa elizayo. Enkosi ngokuthatha inxaxheba kolu phononongo lubalulekileyo!

Ingaba ubusazi…?

• Uphononongo lwe-Starz luya kuquka malunga nabantwana abali-195 kwanabo bafikisayo kwihlabathi jikelele abanohlobo lwesi-2 lesifo seswekile

Esi sikhokelo siqulethe ulwazi oluluncedo malunga noPhononongo lwe-Starz. Ukuba ngaba unayo nayiphi na imibuzo, nceda utsalele ugqirha wophononongo umnxeba usebenzisa inombolo elapha ngezantsi, okanye usibuze kutyelelo lophononongo lwakho olulandelayo.

Igama likagqirha wophononongo:

Inombolo yomnxeba kagqirha wophononongo:

Iziseko zoPhononongo lwe-Starz Study

Uphononongo lwe-Starz lujonga iyeza elitsha elinokuveliswa (elaziwa ngokuba “liyeza eliphandwayo”) elibizwa ngokuba yi-exenatide, nelinikezelwa njengesitofu esihlatywa apha ngaphantsi nje kwesikhumba, kabini ngosuku. Ngokuba yinxalenye yolu phononongo, unceda oogqirha ukuba bafumanise ukuba ngaba i-exenatide ingawalawula na amaqondo eswekile esegazini kubantwana nakwabo bafikisayo abanohlobo lwesi-2 lesifo seswekile.

I-exenatide sele isetyenziswa ngabantu abadala abanohlobo lwesi-2 lesifo seswekile. Siyiphononongile i-exenatide kubantu abadala kodwa sidinga ukubona ukuba ikhuselekile na kwaye iyasebenza na kubantwana nakwabo bafikisayo kananjalo.

Ingaba ndiza kuthatha i-exenatide?

Iyeza lophononongo olifumanayo liza kukhethwa ngendlela engaqingqwanga (njengokuqengqa idayisi). Uza kufumana i-exenatide okanye usingayeza. Usingayeza naye sisitofu, kwaye ukhangeleka ngokufanayo ne-exenatide koko akaqulethanga zithako zizizo zeyeza. Awusayi kwazi ukuba leliphi iyeza lophononongo olifumanayo, kwaye nogqirha wophononongo ngeke azi.

Wonke umntu uza kufumana usingayeza (ifana nqwa nechiza eliphandwayo kodwa yona ayinazo izithako ezisebenzayo) ebuncinaneni bexesha lophononongo. Ababini kwabathathu abantu baza kuphinda bafumane i-exanatide ngexesha lophononongo. Omnye kwabathathu abantu uza kufumana usingayeza kuphela. kuphela.

Kwenzeka ntoni kuPhononongo lwe-Starz?

Uphononongo lwe-Starz lunezigaba ezithathu ezingundoqo. Umzobo ukubonisa ukuba yintoni eza kwenzeka ngexa lesigaba ngasinye sophononongo.

**Ixesha loHluzo**

Kwisigaba sokuqala sophononongo, uya kuba notyelelo olunye okanye amabini kunye nogqirha wophononongo, oya kwenza amahlolo empilo ukubona ukuba lukulungele na uphononongo.

**Ixesha lonyango**

Ngeli xesha, uya kuqalisa ukuthatha iyeza lophononongo. Iqela lophononongo liya kukubonisa indlela yokusebenzisa usiba lokuzihlaba ukuze wena, umzali, umnakekeli, okanye umongikazi wasesikolweni akwazi ukukuhlaba ekhaya okanye esikolweni.

Uya kuthatha iyeza lophononongo kabini ngosuku (khangela icandelo elithi “Ukuthatha iyeza lam lophononongo” ukufumana iinkcukacha) iiveki ezingama-29 (malunga neenyanga ezisi-7). Kananjalo uya kuthatha inxaxheba kwinkqubo yokutya ngendlela ethile nokuzilolonga eyenzelwe nje wena nguGqirha Obhalisiweyo wezeSondlo okanye umntu Obhalisiweyo Ofundisa ngeSifo Seswekile. Uya kutyelela iziko izihlandlo ezithandathu kwaye utsalelwe umnxeba kane liqela lophononongo.

Ukuba ngaba unobunzima bokulawula amaqondo eswekile yakho esegazini ngexesha lonyango, iqela lophononongo liya kukucela ukuba uze kwiziko kutyelelo olungaphezulu ukujonga ukuba ingaba uphononongo lukulungele na.

**Ixesha lolandelelo**

Ngokuxhomekeke ekubeni ukhula kangakanani na ngobude ngexesha lophononongo, unokucelwa ukuba uye kwiziko kumanye amatyelelo ophononongo angaphezulu rhoqo kwiinyanga ezi-6, ukuya kutsho kwiminyaka emi-3.

**Ukuthatha iyeza lam lophononongo**

Sebenzisa eli phepha ukukunceda ucwangcise ukuba uyakuzithatha ngeliphi na ixesha izitofu zeyeza lakho lophononongo.

Ukuba ngaba unemibuzo malunga nokuba uligcwalisa njani na eli phepha, buza umzali, umnanekeli, okanye ilungu leqela lophononongo ukuba likuncede

Kuza kufuneka ukuba uthathe izitofu zeyeza lakho lophononongo kabini ngosuku, kwixesha elingekho ngaphezulu kweyure **e-1** ngaphambi kokuba utye isidlo sakho sakusasa nesangokuhlwa. Ezi zidlo zibini kufuneka zohluke esinye kwesinye ubuncinane kangangeeyure ezi-6.

**Isidlo sakusasa** (kubantu abaninzi, esi iyakuba yibrakfesi.)

Bhala ixesha oqhele ukutya ngalo isidlo sakusasa:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kuza kufuneka ukuba uthathe iyeza lakho lophononongo kwixesha elingekho ngaphezu kweyure e-1 ngaphambi kokuba uqalise isidlo sakho. Umzekelo, ukuba ngokwesiqhelo utya isidlo sakho sakusasa ngentsimbi yesi-7:00 kusasa, kuza kufuneka ukuba uthathe iyeza lakho lophononongo phakathi kwentsimbi yesi-6:00 neyesi-7:00 kusasa.

Bhala ixesha oza kulithatha ngalo iyeza lakho lophononongo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Isidlo sangokuhlwa** (kubantu abaninzi, esi iya kuba yisophoro.)

Ngokwesiqhelo usitya nini isidlo sakho sangokuhlwa:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kuza kufuneka ukuba uthathe iyeza lakho lophononongo kwixesha elingekho ngaphezu kweyure e-1 ngaphambi kokuba uqalise isidlo sakho. Umzekelo, ukuba ngokwesiqhelo utya isidlo sakho sangokuhlwa ngentsimbi yesi-6:00 ngokuhlwa, kuza kufuneka ukuba uthathe ithamo lakho langokuhlwa leyeza lophononongo phakathi kwentsimbi yesi-5:00 neyesi-6:00 ngokuhlwa.

Bhala ixesha oza kulithatha ngalo iyeza lakho lophononongo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_NGOKUHLWA**\***

\*Ingaba eli xesha lohluke kangangeeyure ezi-6 ubuncinane emva kwexesha lesitofu sakho sakusasa?

Ewe (Kwakuhle ke! Ukulungele ukuqalisa!)

Hayi (Nceda ucele iqela lophononongo ukuba likuncede ukhethe elinye ixesha lokuthatha isitofu sakho sesibini.)

**Yintoni eza kwenzeka ngezi zihlandlo zotyelelo zophononongo?**

|  |  |
| --- | --- |
| **Yintoni eyenziwayo** | **Yenziwa njani** |
| Ukuxilongwa komzimba | Ugqirha okanye umongikazi wophononongo uza kujonga iindawo ezahlukeneyo zomzimba wakho, aze athathe umlinganiselo wobude bakho, ubunzima bomzimba, kwanokuba ukhula njani na umzimba wakho. |
| Iimpawu ezibalulekileyo | Ugqirha okanye umongikazi wophononongo uza kujonga ukuphefumla kwakho, ukubetha kwentliziyo, uxinzelelo lwegazi, kunye nobushushu bomzimba. |
| I-electrocardiogram (ECG) | Ugqirha okanye umongikazi wophononongo uza kubeka iipetshi ezithile kulusu lwakho ukuthatha umlinganiselo wokubetha kwentliziyo. |
| Uvavanyo lwegazi | Ugqirha okanye umongikazi wophononongo uza kuthatha igazi engalweni yakho. Baza kujonga igazi lakho ukuhlola impilo yakho baze babone ukuba iyeza lophononongo liyasebenza na emzimbeni wakho. |
| Uvavanyo lomchamo | Uza kunikezela ngesampuli yomchamo. Ugqirha wophononongo uza kujonga umchamo wakho ukuhlola impilo yakho. Ukuba ngaba uyintombazana esele iqalile ukuya exesheni, baza kusebenzisa isampuli yakho yomchamo kananjalo ukwenza uvavanyo lokukhulelwa. |
| Ukunikwa iingcebiso ngendlela yokutya nezesondlo | Ukuya kufunda malunga neendlela ezisempilweni zokutya nokuzilolonga. |
| Imibuzo | Ilungu leqela lophononongo liya kukubuza imibuzo malunga nempilo yakho (yangaphambili neyangoku), nawo nawaphi na amayeza okhe wawathatha, kwanokuba uziva njani. |

Yintoni eza kwenzeka kutyelelo ngalunye lophononongo?

Utyelelo 1 (uhluzo) Utyelelo 2 Utyelelo 32 Utyelelo 4 (umnxeba) Utyelelo 5 Utyelelo 6 (umnxeba) Utyelelo 7 Utyelelo 8 (umnxeba) Utyelelo 9 Utyelelo 10 (umnxeba) Utyelelo 11 Amatyelelo olandelelo

Umhla wotyelelo (gcwalisa apha njengesikhumbuzi sakho) Umhla:

Ixesha: Umhla:

Ixesha: Umhla:

Ixesha:

Umhla:

Ixesha:

Umhla:

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Ixesha:

Umhla:

Ixesha:

Khangela isithuba esingezantsi ukufumana imihla namaxesha

Akukho kutya okanye siselo (ngaphandle kwamanzi) ubuncinane kangangeeyure ezisi-8 ngaphambi kotyelelo (ziphathele amaqebengwane okanye ukutya xa usiya kutyelelo) Amaphepha ekumele agcwaliswe

Ukufumana iyeza lophononongo

Funda ngendlela yokusebenisa usiba lokuzihlaba uze ufumane isitofu zokubonisa

Linda ngaphambi kokuba uthathe ithamo lakho lakusasa leyeza lophhononongo ude ube ufikile kwiziko lophononongo Buyisela amayeza ophononongo neepakathe zawo asetyenzisiweyo nangasetyenziswanga Yiza nosiba lwakho lokuzihlaba kwiziko lophononongo Fumana uze ufunde ukuba isetyenziswa njani na imitha yeglukhosi

Ukufumana iingcebiso ngendlela yokutya nezesondlo I-ECG ukujonga isingqi sokubetha kwentliziyo

Imibuzo malunga nempilo yakho kwanokusetyenziswa kwamayeza Imilinganiselo yobunzima bomzimba nobude Iimpawu ezibalulekileyo Ukuxilongwa komzimba1 Fumana iidayari zophononongo, kunye namaphepha okutya nokuzilolonga Ngenisa iidayari zophononongo ezigcwalisiweyo, kunye namaphepha okutya nokuzilolonga Uvavanyo lwegazi2 Uvavanyo lomchamo3

= Umnxeba

1 Kutyelelo ngalunye lakwiziko lophononongo, ugqirha wophononongo uya kwenza uxilongo ukukhangela ukuba umzimba wakho ukhula njani na. Olu xilongo lubizwa ngokuba yi-Tanner Pubertal Staging. Kutyelelo loku-1 nolwe-11, uya kwenziwa uxilongo olupheleleyo lomzimba.

2 Inani elincinci labathathi-nxaxheba liya kuthatha inxaxheba kwinxenye yophononongo eza kudinga ukutsalwa kwegazi okungaphezulu okumbalwa ngexesha loTyelelo lwesi-3. Aba bathathi-nxaxheba abayi kulithatha ithamo langokuhlwa leyeza labo lophononongo ngosuku loTyelelo lwesi-3. Ukuba ngaba uyinxalenye yale nxenye yophononongo, uyakusayina ifomu yemvume eyahlukileyo kwaye ugqirha wophononongo uya kukuxelela ukuba wenzeni na.

3 Kumantombazana asele eqalile ukuya exesheni, uvavanyo lomchamo luya kuquka uvavanyo lokukhulelwa.

Ixesha lolandelelo lokhuseleko

Abanye abathathi-nxaxheba baya kucelwa ukuba baye kumatyelelo angaphezulu akwiziko lophononongo rhoqo kwiinyanga ezi-6 ukuya kutsho kwiminyaka emi-3. Oku kuya kuxhomekeka ekubeni ukhula kangakanani na ngokobude ngexesha lophononongo. Ngexesha lotyelelo ngalunye kula matyelelo angaphezulu, ugqirha wophononongo uyakwenza uvavanyo lwegazi, ajonge impilo yakho ngokubanzi, aze abuze imibuzo malunga nokuba ngawaphi na amayeza owathathayo kwanokuba uziva njani na.

Sebenzisa esi sithuba ukubhala imihla namaxesha ala matyelelo olandelelo:

Utyelelo lolandelelo Umhla Ixesha

**Yintoni ekuza kufuneka ndiyenze?**

**Omawukwenze…**

* Zinike (okanye ucele umzali wakho, umnakekeli, okanye umongikazi wasesikolweni ukuba akunike) izitofu zeyeza lophononongo kabini usuku ngalunye.
* Uthathe imilinganiselo yamaqondo akho eswekile esegazini njengoko kuyalelwe (jonga iphepha elilandelayo ukufumana iinkcukacha).
* Sebenzisa idayari yakho yophononongo ukurekhoda imilinganiselo oyithathe ngemitha yakho yeglukhosi kwakunye nazo naziphi na iimpawu ongaba unazo.
* Gcwalisa amaphepha okutya nokuzilolonga. Ilungu leqela lophononongo liza kukubonisa ukuba ukwenza njani na oku.
* Thatha onke amayeza akho ophononongo asetyenzisiweyo nangasetyenziswanga, iipakethe zamayeza ophononongo, kunye nosiba lokuzihlaba uziphathe kuwe ixesha ngalinye xa usiya kwiziko lophononongo.
* Qhubeka nokuthatha i-metformin yakho eselwa ngomlomo kunye/okanye i-sulfonylurea ukuba ngaba ubuzithatha ngexesha ungena kuphononongo.
* Xelela umzali, umnakekeli, okanye umongikazi wasesikolweni ukuba ngaba uziva ungaphilanga ngalo naliphi na ixesha ngethuba lophononongo.

**Musa…**

* Ukutya okanye usele nantoni na ngaphandle kwamanzi iiyure ezisi-8 ngaphambi **kwamanye** amatyelelo akho akwiziko lophononongo (elohluzo, uTyelelo 3, noTyelelo 11). Musa ukuthatha nawaphi na kumayeza akho ngezintsuku lide iqela lophononongo likuxelele ukuba uwathathe.
* Ukuthatha nawaphi na amayeza (kuquka namanye amayeza akho esifo seswekile) ngomhla wamatyelelo akho kwiziko lophononongo ude ube uxelelwe ukuba uwathathe liqela lophononongo.
* Ukuthatha naliphi na iyeza elitsha ngaphandle kokuthetha nogqirha wakho wophononongo kuqala.
* Ukwenza umsebenzi odinisayo kwiyure eziyi 24 ngaphambili kotyelelo **ngalunye** lophononongo.
* Ukunikezela ngegazi ngelixa uthatha inxaxheba kolu phononongo.
* **Ingaba ndilithatha njani iyeza lophononongo?**
* Iqela lophononongo liya kukufundisa wena kunye nomzali wakho okanye umnakekeli ukuba lusetyenziswa njani na usiba lokutofa.
* Ekhaya, khangela kwincwadana”yeMiyalelo Yokutofa” kwiSingxobo soPhononongo soLwazi sakho. Tsalela umnxeba kwiziko lophononongo ukuba ngaba unayo nayiphi na imibuzo.

Cela ikophi yencwadana “yeMiyalelo Yokutofa” kunye nencwadana ukuze unike umongikazi wasesikolweni sakho ukuba ngaba uceba ukuthatha ezinye zezitofu zakho esikolweni.

**Kumele ndenzeni ukuba ngaba ndilibele ukuthatha isitofu?**

Linda nje uze uthathe isitofu sakho esilandelayo ngexesha eliqhelekileyo. Qiniseka ukuba uwabhala phantsi nawaphi na amathamo owaphosileyo kwidayari yakho yophononongo. **Musa** ukuphinda-phinda ithamo lakho kuba ulungiselela ithamo eliphosiweyo.

**Kufuneka ndiyithathe njani nanini imilinganiselo yam yamaqondo eglukhosi esegazini?**

Iqela lophononongo liya kukufundisa indlela yokusebenzisa imitha yeglukhosi kwanokuba uwarekhoda njani na amaqondo eglukhosi esegazini lakho kwidayari yakho yophononongo.

Kufuneka uthathe imilinganiselo yamaqondo eglukhosi esegazini lakho:

* ngalo nangaliphi na ixesha ocinga ukuba kunokwenzeka ukuba unamaqondo asezantsi eglukhosi esegazini lakho. Ngala maxesha, unokuziva ulambile, ungcangcazela, ubila, unesiyezi, ubhidekile, okanye unobunzima bokuthetha
* ngeentsuku ezi-3 ngexesha leeveki ezingaphambi koTyelelo 3 noTyelelo 11. Ngezo ntsuku, kuza kufuneka ukuba uthatha imilinganiselo yamaqondo eglukhosi esegazini lakho ngoko nangoko **ngaphambi kunye nakwiiyure ezi-2 emva** kokuqala kwezidlo zakho ezibini ezikhulu.

**Kubazali nabanakekeli**

Nceda uncede umntwana wakho:

* alandele yonke imiyalelo ayinikiweyo liqela lophononongo, kwaye aye kuwo onke amatyelelo akwiziko lophononongo. Nceda uhlele ngokutsha nawaphi na amatyelelo akwiziko lophononongo angeke akwazi ukuya kuwo umntwana wakho
* akuxelele wena okanye ugqirha wophononongo ukuba uziva engaphilanga ngalo nangaliphi na ixesha ngethuba lophononongo, aze azise ugqirha wophononongo ngaphambi kokua athathe nawaphi na amayeza amatsha amiselweyo okanye athengwa ezivenkileni
* eze neepakethe zawo onke amayeza ophononongo asetyenzisiweyo nangasetyenziswanga ngalo lonke ixesha etyelela ugqirha wophononongo
* agcwalise idayari yakhe yophononongo namaphepha okutya nokuzilolonga, aze azibuyisele kugqirha wophononongo kutyelelo ngalunye.

Nceda uqinisekise ukuba umntwana wakho uyazi ukuba ukuthabatha inxaxheba kuphononongo lwe-Starz kukuzikhethela kwakhe kwaye angarhoxa ngalo naliphi na ixesha kuphononongo ukuba utshintsha ingqondo yakhe. Enkosi ngokuxhasa umntwana wakho njengoko ethabatha inxaxheba kuPhononongo lwe-Starz.

Nceda ukhumbule ukuqhagamshelana nesibhedlele okanye iziko lophononongo **ngalo naliphi na ixesha** ukuba ngaba unako nakuphi na okukuxhalabisayo malunga nempilo yomntwana wakho

Isikhokelo soPhononongo seSigulane

IsiKhokelo soPhononongo seSigulane

[FAKA I-LOGO NEMBONAKALO EKHETHEKILEYO YOPHONONONGO]

Ingaba unefiva, ukhohlokhohlo, umfixene, umzimba obuhlungu, okanye ukudinwa okunokubangelwa kukuba unomkhuhlane?

Ukuba impendulo yakho ngu-ewe, unganako ukuthatha inxaxheba kuphononongo lophando lonyango lwamazwe ngamazwe.

UPhononongo lujonga ukusebenza ngokukuko nangokukhuselekileyo kweyeza eliphandwayo kwizigulane ezinomkhuhlane. Olu phononongo lwahlulwe lwangamacandelo amabini, u-A no-B. Ugqirha wakho wophononongo uza kwazisa ukuba uza kuthatha inxaxheba kwiCandelo A okanye u-B wophononongo kusini na.

Unganako ukuthatha inxaxheba kuPhononongo ukuba ngaba:

• uphakathi kweminyaka eli-18 nengama-64 ubudala

• uneempawu zomkhuhlane

• unomkhuhlane oqinisekiswe ngugqirha wophononongo

• awunazimeko zempilo ezizezinye ezimandundu

• ukhe wanezi mpawu iintsuku ezingaphantsi kwezi-2 (iCandelo B kuphela)

Olu phononongo luza kuthatha iintsuku ezifikelela kwezili-14 kwaye luza kubandakanya ukutyelela kathandathu kwiziko lophando. . Uphononongo i-VX14-787-103 lujongiwe kwakhona lwaze lwavunywa yiKomiti yeeNqobo eziseSikweni yoPhando ye- Pharma-Ethics

Ukuba ngaba unomdla wokufumanisa lukhulu malunga noPhononongo i-VX14-787-103, nceda uthethe nabasebenzi beziko lophando ngokukhawuleza.

[FAKA IINKCUKACHA ZOQHAGAMSHELWANO ZEZIKO LOPHONONONGO]

[Umbhalo osemazantsi wolawulo lohlelo]

Uphononongo , iPowusta yeSigulane, [Ushicilelo lombhalo osemazantsi]Uphononongo iPowusta yeSigulane

FAKA I-LOGO NEMBONAKALO EKHETHEKILEYO YOPHONONONGO]

Ingaba unefiva, ukhohlokhohlo, umfixene, umzimba obuhlungu, okanye ukudinwa okunokubangelwa kukuba unomkhuhlane?

Ukuba impendulo yakho ngu-ewe, unganako ukuthatha inxaxheba kuphononongo lophando lonyango lwamazwe ngamazwe.

UPhononongo lujonga ukusebenza ngokukuko nangokukhuselekileyo kweyeza eliphandwayo kwizigulane ezinomkhuhlane. Olu phononongo lwahlulwe lwangamacandelo amabini, u-A no-B. Ugqirha wakho wophononongo uza kwazisa ukuba uza kuthatha inxaxheba kwiCandelo A okanye u-B wophononongo kusini na.

Unganako ukuthatha inxaxheba kuPhononongo ukuba ngaba:

• uphakathi kweminyaka eli-18 nengama-64 ubudala

• uneempawu zomkhuhlane

• unomkhuhlane oqinisekiswe ngugqirha wophononongo

• awunazimeko zempilo ezizezinye ezimandundu

• ukhe wanezi mpawu iintsuku ezingaphantsi kwezi-2 (iCandelo B kuphela)

Olu phononongo luza kuthatha iintsuku ezifikelela kwezili-14 kwaye luza kubandakanya ukutyelela kathandathu kwiziko lophando.. Uphononongo lujongiwe kwakhona lwaze lwavunywa yiKomiti yeeNqobo eziseSikweni yoPhando ye- Pharma-Ethics.

Ukuba wena okanye umntu omaziyo unomkhuhlane kobu busika kwaye unomdla ekufumaniseni lukhulu ngoPhononongo, nceda uthethe nabasebenzi beziko lophononongo ngokukhawuleza.

[FAKA IINKCUKACHA ZOQHAGAMSHELWANO ZEZIKO LOPHONONONGO]

[Umbhalo osemazantsi wolawulo lohlelo]

Uphononongo, iPhetshana elinoLwazi leSigulane, [Ushicilelo lombhalo osemazantsi]

Uphononongo, iPhetshana elinoLwazi leSigulane

**Ukuvula indlela eya kwikholesteroli esezantsi**

**UPhononongo lweZiphumo**

Olwenzelwe abantu abanesifo sentliziyo, okanye abasebungozini obuphezulu bokuba nesifo sentliziyo nabangakwaziyo ukumelana namayeza estatin

[PAGE 2]

**Yintoni uphononongo lophando lonyango?**

* Amaphononongo ophando onyango anceda ekugqibeni ukuba ngaba amayeza amatsha anokuveliswa (awaziwa ngokuba “ngamayeza asaphandwayo”) ingaba akhuselekile na kwanokuba asebenza ngokukuko kanjani na.
* Kuphononongo lophando lonyango, iqela labantu livuma ukuthatha iyeza elisaphandwayo ngelixa lijongwe ngoogqirha bophononongo, abongikazi kunye nabanye abasebenzi.
* Amaphononongo ophando onyango anikezela ngolona lwazi lungcono ngokunxulumene nokwenziwa kwezigqibo ezibhekiselele kwezempilo, kumayeza amatsha kunye nakumanyango amatsha.[PAGE 3]

**Yintoni uPhononongo lweZiphumo CLEAR?**

UPhononongo lweZiphumo CLEAR luza kuquka abantu abangaphezulu kwama-12,000 kwihlabathi ngokubanzi abanesifo sentliziyo, okanye abasebungozini obuphezulu bokuba nesifo sentliziyo, nabangakwaziyo ukumelana nokuthatha amayeza awehlisa ikholesteroli nabizwa ngokuba ngamayeza estatin. Eyona njongo iphambili yoPhononongo lweZiphumo CLEAR kukubona ukuba ngaba iyeza elisaphandwayo liyabehlisa na ubungozi bezehlo ezimandundu zesifo sentliziyo (ezinxulumene nentliziyo kunye nemithambo yegazi) kwizigulana ezinesifo sentliziyo, okanye ezisebungozini obuphezulu bokuba naso. Uphononongo kananjalo luza kujonga ukuba ingaba iyeza eliphandwayo lingalichaphazela njani na iqondo lekholesteroli kwanokuba likhuseleke kangakanani na.

**Ndingathatha inxaxheba kuPhononongo?**

Unganako ukuthabatha inxaxheba kuPhononongo lweZiphumo CLEAR ukuba ngaba:

* uneminyaka yobudala eli-18 okanye ngaphezulu, okanye iminyaka yobudala ethathwa ngokuba ngeyomntu omdala kwilizwe lakho, nokuba bobuphi na ubudala obufanelekileyo
* unesifo sentliziyo, okanye usebungozini obuphezulu bokuba nesifo sentliziyo
* awukwazi ukumelana nokuthatha amayeza estatin (wakhe wawazama amayeza estatin amabini okanye ngaphezulu, kodwa waneengxaki zokuwathatha ngenxa yeziphumo ezisecaleni ebezingalindelekanga).

Kutyelelo lokuqala lophononongo, iqela lophononongo liza kujonga ukuba ngaba ingaba uphononongo lukufanele na.

[PAGE 4]

**Luza kubandakanya ntoni uPhononongo lweZiphumo CLEAR?**

UPhononongo lweZiphumo CLEAR luza kuthatha iminyaka emi-2–5 (nalapho umyinge wobude balo iyiminyaka emi-3.5). Luza kubandakanya izigaba ezikhulu ezithathu. Umzobo ubonisa ukuba yintoni eza kwenzeka ngesigaba ngasinye sophononongo.

[PAGE 5]

**Yintoni eza kwenzeka kumatyelelo ophononongo?**

Kuza kubakho amahlolo kunye neemvavanyo eziliqela. Zinokuquka:

* imibuzo malunga nempilo yakho kunye nembali yezempilo
* uxilongo lomzimba (ukujongwa kwempilo yakho ngokubanzi, kuquka ubude kunye nobunzima bomzimba wakho)
* ukujongwa kweempawu ezibalilekileyo (uxinxelelo lwegazi kunye nokubetha kwntliziyo)
* iimvavanyo zegazi nezomchamo
* iimvavanyo zokukhulelwa (ukuba ngaba ungowasetyhini onokukwazi ukuba nabantwana)
* i-electrocardiogram (i-ECG; ukujonga isingqi sokubetha kwentliziyo yakho).

Aziyi kwenziwa zonke ezi mvavanyo kutyelelo ngalunye.

[BACK COVER]

**Yintoni enye ekufanele ndiyiqaphele?**

Ukuthatha inxaxheba kuPhononongo lweZiphumo CLEAR kukuzikhethela kwakho.

Iqela lophononongo luya kuchaza ubungozi kunye neenzuzo zokuthatha inxaxheba kuphononongo.

Iyeza lophononongo kunye neemvavanyo ziya kunikezelwa ngaphandle kwentlawulo.

**Ngubani endingaqhagamshelana naye ukufumana ulwazi olungaphezulu?**

Ukuba ngaba unomdla wokufunda nangakumbi malunga noPhononongo lweZiphumo CLEAR, nceda uqhagamshelane neqela lophononongo usebenzisa iinkcukacha ezinikeziweyo.

[Add study center details]

[VERSION CONTROL FOOTER]

INcwadana yeSigulana, Version 1.0, 26 October 2016 [V01 USA]

[PRINT FOOTER]

INcwadana yeSigulana

[FAKA I-LOGO NEMBONAKALO EKHETHEKILEYO YOPHONONONGO]

**Ingaba uneempawu ezinokubangelwa ngumkhuhlane?**

**Ukuba impendulo yakho ngu-ewe, ingaba unganawo kusini na umdla wokuthatha inxaxheba kuphononongo lophando lonyango?**

Injongo yolu Phononongo i-VX14-787-103 kukuhlola ukusebenza ngokukukho kunye nokhuseleko lweyeza lophando kwizigulane ezinomkhuhlane. Olu phononongo lwahlulwe lwangamacandelo amabini, u-A no-B. Ugqirha wakho wophononongo uza kwazisa ukuba uza kuthatha inxaxheba kwiCandelo A okanye u-B wophononongo kusini na.

Unganako ukuthatha inxaxheba kuPhononongo i-VX14-787-103 ukuba ngaba:

* uphakathi kweminyaka eli-18 nengama-64 ubudala
* uneempawu zomkhuhlane (ifiva, ukhohlokhohlo, ukumfixana, umzimba obuhlungu, okanye ukudinwa)
* unomkhuhlane oqinisekiswe ngugqirha wophononongo
* awunazimeko zempilo ezizezinye ezimandundu
* ukhe wanezi mpawu iintsuku ezingaphantsi kwezi-2 (iCandelo B kuphela)

Olu phononongo luza kuthatha iintsuku ezifikelela kwezili-14 kwaye luza kubandakanya ukutyelela kathandathu kwiziko lophando. . Uphononongo i-VX14-787-103 lujongiwe kwakhona lwaze lwavunywa yiKomiti yeeNqobo eziseSikweni yoPhando ye- Pharma-Ethics

Ukuba wena okanye umntu omaziyo unomkhuhlane kobu busika kwaye unomdla ekufumaniseni lukhulu ngoPhononongo i-VX14-787-103, nceda uthethe nabasebenzi beziko lophononongo ngokukhawuleza.

[FAKA IINKCUKACHA ZOQHAGAMSHELWANO ZEZIKO LOPHONONONGO]

[Umbhalo osemazantsi wolawulo lohlelo]

UPhononongo i-VX14-787-103, iSaziso sePhephandaba, Version 2.1, 24 April 2015 [V02 ZAF(XH)02]

[Ushicilelo lombhalo osemazantsi]

UPhononongo i-VX14-787-103, iSaziso sePhephandaba [V02 ZAF(XH)02]

[V01 USA]