[NGAPHAMBILI, IPHANELI YOKU-1]

[FAKA I-LOGO NEMBONAKALO EKHETHEKILEYO YOPHONONONGO]

Ingaba uneempawu ezinokubangelwa ngumkhuhlane?

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

**Iinkcukacha zeSigulane**

[IPHANELI YESI-2]

**Yintoni uphononongo lophando lonyango?**

Uphononongo lophando lonyango luphononongo lonyango olwenzelwe ukunikezela ngeempendulo kwimibuzo ebalulekileyo malunga nokhuseleko nokusebenza ngokukuko kwamayeza amatsha anokuthi aphuhliswe (ekuqheleke ukuba abizwe ngokuba ngamayeza aphandwayo). Ngaphandle kwamaphononongo ophando onyango, amayeza amatsha awanakuphuhliswa kwaye ingancinci kakhulu inkqubela phambili kwezonyango.

Ngaphambi kokuba uthathe isigqibo sokuba uyafuna na ukuzibandakanya kuphononongo lophando lonyango, kubalulekile ukuba usiqonde isizathu sokwenziwa kolu phononongo kwanoko luya kuluthetha kuwe ukuba uthe wathatha inxaxheba. Le ncwadana inikezela ngeenkcukacha ezinokukunceda ukuba uthathe isigqibo sokuba uyakufuna kusini na ukuthatha inxaxheba kuPhononongo i-VX14-787-103.

**Yintoni umkhuhlane?**

Umkhuhlane (uqheleke ubizwa ngokuba yi-flu) sisifo esosulelayo esenziwa yintsholongwane yomkhuhlane. Ezona mpawu ziphambili zomkhuhlane yifiva kunye nengqele, ukukhohlela, ukuvaleka okanye ukuvuza kwempumlo , ukuthimla, ukuba buhlungu komzimba, ukudinwa kunye nentloko ebuhlungu. Kukho iintlobo ezahlukeneyo zentsholongwane yomkhuhlane. Uhlobo lokuqala, umkhuhlane A, ungadala ukuqhamka kwesifo kwihlabathi lonke.

**Kutheni luyimfuneko uPhononongo i-VX14-787-103?**

Amayeza maninzi akhoyo anokubucutha ubuzaza beempawu zomkhuhlane futhi alicuthe nexesha ezithi ezi mpawu zibekho ngalo. La ngamayeza anyanga izifo ezosulelayo. Ukuze asebenze ngokukuko, amayeza anyanga izifo ezosulelayo kufuneka athathwe kwiiyure ezingama-24–48 zokuvela kweempawu zomkhuhlane. Kwakhona intsholongwane yomkhuhlane ingatshintsha ngokuhamba kwexesha ibe zezinye iintlobo ezintsha zomkhuhlane ezisenokungaqondakali msinya kwindlela asebenza ngayo amajoni akho omzimba okanye zichatshazelwe ngamayeza anyanga izifo ezosulelayo esiwasebenzisayo. Lilonke ke, kukho imfuneko yonyango olongezelelweyo olusebenza ngokukhawuleza nangokukuko.

[IPHANELI YESI-3]

**Yintoni uPhononongo i-VX14-787-103?**

Uphononongo i-VX14-787-103 lujonga ukusebenza ngokukuko nokhuseleko lweyeza eliphandwayo kwizigulane ezinomkhuhlane A. Iyeza eliphandwayo libizwa ngokuba yi-VX-787.

Olu phononongo luza kuthelekisa amathamo amabini ohlukeneyo eyeza eliphandwayo kunye neyeza esele livunyiwe lokunyanga umkhuhlane kunye nosingayeza (okhangeleka ngokufanayo neyeza eliphandwayo kodwa lingenaso isithako esiliyeza). Iyeza eliphandwayo liza kunikezelwa linayo okanye lingenayo i-oseltamivir, iyeza elinyanga izifo ezosulelayo elisele livunyiwe elisetyenziselwa umkhuhlane A. Olu luphononongo olufihlakeleyo lilonke akukho namnye kwizigulane nakugqirha wophononongo oza kwazi ukuba izigulane zinikwe iyeza eliphandwayo na okanye usingayeza. Olu phononongo luza kuthatha iintsuku ezifikelela kwezili-14 kwaye luza kubandakanya ukutyelela kathandathu kwiziko lophando.

[IPHANELI YE-4]

**Kuquka ntoni ukuthatha inxaxheba kuPhononongo i-VX14-787-103?**

Olu phononongo lwahlulwe lwangamacandelo amabini, u-A no-B. Ugqirha wakho wophononongo uza kukwazisa ukuba uza kuthatha inxaxheba kwiCandelo A okanye u-B wophononongo, ukuba uye wakulungela ukubandakanyeka.

**Icandelo A**

Ukuba uzibandakanya neCandelo A, ukuthatha kwakho inxaxheba kuza kuthatha usuku olu-1 kwaye kuza kubandakanya utyelelo olunye kwiziko lophononongo. Akukho naliphi na iyeza lophononongo oza kulifumana; kodwa ke, ugqirha wakho angakunika naluphi na olunye unyango olufanelekileyo.

* Ngexesha lokutyelela kwakho kwiziko lophononongo, ugqirha wophononongo uza kujonga ukuba uPhononongo i-VX14-787-103 lukulungele kusini na.
* Ukuba ukulungele ukuba uthathe inxaxheba, uza kucelwa ukuba unikezele itshefu ofinya ngayo ukuze ajonge ukuba usulelwe kusini na yintsholongwane yomkhuhlane.

**Icandelo B**

Ukuba ukulungele ukuthatha inxaxheba waza wakhetha ukuthatha inxaxheba kwiCandelo B, uphononongo luza kuthatha iintsuku ezimalunga ne-14 kwaye luza kubandakanya utyelelo kathandathu kwiziko lophononongo. Uza kufumana iyeza lophononongo, kwaye iimpawu zakho zomkhuhlane kunye neempawu eziqhelekileyo zempilo ngokubanzi ziza kujongwa liqela loogqirha kunye nabongikazi abanamava.

* Ngexesha lotyelelo lwakho lokuqala kwiziko lophononongo, ugqirha wophononongo uza kujonga ukuba ingaba uPhononongo i-VX14-787-103 lukulungele kusini na.
* Ukuba ukulungele ukuthatha inxaxheba, uza kunikwa ithamo lokuqala leyeza eliphandwayo kwiziko lophononongo. Uza kunikwa idayari ukuze ubhale naziphi na iimpawu zomkhuhlane.
* Uza kuqhubeka uthatha iyeza lophononongo kangangeentsuku ezi-5.
* Ngamathuba amathathu kwamane okuba ungafumana iyeza eliphandwayo, kodwa akakho owaziyo phakathi kwakho nogqirha ukuba uthatha ntoni kanye kanye. Iyeza oza kulifumana liza kuxhomekeka nje kwindlela engaqingqwanga (njengokutshebelezisa ukhozo lwemali).
* Kutyelelo ngalunye kwiziko lophononongo kuza kwenziwa uvavanyo oluninzi. Kuxhomekeke kutyelelo, olu vavanyo lungabandakanya uvavanyo lomzimba, ukujongwa koxinzelelo lwegazi kunye nokubetha kwentliziyo, uvavanyo lwegazi nolomchamo, ne-electrocardiogram (ECG), enceda ukujonga ukuba intliziyo yakho isempilweni kusini na. Ngeli xesha ukolu phononongo, imeko yakho iza kujongwa ngononophelo liqela loogqirha nabongikazi abanamava.

Uza kuza kumatyelelo amabini okugqibela kwiziko lophononongo ukuze ugqirha ajonge ukuba unjani na xa sele uyekile ukusela iyeza lophononongo.

[IPHANELI YESI-5]

**Ndingayithatha inxaxheba kuPhononongo i-VX14-787-103?**

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 A oqinisekiswe ngugqirha wophononongo
* awunazimeko zempilo ezizezinye ezimandundu
* ukhe wanezi mpawu iintsuku ezingaphantsi kwezi-2 (iCandelo B kuphela)

Siza kwenza uhlolo olongezelelweyo xa utyelela iziko lophononongo okokuqala ukuze sijonge ukuba uphononongo lukulungele kusini na.

[IPHANELI YESI-6]

**Yintoni enye emandiyiqaphele?**

Ukuthatha inxaxheba kuPhononongo i-VX14-787-103 kokokuzithandela. Ukuba ukhetha ukuba ungathathi nxaxheba, akukho mfuneko yokunika isizathu.

Akuzukubakho ndleko oza kuzihlawula ngokuthatha kwakho inxaxheba kolu phononongo. Uphononongo i-VX14-787-103 lujongiwe kwakhona lwaze lwavunywa yiKomiti yeeNqobo eziseSikweni yoPhando ye- Pharma-Ethics .

**Ndingenza ntoni ngoku?**

Ukuba unomdla wokufumanisa lukhulu malunga noPhononongo i-VX14-787-103, nceda uqhagamshelane neqela lophando ngokukhawuleza:

[FAKA IINKCUKACHA ZOQHAGAMSHELWANO ZEZIKO LOPHONONONGO]

[Umbhalo osemazantsi wolawulo lohlelo]

UPhononongo i-VX14-787-103, iNcwadana yeSigulane, Version 2.1, 24 April 2015 [V02 ZAF(XH)02

]

[Ushicilelo lombhalo osemazantsi]

UPhononongo i-VX14-787-103, iNcwadana yeSigulane [V02 ZAF(XH)02]

**Imvume eSEKELWE ElwaziNI yomthathi-nxaxheba yovavanyo lwentsholongwane kagawulayo (i-HIV)**

**Inombolo Yemithetho yokuziphatha:** IPC/CLI/15/003

**Isihloko Semithetho Yokuziphatha: Amaziko onyango awohlukeneyo, olwenziwa kumaziko awohlukeneyo, olungafihlwanga, olunamaqela akhiwa ngendlela engahlelwanga, olunamathamo awohlukeneyo, iindlela zonyango ezimbini, amaxesha amabini okudlulela kwelinye, oluthelekisa ukufana kweyeza eliyimveliso eVavanywayo [i-Amphotericin B (i-Liposome esetyenziswa kwisitofu) i-50 mg/vial, Cipla Ltd., India] kunye nemveliso eyiReferensi [i-AmBisome® (i-Amphotericin B) i-Liposome esetyenziswa kwisitofu eyi-50 mg/vial), Gilead life sciences, USA] kwizigulana ezingabantu abadala abanosuleleko lomngundo.**

**Inombolo yomthathi-nxaxheba: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Oonobumba bokuqala baMagama oMthathi-nxaxheba\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Igama lomphandi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Mthathi-nxaxheba Obekekileyo

Njengenxalenye yophononongo lophando olungasentla, uyacelwa ukuba wenze uvavanyo lwentsholongwane kagawulayo (i-HIV) ukuvavanya ukuba unayo na i-HIV. Ngaphambi kokuvuma ukuthatha inxaxheba kolu phononongo lophando, kubalulekile ukuba ufunde uze uqonde le nkcazelo ilandelayo yokuhlolelwa i-HIV. Awunakuthatha nxaxheba kuphononongo ukuba ugqiba kwelokuba akufuni kuvavanyelwa i-HIV. Kodwa ke, iziphumo zolu vavanyo azisayi kuchaza kuphela ukuba ukufanele na okanye awukufanelanga ukuqhubeka uthatha inxaxheba kuphononongo lophando, kodwa zinokuba negalelo elibalulekileyo kwimpilo yakho nendlela ophila ngayo.

Zonke iindleko ezinxulumeneyo ze-HIV, kwakunye neengcebiso zangaphambi nasemva kokuhlolwa ziya kuhlawulelwa ngumxhasi.

**Intshayelelo**

Ulosuleleko yi-HIV yimeko yezempilo emandundu ekhokelela kugawulayo (AIDS). I-HIV inwenwa ngenxa yokwabelana ngesondo nomntu one-HIV, ukuchanabeka kwigazi elosulelekileyo (umz. njengokwabelana ngeenaliti xa kuhlatywa iinaliti ezineziyobisi kunye nokusuka kumama one-HIV ukuya kumntwana ngelixa ekhulelwe, xa ebeleka okanye xa encancisa. Abantu abanokuba sengozini kakhulu yokosuleleka baquka abantu ababelana ngesondo nabantu abane-HIV bengazikhuselanga, amadoda abelana ngesondo namanye amadoda, abasebenzisi beenaliti zokuhlaba iziyobisi ngenaliti kunye namaqabane abo esondo, abantu abaye bafumana igazi phakathi konyaka ka-1978 no-1985, kwakunye nabantu ababelana ngesondo namaqabane amaninzi.

**Inkqubo**

Uza kufumana iingcebiso ngaphambi nasemva kokuba wenze uvavanyo, nokuba ngaba zithini na iziphumo zovavanyo lwakho lwe-HIV.

Uvavanyo lwe-HIV luya kwenziwa kwisampuli yegazi lakho. Uvavanyo lunokubona indlela amajoni omzimba alwa ngayo xa kukho i-HIV. Ukuhlolwa komlo ne-HIV/AIDS kusetyenziselwa ukubona enoba ingaba wosulelwe na yi-HIV. Uhlolo lwe-HIV luchaneke ngokuthe ngqo ukuba ngaba lwenziwe kwiinyanga ezintathu emva kokuchanabeka kwi-HIV.

Xa uvavanyo lubonisa ukuba awunayo i-HIV oko kuthetha ukuba akunakwenzeka ukuba wosuleleke yi-HIV. Ukuba ubuye wachanabeka kungekudala (ngaphantsi kweenyanga ezintathu), kunokufuneka ukuba luphindwe uhlolo lwe-HIV ukuqinisekisa ukuba awukho “kwixesha esafihlakele” ngalo i-HIV, ngaphambi kokuba kubekho amajoni alwa nayo.

Uvavanyo olubonisa ukuba une-HIV luchaza ukuba maninzi amathuba okuba wosulelwe yi-HIV. Olu vavanyo aluchazi ukuba sele sihambele phambili kangakanani isigulo yaye asilovavanyo lukaGawulayo. Kuya kudingeka unakekelo lwezempilo nohlolo olungakumbi ukunceda ekucwangciseni unyango.

**Izinto ezintle kunye nezo zingentlanga ngokwenza uvavanyo lwentsholongwane kagawulayo**

Izinto ezintle ngokwenza uvavanyo lwe-HIV ziquka:

* Ukwenza ukuba ukwazi ukufumana unakekelo lwempilo neengcebiso ngokunxulumene ne-HIV nanto leyo ineenzuzo ezininzi.
* Ukuthintela ukudluliselwa kwe-HIV kwabo wabelana nabo ngesondo.
* Ukwazisa iqabane lakho ukuze likwazi ukuthintela ukunwenwa kwe-HIV.
* Ukuphepha ukunikezela ngegazi.
* Ukuthintela ukudluliselwa kwe-HIV ukusuka kumama okhulelweyo ukuya kumntwana.

Izinto ezingentlanga ngokwenza uvavanyo lwe-HIV ziquka:

* Ukuxinezeleka ngokwasemoyeni, ukudakumba nokuphelelwa lithemba.
* Ukubekwa ibala.
* Ukucalulwa.
* Ukubukulwa lusapho lwakho, abahlobo okanye ngabo wabelana nabo ngesondo kunye okanye lowo utshate naye.

Ezi zinto zintle nezingentlanga zifanele zijongisiswe ngaphambi kokusayina ifomu yokunika imvume.

**Imingcipheko**

Imiphumela engemihle esenokubakho esukela kukutsalwa kwegazi iquka isiyezi, ukudumba komthambo, ukuqaqanjelwa, ugruzuko okanye ukopha kwindawo ekuhlatywe kuyo.

**Imfihlelo**

Iinkcukacha zakho zovavanyo lwe-HIV azinakunikwa nabani na ngaphandle kwemvume yakho ebhaliweyo. Ukuvuma okuqhelekileyo konyango nokukhutshwa kweenkcukacha akuziquki inkcukacha ezinxulumene ne-HIV. Ukuba kufunyaniswe ukuba une-HIV, akunyanzelekanga ukuba uxelele nabani na ngoko kufunyanisiweyo. Kodwa ke, kubaluleke gqitha ukuba wazise amaqabane akho esondo kwanabo ekusenokwenzeka ukuba bakhe badibana negazi lakho.

**Ingxelo yemvume**

1. Ndiyavuma ukuba kutsalwe igazi lam ukuze kwenziwe uvavanyo lwe-HIV oluchaziweyo ukuze kubonwe ukufaneleka kwam ukuba ndingathatha inxaxheba kuphando lwezonyango
2. Ndiyaqinisekisa ukuba ndilifundile futhi ndaliqonda iphetshana elinolwazi elingasentla, kwaye ndiye ndachazelwa ngabasebenzi kuphando ngemo, ukuziphatha, oko kusenokuba yinzuzo nobungozi bokuhlolelwa i-HIV, yaye ndiye ndaba nethuba lokubuza imibuzo.
3. Ndiya kufumana ikopi esayiniweyo *yePhetshana lolwazi lomguli kunye neyefomu yemvume.*

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Igama elibhalwe ngoonobumba lomthathi-nxaxheba

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Utyikityo lomthathi-nxaxheba

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Umhla

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Igama elibhalwe ngoonobumba lomntu oqhuba ukufunyanwa kwemvume (ingenguye umphandi)

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Utyikityo lomntu oqhuba ukufunyanwa kwemvume (ingenguye umphandi)

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Umhla

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Igama elibhalwe ngoonobumba lomphandi

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Utyikityo lomphandi

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Umhla

Ndiyaqinisekisa ukuba imvume yomlomo ifunyenwe kumthathi-nxaxheba ongasentla. Umthathi-nxaxheba wazisiwe ngobungozi kwakunye nezinto anokuzizuza kuphando, uyabuqonda obo bungozi kwakunye nezinto anokuzizuza, kwaye uyayinika imvume yokuthatha inxaxheba, ngaphandle kokunyanzeliswa, kweempembelelo ezingafanelekanga okanye ukuthenjiswa ngamaqithi-qithi angafanelekanga.

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Igama elibhalwe ngoonobumba lengqina\*

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Utyikityo lwengqina\*

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Umhla

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*\*: Apho kufanelekileyo, jonga isikhokelo semvume enolwazi yoMthathi-nxaxheba ukuze ufumane inkcazelo*

<Umhla>

<Igama leSigulane

Idilesi yokuPosa>

[1]MALUNGA:

UPhononongo loPhando loNyango lwaBantu abaneeMpawu zoMkhuhlane (iFlu) [2]

[1] ]<Igama leSigulane>[ [2]Obekekileyo[3]:

[1]Ixesha lomkhuhlane seliphinde lafika!

Ikliniki yethu ithatha inxaxheba kuphononongo lophando lonyango ukuvavanya iyeza elitsha eliphandwayo labantu abebeneempawu zomkhuhlane kungekudala.

Sikhangela abantu abangathi babe nomdla wokuthatha inxaxheba.

Wena (okanye umntu omaziyo) niya kufaneleka ukuthatha inxaxheba ukuba ngaba:

Nineminyaka eli-18 ukuya kuma-65 ubudala

Nineempawu zomkhuhlane ebeziqale kwezi ntsuku zi-5 zigqithileyo (ukuquka ifiva, ukuqaqanjelwa ngumzimba, ingqele, ukukhohlela, ukuxinana kweempumlo, umqala obuhlungu, intloko ebuhlungu okanye ukudinwa)

Anikhange nithathe amayeza omkhuhlane afana ne-Tamiflu, i-Relenza okanye i-Rapivab kwiiveki ezi-2 ezidlulileyo

Nisempilweni eyamkelekileyo ngaphandle nje komkhuhlane

Imbali yakho ngokunxulumene nezempilo kunye nezinye iinqobo ziza kujongisiswa kutyelelo lokuqala lophononongo ukukhangela ukuba ungangena na kuphononongo.

[1]Abathathi-nxaxheba kuza kufuneka batyelele ikliniki yophononongo amaxesha ama-4 kwiintsuku zokuqala ezisi-7 zopononongo.

Emva kwenxenye enkulu yophononongo uza kutsalelwa umnxeba izihlandlo ezi-6 ezicwangcisiweyo kwiinyanga ezi-3 ezilandelayo ukujonga impilo yakho.

Ezinye iinkqubo zophando ziquka uvavanyo lomzimba nolwempilo, ukujongwa kweempawu ezibalulekileyo, ubushushu bomzimba, ukuthathwa kwesampuli yegazi, ukuthathwa koko kosulwe ngelaphu empumlweni kunye nokuvavanyelwa ukukhulelwa kwabasetyhini.

Ukuba ngaba uthe wavela iimpawu zomkhuhlane kobu busika, sicela uqhagamshelane nathi ngoko nangoko:

<iinkcukacha zonxibelelwano>

Ozithobileyo,

<Umphandi oyiNtloko>

Ikhadi leSazisi loMthathi-nxaxheba

Ndithatha inxaxheba kuphando lophononongo lwezonyango oluhlola ukukhuseleka nokusebenza ngokukuko kweyeza eliphandwayo (i-bempedoic acid) kwizigulana ezinesifo sentliziyo, okanye ezisebungozini obuphezulu bokuba nesifo sentliziyo, nezingakwaziyo ukumelana nestatin. Ndithatha iyeza eliphandwayo okanye usingayeza ngomlomo, kanye yonke imihla.

Igama/inombolo yoMthathi-nxaxheba: …………………………………………………………

Nceda uliphathe kuwe eli khadi maxa onke ngelixa uthatha inxaxheba kolu phononongo, uze uliveze rhoqo xa utyelela ugqirha okanye usokhemisti.

UPhononongo lweZiphumo CLEAR

Kwimeko edinga uncedo olungxamisekileyo, okanye ukuba ngaba udinga ulwazi olungaphezulu malunga noPhononongo lweZiphumo CLEAR okanye iyeza lophononongo, nceda uqhagamshelane no-:

Ugqirha woPhononongo

Idilesi yeziko lophononongo

Inombolo yomnxeba yeziko lophononongo

Ikhadi leSazisi loMthathi-nxaxheba

Ikhadi leSazisi loMthathi-nxaxheba

Enkosi ngokuthabatha inxaxheba kuPhononongo lweZiphumo CLEAR!

Le shedyuli yamatyelelo iza kukuxelela ukuba yintoni na onokuyilindela kutyelelo ngalunye lwamatyelelo akho kwiziko lophononongo. Sicela uqhagamshelane nathi nanini na xa ufuna ukwenza njalo, kwaye usixelele ngoko nangoko ukuba ngaba ufuna ukucwangcisa ngokutsha naluphi na utyelelo.

Isikhokelo soTyelelo

Yintoni eza kwenzeka kutyelelo ngalunye?

Impendulo

Q = Imibuzo malunga nempilo yakho kunye namayeza

PE = Ukuxilongwa komzimba

VS = Iimpawu ezibalulekileyo, ubunzima bomzimba, nobude

E = I-electrocardiogram

B = Iimvavanyo zegazi

U = Uvavanyo lomchamo

Pr = Uvavanyo lokukhulelwa:

Rc = Ukufumana iyeza lophononongo

Rt = Ukubuyisa iyeza lophononongo

F = Akutyiwa okanye kuselwe siselo ngaphandle kwamanzi iiyure ezili-10 ngaphambi kotyelelo

Utyelelo Idinga lam Okumele ndikulindele

Utyelelo loHluzo loku-1

Utyelelo lwakho lokuqala Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ukujongwa nokusayinwa kweMvume Esekelwe Elwazini; F, Q, VS, B, U, Pr

Utyelelo loHluzo lwesi-2

Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, PE, E, B, Rc

Utyelelo loNyango loku-1

Usuku 1 (Inyanga 0) Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, VS, B, U, Rc, Rt

Utyelelo loNyango lwesi-2

Inyanga 1 Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, VS, B

Utyelelo loNyango lwesi-3

Inyanga 3 Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, VS, B, U, Rc, Rt

Utyelelo loNyango lwesi-4

Inyanga 6 Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, VS, B, U, Rc, Rt

Utyelelo loNyango lwesi-5 (umnxeba) nayo yonke iminxeba elandelayo

Inyanga 9, Inyanga 15, Inyanga 21, Inyanga 27, Inyanga 33 Imihla namaxesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q

Utyelelo loNyango lwesi-6 nawo onke amatyelelo akwiziko lophononongo kude kube lutyelelo lokuPhela noNyango

Inyanga 12, Inyanga 18, Inyanga 24, Inyanga 30 Imihla namaxesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, VS, B, U, Rc, Rt

Utyelelo lokuphela kophononongo (EOS) Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F, Q, PE, E, VS, B, U, Rt

Umnxeba wolandelelo (iintsuku ezingama-30 days emva kotyelelo lwe-EOS) Umhla nexesha \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q

Ayintoni amahlolo?

Uhlolo Inkcazelo

Imibuzo malunga nempilo yakho kunye namayeza Uya kubuzwa malunga nempilo yakho ngokubanzi kwakunye nazo naziphi na izigulo zangaphambili, amayeza okhe wawathatha kwanalawo uwathathayo, loluphi utyando owakhe walwenziwa, kwanazo naziphi na ii-aleji onazo.

Ukuxilongwa komzimba Ukujongwa kwempilo yakho ngokubanzi. Oku kuza kuquka ukujongwa kwenkangeleko yakho ngokubanzi, ulusu, amehlo, iindlebe, impumlo, umqala, intloko, intamo, amalungu angaphandle, imisipha namalungu, isifuba nemiphunga, intliziyo, isisu, isimo sakho sengqondo sangoku nje, kwakunye nokukwazi kwakho ukushukumisa nokusebenzisa izivo sakho (ukubona, ukuva, ukungcamla, ukunukisa, nokubamba).

I-electrocardiogram (ECG) Uvavanyo lokujonga ukuphila kwentliziyo yakho. Iiphedi ezincamathelayo, ezidityaniswa kwikhompyutha ngamacingwana, ziza kubekwa esikhumbeni sakho. Ikhompyutha iza kurekhoda ukusebenza kwentliziyo yakho (ukubetha nesingqi).

Iimpawu ezibalulekileyo, ubunzima bomzimba nobude Uza kuphumla imizuzu emi-5. Emva koko iqela lophononongo liza kujonga uxinzelelo lwakho lwegazi kunye nokubetha kwentliziyo. Kuza kuthathwa umlinganiselo wobude bakho kuTyelelo 1 kuze kuthathwe umlinganiselo wobunzima bomzimba kutyelelo ngalunye. Nxiba izihlangu ekuza kuba lula ukuzikhulula kunye neempahla ezingakubambiyo.

Iimvavanyo zegazi Kuza kuthathwa iisampuli zegazi emthanjeni kwingalo yakho kusetyenziswa inaliti zize zisetyenziswe ukujonga impilo yakho.

Uvavanyo lomchamo Uza kucelwa ukuba unikezele ngesampuli yomchamo eza kusetyenziselwa ukujonga impilo yakho ngokubanzi.

Uvavanyo lokukhulelwa Abasetyhini abasengakwazi ukuba nabantwana baza kuthathwa kananjalo isampuli yegazi kutyelelo lohluzo ukwenzela uvavanyo lokukhulelwa. Abasetyhini asele beyekile ukuya exesheni (menopause) kodwa bengaphantsi kweminyaka yobudala engama-55 endaweni yoko baya kwenziwa uvavanyo lwehomoni evelisa i-follicle (follicle-stimulating hormone (FSH)) ukujonga ukuba basengavelisa na.

Ukufumana iyeza lophononongo Uza kufumana iyeza lophononongo elaneleyo eliza kukuqhuba kude kufike utyelelo lwakho olulandelayo. Kananjalo uza kufumana ulwazi malunga nendlela yokuthatha nokugcina iyeza lophononongo.

Ukubuyisa iyeza lophononongo Buyisela onke amayeza ophononongo (iibhotile ezisetyenzisiweyo nezingenayo, kwakunye neebhotile ezineepilisi kuzo) kwiziko lophononongo.

Ishedyuli yeSigulana yamaTyelelo,[Ushicilelo lombhalo osemazantsi]

Ishedyuli yeSigulana yamaTyelelo

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[Study branding - Ukuvula indlela eya kwikholesteroli esezantsi]

<<Principal Investigator Name>>

<<Address 1>>

<<Address 2>>

<<City, State, Zip code>>

<<Telephone>>

<<Patient Name>>

<<Address 1>>

<<Address 2>>

<<City, State, Zip code>>

Obekekileyo <<Patient Name>>,

Iziko lethu lithatha inxaxheba kuPhononongo lweZiphumo CLEAR olwenzelwe izigulama ezinesifo sentliziyo, okanye ezisebungozini obuphezulu bokuba nesifo sentliziyo, nezikhe zaneengxaki ezinxulumene nokuthatha amayeza estatin. Ii-statins ngamayeza asetyenziselwa ukwehlisa amaqondo ekholesteroli egazini. Siza kuwe nanjengoko sicinga ukuba usengakwazi ukuthatha inxaxheba kolu phononongo.

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.

Bamalunga nama-12,000 abantu abadala abavela kwihlabathi jikelele abaza kuthatha inxaxheba. 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
* unembali yesifo 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).

Uphononongo luza kuthatha phakathi kweminyaka emi-2 nemi-5. Kukho amatyelelo amabini ohluzo, kwaye ukuba ngaba ufanelekile ukuba ungaqhubeka, ixesha lonyango luya kuba namatyelelo akumyinge we-14. Uya kutyelela iziko lophononongo ngeNyanga yoku-1, iNyanga yesi-3, neNyanga yesi-6. Emva kweNyang yesi-6, amatyelelo akho kwiziko lophononongo aya kutshintshana kunye nokutsalelwa iminxeba rhoqo kwiinyanga ezi-3 kude kube sekupheleni kophononongo.

Awunyanzelekanga ukuba uthathe inxaxheba kolu phononongo.

Ukuba ngaba ugqibe ekubeni uthathe inxaxheba kolu phononongo, onke amayeza ophononongo kunye neemvavanyo uya kuzifumana ngaphandle kwentlawulo. Siyathemba ukuba olu phononongo luza kusinceda ekubeni sifunde nangakumbi malunga neyeza eliphandwayo.

Nceda ukhululeke uqhagamshelane na ukuba ngaba unayo nayiphi na imibuzo, okanye ukuba ngaba ungathanda ukufunda banzi malunga nolu phononongo. Ukuba ngaba uthe waqhagamshelana nam, usengakhetha ukuba ungabi yinxalenye yophononongo.

Ozithobileyo,

<<Principal Investigator’s name>>

Umphandi oyiNtloko

UPhononongo lweZiphumo CLEAR

[VERSION CONTROL FOOTER]  
ILeta esuka kuGqirha eya kwiSigulana, Version 1.0, 26 October 2016 [V01 USA]

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ILeta esuka kuGqirha eya kwiSigulana [V01 USA]

Ikhadi lokuKhumbuza ngoTyelelo

Utyelelo lwakho lophononongo olulandelayo luhlelelwe:

Umhla:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ixesha:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Ukuba ngaba iphawuliwe le bhokisi, lo ngumnxeba wokuxoxa ngokuba uqhuba kanjani na kwanokuba kubekho izinto okanye imiba ekuxhalisayo na ukususela kutyelelo lokugqibela kwiziko lophononongo.

Ukuba ngaba iphawuliwe le bhokisi, kuza kufuneka ukuba uzile ukutya ngaphambi kolu tyelelo. Iqela lophononongo liya kukunika iinkcukacha ezingaphezulu malunga nokuba kuza kwenzeka ntoni na ngolu tyelelo kwanokuba yintoni na ekufuneka uyilungise ukwenzela olu tyelelo.

Nceda ukhumbule ukuphatha zonke iibhotile zeyeza lophononongo ezingenanto kwakunye neyeza lophononongo elingasetyenziswanga xa usiya kutyelela iziko lophononongo.

Nceda uqhagamshelane neziko lophononongo ngoko nangako ukuba ngaba kukho utshintsho empilweni yakho, unayo nayiphi imibuzo okanye okukuxhalabisayo, okanye ufuna ukutshintsha utyelelo lophononongo.

Igama lomntu ongaqhagamshelana naye

Inombolo yomnxeba

Siya kukonwabela ukukubona kutyelelo lwakho olulandelayo.

Ikhadi lokuKhumbuza ngoTyelelo,

Ikhadi lokuKhumbuza ngoTyelelo