Ukuvula indlela eya kwikholesteroli esezantsi

Isikhokelo seMvume enoLwazi

Olu xwebhu lwenzelwe ukuba lube sisikhokelo kwaye aluthathi indawo yeFomu yeMvume Esekelwe Elwazini

Ulwazi lwabaphandi

Yintoni uphononongo lophando lonyango?

Amaphononongo ophando onyango aqhutywa ngoogqirha kunye nabongikazi ukunceda ekufumaniseni ukuba ingaba amayeza amatsha anokuveliswa (awaziwa ngokuba “ngamayeza aphandwayo”) akhuselekile na kwanokuba asebenza ngokukuko kanjani na.

• Ukuba ngaba ukhetha ukuthatha inxaxheba kuPhononongo lweZiphumo CLEAR, unceda oogqirha ukuba bafumane eyona ndlela ingcono yokunyanga izigulana ezinesifo sentliziyo okanye ezisebungozini obuphezulu bokuba nesifo sentliziyo kwaye ezinobunzima bokuthatha amayeza estatin ngenxa yeziphumo ezisecaleni ebezingalindelekanga.

• Akunyanzelekanga ukuba uthathe inxaxheba kolu phando ukuba awufuni. Uza kuqhubeka nokufumana unakekelo lwakho lwesiqhelo ngokunxulumene nempilo yentliziyo yakho.

• Ukukunceda uqonde oko kumele ukulindele njengokuba uqhubeka nophononongo, nceda ufunde ngononophelo iFomu yeMvume Esekelwe Elwazini.

Nceda ukhululeke ubuze imibuzo ngaphambi kokwenza isigqibo sokuba uyithathe na inxaxheba kuPhononongo lweZiphumo CLEAR.

Sisetyenziswa njani esi sikhokelo

Esi sikhokelo silungiselelwe ukunceda abaphandi ekuqhubeni ingxoxo yemvume esekelwe elwazini kunye nezigulana ezicinga ngokuthatha inxaxheba kuPhononongo lweZiphumo CLEAR. Eli cala letshati liqulethe izikhokelo zengxoxo ezingundoqo ezivela kwiFomu yeMvume eSekelwe eLwazini. Icala elijonge kwisigulana libonisa inguqulelo eyenziwe lula yolu lwazi, kunye nemizobo exhasayo.

Yintoni uphononongo lophando lonyango?

Xoxa ngenjongo yophononongo lophando lonyango

• Kucacise ukuba onke amayeza asaphandwayo kufuneka aphononongwe kumaphononongo ophando onyango ngaphambi kokuba oogqirha bavunyelwe ukuba bawanike izigulana.

• Chaza ukuba la maphononongo ajonga ukuba amayeza asaphandwayo ayasebenza na nokuba akhuselekile na ukuba asetyenziswe ngabantu.

Qinisekisa ukuba isigulana siyawaqonda la manqaku alandelayo:

• Bamenywa ukuba bathathe inxaxheba kuPhononongo lweZiphumo CLEAR kuba:

• banesifo sentliziyo, okanye basebungozini obuphezulu bokuba nesifo sentliziyo

• bakhe bazama ubuncinane ii-statins ezimbini ngaphambili kwaye abakwazi ukumelana nazo.

• Ukuthatha inxaxheba kokokuzithandela okupheleleyo, kwaye injongo yale ngxoxo kukunceda izigulama ukuba zenze isigqibo esisekelwe elwazini.

• Ukuba ngaba izigulana zigqiba ekubeni zibe yinxalenye yophononongo, kubalulekile ukuba zikwazi ukuzibophelela ekuhlaleni ziyinxalenye ngexesha lonke lophononongo.

• Ukuba ngaba izigulana zigqiba ekubeni zithathe inxaxheba kuphononongo, ziza kucelwa ukuba zisayine iFomu yeMvume Esekelwe Elwazini.

• Banokuyithatha iFomu Esekelwe Elwazini bagoduke nayo ukuze bayifunde banzi, kwaye bathethe malunga nayo kunye nelungu losapho okanye umhlobo.

Ulwazi lwabaphandi

Malunga noPhononongo lweZiphumo CLEAR

UPhononongo lweZiphumo CLEAR luzama ukuhlola iyeza elisaphandwayo elibizwa ngokuba yi-bempedoic acid.

Uphononongo luza kuqhutywa kumaziko ophononongo amalunga ne-1000 kumazwe angama-30.

Bamalunga nama-12,600 abantu abadala abanesifo sentliziyo okanye abasebungozini obuphezulu bokuba nesifo sentliziyo, abanekholesteroli ephezulu kwaye abakhe baneengxaki ezinxulumene nokuthatha ii-statins, abaza kuthatha inxaxheba kolu phononongo.

Yintoni iyeza elisaphandwayo?

• I-bempedoic acid inikezelwe njengepilisi ekufanele ithathwe ngomlomo malunga nexesha elifanayo rhoqo kusasa kunye okanye ngaphandle kokutya.

• Ayikavunywa ukuba isetyenziswe ngaphandle kwamaphononongo ophango onyango.

• Kumaphononongo angaphambili, i-bempedoic acid yasebenza ngokwehlisa amaqondo ekholesteroli eyi-low-density lipoprotein (LDL-C) emzimbeni.

• I-LDL-C ivamise ukubizwa “njengekholesteroli embi”. I-LDL-C eninzi kakhulu emzimbeni ingabeka abantu ebungozini besifo sentliziyo.

• Ukwehlisa amaqondo e-LDL-C kunokubehlisa ubungozi beengxaki ezibangelwa sisifo sentliziyo, ezifanwa nokuhlaselwa yintliziyo kunye nestrowukhi. Malunga noPhononongo lweZiphumo CLEAR

Xoxa ngenjongo yoPhononongo lweZiphumo CLEAR

• Chaza ukuba iyeza elisaphandwayo liyahlolwa ukuze kubonwe ukuba ngaba liyasebenza na kwanokuba likhuseleke kangakanani na kubantu abanesifo sentliziyo, okanye abasebungozini obuphezulu besifo sentliziyo nabangakwaziyo ukumelana ne-statin.

• Chaza ukuba yoPhononongo lweZiphumo CLEAR luphononongo lophando lonyango oluqhutywa kwihlabathi jikelele noluza kuqhutywa kumazwe amalunga nama-30.

• Qaqambisa ukuba uphononongo lunenjongo yokuquka abantu abadala abamalunga nama-12,600 kwilizwe jikelele.

Xoxa nge-bempedoic acid usebenzisa ulwimi olulula, njengoko kucetyisiwe apha ngezantsi:

• Chaza ukuba i-bempedoic acid ifumaneka njengepilisi. Izigulana ezikuphononongo ziza kuthatha ipilisi enye rhoqo kusasa malunga nexesha elifanayo kunye okanye ngaphandle kokutya.

• I-bempedoic acid (ETC-1002) “liyeza elisaphandwayo”, into ethetha ukuba elikavunywa yi-United States Food and Drug Administration (FDA) okanye ngamanye amaGunya oLawulo ezeMpilo kwihlabathi ngokubanzi kwaye lifumaneka kuphela kumaphononongo ophando onyango afana nolu.

• Thetha nesigulana malunga nokuba iphononongwe njani na i-bempedoic acid kumaphononongo ophando onyango angaphambili.

o I-bempedoic acid yawehlisa amaqondo e-LDL-C, okanye “ikholesteroli embi”, kubathathi-nxaxheba bophononongo.

o Kukholelwa ekubeni ukwehlisa amaqondo e-LDL-C kunokubehlisa ubungozi beengxaki ezibangelwa sisifo sentliziyo may help to reduce the risk of the complications of cardiovascular disease, ezifana nokuhlaselwa yintliziyo, isitrowukhi, ukulaliswa esibhedlele ngenxa yeengxaki ezinxulumene nentliziyo, utyando, kunye nokufa.

Ulwazi lwabaphandi

Yintoni eza kwenzeka ngexesha loPhononongo lweZiphumo CLEAR?

UPhononongo lweZiphumo CLEAR lunezigaba ezithathu ezikhulu. Umzobo ukubonisa ukuba yintoni eza kwenzeka ngexa lesigaba ngasinye sophononongo.

Uya kunakekelwa liqela loogqirha nabongikazi ngalo lonke ixesha othatha ngalo inxaxheba kuphononongo. Yintoni eza kwenzeka ngexesha loPhononongo lweZiphumo CLEAR?

Nika amagqabantshintshi malunga nokwakhiwa koPhononongo lweZiphumo CLEAR

Chaza izigaba ezine zoPhononongo lweZiphumo CLEAR:

Ixesha lohluzo: okokuqala, isigulana siza kutyelela kwiziko lophononongo, nalapho oogqirha nabongikazi bophononongo beza kwenza iimvavanyo eziliqela namahlolo, kunye nokujongwa kwembali yezempilo, ukubona ukuba ingaba uphononongo lusilungele na.

Ixesha elingaphambi kokuqala konyango: ukuba ngaba isigulana sifanelekile ukuba sibe yinxalenye yophononongo (ingekuko ukusilela kwesikrini), siza kunikwa isixa seyeza lophononongo. Baza kuthatha ipilisi enye yeyeza lophononongo usuku ngalunye isithuba seeveki ezi-4 baze babuyele kwiziko lophononongo ukuya kuqalisa ixesha lonyango.

Ixesha lonyango: ixesha lonyango liya kuthatha phakathi kweminyaka emi-2 nemi-5, ngokuxhomekeke ekubeni isigulana singene nini na kuphononongo. Ekuqaleni kwexesha lonyango, izigulana ziya kwabiwa ngendlela engahlelwanga yethuba eliyi-1:1 ukuze zifumane i-bempedoic acid eyi-180 mg efihliweyo or okanye usingayeza kanye yonke imihla. Isigulana kuza kufuneka ukuba siqhubeke nokuthatha iyeza lophononongo yonke imihla ngesi sigaba. Kuza kufuneka babuye ukuze kwenziwe amanye amahlolo neemvavanyo kwiziko lophononongo ngoSuku loku-1, iNyanga 1, iNyanga 3, neNyanga 6. Emva kweNyanga 6, baza kutshintshisana ukutsalelwa iminxeba nokuya kumatyelelo akwiziko lophononongo rhoqo kwiinyanga ezi-3 kude kube sesiphelweni sophononongo.

Ukuphela kophononongo nexesha lolandelelo: isigulana siya kuya kutyelelo lokuphela kophononongo (EOS) emva kwethamo laso lokugqibela leyeza lophononongo. Kwinyanga enye (iintsuku ezingama-30) emva kotyelelo lwe-EOS, siya kutsalelwa umnxeba ngabasebenzi bophononongo ukujonga impilo yaso.

• Chaza ukuba izigulana ziya kuthatha ipilisi enye ye-bempedoic acid okanye usingayeza rhoqo kusasa.

• Qinisekisa ukuba isigulana siyaqonda ukuba usingayeza ufana nqwa ne-bempedoic acid ngenkangeleko kodwa yena akaqulathanga yeza lokwenene.

• Chaza ukuba izigulana ziza kuba nethuba eliyi-50:50 (okufana nokuphosa ukhozo lwemali phezulu) lokufumana i-bempedoic acid. Akekho phakathi kwesigulana kunye nogqirha wophononongo oya kwazi kuba umthathi-nxaxheba ufumana eliphi na iyeza lophononongo.

• Chaza ukuba oogqirha nabongikazi bophononongo baya kubekela iliso izigulana ngononophelo ngalo lonke ixesha lophononongo.

• Cacisa ukuba nokuba ngaba isigulana sigqiba ekubeni siyeke ukuthatha iyeza lophononongo, kuza kufuneka ukuba siqhubeke namatyelelo ophononongo ngokweprotokholi.

Ulwazi lwabaphandi

Yintoni eza kwenzeka kumatyelelo ophononongo?

Kutyelelo lwakho lokuqala lophononongo, ugqirha wophononongo uya kujonga ukuba ngaba uPhononongo lweZiphumo CLEAR lukufanele na.

Ngexesha lamatyelelo akho kwiziko lophononongo, uya kubuzwa malunga nawo nawaphi na amayeza owathathayo okanye okhe wawathatha, kwanokuba uziva njani na.

Iimvavanyo zinokuquka:

• ukujongwa kwempilo yakho ngokubanzi (uxilongo lomzimba)

• ukuthatha umlinganiselo wobude nobunzima bomzimba wakho

• umlinganiselo wentliziyo yakho kwanokuba isebenza kanjani na (i-electrocardiogram [ECG])

• uxinzelelo lwegazi nokubetha kwentliziyo

• iimvavanyo zegazi

• uvavanyo lwegazi lokukhulelwa (kwabasetyhini abanganako ukukhulelwa)

• uvavanyo lomchamo.

Kuya kuthathwa isampuli engaphezulu yegazi izihlandlo ezithathu ngexesha lophononongo ukujonga iziphawuli ezithile zebhayoloji (iiproteni) ezinokuthi zinxulumane nokuba isebenza njani na i-bempedoic acid okanye iziphumo ezisecaleni ebezingalindelekanga enokuzibangela.

Ezi sampuli zinokusetyenziselwa ukuphonononga nangakumbi ukuba ikhuseleke kangakanani na i-bempedoic acid kwanokuba isebenza ngokukuko kanjani na.

Yintoni eza kwenzeka kumatyelelo ophononongo?

• Chaza ukuba kutyelelo lohluzo, kuza kwenziwa iimvavanyo zokujonga ukuba isigulana sifanelekile na ukuba sibe yinxalenye yophononongo.

• Chaza ukuba ngexesha lamatyelelo, iqela lophononongo liya kubuza imibuzo malunga nempilo yabo kunye nokusetyenziswa kwamayeza, kwanendlela abaziva ngayo.

• Qinisekisa ukuba umthathi-nxaxheba uyawaqonda amahlolo neemvavanyo eziza kwenziwa kumatyelelo ophononongo. Baxelele ukuba ayizizo zonke iimvavanyo eziya kwenziwa kutyelelo ngalunye.

o Ukuxilongwa komzimba

o Ubunzima bomzimba nobude

o I-electrocardiogram (ECG)

o Uxinzelelo lwegazi nokubetha kwentliziyo

o Iimvavanyo zegazi

o Uvavanyo lomchamo

o Uvavanyo lwegazi lokukhulelwa (ukuba ngaba isigulana ngowasetyhini osaya exesheni).

• Chaza ukuba kuza kuthatha isampuli yegazi eza kugcinwa kwizihlandlo ezithathu ngexesha lophononongo ukwenzela ukujonga iziphawuli ezithile zebhayoloji (iiproteni) ezinokuthi zinxulumane nendlela elisebenza ngayo iyeza eliphandwayo okanye iziphumo ezisecaleni ebezingalindelekanga elinokuzibangela. Ezi sampuli zinokusetyenziswa kwixesha elizayo ukuphonononga nangakumbi ukhuseleko nokusebenza ngokukuko kweyeza eliphandwayo, okanye ukuqonda ngokungcono isifo sentliziyo u.

Ulwazi lwabaphandi

Ubungozi neenzuzo ezingakho zophononongo

Asingekhe sithembise ukuba uPhononongo lweZiphumo CLEAR luza kukunceda, kodwa ulwazi esilufumana kolu phononongo lunokunceda ekuphuculeni unyango lwexesha elizayo lwabantu abanemeko yokugula efanayo.

Njengawo onke amayeza, iyeza elisaphandwayo elisetyenziswa uPhononongo lweZiphumo CLEAR linokwenza uzive ungaphilanga. Kumele uxelele ilungu leqela lophononongo ngoko nangoko ukuba uziva ungaphilanga ngexesha lophononongo.

Ubungozi obungakho

Esinye sezizathu zokuqhuba olu phononongo kukufunda nangakumbi malunga neziphumo ezisecaleni ebezingalindelekanga ezinokubangelwa yi-bempedoic acid.

Ezinye zeziphumo ezisecaleni ebezingalindelekanga ezithe zabonwa kubantu abathatha i-bempedoic acid kumanye amaphononongo ziquka:

o Intloko ebuhlungu

o Ubuhlungu bomqolo

o Impumlo nomqala obuhlungu (nasopharyngitis)

o Usuleleko kumarhanana (sinusitis)

o Usuleleko kumjelo ophezulu wokuphefumla

o Usuleleko kumjelo wokuhamba komchamo.

Ezinye iziphumo ezisecaleni ebezingalindelekanga ziquke:

o Urhudo

o Isicaphucaphu

o Ukudumba okubangela iphika

o Ukuqaqanjelwa kumalungu (arthralgia), ukudumba kwamalungu, nokukruneka kwamalungu

o Ukuqina kwemisipha nokuqaqanjelwa yimisipha (myalgia)

o Iintlungu.

Ngokubanzi, inani leziphumo ezisecaleni ebezingalindelekanga ezichazwe zizigulana ezifumana i-bempedoic acid lalifana nenani leziphumo ezisecaleni ebezingalindelekanga ezichazwe zizigulana ezifumana usingayeza.

Ubungozi kubantwana abangekazalwa kunye nakwabasetyhini abakhulelweyo okanye abancancisayo abaziwa.

Kananjalo kukho ubungozi obuncinci obunxulumene neenkqubo eziza kwenziwa ngexesha lophononongo, njengokutsalwa kwegazi ne-ECG.

Ubungozi neenzuzo ezingakho zophononongo

Qinisekisa ukuba isigulana siyaziqonda iinzuzo ezingakho zokuthatha inxaxheba kuphononongo

• Gxininisa ukuba ulwazi olufunyenwe kolu phononongo lunokunceda lube sisikhokelo ngokunxulumene nonyango lwexesha elizayo lwesifo sentliziyo.

• Chaza ukuba imeko yesigulana kunye/okanye iimpawu zinokuba ngcono kodwa akunakuqinisekiswa oku.

Qinisekisa ukuba isigulana siyabuqonda ubungozi obungakho bokuthatha inxaxheba kuphononongo

Chaza ukuba iziphumo ezisecaleni ebezingalindelekanga zeli yeza lisaphandwayo azikaziwa ngokupheleleyo.

Xa yayiphononongwa i-bempedoic acid kumaphononongo ophando onyango angaphambili, kwachazwa ezi ziphumo zisecaleni ebezingalindelekanga kwizigulana ezithatha i-bempedoic acid:

o Intloko ebuhlungu

o Ubuhlungu bomqolo

o Impumlo nomqala obuhlungu (nasopharyngitis)

o Usuleleko kumarhanana (sinusitis)

o Usuleleko kumjelo ophezulu wokuphefumla

o Usuleleko kumjelo wokuhamba komchamo.

Ezinye iziphumo ezisecaleni ebezingalindelekanga ziquke:

o Urhudo

o Isicaphucaphu

o Ukudumba okubangela iphika

o Ukuqaqanjelwa kumalungu (arthralgia), ukudumba kwamalungu, nokukruneka kwamalungu

o Ukuqina kwemisipha nokuqaqanjelwa yimisipha (myalgia)

o Iintlungu.

Chaza ukuba, ngokubanzi, inani leziphumo ezisecaleni ebezingalindelekanga ezachazwa zizigulana ezifumana i-bempedoic acid lalifana nenani leziphumo ezisecaleni ebezingalindelekanga ezachazwa zizigulana ezifumana usingayeza.

Khankanya ubungozi obuncinci obunxulumene nokutsalwa kwegazi ne-ECG (ukugruzuka, usuleleko olungakho kwindawo ebekuhlatywe kuyo ngenaliti, nokungaphatheki kakuhle kulusu okubangelwa siiphedi ezincamathelayo ze-ECG).

Chaza ukuba ubungozi be-bempedoic acid kubantwana abangekazalwa kunye nakwabasetyhini abakhulelweyo okanye abancancisayo abaziwa, ngoko ke kubalulekile ukuba umntu angakhulelwa ngelixa lophononongo.

Gxininisa kwisigulana ukuba kumele baqhagamshelane neqela lophononongo ngoko nangoko xa besiva naziphi na kwezi mpawu.

Chaza ukuba le yinxenye nje yengxoxo malunga nobungozi neenzuzo ezingakho zokuthatha inxaxheba. Bonisa izigulana icandelo le-ICF elichaza ubungozi neenzuzo. Baxelele ukuba balifunde ngononophelo eli candelo baze babuze nayiphi na imibuzo abanokuba nayo.

Ulwazi lwabaphandi

Luyintoni uxanduva lwam?

Ukuba ngaba uzibandakanye kuPhononongo lweZiphumo CLEAR, uya kucelwa ukuba:

o Utyelele iziko lophononongo kwaye uphendule iminxeba evela kwiqela lophononongo.

o Ungatyi okanye usele nantoni na (kuquka neqeza lophononongo) ngaphandle kwamanzi iiyure ezili-10 ngaphambi kwamatyelelo akwiziko lophononongo (ungawa thatha amanye amayeza akho ngezi ntsuku).

o Uthathe iyeza lophononongo ngexesha elifanayo intsasa nganye kunye nokutya okanye ngaphandle kwako.

o Ubuyise onke amayeza ophononongo nezikhongozeli kutyelelo ngalunye lakwiziko lophononongo (nokuba ngaba lisetyenzisiwe okanye alinanto).

o Uxelele ugqirha wophononongo malunga nazo naziphi na iimeko zempilo onazo kwakunye nawo nawaphi na amayeza owathathayo.

o Usebenzise indlela efanelekileyo yokucwangcisa inzala ukuba ngaba usengakwazi ukufumana abantwana.

Luyintoni uxanduva lwabathathi-nxaxheba?

Qinisekisa ukuba isigulana siyaluqonda uxanduva lwaso ngexesha lophononongo.

Kufanele:

o Siye kuwo onke amatyelelo ophononongo kwaye sizile ukutya ngaphambi kwamanye amatyelelo, njengoko kuyalelwe.

o Silandele imiyalelo enikezwe liqela lophononongo malunga nokusetyenziswa kwamayeza.

o Ubuyise onke amayeza ophononongo nezikhongozeli kutyelelo ngalunye lakwiziko lophononongo (nokuba ngaba lisetyenzisiwe okanye alinanto).

o Sazise ugqirha wophononongo malunga naziphi na iimeko zempilo esinazo kwakunye nawo nawaphi na amayeza esiwathathayo.

Xelela izigulana ukuba, ukuba ngaba zizibandakanya kwezesondo, kufuneka zilumke zingakhulelwa ngexesha lophononongo. Xoxa ngeendlela ezifanelekileyo zokuthintela inzala kunye nazo naziphi na izigulana ezizibandakanya kwezesondo.

Cacisa ukuba lonke ulwazi lugcinwa luyimfihlo, kwaye kumele bazise ugqirha wophononongo ukuba ngaba bathe bakhulelwa.

Ulwazi lwabaphandi

Yintoni enye ekufuneka ndiyazi?

o Ukuthatha inxanxeba kolu phononongo kukuzithandela– you akudingeki ukuba uthathe inxaxheba kuphononongo ukuze unyangwe kwimeko yesigulo sakho.

o Akhona amanye amayeza afumanekayo esifo sentliziyo anokukunika wona ugqirha wakho ukuba ngaba ugqiba ekubeni ungathathi nxaxheba kuPhononongo lweZiphumo CLEAR.

o Iyeza lophononongo kunye neemvavanyo uya kuzinikwa ngaphandle kwentlawulelo.

o Ukuba ngaba ugqiba ekubeni uyeke ukuthatha inxaxheba kuphononongo, uya kuqhubeka ulufumana unakekelo lwakho lwesiqhelo kugqirha wakho wesiqhelo.

o Akufanelanga ukuba ufumane naziphi na iziphumo zovavanyo lwekholesteroli ngaphandle kwezo uzifumana njengenxalenye yoPhononongo lweZiphumo CLEAR. Iqela lophononongo liya kukunceda ekubekeleni iliso amaqondo akho ekholesteroli.

o Naluphi na ulwazi iqela lophononongo eliluqokelele malunga nawe luya kugcinwa luyimfihlelo.

Kukho imibuzo onayo?

Enkosi ngokucinga ngokuzibandakanya kuPhononongo lweZiphumo CLEAR! Yintoni enye ekufuneka siyazi isigulana?

o Qinisekisa ukuba isigulana siyakuqonda ukuba ukuthatha inxaxheba kuphononongo kukuzithandela okupheleleyo, kwaye ugqirha wophononongo uya kukwazi ukuxoxa naso ngezinye iindlela zonyango ezikhoyo.

o Chaza ukuba amayeza ophononongo, kunye neenkqubo ezinxulumene nophononongo, ziya kunikezelwa ngaphandle kwentlawulo kubathathi-nxaxheba, okanye abazali babo okanye abanakekeli babo.

o Chaza ukuba i-bempedoic acid inokungafumaneki ukuba ikhutshwe ngoogqirha kwangoko emva kokuba luphelile uphononongo.

o Cacisa ukuba abathathi-nxaxheba bangayeka ukuthatha inxaxheba kuphononongo nanini na ngaphandle kokuchaphazela unyango lwabo lwexesha elizayo okanye ubudlelwane kunye nogqirha wophononongo. Ukuba ngaba ugqibe ekubeni uliyeke iyeza lophononongo, uya kucelwa ukuba uqhubeke namatyelelo ophononongo ngokweshedyuli yamatyelelo.

o Xelela isigulana ukuba akumelanga ukuba sifumane naziphi na iziphumo zovavanyo lwekholesteroli ngaphandle kwezo esizifumana njengenxalenye yokuthatha inxaxheba kuphononongo. Iqela lophononongo liya kusinceda isigulana ekubekeleni iliso amaqondo aso e-lipid ngexesha lophononongo.

Xoxa ngemfihlelo nokugcinwa kwezinto ziyimfihlo kuphononongo

o Chaza ukuba ulwazi olungomntu oluqokelelwe ngexesha lonke lophononongo luya kukhuselwa ngokweemfuno nemimiselo kazwelonke.

o Cacisa ukuba naluphi na ulwazi oluqokelelweyo oluphumayo kwiziko lophononongo luya kwaziswa ngenombolo yesigulana yomthathi-nxaxheba kuphela, kwaye igama elipheleleyo lomntu, okanye idilesi yakhe, aziyi kufakwa.

Bulela isigulana ngexesha laso uze ubuze ukuba sinayo nayiphi na imibuzo.

Isikhokelo seMvume enoLwazi,

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