

ISIVUMELWANO SEHLABATHI LONKE NGOMHLAZA WE-OVARIES (AMAQANDA ESIBELEKO)

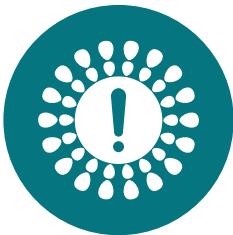


Abasetyhini abafunyanwa ngumhlaza we-ovaries (amaqanda esibeleko) kufuneka babe nethuba elifanelekileyo lokusinda baphile impilo entle, naphi na apho bahlala khona. Ngotyalo-mali oluzinzileyo kuphando lwestisifo, nophuhliso lweziseko luya kuzisa iindlela ezintsha nezingcono zokuqonda nokwazi ngonyango. Akhona amathuba okwenza inkqubela phambili ngokuphonononga

iiNjongo ezintandathu zoMhlaba jikelele.



Umnxibelelanisi we- Global Ovarian Cancer Charter kukubiza bonke abathi bathathe inxaxheba ekuphuculeni ukusindisa ubomi basetyhini abanomhlaza we-ovari.



INDAWO YOKUGQIBELA

Umhlaza we-Ovarian kufuneka ube ye yeyona nto iphambili eqwalaselwayo kwilizwe liphela, ukuze umthwalo okhulayo kanye nemiceli mngeni yokunyanga ngempumelelo abantu basetyhini abanomhlaza we-ovarian ithathelwe ingqalelo kwaye icwangciswe kwinqanaba likazwelonke, ekuhlaleni, nasekhaya.

Umhlaza we-Ovarian uyanda limeko zehlabathi ziya kunyuka nge-50% nge-2050, kwaye namazwe asaphuhlayo athwele umthwalo omkhulu. Kuphando olwalubizwa "Every Woman Study™" "kwafunyaniswa ukuba isibini esithathwini sabafazi babengazanga beva ngesisifo phambi kokuxilongwa kwabo. Kubalulekile into yokuba abantu abangomama bazi konke ngesisifo, ngenjongo zokuba bakwazi ukubonana noogqirha ngethuba.



UKUBONWA KWESIFO SISAQALA

Abasetyhini kufuneka bafikelele ekufumaneni isifo ngaphandle kokulibazisa.

Esi sifundo "Every Woman Study™" sabonisa ukuba kwathabatha iinyanga ezintandathu kwi-avareji a ukuba kude kubonwe ukuba bafunyanwe sisifo somhlaza we ovaries (amaqanda), kusukela xa ekuqaleni kweempawu. Ukrunceda into yokufunyanwa kwempawu kusaqala, kufuneka kuphuculwe ulwazi ngesisifo kuze abafazi bafumane uncedo olufanelekileyo ngokukhawuleza. Ooggirha bafuna inkxaso ukuze bazi ukuba ngubani ekufuneka enze uvavanyo kwaye bakwazi ukufikelela kwiimvavanyo bafumane nonyango ngaphandle kokulibaziseka.



OLONA NYANGO LUGQIBELELEYO

Abasetyhini kufuneka babe nokufikelela kunyango kanye novavanyo lweklinikhi ngethuba ukwandisa amathuba abo okusinda kanye nomgangatho wobomi, nokuba basuka phina ngentlalo.

Amayeza amatsha akhoyo atsho abantu baguqka impilo zabasetyhini abathile abanomhlaza we-ovarian. Ubungqina bubonisa ukuba utyando lomhlaza we-ovari, olwenziwa ngoogqirha abanamava nabaqeqeshiweyo kumaziko aphezulu anika elona thuba lokusinda. Kwihi labathi liphela, uphando luyaqhubekeka, kuzanywa ukufunda ngendlela ezintsha ezingathi zipuhulise unyango nokuphila kwabantu abanalomhlaza. Ukanti, kuzo zonke ezi zinto, ukufikelela kanye nolwazi zinokuphambuka, zingalingani, kwaye zingabikho kwa izigulana noogqirha bazo.

Ukunqongophala kwemali akufuneki kube sisithintelo kukhathalelo olufanelekileyo, kwaye akufuneki sivumele isikhewu phakathi kwamazwe aphakamileyo kanye nawabutyebi asezantsi ukuba sande ngakumbi. Wonke umntu ehlabathini kufuneka akwazi ukufikelela kunyango namayeza ayimfuneko, ubugcisa, ooggira botyando abachubekileyo, kufikelelwe kwinqanaba eliphezulu lwonyango lomhlaza wee ovaries. Oko ke kuthetha ukuba makuphuculwe iimeko kuzo zonke lindawo, kungajongwa ukuba umntu ungubani, uphumaphi nokuba unamalinha.



IMBALI YEKHAYA YABASELULA

Abasetyhini kufuneka babe nokufumana uvavanyo nengcebiso olufanelekileyo malunga nezigulo zofuzo.

Kwabasetyhini abanembali yosapho ye-ovarian kanye nezinye izigulo zomhlaza ezinxulumenenofuzu (umzekelo: umhlaza wamabebele, ipancreatic, i-prostate, i-isibeleko, kanye nomhlaza wamathumbu) kubalulekile ukufumanisa ukuba bona okanye abanye kusapho lwabo basengozini. Oku kufuna ukwazisa abantu ngokubaluleka kokuyazi imbal yomhlaza kumacala omabini osapho okwenza ukuba abasetyhini bathabathe amanyathelo okulinganisa kanye nokunciphisumngcipheko wabo kumhlaza. Kwabasetyhini abafunyaniswa benomhlaza we-ovarian, benayo okanye bengenayo imbal yosapho olunomhlaza, kubalulekile ukuba babe nako ukufikelela kuvavanyo (wendalo) (genetic testing) ukuze bafumane iingcebiso. Ngalendlela kungakwazi nokuba kuvavanywe namanye amalungu osapho lwalomfazi unomhlaza abangathi kanti basemngciphekweni wokufunyanwa benganawo umhlaza nabo. Aphi kungathi kubekhona ucalucalulo oluthile ngakubantu abanomhlaza, singazama ukuphucula ulwazi ngokubanzi ngomhlaza ngokuthi kufundiswe abantu ngengxaki le.



UPHUCULO LOLWAZI OLUQIKELELWAYO LWABAPHETHWE SISIFO I OVARIAN CANCER

Iziphumo zolwazi oluzakuthi lufunyanwe luya kusetyenziselwa ukuphuhlisa iiplani zokulawulwa komhlaza kwaye unyango kufuneka lubonakalise iyantlukwano yabemi bendawo ukuqinisekisa iziphumo ezlungileyo.

Umgangatho kanye nenani leenkukacha eziuguquguqukayo kwihlabathi lonke, kungafunyanisa ukuba kwiindawo ngeendawo kungafuneka kusetyenziswe iindlela ezohlukeneyo zokulwa esisifo nangona izigulo zifana. Kwezinye iindawo, eyona nto enganceda ukuthoba izinga lesisifo ingaba kukuqala ngokufumana inani labantu abaphethwe sesisifo, kuzanywe ukufumana nabanye abangathi babe esisifo sisqaqala kubo, bengekaziboni limpawu. Singathanda ukuba sandise ulwazi malunga nenani labantu abathi esisifo sibaphathe, sazi ngakubi neentlalo abayiphilayo kwii mbombo zonke zehlabathi. Akukhathaliseki ukuba umntu uyakube esukaphi na. Kweminye imimandla oku kuya kuthetha ukujongana nokungabikho kobhaliso lomhlaza.



ULWAZI NENKXASO

Abasetyhini kufuneka bafikelele kulwazi olusemgangathweni kanye nenkxaso ngolwimi lwabo, ebanceda ukuba baphile kakuhle nesi sifo.

Esi sifundo "Every Woman Study™" yalathe ukuba ulwazi malunga nesifo se Ovarian cancer lunqongophele kubantu. Abafazi abangaphezu kwesiqingatha bathi abazange bafumane ulwazi ngesisifo, ngexa befumana uxilongo. Mnye kuphela - kwisihlanu owakwaziyo ukufumana ulwazi ngexesha ebedingaakudingayo oko. Ukongeza, abantu basetyhini abaninzi babonisa ukuba baneeemfuno ngolwazi ngempilo yabo yengqondo (mental health). Lo ngumba ongaqatshelwa kakhulu ngoonesi noogqirha. Aphi kunokwenzeka, oonesi kanye namaqela ezigulana kufuneka basebenze kanye ukuphuhlisa izibonelelo ezifikelelekayo kanye nenkxaso emzimbeni nasengqondweni yabasetyhini kuwo onke amabakala - nokuba ngaba usandula ukubonwa ngesigulo esitsha, uphuma kunyango, ujonganeku nobuya komhlaza, okanye ukuphela kokhathalelo lobomi. Impilo-ntle yabo yengqondo kanye nokuphila ngokwasemzimbeni kufuneka kuthathelwe ingqalelo ngokulinganayo.

Esi sivumelwano sinokusetyenzisa nangubani na onomdla kumhlaza we-ovarian ukukhuthaza ukuphuculwa kwinqanaba lendawo, yenginqi, yelizwe, okanye kwinqanaba lelizwe. Maninzi amanyathelo onokuwathatha njengomtu okanye njengombutho wokuqhubela phambili naziphi na iinjongo zeMvumelwano kwindawo yakho. Ungafumana ulwazi oluthe kraty kanye namakhonkco ukuze ubhalise njengoMxhasi woXwebhu okanye iChampion ku- : worldovariancancercoalition.org/global-charter



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a World Ovarian Cancer Coalition initiative