

KWA OSAMALIRA ANA OMWE ALI NDI EPILEPSE (KHUNYU)

SUDEP ndiyochepeka kwa ana, koma nkoyenera kukhala tchelu, kugwa kotekesa thupi ndiye chiopsezo chachikulu, onetsetsani kupeleka moyenera mankhwala kupewa kugwa.

Kusunga zochitika kumathandiza kuzindikira zopangitsa kugwa, zina mwa izo ndi kutopa, kutentha, kusamwa madzi, kugona mopelewera. Kuthandiza mwana kupewa zonsezi kumachepetsa kugwa ndinso SUDEP. SUDEP nthawi zambiri imachitika usiku, kotero munthu wina azigona mu chipinda momwe mwanayo amagona.

EPILEPSY WARRIORS FOUNDATION

ILI PANO KUKUTHANDIZANI

Epilepsy Warriors Foundation cholinga chake ndi kuthandiza zovuta zokhudza, komanso zofunika mwa anthu omwe ali ndi epilepise (Khunyu). Tipezeni kutimuphunzire zambiri zokhuza epilepise (Khunyu) ndi zomwe tikufuna kuchita.

Uthengawu ndi wongokudziwitsani si upangili wolangiza za umoyo. Chonde kambalanani ndi akadaulo a zaumoyo.

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SUDEP NDI CHIYANI?

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NDINGADZISAMALIRE BWANJI MMENE NDILI NDI EPILEPISE (KHUNYU)?

Kupezeka ndi epilepise (Khunyu) kumakhuza moyo wako ndi abale ako mu njira zambiri. Zimakhuza kugwa, mamwedwe a mankhwala komanso zokhuza ntchito ndi moyo wa panyumba ndi zochepea. Kugwa kumatha kupangitsa Ngozi ndi kuvulala, kotero machitidwe a zinthu ayenera kusintha. Epilepise (khunyu) ndi matenda ofuna chisamaliro chokwanira pa umoyo wa munthu. Kumvetsetsa kuopsa kwake zingathe kuthandiza kupanga ziganizo zabwino kuteteza umoyo.

SUDEP: KUTAYA MOYO MOSAYEMBEKEZERA MOKHUDZANA NDI EPILEPISE (KHUNYU)

Sizichitikachitika, nthawi zina munthu wa epilepise (Khunyu) angathe kumwalira mosayembekezera. Imfa yotere ndiyo SUDEP. Pamene munthu wa epilepise (Khunyu) amwalira mwadzidzidzi opanda chifukwa. Izi zimachitika nthawi zambiri usiku, pena umatha kuona zizindikiro zakugwa. Chifukwa cheni cheni osadziwika, pena ungate kukhala ubongo, kapumidwe, kapena kugunda kwa mtima. SUDEP imachitika kwa misikhu yonse, chiopsezo maka chili kwa omwe ali ndi zaka 20 kufika 40.

Mulingo wa SUDEP mwa anthu omwe ali ndi epilepise (Khunyu):

- Mmodzi mwa akulu akulu chikwi
- Modzi mwa ana 1500 mpaka 3000 (Chikwi mpaka zikwi zitatu)
- Mmodzi mwa anthu makumi khumi ndi asanu 150 kwa omwe amagwa ndi kutekeseka ndipo mankhwala sakuchepetsa mulingo wa ma gwedwe.



NDINGATHE KUCHEPETA CHIOPSEZO CHA SUDEP?

Inde! Pali njira zambiri zochepesa chiopsezo cha SUDEP:

- Kugwa motekesa thupi kumaika chiopsezo ku SUDEP, chofunika ndi kumwa mankhwala moyenera. Osadumphisa mankhwala ndipo osasiyakumwa mankhwala, pokha pokha a dotolo atakulangizani kotero. Kusiya kumwa mankhwala kumaika chiopsezo chokugwa kotero SUDEP imatha kuchitika. Ngati mukugwabe angakhale mukumwa mankhwala kapenanso pali zovuta zina mukamwa mankhwala kambilanani ndi a dotolo anu.
- Onetsetsani kuti anthu omwe mumakhala nawo akudziwa zoyenera kuchita nanu ndi nthawi yoyenera kufuna thandizo la ena.
- Kwa anthu omwe amagwa usiku, ndi bwino munthu wina adzigona mu chipinda chimodzi ndi munthuyo kuti azitha kusata zonse ngati pali kugwa.
- Khalani a thanzi posamalitsa madyedwe, kulimbitsa thupi ndinso kugona mu nthawi yoyenera.