



Ministry of health

Kupewa ndi kugonjetsa matenda ya khunyu

Kugwiritsa ntchito bukuli:

- Gwiritsani ntchito bukuli pokambirana ndi gulu la abambo, amayi, anyamata kapena atsikana.
- Mukhoza kugwiritsa ntchito bukuli pochititsa misonkhano ya kuchipatala ndi kumidzi ndi abambo, amayi, anyamata kapena atsikana.
- Onetsani chithunzi kwa gulu, kambiranani ndipo perekani mpata oti afunse mafunso.
- Pomaliza perekani mfundo zonse zomwe zalembedwa.

Ogwiritsa ntchito bukuli:

- Achipatala, Opereka uphungu, ndi ena ogwira ntchito modzipereka (mavolontiya).

1. Kodi apa tikuona chani?

- Tikuona chithunzi chamunthu kusonyeza kulumikizana kwa Ubongo ndi ziwalo za mthupi la munthu
- Ubongo uli ngati injini yothandiza ziwalo za thupi kugwira bwino nchito monga: kuyenda, kuyima, kuyankhula, kuganiza ndi zina.
- Ubongo nawo umatha kugwidwa ndi matenda osiyanasiyana ndipo amodzi a matendawa ndi a Khunyu (matenda a Kugwa, Linjilinjili, Vizilisi)
- Matendawa amachititsa ntchito yomwe ubongo umagwira kusokonekera kwa mphindi zochepa.
- Matenda a Khunyu amagwira anthu ambiri pa dziko lonse komanso anthu a mitundu yonse monga azungu, anthu okuda, amuna, akazi, ana, akulu, olemera ngakhale osauka

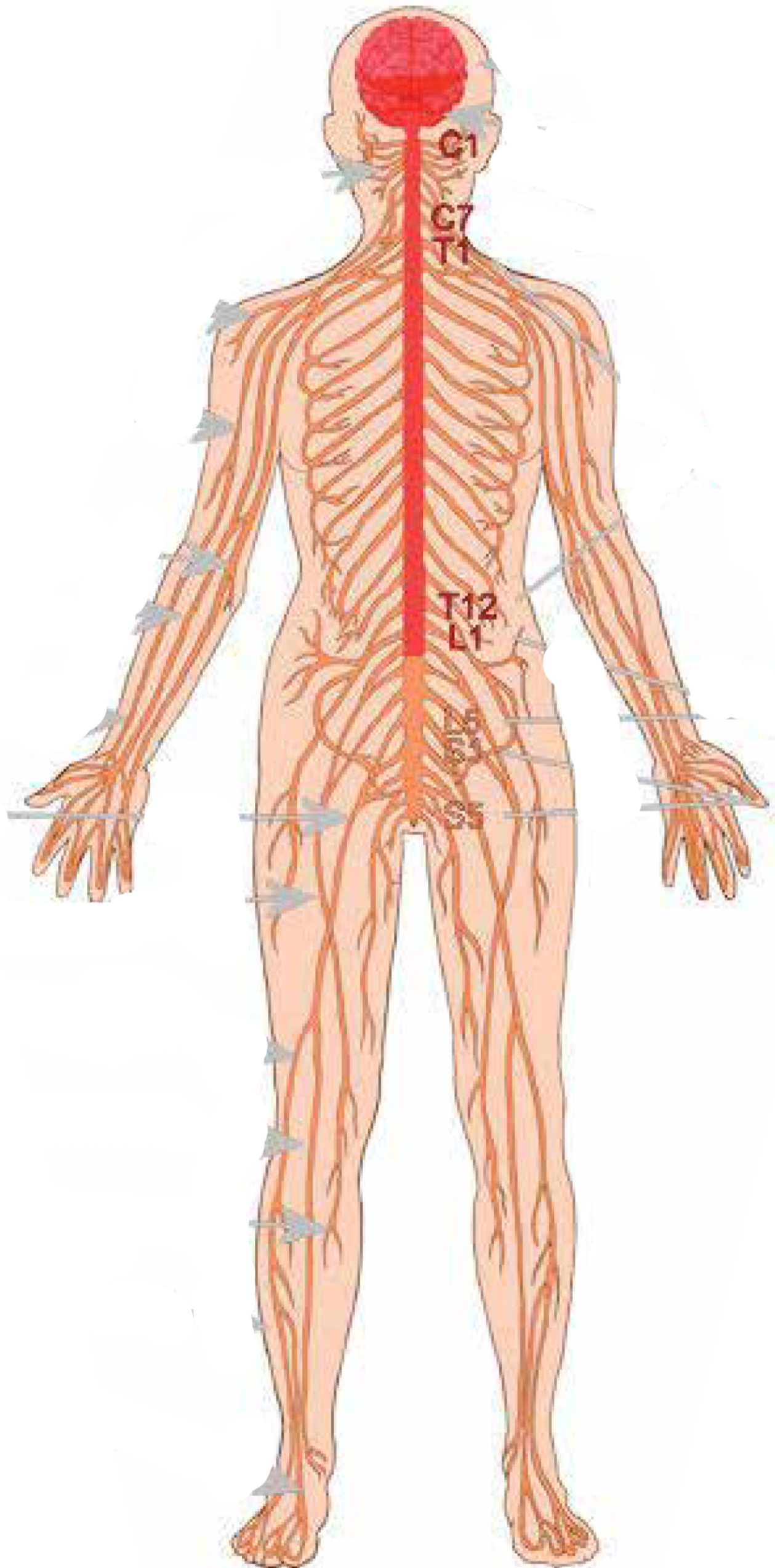
Zindindikiro za Matenda a Khunyu

Pali Khunyu lamitundu yosiyanasiyana koma anthu ambiri amadziwa mtundu umodzi choncho anthu omwe ali ndi mitundu ina ya Khunyu salandira thandizo msanga.

Mitundu ya Khunyu

- Munthu amakomoka ndipo amagwa, thupi, mikono ndi miyendo zimanjenjemera mwa mphamvu. Ena amatuluka thovu kukamwa, amachita nkonono ndipo amapuma mobanika. Ena amakodzedwa kapena kuchita chimbudzi, kenaka amagona tulo kwa kanthawi. Pa nthawi yonseyi munthu sadzindikira zomwe zikuchitika.
- Munthu amagwa mwa dzidzidzi ngati wachita kukankhidwa ndipo amadzukanso nthawi yomweyo. Kawirikawiri amavulala kumutu chifukwa chomenyetsa mutu pansu.
- Phazi, dzanja, mkono, kapena mbali imodzi ya nkhope imanjenjemera kapena kumva dzanzi kwa nthawi yochepa. Ena amamva fungo lodabwitsa kapena mkamwa kuipa, ndipo ena amamva ngati mtima ukunyamuka. Ena amaona ngati ali ku malo ena ake achilendo. Zonsezi zimachitika kwa nthawi yochepa ndipo munthu amakhala akuzindikira zomwe zikuchitika. Potsitsimuka ena amamva mutu kupweteka, kufooka, kapena mutu umasokonekera kwa nthawi yochepa
- Munthu amachita zosonyeza kuti sakuzindikira zomwe akuchita monga kuyendayenda pa malo pamodzimidzi, kuchotsa zobvala m'thupi, kudzigwiragwira kapena kuyankhula zosamveka, ndipo pa nthawi yochepa amakhalanso bwino.

Kwa ena zizindikiro zimathera pomwepo ndipo amakhalanso bwino; koma kwa ena izi zimatha kukhala zizindikiro zosonyeza kuti akomoka panthawi yosakhalitsa.



1.Kodi apa tikuona chani?

Zomwe zimayambitsa matenda a khunyu

- Kuvulala kumutu pangozi
- Kudwala malungo akulu kapena matenda a mafinya ku bongo (Meningitis)
- Mwana akabanika panthawi yobadwa
- Kumwa mowa mwa uchidakwa
- Kutengera kumtundu kapena ku makolo
- Kawirikawiri khunyu limangoyamba lokha popanda chifukwa chenicheni

Tingathandize bwanji munthu yemwe ali ndi matenda a khunyu

- Tipite naye kuchipatala akaonane ndi dokotala ndikufotokoza bwino lomwe za matenda ake.
- Akalandira mankhwala adzimwa motsatira malangizo a dokotala, ndipo adzikaonedwa ku chipatala kawirikawiri.
- Zotsatira ngati munthu wodwala Khunyu salandira thandizo la kuchipatala
- Munthu atha kuzelezeka, kuchita misala kapena kumwalira kumene chifukwa cha kukomoka mopiliza.



1.Kodi apa tikuona chani?

Zomwe muyenera kuchita pamene munthu akukomoka

- Musapupulume kapena kuchita mantha.
- Chotsani zinthu zomwe zili pafupi zomwe angathe kuvulala nazo monga mipando, matebulo ndi zina.
- Ikani pilo, swetala kapena nsalu yopinda pansi pa mutu wake kuti asamenyetse mutu pansi ndi kuvulala.
- Musamugwiregwire kapena kumuchotsa pamalo pomwe ali mpaka atamaliza kukomoka. Koma ngati pali pa malo poipa monga pafupi ndi moto, pamsewu kapena m'madzi muchotseni ndikumuiika pamalo pabwino.
- Musamuike chinthu kukamwa chifukwa mano akhoza kuchoka
- Akasiya kukomoka muyikeni pamalo a bwino monga pamthunzi ndipo agonere m'mbali kuti azitha kupuma bwino.
- Mukhale naye mpaka atadzuka, ngati pali pa njira mufunсени komwe akuchojera kapena kupita ndi kumuthandiza moyenera.
- Ngati mutu wasokonekera muyankhuleni modekha ndikumukhazika pansi. Mufotokozereni zomwe zinamuchitikira.
- Mufunсени ngati amalandira mankhwala a matendawa.
- Tipite naye kuchipatala chapafupi nthawi yomweyo ngati akukomoka mopitiliza osadzuka kapena akukomoka pafupipafupi kwambiri, kapena ngati wavulala

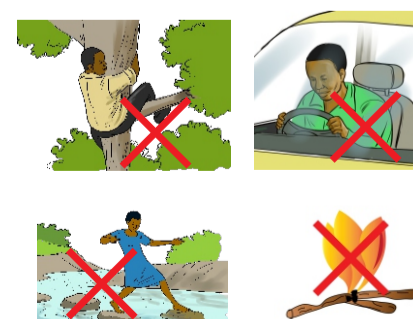




Zimene munthu amene ali ndi matenda a Khunyu ayenera kupewa

1.Kodi apa tikuona chani?

- **Zimene munthu amene ali ndi matenda a Khunyu ayenera kupewa**
- Asayandikire moto
- Asaoloke kapena kusamba mumtsinje kapena kutunga madzi pa chitsime ali yekha.
- Asakwere patali monga mumtengo kapena padenga.
- Asayendetse galimoto /njinga pofuna kuteteza moyo wake ndi wa okwera galimotolo





Dziwani izi:

- Matenda a Khunyu ndi osapatsirana choncho tisaope kuthandiza munthu amene ali ndi matendawa
- Matenda a khunyu ali ngati matenda ena ali onse choncho munthu yemwe ali ndi matendawa ali ngati ife tomwe, tisamuyoze kapena kumusala.
- Matenda a Khunyu ali ndi mankhwala a kuchipatala



Ministry of health

Produced by Ministry of Health (Health Education Services) in collaboration with Non Communicable Diseases and partners (Boabab Health Trust, Development Communication Trust, Diabetes Association of Malawi, College of Medicine Diabetes project, Partners in Health & JournAids) with support from World Diabetes Foundation.

