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Ubungozi bakho bokuphathwa isifo somdlavuza bungakanani? *Khetha ibokisi eyiyona*


Angazi	
Buphansi	
Buphakathi	
Buphezulu	

Emininingwaneni yabantu:
Ingingqi ohlala kuyona:
Umhlobo Bani:


Thola ngokusebenzisa le-assessment tool. (Abesilisa nabesiifazane)

Iba neqiniso kuwena ukuze uthola I-assessment eyiyo

No	Imibuzo ephathelene nezempilo	0	1	2	3	Score
1	Ungathi sithini isimo sakho sempilo.....?	Kuhle kakhulu	Ukwenza kahle	Wenze ngcono	Ayenelisi	
2	Mingaki iminyaka yakho?	0-18	18-39	40-60	60 kuyanga phezulu	
3	Manje uyabema ugwayi, isigazo iphayiphi, isnemfu or ihookha?	Angibemi manje	Kabili ukuya kwe mithathu ngeviki	Bengibhe ma kakhulu kodwa ngiyekile ngonyaka odlule	Mihla namalanga	
4	Uke wawusebenzisa kangaki ugwayi?	Angikaze	Ekusukelini konyaka owokuqala kuya kowe sihlanu	Ngaphezu kwe minyaka eyishumi na nhlanu	Ngisabhema	
5	Ingabe unesikhathi esingakanani usebenzisa usikilidi eminyakeni?	Ngaphansi konyaka	Ekusukelini konyaka owokuqala kuya kowe sihlanu	Ngaphezu kwe minyaka eyisihlanu kuya kwe kweyishumi	Ngaphezu kwe minyaka eyishumi	
6	Siyini isisindo sakho?	Isisindo esijwayelekile	>10 kg Ngaphezulu kwe sisindo sakho	10 – 20 kg Ngaphezulu kwe sisindo sakho	>20 kg Ngaphezulu kwe sisindo sakho	
7	Uwasebenzisa kangakanani ? Ukudla okunempilo (Ukudla okungayiwe, ukudla kwa sekuseni, amabontshisi, ne imidumba)	Ukundlula Kanye ngelanga	Kanye ngelanga	Kanye ngeviki	Kanye noma kabili ngeviki	

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8	Zingaki izinkomishi zezithelo ozisebenzisayo ngosuku? (Ikomishi e yodwa ye zithelo ililangana ne isithelo e sisodwa esincane, isiphizo sesitheloi se ikomishi e yodwa engo 100% noma ingxenge ye komishi yesithelo esomisiweyo)	Izinkomishi ezintathu ukuya phezulu ngelanga	Izinkomishi ezimbili ngosuku	Izinkomishi ezintathu ukuya kwesine ngosuku	Kanye noma kabili ngeviki	
9	Zingaki izinkomishi zemfino ozisebenzisayo ngosuku? (Inkomishi eyodwa yemfino = Inkomishi eyodwa Imifino engaphekiwe kanye nenkomishi eyodwa yesiphuzo zezithelo Okanye Inkomishi ezimbili zezithelo eziluhlaza)	Izinkomishi ezintathu ukuya phezulu ngelanga	Inkomishi eyodwa ngosuku	Izinkomishi ezintathu ukuya kwezine ngeviki	Kanye noma kabili ngeviki	
10	Kukangaki udla izidlo ezinamafutha? (Isibonelo : Ukudla okuphekwe ngamafutha, inyama enamafutha , ukudla okusemaphaketheni okunamafutha , okunambithekayo,okunamafutha anjege oyili)	Ngezinye insuku noma angeke	Ngaphansi kwezinsuku ezintathu ngeviki	Izinsuku ezintathu kuya kwezihlanu ngeviki	Kanye ngosuku	
11	Oyidla kangaki ishisanyama kanye nokudla okunosawuti omningi, pickled food?	Ngezinye insuku noma angeke	Ngaphansi kwezinsuku ezintathu ngeviki	Izinsuku ezintathu kuya kwezihlanu ngeviki	Kanye ngosuku	
12	Uzisebenzisa kangaki iziphuzo enamanzi amponjwana?	Angiphuzi nhlobo	Kanye noma kabili ngeviki	Kathathu noma kanye ngeviki	Kahlanu kuyela phezulu evikini	
No	Imibuzo ephathelene nezimpilo	0	1	2	3	Score
13	Kungathi uye ukhulume nomuntu uma uphatheke kabi noma unomzwangedwa noma uphatheke kabi emoyeni	Ngaso sonke isikhathi	Ngezinye insuku	Ngezinye izikhathi	Angikaze	
14	Ingabe uye uzivocavoce kangakanani ukuze uphakamise ukusebenza kwe inhliziyi? (Isibonelo,	Ngaphezulu kwensuku ezine ngeviki	Kabili ukuya ezinsukwini ezine	Kanye ngeviki	Angikaze	

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			ngeviki			
15	Kukangaki ukwazi ukuphumula amahora ayisithupha ukuya kwangusishiyagalombili ukulala ukuze kusebenzeke kahle kanye nasempilweni yakho?	Njalo	Kahlanu ngeviki	Kabili kuya kanye ngeviki	Ngesinye iskhathi noma ngeke	
16	Kunyaka odlulile kukangaki wena nomlingani wakho nesebenzisa ijazi nomkhwenyana uma niya ocansini?	Angiyisebenzi si ngoba nginomlingani oyedwa/angiyi ocansini	Ngaso sonke isikhathi	Ngezinye izikhathi	Ngesinye isikhathi noma angikaze	
17 a b	Ukuzihlola Abesifazane: Ingabe uyazihlola amabele wakho enyangeni? Abesilisa: Uke wahlolisa isitho sakho sangasese kudokotela wakho?	Kanye eminyakeni emibili kuya kwemthathu	Emva kwezi nyanga eziyisithupa	Kanye ngonyaka	Angikaze	
18 a b	Abesilisa kuphela: wacina nini ukuhlola iPSA. ? Abesifazane : wacina nini ukuhlolwa IPAP Smear?	Kanye Njalo eminyakeni embili	Njalo eminyakeni emithatho ukuya kwemihlanu	Njalo eminyakeni emihlanu ukuya kwelishumi	Angikaze	
19	Singakanani isikhathi osicitha elangeni ungacobanga amafutha okuvikela ilanga?	Ngiwacoba njalo amafutha okuvikela ilanga	Esikhathini esiningi	Ngezinye izinkhathi	Angikaze	
20	Kukhona kumalunga omndeni onesifo somdlavuza? (Kumalunga omndeni (ubaba noma umama, ubhuti, usisi noma ugogo nomkhulu)	Akekho	Munye oyilunga lomndeni	Babili ukuya kwabathathu u abamalunga omdeni	Bangaphe zulu kwabane omalunga omndeni	
					Total	


Izimpawu zokuba nesifo somdlavuza :

Uma ubungozi bakho bungaphansi kwamashumi amabili ,ubungozi bakho buphansi; qhubeka ngalendlela oziphethe ngayo.

Uma ubungozi bakho buphakathi kwamashumi amabili namashumi amathathu nenhlanu,ubungozibakho buphagathe; yehlisa ubungozi bakho .Njani? (bheka ngaphansi).

Uma ubungozi bakho bungaphezulu kwamashumi amathathu nanhlanu, ubungozi bakho buphakeme; yehlisa ubungozi bakho. Njani? (bheka ngaphansi)

Dabula iphepha ozolinika umphakathi

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IZINDLELA ZO KU GWEMA ISIFO SE UMDLAVIZA?

Siyabonga ngokugcwalisa loluhlaziyo. ngemicabango ngempilo yakho egculisekile.

Iminyaka okuyona manje

Kuyisaziso ukuthi izinga lempilo liyehla ngokweminyaka. Kuwukuhlakanipha ukuqala phambi kwesikhathi ngendlela yokuziphatha kahle ngaphambi kokuba uhlaselwe izifo eziyingozi.

Ugwayi

Ukubhema kuyi ngozi kakhulu esimeni sempilo yakho. Lonke uhlobo logwayi luyi ngozi kwi mpilo yakho. Mawu bhema kakhulu noma uqhubeka nokubhema uzifaka ezingeni eliphezulu loku hlaselwa umdlavuzi, isifo senhliziyo, esihambelana negazi, isifo samaphaphu noma yisiphi isifo. Alikho inani lokuphepha uma ubhema. Akukho lula ukuyeka ukubhema. ICANSA inikezela ngosizo lwa mahala nge eKick Butt yekela ukubhema indlela ehlelwe ngayo

Imuvuzo uma uyekela ukubhema yilokhu:

- Emuva kwa mahora amabili akusana nikhotini (nicotine) ekuhambeni kwegazi .
- Emuva kwa mahora ayisithupha ukubhakuza kwenhliziyo kuyehla, futhi ukuphefumula kuyehla. Emalangenani amabili uqala ukuzizwa ungcono futhi unuka kagcono.
- Ngaphambi kwamalanga amabili ukunyuka kwesikhwehlela ,siqala ukuxega emaphashini wakho, futhi uyasikhwehlela.
- Izinga lokuphefumula phansi liyehla. Uzoba nomfutho .Amazinyo azoba mhlophe.
- Isigodi esikhulu esisegazini naku macells lining emaphusheni akho azobuyela esimeni sayo
- Emuva kwe zinyanga ezimbili igazi ukuya kwi zitho zomzimba zizobuyela esimeni sayo.
- Emuva kwe minyaka emihlanu ubungozi bomdlavuzi emaphusheni buyehla.

Isisindo somzimba


Kubantu abakhuluphele ngokomzimba ku fanelekile ukuba behlise umzimba, nokwehlisa kancane amafutha ngama phesenti amahlanu ukuya kwelishumi kusiza ukuhlisa ingozi yokuthi uphathwe isifo somdlavuzi, kanye nezifo eziphathelene nokukhuluphala. Ulwazi oluningi ungaluthola ezincwadini ezikhuluma ngokuphatha kahle impilo.

Ukudla okufanelekile empilweni

Ilda ezimbili ukuya kwezintathu izithelo noma imifino ngosuku. Khetha izithelo noma imifino ehlukenene enemisoco ezovikela ukuba uphathwe yizifo ehlukenene ezizokwenza ukuba uwehle emzimbeni .

Gwema ukudla okunamafutha amaningi, usebenzise amafutha agqugquzelwe iCANSA. Yehlisa kakhulu inyama enamafutha amaningi , usebenzise kakhulu inhlanzi noma ubhontshisi. Kufanele ukudla kwakho ukubilise wehlise ukushisa inyama pecelezi (braai). Ungasebenzisi amafutha ngokuphindiwe, ugweme nokudla okuno sawoti omningi.

Amanzi amponjwana

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Amanzi amponwjana kanye nogwayi zikhulisa ingozi yomdlavuzwa womlomo, ugqogqogqo ,isibindi ,amabele ,ngako ICANSA igqugquzela ukuba ungaphuzi noma ungabhemi .

Ukuzizwa kahle emoyeni

Ukukhipa imizwa yakho kusiza ukuthi ubone ukuthi awuwedwa entweni oyizwayo, kuyasiza ukuba ukhulume nabantu uzwe nemibono yabo ngezinkinga zakho.

Ukuzivocavoca

Kunobufakazi ubukhulayo ukuthi ukuzivocavoca kwehlisa izinga elikhulu lokuthi ube engozini yokuphathwa isifo somdlavuzwa. Uma uzivocavoca kufanele uzivocavoce njalo. Abantu abadala kufanele bazivocavoce imizuzu eyamashumi amathathu ngeviki noma uzivocavoce imizuzu engamashumi amabili kathathu ngeviki.

Phumula futhi ulale

Ukulala ngaphansi kwamahora ayisikhombisa ngosuku kukhulisa ingozi yokuphathwa umdlavuzwa.

Inzalo mpilo

Abantu abanabalingani ngamunye noma abangayi ocansini zingaki izingozi zokuthi bangaphathwa isifo socansi(STD). Ukuzikhethela ukusebenzisa Ijazi lomkhwanyana kwehlisa amazi okuthi uphathwe izifo ezibangela ukuphathwa umdlavuzwa wangaphansi.

Ukuhlolwa komdlavuzwa

Ukuhlola njalo iPAP Smear kanye namabele kungasindisa impilo yakho . Zihlola amabele njalo ngenyanga emuva kwezinsuku eziyisikhombisa ukuya kuzinsuku eziyishumi .

ICANSA ukwuzazisa okulandelayo

Bonke abesifazane kufanelekile ukuthi baye ukuyohlolwa iPap Smear ngeminyaka emithathu kusukela eminyakeni engamashumi amabili nanhlanu ukuze bathole amacells angaphilanga kahle kusenesikhathi . Abasefazane banegunya lokuthi bahlolwe besasebancane . Abesifazane abasebenzisa umtholampilo kahulumeni banegunya lokuthi bathole iPap Smear ezimpilweni zabo kusukela kuminyaka engamashumi amathathu ukuya phezulu.


Izinto ezikhulisa iprostate cancer iqala eminyaka engu 50. Ukungadli kahle, ukudla inyama ebomvu kakhulu, ukuphuza kakhulu, nokungazivocavoci kanye nomlando womdeni .

ICANSA igqugquzela abesilisa abanomlando weProstate cancer kusuka kwaminyaka 40 – 45 kufanele bayohlola iPSA. Abanye kufanele bahlolwe kusukela kuminyaka engu 50.

Umdlavuzwa wamasende yiwona ojwayelekile kumadoda amancane kusukela eminyakeni engu 15 – 39.

Bonke abafana kufanele bathathe imizuzu eyishumi bezihlola isitho sabo sangasese ,ngalokho kusiza bona esimenisempilo .

Ukuhlala uselangeni

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Ungahlali kakhulu elangeni phakathi kwehora leshumi ukuya kwehora lesithathu ngoba ukushisa kwelanga kuyingozi . Zigcobe ngamafutha aneUVA kanye UVB namafutha SPF njalo uma uselangeni .

Umlando womndeni

Umlando womndeni uma ubhekene nemidlavuza engafani njengo mdlavuza wamabele kungenzeka ukuthi ubekhona namanye amalunaga omndeni. Ilunga lomndeni elitholakala ukuthi lingaba engozini lokuphathwa umdlavuza ngenxa yomlando wasekhaya kufanele aphile impilo ephephile ahlolwe ngesikhathi esifanele umdlavuza.

IMININGWANE

- Yakha ubudlelwane nomzimba wakho futhi uwazi kangcono , lokho kuzokusiza ubone okunga lunganga emzimbeni wakho.
- Khumbula, ukuthi kubalulekile ukuthi uthole usizo ngempilo yakho isikhathi sisase khona , ngoba ukufa okuningi kulashwa ngokushesha uma isikhathi sisasekhona . Ungahlali ngoku gula uthembe ukuthi uzozipholela ,ngoba okunye ukugula akupheli .
- Ungasabi ukubuza imibuzo noma uthole ulwazi mawu ngazwisisi . Yiyona indlela egcono yokuthola ulwazi ngempilo yakho.
- Indlela yokufunda ngesimo sempilo, indlela egcono yokwazi kabanzi ngezempilo .

Mawufuna ukwazi ngokuningi nge sifo somdlavuza eMzansi Afrika bonana nabakwaCANSA ucingo 0800 226 622, Noma iya kwiwebsite www.cansa.org.za noma hlangana nabakwa CANSA Care Centre eduzane name, noma abanikana nosizo lwempilo eduze nawe .