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Ubungcipheko bokufumana isifo somdalvuza bungakanani? *Khetha ibokisi eyiyona*


Andazi	
Buphantsi	
Buphakathi	
Buphezulu	

Demographics:
Ingingqi ohlala kuyo:
inhlanga:

zivivinye ngalemibuzo .(amadoda nabafazi)


phendula ngokuqiniseka ukuze ufmame impendulo afanelekileyo

No	Imibuzo emayelana nempilo	0	1	2	3	amanqaku
1	Sinjani isimo sempilo yakho?	silunge kakhulu	silungile	Silunge kancinci	asilunganga	
2	Mingaphi iminyaka yakho?	0-18	18-39	40-60	60 /nangaph ezulu	
3	Uyalitshaya na icuba, isiga, inqawe, isinemfu okanye ihooka?	Anditshayi	2-3 amaxesha ngeveki	Ndanditshaya kakhulu ndayeka	Yonke imihla	
4	Ukuba uyatshaya utshaya kangaphi ngosuku?	anditshayi	1-5	Nditshaya kali -15	ndisatshaya	
5	Uneminyaka emingaphi utshaya?	Ngaphantsi konyaka	1-5 yeminyaka	Ngaphezu lu kweminyaka emi 5-10	Ngaphezu kwe minyaka elishumi	
6	Ubunzima bakho bomzimba bungakanani?	Buqhelekile	>10 kg Ngaphezu lu kwe sisindo sakho	10 – 20 kg Ngaphezu lu kwe sindo sakho	>20 kg Ngaphezu lu kwesindo sakho	
7	Ukutya okufana nengqolowa nemboty ukutya kangaphi ngosuku okanye kangakanani?	Kanye ngemini	Kanye yonke imihla	Kane ngeveki	Kanye okanyeka bini ngeviki	
8	Iziqhamo uzitya kangaphi ngosuku?	Kathathu nangaphezulu yonke imihla	Ikomityi ezimbini ngemini	likomityi ezi3-4 ngeveki	Kanye okanye kabini ngeveki	
9	Imifino uyitya kangaphi ngosuku?	kathathu	Kanye nangaphe	3-4 ngemini	Kanye okanye	

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			zulu yonke imihla		kabini ngeveki	
10	Ukutya okunamafutha ukutya kangaphi? Okunje ngenyama enamanqatha okanye amagwinya?	Andiqhelanga okanye andikutyi	Kathathu nangaphantsi ngeveki	3-5 evekini	Kanye ngemini	
11	Ukutya okune netyuwa ukutya kangakanani?	Andiqhelanga okanye andikutyi	Kathathu nangaphantsi ngeveki	3-5 evekini	Kanye ngemini	
12	Utywala ubusela kangakanani?	Andibuseli	Kanye okanye kabini ngeveki	Kathathu okanye kane ngeveki	Kahlanu nangaphezulu ngeveki	

No	Imibuzo emayelana nempilo	0	1	2	3	Score
13	Xa uziva unomvandedwa okanye ucaphukile okanye udinga uncedo ukhona na umntu othetha naye?	Qho	emaxeshe ni	Ngamanye amaxesha	Andiliceli uncedo	
14	Umzekelo, ukuqubha, ukuzivocavoca imizuzu engama shumi amabini ukuya emashumini amathathu	Ngaphezulu kwentsuku ezine ngeveki	2-4 ngeveki	Kanye ngiveki	Andizilolongi	
15	Uyafika kwi yure ezi6-8 xa ulele kwenzele usebenze kakuhle	qho	Kahlanu ngeveki	Intsuku ezi2-4 evekini	Andiqhela nga/ andilali kangako	
16	Ezinyangeni ezidlulile eziyi-12 wena neqabane lakho niyisebenzise kangaphi idyasi yomkhwenyana xa nisabelana ngesondo	Akavumeleka nga ukuphendula umntu otshatile futhi ongenaye umntu ngaphandle	qho	Ngamanye amaxesha	Andiqhela nga kuyisebenzisa/ andiysebenzisi	
17 a b	Ukuzixilonga:omama: uyazixilonga amabele kanye ngenyanga? Amadoda: Uke uyowahlolisa amasende wakho kugqirha wakho?	Kanye kwiminyaka emi2-3	Qho emva kwezinyanga ezisithandathu	Kanye ngonyaka	Andizixilolongi	
18 a	Amadoda kuphela: wagqibela nini ukuxilonga iPSA. ? omama : wagqibela nini	Kanye eminyakeni emibini	Qho eminyakeni	Qho5-10 yeminyaka	Zange ndayozivivinya	

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b	ukuxilonga IPAP Smear?		emihlanu			
19	Xa ugcakamele ilanga uyayithambisa <i>isuncreen SPF 20</i> OKnye ngaphezulu?	Ndiyithambisa qho	Exesheni elinintsi	andiqhela nga	Andiyitha mbisi	
20	Ukhona umlando wesifo somdlavuza kusapho lwakho?	Awukho	Ngumntu omnye qha	Babini	Bangaph ezulu u kwabane	
Total						

Umngcipheko wakho wokuphathwa sisifo somdlavuza :

- Xa efika kwi 20 a, anqaku akho, awukho **engozini**; Qhubeka ngokuziphatha kakuhle.
- Xa ifika phakathi kwe 20-35, ingcupheko yakho iphantsi; yehlisa ingcupheko. Kanjani? – jonga ezansi).
- Xa igqitha u35, ingcupheko yakho iphezulu; yehlisa ukuzifaka engcuphekweni. Kanjani? – jonga ezantsi)

Krazula indawo ezakunikwa umxhasi

Inqubo ebonisa ukuba ungehlisa kanjani amathuba okuphathwa sisifo somdlavuza?

Enkosi ngokugqiba inqubo yokuhlola. Ukwazi kwakho ukuba impilo yakho ilunge kangakanani, yindawo entle yokuqala.

Ubudala bakho

Ukutshaya kuyingozi empilweni yakho. Zonke iindidi zecuba ziyingozi empilweni yakho usemntsha ukuze ungapathwa zizigulo ezinkulu.


icuba

ukutshaya kuyingozi empilweni yakho. Zonke iindidi zecuba ziyingozi empilweni yakho. Xa utshaya kakhulu ingcupheko yakho yokuphathwa sisifo somdlavuza iyakhula, okanye nezinye izifo. Ayikho indlela “ekhuselekileyo yokutshaya. Kunzima ukuyeka ukutshaya icuba. iCANSAs inikela ngoncedo lwamahala nge **kickbutt stop smoking programme**.

<http://www.ekickbutt.org.za>

Uncedo lokuyeka ukutshaya:

- Emva kwe yure ezimbini uyeke ukutshaya inicotine iyaphela egazini lakho.
- Emva kwe yure ezintandathu intliziyo yakho iyeka ukubetha ngokungxama, uqale nokuphefumla kakuhle
- Emva kwentsuku ezimbini uqala ukuziva nokunuka ngcono.

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- Emva kwentsuku ezimbalwa isifuba sakho sigcwala izikhohlela ozawukwazi ukuzikhohlela
- Uzakuyeka ukuphelelwa ngumoya. Ubenamandla. Amazinyo akho abemhlophe.
- Amaphaphu, neengcambu zawo kanye negazi lawo zizakuphola
- Emva kwenyanga ezimbini igazi lizkuya lula emlenzeni.
- Emva kweminyake emihlanu ingcupheko yakho yokuphathwa sisifo somdlavuza izakwehla kakhulu
- Kuzakuphela ukunuka kakubiand nokungcamla ukutya kuzakubangcono futhi nencasa yokutya nayo ibengcono.

Isisindo somzimba.

Abantu ababonakala ingathi batyebile (BMI egqitha okanye efika ku 30) okanye abatyebileyo (BMI of 25 to 29.9) Niyacetsyiswa ukuba nehlise isisindo somzimba. Oku kuzakunceda (between 5 and 10 percent of your current weight) ukwehlisa umngcipheko wakho wokufumana isifo somdlavuza nezinye izifo ezimanyalane nabantu abatyebileyo. Sicela ujonge i Balanced Lifestyle Guidelines Pamphlet.

Isondlo esinempilo

Yitya izithelo nevej ezohlukahlukeneyo ngayo yonke imihla. Oku kunceda ngoba iindidi zezithelo nevej zine vitamins, minerals, ne fibre ezibalulekileyo ezinceda ukukhusela ezifeni.

Yitya indidi ezintathu zezithelo mihla yonke,

Ungatyi ukutya okunamafutha amaninzi. Khetha ibhotela elinamafutha amancinci. Amafutha akwa Canola aneziciko zokuqapheleka zakwa CANSA ngendlela ehlakaniphileyo.

Yihlisa ukutya inyama enamanqathe utye inhlanzi, iimboty, lentils nee soya products. P

Yitya ukutya okubilisiweyo nokubhakiweyo. Wehlise ukutya ukudla okuwojiweyo. Amafutha okupheka uwasebenzise kanye qha.

Isexwayiso sokusebenzisa ityuwa ngamandla kungcono usebenzise amahlamvu okanye izipayisi..

Utywala

Ukusela utywala nokutshaya icuba konyusa amathuba akho okuphatwa zindindi zomdlavuza ohlasela amalungu ahlukeneyo emzimbeni wakho njengomlomo, uqhoqhoqho, amabele namathumbu.


iCANSA icebisa ukuba ungazisebenzi kwanhlobo.

Ukulunga kwemiva

Ukuthetha ngemiva yakho kungakubonisa ukuba ayinguwe wedwa onazo ezongxaki. Oku kungakunceda ukuba ufumane amacebo oku sombulula ezongxaki. Xakunyazelekile cela uncedo.

Ukuzilolonga

Inxaso eninzi iyabonisa ukuba ukuzilolonga kuyanceda ekukhuseleni abantu ukuba bangasi fumani isifo somdlavuza. Xabisa ukuzilolonga ngaphezulu kwezinye izinto ozenza mihla yonke.

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Abantu abadala kufuneka bazilongwe kahlanu ngeveki ukufikela kwimizuzu engamashumi amathathathu okanye imizuzu engamashumi amabini kathathu ngeveki.

Ukulala nokuphumla

Ukulala ngaphansi kwe yure ezixhenxe kwenyusa amathuba okuphathwa sisifo somdlavuzi.

Ezokulalana

Ulalana nomntu omnye qha kwehlisa amathuba okufumana izifo zangasese. Sebenzisa icondom qho nangendlela efanikileyo ukude wehlise amathuba okufumana izifo zangasese, uphinde ukhuseleke ekufumaneni izifo nomdlavuzi wangaphansi.

Cancer screening

Ukwenza iipap smears nezivivinyo zamabele njalo kungayikhusela impilo yakho. Zivivinye amabele ngokwakho nyangazongwe emva kwemini eziyi 7 ukuya 10 emva kuphele i periods zakho.

iCANSAs icebisa oku:

Onke amabhinqa **ukusuka kwi 25 yeminyaka** enze **iPap smears kanye eminyakeni emithathu**, ukufumana isels ezingalunganga. Abasebenzisa izibhedlela zikarhulumente, banemvume yokwenza ipap smears ezintathu empilweni yabo. Ukuqala kwi 30 yeminyaka nangaphezulu, wenze ipap smear ibenye emva kweshumi yeminyaka.

Izinto ezikhulisa amathathuba okuphathwa ngumdlavuzi:

Ukuguga(xawumdala ngaphezulu kwe50 ngeminyaka), idiet ebhedayo (inyama ebomvu eninzi, ukutya okunamafutha amaninzi nokusela utywala kakhulu), ukungazilolongi nomlando wesapho. CANSAs icebisa onke amadoda anomlando we prostate cancer emasapheni awo ananeminyaka ephezulu ku 40 - 45 enze isivivinyo se PSA kanye ngonyaka. Amanye amadoda angaphezulu kwe 50 ngeminyaka nawo enze esisivivinyo kanye ngonyaka


Umdlavuzo wamasende nguwo oxhaphakileyo emadodeni oneminyaka ephakathi kwi 15-39. Onke amadodana kufuneka athathe ishumi lemizuzu ngazo zonke iinyanga azivivinye amasende.

Ukuvela elangeni

Ungalidcakameli ilinga ukusuka ngo 10:00 ekuseni ukuya ku 15:00 emva kwemini. Zithambise ngebroad-spectrum (UVA and UVB) sunscreen ene Sun Protection Factor (SPF) engekho phansi kwa20. Uyithambise qho.

Umlando losapho

Usapho olunomlando wokuphathwa ziindidi zomhlaza zonyusa amathuba akho okuphathwa ngumhlaza. Abantu ababonwa ngathi basengozini yokuphathwa ngumhlazi ngenxa yomlando wesapho lakhe kufuneka bazi ukuba kubalulekile ukuphila impilo ephilileyo nokuhlala benza izivivinyo zomhlaza

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Amacebo:

- Yiba nozalwane obuhle nomzimba wakho uze ukwazi ukubona izinto ezingavela ezinga qhelekanga
- Khumbula, kubalulekile ukufumana ukugula kusekutsha ngoba kulula ukuxilonga. Ungahlali nesigulo uthembe ukuba sizazipholela, cela uncedo phambi kwexesha.
- Ungoyiki ukubuza imibuzo, ucele nokucaciselwa xawungaqondi imeko ethile. Yiyo qha indlela yokuqonda imeko yempilo nhle.
- Ukufunda iincwadi ezithetha ngempilo enhle kunceda umntu abe nolwazi obunzulu.

Xa ufuna ulwazi oluthe vetshe ngomdlavuza eMzansi Afrika xhumana neCANSAs [tel:0800 22 66 22](tel:0800226622), okanye undwendwele iwebsayithi www.cansa.org.za okanye uxhumane CANSAs Care Centre ekufuphi kuwe.