



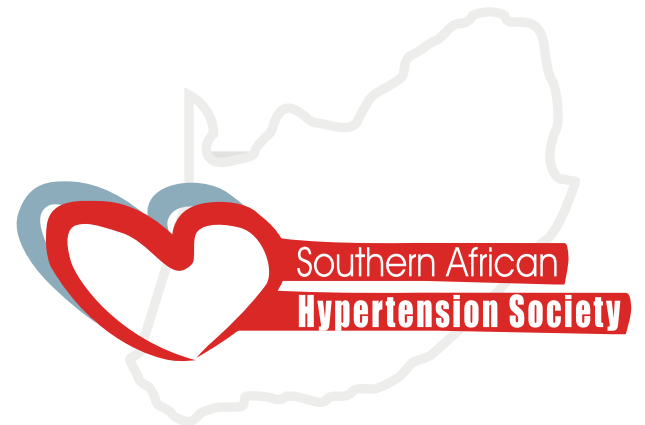
Ngalafho ya BP

Vhathu vhothe vha re na mutsiko muhulwane wa malofha vha tea u shandula kutshilele – u ja zwiliwa zwi re pfushi, u ita nyonyoloso tshifhinga tshothe, u vha na tshileme tsho linganelaho na muño mutuku na u nwa halwa vhutuku. Ngalafho i tea u haseledzwa na dokotela wanu. Vhathu vhanzhi vha do tea u nwa mishonga vhutshilo havho hothe. Zwi do todea uri vhanwe vhathu vha ite ndingo dzo engedzeaho u itela u vhona arali hu na tshivhangi tsho livhaho tsha mutsiko wavho muhulwane wa malofha. Hezwi zwi nga toda ngalafho yo livhaho.

Malugana na Mushonga wanu

Inwani mushonga wanu we na newa wone duvha linwe na linwe.

- **Angiotensin ine ya shandula zwine zwa thivhela enzyme Masiandoitwa a si avhudi:** U zwimba (u zwimba meme dza mulomo, mukulo kana tshifhatuwo. Litshani ngalafho nahone ni vhonane na dokotela) u hojola, photheziamu i re nthu.
- **Angiotensin receptor blockers Masiandoitwa a si avhudi:** Photheziamu i re nthu
- **Calcium Channel blocker Masiandoitwa a si avhudi:** U rema ha thoho, u zwimba ha tshinungo, u zwimbelwa.
- **Diuretic (thiazide kana tshithu tshi ngaho thiazide) Masiandoitwa a si avhudi:** U engedzea ha gulukhousu, gauthu, sodiamu i re fhasi kana photheziamu





Mutsiko Muhulwane Wa Malofha Ndi Mini (Blood Pressure, BP)?

Mutsiko Muhulwane Wa Malofha (BP) ndi musi mutsiko u re kha dzitsinga u tshi gonya nahone wa dzula u n̄ha. BP yo gonyaho (i dovha ya divhiwa sa mutsiko muhulwane wa malofha) i kwama vhaaluwa vha ̄oḁaho u vha vhararu kha vhafumi kha ̄a Afurika Tshipembe



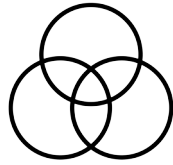
Ndi mini zwine zwa ita uri BP i gonye?

- Miñwaha
- Mbeu
- Lushaka
- U sa ita nyonyoloso
- U vha na muvhili
- Zwiliwa zwi si na pfushi muhulu
- BP yo gonyaho muḁani wa haḁu



Ndi ngani ni tshi tea u vhilaela nga ha BP yo gonyaho?

BP yo gonyaho ndi tshivhanga tshihulwane tsha vhwadze ha u oma lurumbu, vhwadze ha mbilu, u kundelwa ha mbilu na u kundelwa ha tswio. Oḁhe enea malwadze a ita uri mutakalo u si vhe wavhuḁi nahone a vhangana lufu.



Naa a hone mañwe malwadze ane kanzhi a tshimbizana na BP yo gonyaho?

- EE:**
- Vhwadze ha swigiri
 - Kholesitiroli i re n̄ha
 - Muvhili muhulu

Thaidzo dza Mutsiko Muhulwane Wa Malofha u sa langei (Hypertension, HPT)



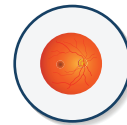
Vhuluvhi
Vhwadze ha u oma lurumbu



Mbilu
U divhitha ha Mbilu hu si ha nzulele, Vhwadze ha mbilu, U kundelwa ha mbilu



Tswio
U kundelwa ha Tswio



Maḁo
Vhupofu



Nḁila ya u Thivhela BP yo Gonyaho

- U ̄a zwiliwa zwi re na pfushi – zwiliwa zwi si na muḁo munzhi na swigiri n̄zhi na mitshelo na miroho.
- U ita nyonyoloso ḁuvha liñwe na liñwe lwa mimunithi ya 30.
- Fhungudzani u nwa halwa.
- Ni songo daha.
- Ivhani na muvhili u re na tshileme tsho linganelaho tsho teaho vhwlapfu haḁu.



U Ṭolwa

Ni tea u ṭolwa mbilu hu tshi shumiswa ECG na u ṭolwa tswio nga u lingwa muḁambuwo ḁwaha muñwe na muñwe. ḁwaha muñwe na muñwe ni tea u ṭolwa vhwadze ha swigiri na kholesitiroli i re n̄ha.



U Ṭolwa

Kanzhi BP yo gonyaho a i na tsumbadwadze, ndi ngazwo ni tshi tea u ṭolwa BP ḁwaha muñwe na muñwe. BP i kalwa hu tshi shumiswa tshithu tsha u kala (cuff) tshine tsha pwanyeledza tshanda tshana nahone musi tshi tshi litshedzwa tshi kona u wana u elela ha malofha kha tsinga yaḁu. U vhalu ha u thoma ndi musi u elela ha malofha hu tshi thoma nahone u vhalu ha vhwvhwili ndi musi malofha a tshi elela zwavhuḁi.

Ni songo ̄a zwiliwa, u nwa gofhi na u daha lwa hafu ya awara musi ni sa athu kalwa BP.

U Vhalwa Ha Mutsiko Wa Malofha:

Normal: <120/80mmHg
Hypertension: ≥140/90mmHg

Hu na greidi tharu dza Mutsiko Muhulwane Wa Malofha

- 1: 140-159/90-99mmHg
- 2: 160-179/100-109mmHg
- 3: ≥180/110mmHg