



## Unyango lwe-BP

Bonke abantu abanoxinzelelo lwegazi oluphakamileyo kufuneka batshintshe indlela abaphila ngayo – ukutya okusempilweni, ukuzilolonga rhoqo, ubunzima obusempilweni kunye nokutya ityuwa notywala kancinci. Unyango lwamayeza kufuneka luxutyushwe nogqirha wakho. Abantu abaninzi baya kufuna amayeza ekuya kufuneka bawathathe ubomi babo bonke. Abanye abantu baya kufuna uvavanyo olungakumbi ukuze kubonwe enoba kukho unobangela ongqalileyo woxinzelelo lwegazi oluphakamileyo lwabo. Oku kusenokufuna unyango olungqalileyo.

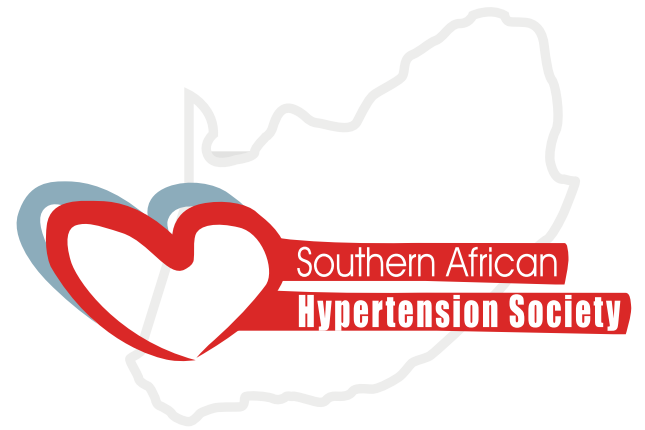


## Malunga Namayeza wakho



Thatha amayeza wakho owanikiweyo yonke imihla.

- **Izithinteli ze-enzyme eguqulela i-Angiotensin Imiphumo Engafunekiyo:** Ukudumba kolusu (ukudumba kwemilebe, umqala okanye ubuso. Yeka unyango yaye ubone ugqirha) ukukhohlela, ipotaziyam ephezulu.
- **Izixini zezamkeli ze-Angiotensin Imiphumo Engafunekiyo:** Ipotaziyam ephezulu.
- **Isithinteli seJelo leKhalisiyam Imiphumo Engafunekiyo:** Intloko ebuhlungu, ukudumba kwamaqatha, ukuqhinwa.
- **I-Diuretic (i-thiazide okanye i-thiazide-like) Imiphumo Engafunekiyo:** Ukunyuka kweglukhowusi, igawuthi, isodiyam okanye ipotaziyam ephantsi.





## Yintoni Uxinzelelo Lwegazi (Blood Pressure, BP) Oluphakamileyo?

Uxinzelelo Lwegazi (BP) Oluphakamileyo kuxa uxinzelelo kwimithambo lunyuka yaye luhlale luphakamile. I-BP Ephezulu (ikwaziwa ngokuba luxinzelelo lwegazi oluphakamileyo) ichaphazela malunga nesi-3 kubantu abadala abali-10 eMzantsi Afrika



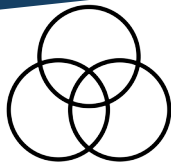
## Yintoni ebangela i-BP ibe phezulu?

- Ubudala
- Ubuni
- Ibala
- Ukungazilolongi
- Ukutyeba
- Ukungatyi kakuhle
- I-BP Ephezulu kwintsapho yakho



## Kutheni ufanele ukhathazeke malunga ne-BP ephezulu?

I-BP Ephezulu ngunobangela omkhulu wesitrowukhu, ukuhlaselwa yintliziyo, ukusilela kwentliziyo kunye nokusilela kwezintso. Zonke ezi zifo zikhokelela kwindlela yokuphila engalunganga kwaye zibangela ukufa.



## Ngaba zikhona ezinye izifo ezisoloko zibonwa ne-BP ephezulu?

**EWE:** • Isifo seswekile • Amafutha egazini aphakamileyo • Ukutyeba kakhulu

## Iingxaki zokungalawuleki Koxinzelelo Lwegazi Oluphakamileyo (Hypertension, HPT)



**Ingqondo**  
Isitrowukhu



**Intliziyo**  
Ukubetha  
Kwentliziyo  
okungaqhelekanga,

Ukuhlaselwa yintliziyo,  
Ukusilela kwentliziyo



**Izintso**  
Ukusilela  
Kwezintso



**Amehlo**  
Ukungaboni



## Indlela Yokuthintela I-BP Ephezulu

- Yitya ukutya okusempilweni – okunetyuwa neswekile encinci kunye neziqhamo nemifunoeminzi.
- Zilolonge yonke imihla kangangemizuzu engama-30.
- Nciphisa ukusela utywala.
- Musa ukutshaya.
- Yiba nobunzima bomzimba obusempilweni obuqhelekileyo kubude bakho.



## Uphando

Ufanele uhlolwe intliziyo yakho kusetyenziswa i-ECG yaye uhlolwe izintso zakho kunye nomchamo rhoqo ngonyaka. Rhoqo ngonyaka ufanele uhlolwe isifo seswekile kunye namafutha aphezulu egazini.



## Uhluzo

I-BP Ephezulu iye ingabi nazo iimpawu ngoko ufanele uhlolwe i-BP yakho rhoqo ngonyaka. I-BP ithathwa ngekhafu ecudisa ingalo yakho ize ithi xa iyikhulula kufunyaniswe ukuhamba kwegazi kwimithambo yakho. Umlinganiselo wokuqala kuxa ukuhamba kwegazi kuqala uze umlinganiselo wesibini ube xa igazi lihamba ngokukhululekileyo.

Kuphephe ukutya, ikofu kunye nokutshaya malunga nesiqingatha seyure ngaphambi kokuthatha i-BP

## Imilinganiselo Yoxinzelelo Lwegazi:

Eqhelekileyo: <120/80mmHg  
Uxinzelelo lwegazi oluphakamileyo: ≥140/90mmHg

Kukho amabakala ama-3 Oxinzelelo Lwegazi Oluphakamileyo

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