



Ukwelashwa kwe-BP

Bonke abantu abane-hypertension kudingeka benze izinguquko endleleni abaphila ngayo – ukudla okunempilo, ukuzivocavoca njalo, isisindo esifanelekile nokunciphisa usawoti notshwala. Izindlela zokwelashwa kudingeka zidingidwe nodokotela wakho. Abantu abaningi bazodinga imithi abayoyiphuza ukuphila kwabo konke. Abanye abantu bazodinga ukuhlolwa kaningana ukuze kutholakale okuyizona zimbangela zomfutho wegazi ophezulu kubo. Lokhu kungadinga ukwelashwa okukhethekile.



Mayelana Nemithi Yakho

Phuza umuthi owunikiwe nsuku zonke.

- Izivimbeli zokuguquka kwe-enzyme ye-Angiotension

Imiphumela Emibi: I-Angio-oedema (ukuvuvuka kwezindebe, umphimbo noma ubuso. Yeka umuthi futhi ubonane nodokotela) ukukhwehlela, i-potassium eningi.

- Izivimbeli zokwamukeleka kwe-Angiotensin

Imiphumela Emibi: I-potassium eningi.

- Isivimbeli se-Calcium Channel

Imiphumela Emibi: Ubuhlungu bekhandu, ukuvuvuka kwamaqakala, nokuqumbelana.

- Amaphilisi andisa umchamo (i-thiazide noma afana nayo)

Imiphumela Emibi: Ukwanda kwe-glucose, i-gout, i-sodium ephansi noma i-potassium.





Uyini Umfutho Wegazi Ophezulu (Blood Pressure, BP)?

Umfutho Wegazi Ophezulu (BP) wenzeka lapho umfutho osemithanjeni uba phezulu futhi uqhubeka ukuleso simo. I-BP ephezulu (ephinde yaziwe nangokuthi yi-hypertension) ithinta abantu abadala abangu-3 kwabangu-10 eNingizimu Afrika



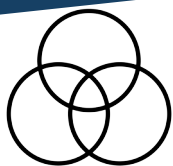
Yini ephakamisa i-BP?

- Ubudala
- Uhlanga
- Ukunona
- Abantu abane-BP emndenini
- Ubulili
- Ukungazivocavoci
- Ukudla ukudla okungenampilo



Kungani kufanele ukhathazeke nge-BP ephezulu?

I-BP ephezulu iyimbangela enkulu yesifo sonhlangothi, isifo senhliziyo, ukumelwa yinhliziyi kanye nokungasebenzi kahle kwezinsu. Zonke lezi zifo ziholela endleleni yokuphila engeyinhle futhi zibangela ukufa.



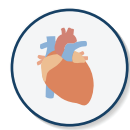
Zikhona yini ezinye izifo ezivame ukuhambisana ne-BP ephezulu?

YEBO: • Isifo sikashukela • Ikholestoroli ephezulu • Nomzimba omkhulu

Izinkinga ezidalwa Umfutho Wegazi Ongalawuliwe (Hypertension HPT)



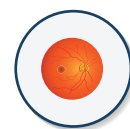
Ubuchopho Unhlangothi



Inhliziyo Ukushaya Kwenhliziyo okungavamile, Izifo zenhliziyo, Ukumelwa yinhliziyi



Izinso Inso Ukuyeka ukusebenza



Amehlo Okungaboni



Indlela Yokugwema i-BP Ephezulu

- Yidla ukudla okunempilo – okungenawo usawoti omningi kanye noshukela futhi okunezithelo eziningi kanye nemifino.
- Zivocavoce nsuku zonke imizuzu engu-30.
- Nciphisa ukuphuza utshwala.
- Ungabhemi.
- Isisindo somzimba wakho masifanelane nobude bomzimba wakho.



Ukuhlolwa

Kufanele uye kohlolwa inhliziyi nge-ECG futhi uhlolwe nezinsu ngokuhlola umchamo unyaka ngamunye. Unyaka ngamunye kufanele futhi uhlolelwe ushukela kanye nekholestoroli ephezulu.



Ukuhlungwa

Ngokuvamile i-BP ephezulu ayinazimpawu ngakho kufanele uhlole i-BP yakho unyaka ngamunye. I-BP ithathwa ngokubopha umkhono oqinisa ingalo yakho futhi njengoba ulokhu udedela uzobona ukugijima kwegazi emithanjani yakho. Inombolo yokuqala ibonisa lapho igazi liqala ukugijima futhi inombolo yesibili ibonisa lapho igazi seligijima ngokukhululekile. Gwema ukudla, ikhofi kanye nokubhema esikhathini esinguhhafu wehora ngaphambi kokuthathwa kwe-BP

Izinombolo Zomfutho Wegazi:

Okuvamile: <120/80mmHg
I-Hypertension: ≥140/90mmHg

Kunezigaba ezingu-3 ze-Hypertension:

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