

Umyalezo ovela kwiiNkokheli ze-REPRIEVE: Sisebenza kunye kwi-REPRIEVE

Sithanda ukukubulela kwakhona ngokuba yinxalenye yoLingo lwe-REPRIEVE! Sichukumiseke kakhulu kukuzimisela kwabathathi-nxaxheba be-REPRIEVE abakholelwa ukuba ukufumana iimpendulo ngesifo sentliziyo ne-HIV kunomvuzo. Ukuze sifikelele inani esizibekela lona lobhaliso, abasebenzi bethu abazinze kwi-Clinical Coordinating Center ese-Massachusetts General Hospital e-Boston, MA, USA nakwiziza eziyi-120 zobhaliso lwe-REPRIEVE baza kusebenza nzima ukwazisa abantu ngeREPRIEVE kwindawo yasekuhlaleni. Nceda uqhubeke usenza konke onako ukwazisa nawuphi umntu ocinga ukuba anganomdla kwi-REPRIEVE ukuze azi ngolu phando. Siyalwamkela yaye siyaluvuyela uncedo lwakho lokusasaza i-REPRIEVE. Enyanisweni, kubaluleke ukuhlala usebenza kwi-REPRIEVE njengokuba kunjalo ukuba lilungu. Ngamnye wenu unendima ebalulekileyo ayidlalayo kolu phando. Inkcazelo osinika yona ingabaluleka kwimpilo yakho kunye nakuleyo yabaninzi abane-HIV. Ngokwenza uphononongo kubo bonke abathathi nxaxheba abaqhubeka nolingo, abaphandi baza kukwazi ukufikelela kwisigqibo esichanileyo ngempilo yentliziyo, kunye nomahluko wesifo sentliziyo nemiphumo ye-pitavastatin egcina izintso nezihlunu zomntu zisebenza. Ezi zigqibo zingasenza sibe nenkcazelo ebalulekileyo yokunika abantu abane-HIV nkqu nezizukulwana ezizayo. Njenge-REPRIEVE sixabisa bonke abathathi-nxaxheba yaye siyathemba ukuba uza kuqhubeke de luphele olu phononongo.

Enkosi kwakhona ngokuzinikela kwakho kweli phulo libalulekileyo!

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Fumana okwaktshanje ku-REPRIEVE



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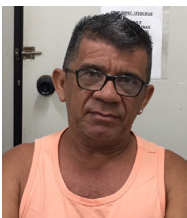


www.twitter.com/reprieve-trial

Dibana Nabanye Abathathi-nxaxheba be-REPRIEVE

Abathathi-nxaxheba be-REPRIEVE ngabantu abazimisele kakhulu abaseka ikamva lokuthintelwa kwesifo sentliziyo kwabane-HIV.

Funda ngamava abathathi-nxaxheba kolu lingo.



“Ukuthatha inxaxheba kubalulekile, kungekhona kum kuphela kodwa nakwabanye abathathi nxaxheba, ngoba **kunceda oososayensi bafumane iindlela ezintsha zokuphucula umgangatho wobomi bethu**” - Agnaldo da Silva Santos, HGNI HIV Family Care Clinic, Rio de Janeiro, Brazil

“Ngaphambi kokuthath’inxaxheba kolu phando, ndandinikele ingqalelo kumosuleleko we-HIV yam kuphela. **Oko ndangena kolu phando, ndijonge yonke impilo yam.** Ndithanda ukufumana inkcazelo yezempilo kwiwebhusayithi ye-REPRIEVE nakwiphephandaba layo. Ndifumene amathuba angakumbi okufikelela inkcazelo yezempilo.” Umthathi-nxaxheba ose-Thai Red Cross CRS, Bangkok, Thailand

“Olu phando lubangela umdla yaye ndicinga **olu phando luza kunceda ekunyamekeleni izigulana nabanye abantu abasulelekileyo kwikamva.** Ukuba iziphumo zophando ziyancumisa, zingasetyenziselwa ukunqanda kwesifo sentliziyo kwezinye izigulana. Xa ndandizimanya nolu phando, ndandilindele ukufumana uxilongo nokubekwa esweni kwesifo sentliziyo, into endingazange ndiyihlalelwe okanye ndazi ngayo ngaphambili. Asimele silindele de sibe nesifo ukuze sifumane unyango. Ndicinga ukuba ukuthintela kungcono kunokunyanga.” Umthathi-nxaxheba ose-CMU HIV Treatment CRS, Chiang Mai, Thailand



Follow YOUR Heart

I-Blog ethi My Heart Matters (Imiba yeNtliziyo Yam)

Iphulo le-Follow YOUR Heart (Landela Intliziyo YAKHO) liyakumema ukuba ufunde okutsha kwi-blog ethi *My Heart Matters*, “**Women Supporting Women in the Community**” (Ukuxhasa amabhinqa ekuhlaleni). Ithetha ngesizathu sokuba iintlangano ze-HIV ezisekuhlaleni ziluncedo kumabhinqa nendlela amabhinqa anokufumana ngayo ezi ntlangano ze-HIV ezikufutshane nawo.

I-My Heart Matters blog sisixhobo esiluncedo kumabhinqa ane-HIV anomdla wokufunda ngokubanzi nge mpilo yentliziyo, ukuthath'inxaxheba kuphando kunye nolingolwe-RETRIEVE. Le blog ihlaziywa emva kweenyanga ezithile yaye ingafunyanwa ku www.followyourheart.reprievetrial.org/news/

FAQs (Imibuzo Eqhele Ukubuzwa)

Q : Ukugqibela kwam ukuya kutyelelo lophando ndiye ndaya kwindawo yonyango olungxamisekileyo (ER) ngenxa yokuba nesizezi. Andiqinisekanga ukuba sibangelwe yintoni. Ngaba ndimele ndixelele abasebenzi bophando lwe-REPRIEVE xa ndiye kutyelelo lwe-REPRIEVE?

A: **Ewe!** E-REPRIEVE, siqokelela inkcazelo emalunga neziganeko zesifo sentliziyo, njengokuhlaselwa yintliziyo, i-stroke, phantse kuwo onke amatyelelo; **le nkcazelo isinceda siqonde ukuba i-statin esisetyenziswa yi-REPRIEVE siyasebenza.** Ngokuxhomekeke koko usichazela kona kutyelelo lophando, nangemvume yakho abasebenzi be-REPRIEVE bathatha inkcazelo eza kuqinisekisa izigulo onokuthi uzichaze ngoxa uthatha inxaxheba kwi-REPRIEVE.

Kubalulekile ukuba xa uye kutyelelo lophando uchaze ukuba uye wafunyaniswa ngumniki-nkonzo wezempilo unesiganeko sesifo sentliziyo njengokuhlaselwa yintliziyo, i-stroke, iintlungu zesifuba okanye nakuphi ukulaliswa esibhedlele ukuze sibe neenkukacha ezongezelelekileyo ngolo xilongo.

Ngaba ubusazi ukuba i-REPRIEVE ine-Community Advisory Board yayo?

funda okungakumbi kwi

www.reprievetrial.org/join-the-study-test/cab/

Izibakala ze-REPRIEVE

Sibhiyozela unyaka wesithathu we-REPRIEVE!

Izinto eziyintloko esiziphumezileyo kunyaka ophelileyo ziquka:

- Ukuvula iziza ezongezelelekileyo e-Indiya, Peru, Haitia, Uganda. Sithetha nje sineziza eziyi-11 kwihlabathi lonke.
- Ngaphezu kwabathathi-nxaxheba abayi-5950 baye bangamalungu, abayi-3083 baye babhalisa kunyaka ophelileyo.
- Abathathi-nxaxheba be-REPRIEVE baliqela elahlukahlukeneyo: umyinge weminyaka yi-49; 32% yabathathi-nxaxheba ngamabhinqa.

I-REPRIEVE Ezindabeni naseKuhlaleni

Nangona i-REPRIEVE ibona ngathi sele kuza kuyekwa ukubhalisela uphando olungaphantsi, kusafuneka siasaze uphando ngokubanzi, njengoko sithemba ukuba uphando luza kugcwala kunyaka ozayo. Sisebenze nzima ukuqiniseka ukuba nabani na ofuna ukwazi nge-REPRIEVE ufunda ngayo xa sisenza iintetho ekuhlaleni, iintengiso kwiimagazini nakwiimagazini ezikwi-intanethi, kunye kumajelo okuncokola.

Ukuze sisaze ngathi, amanqaku amaninzi abhalwe nge-REPRIEVE kunyaka ophelileyo:

- « Association Between HIV & CVD: Finding A Solution to Double Jeopardy », JAMA Cardiology
- « Spotlight on #HeartHealth and People Living with HIV », blogue de HIV.gov
- « Cardiovascular Disease: The Next Great Challenge for HIV Care », STAT News
- « Exploring Barriers for Women in HIV Clinical Research with REPRIEVE », The Body PRO

Amacebiso okuba nentliziyo Esemplweni!

Nyamekela impilo yakho yezengqondo uze uqiniseke ukuba ulwalamano lwakho nentsapho kunye nezihlobo lomelele yaye nonwabile. Uphando lubonisa ukuba umngcipheko omkhulu wokuba nesifo sentliziyo kubantu abanodandatheko, abangamalolo, okanye abangenkxaso. Izinto ezincinci ezifana nokuba yinxalenye yeqela lenkxaso, ukuthetha okanye ukuhamba-hamba nesihlobo, okanye ukukufownela izihlobo yenye indlela yokuphucula impilo yezengqondo.

Ukuthatha kwakho inxaxheba kubalulekile!

Ngokuthath'inxaxheba kwi-REPRIEVE nokwenza amatyelelo ophando, uya kuba udlala indima ebalulekileyo kulwazi lwethu lwe-HIV nesifo sentliziyo, oluya kuba neengenelo zexesha elide kwisizukulwana esizayo nakubantu abaphila ne-HIV ngoku.

Sibulela abaxhasi bethu:

