



# REPRIEVE

INCWADI YEZINDABA ZOBAMBE IQHAZA



**Umlayezo ovela ku-Dkt. Steve Grinspoon  
kanye no-Dkt. Pam Douglas, Abacwaningi  
Abayinhloko be-REPRIEVE**

Ake siqale ngokukubonga ngokuba nengxenye kwakho kwa-REPRIEVE. Ukuzbophezelia kwakho okuqbekayo kwa-REPRIEVE kubalulekile ekusizeni siqonde kangcono, sibe nethembia lokuthi ngolunye usuku, siyovikele isifo senhliziyo kubantu abaphila negciwane lengculazi.

Siyabonga  
ngokubamba  
kwakho iqhaza.  
**I-REPRIEVE**  
ibingeke ibe  
khona ngaphandle  
kwakho.

Besingeke sikwazi ukukwenza lokho kalula ngaphandle kwakho. Le ncwadi yezindaba isisiza ukuba sikwazi ukuxhumana nawe ngokuqondile-abaththe ingxene ocwaningweni kwa—REPRIEVE—ngaleyoo ndlela sigcina wonke umuntu azi ngen-

tuthuko esesiyyenze sindawonye.

Kakade sesihambe ibanga elide kakhulu sindawonye, siqedela ukubhalisa abantu kulesi sigaba sokuqala emlandweni wesivivinyo sokuvikela isifo senhliziyo kubantu abaphila negciwane lengculazi. I-REPRIEVE ibuye ibe inkampani enku, ehlelekile ehambisana nolwazi lwakamuva ngesandulela nqculazi. Uyngxene yalesi sigaba esiphawulekayo socwaningo futhi ngenxa yalokho siyakubonga kakhulu ngesifiso sakho sokusiza.

Sesineminyaka engu-4 kusukela i-REPRIEVE yasungulwa futhi sesiqale ukuqbekanisa imininingwane esesiyyitholile kulolu cwaningo. Sinethemba lokuthi sizoqala ukubhalisa okunye kwalokho esesikutholile ngokushesha futhi sizoqiniseka ukuthi siyamemezela lapho lokho okutholiwe sekukhishiwe engosini yethu yakwa-REPRIEVE-ngako ihlole njalo ku [www.reprievetrial.org](http://www.reprievetrial.org).

Usuku lokugcina lwalolu cwaningo luyoba sentwaslahobo ka-2023 kanti kuze kube yileso sikhathisizobe siqinisekisa ukusebenziana nababambe iqhaza. Kancane kancane senza intuthuko. Angeke sikwazi ukukubonga ngokwanele ngokuqbekwa kwakho ubambe iqhaza noma sikuchaze ngokwan-ele ukubaluleka kwalokho esikwenzayo sindawonye.

**Ukubhalisa  
kwa-REPRIEVE  
kuqedwe  
ngo-Ndasa,  
2019!**

## Ingabe amaphilisi asiza ngokwehlisa izinga likashukela egazini (Statins) Ayikhambi Lokuphila Ngaphandle Kwesifo Senhliziyo?



Ucwanningo Iwamuva (Tsugawa, T et al. JAMA Internal Medicine. 2014) luqhathanise imikhuba yokudla yabantu abaphuza amaphilisi ehlisa izinga likashukela egazini nabantu abangawaphuzi.

Abacwaningi bathole ukuthi abantu abaphuza amaphilisi okwehlisa izinga likashukela babike ukuthi badla ukudla okubhekwa njengokungenayo impilo. Sitala ukuthi uma uwathatha ulandelete izindlela ezinempilo zokungangenwa isifo senhliziyo ezituswayo encwadini enikezwa labo ababa nengxenye minyaka yonke lapho kuvakasha abakwa-REPRIEVE. Ukudla okunempilo okungabangeli izinkinga zenhliziyo kuhlanganisa izithelo nemifino, nesilinganiso esincane samafutha kanye namafutha obhotela, amafutha engulube kanye nemikhiqizo eyenziwe ngobisi olinokhilim ujenge-ice cream.

## Inhliziyo yakwa-REPRIEVE: Inkinga Eziphathelene Nenhliyi



Kwa-REPRIEVE, sihlanganisa ukwaziswa okuvela kuwe ngokuphathelene nezinkinga zenhliziyo, njengokuma kwenhliziyo noma ukushaywa uhlangothi, *njalo uma sivakashile; le mininingwane iyasisiza sazi ukuthi amaphilisi ehlisa izinga likashukela egazini sentshenziswa kwa-REPRIEVE asebenza kahle yini*. Ngokusekelwe kulokho ositshele kona phakathi nokuhambla kocwaningo, nangemvume yakho, abasebenzi bakwa-REPRIEVE bathatha ukwazisa ukuze baqinisekise ezinye izimo zokwelashwa ozibikile ethimbeni labacwaningi. Uma uphutha ekuhambeleni, abasebenzi bakuleyo ndawo bangase bakushayele uringo noma bashayele inombolo yakho yocingo yezimo eziphuthumayo noma umnakekeli wezempiro omhlinzekile ukuze bezwe ukuthi awukaze ube nazo yini izinkinga zenhliziyo.

Kubalulekile ukuthi usho phakathi nokuhambla kocwaningo uma kungenzeka uke waba nezinkinga ezhlobene nezinkinga zenhliziyo, njengokushaywa inhliziyo, ukushaywa uhlangothi, noma ubuhlungu besifuba. Sicela futhi, usho phakathi nokuhambla kocwaningo uma kungenzeka uke wangeniswa esibhedlela noma wenza okunye ukuhlowa okupathelene nezinkinga zenhliziyo. Ngale ndlela singawazi ukuthola imininingwane eyengeziwe.

Ngosizo lwakho ekubikeni inkinga ngayinye yenhliziyo ethimbeni lakwa-REPRIEVE siyociniseka ukuthi akukho nokuncane okusilahlekelayo ngezinkinga zenhliziyo.

**Ukwazisa  
okubalulekile  
ngezempilo  
kuqoqwa KUWE  
EKUHAMBELENI  
ngakunye  
kocwaningo, sicela  
uye kukho KONKE  
ukuhambelo  
kocwaningo!**

## Ababambi qhaza bakwa-REPRIEVE Bathatha Ingxathu Eliya Phambili

### Bavelaphi Ababambi Qhaza Bakwa-REPRIEVE?

Ababambi Qhaza bakwa-REPRIEVE bavela emazweni angu-11 emitholampilo engu-100 emhlabeni wonke!



### abantu bezwa kanjani nge-REPRIEVE?

Indlela evamile abantu abezwa ngayo ngabakwa-REPRIEVE beku-ba ukusikisela okutholwa ezikhungweni zemithelampilo.



IZIKHANGISO



IMICIMBI



UMNGANE/UMNDENI



UKULAYEZWA



ISIKHANGISI/IN-CWADI YEZINDABA



UMLHLINZEKI (ABEZEMPILO/ABANGEBONA ABEZEMPILO)



OFUNA ABABAMBIA IQHAZA ESIKHUNGWENI

### Mayelana Nocwaningo

Ezinye Izibalo Ezibalulekile Mayelana Nababambi Qhaza Bakwa-REPRIEVE:

**7557**

**32%**

**50**

**13**

INANI LABABAMBE IQHAZA

AMAPHESENTI ABESIFAZANE

ISILINGANISO SEMINYAKA YOBUDALA

ISILINGANISO SEMINYAKA BEPHILA NESANDULELA NGULAZI

### Amacebiso Okugwema Isifo Senhliziyo!



Ingabe bewazi ukuthi ukuba nomlomo onempilo noma amazinyo kuwuphawu lokuba nempilo enhle yomzimba wonke, kuhlanganise nehliziyo yakho? Abantu abanenkinga yesifo sezisini ngokuvamile basengozini yokuba nesifo senhliziyo. Olunye ucwaningo lubonisa ukuthi isifo sezisini sihlobene nobuhlungu bemithambo yegazi okungase kuphenduke, kukhulise izinga lokuba nesifo senhliziyo.

**Yini ongayenza?** Vungula futhi uxubhe amazinyo akho nsuku zonke ukuze unciphise isifo sezisini futhi khumbula ukuvashela udukotela wamazinyo njalo ukuze ahlolwe.

## Hlangana Nabanye Ababambe Iqhaza Bakwa-REPRIEVE!

Ababambi qhaza bakwa-REPRIEVE bangabantu ngabanye abakhuthazwe kakhulu ukuba bakhe ikusasa elivikela isifo senhliziyo kubantu abanesandulela ngculazi. Funda ngokuthi kungani u-REPRIEVE ubalulekile kubo.

*"Ukwenza into engasiza mina noma abanye ngekusasa akubalulekile. Ukuvikela kuyinto eyinhloko yokusiza ekuthuthukiseni impilo futhi abakwa-REPRIEVE bafaka imali ukuze bavikele ukugula okungabangela ukufa kwabaningi. Kuyilungelo ukuba ingxene Ocwaningweni Lakwa-REPRIEVE."*

—KARINA MCCLANAHAN, EDALLAS, ETEXAS, USA



*MOUSSON Gaspard ukholelwa ukuthi ukuba nempilo kuwumgogodla. Ukholelwa nawukuthi ucwaningo lakwa-REPRIEVE lubalulekile kuye njengomuntu ophila negciwane lesandulela gculazi okumelwe athathe imishangozo yokuthithibalisu lesi sifo nsuku zonke ukuze alondoloze isimiso sakhe sokuvikela. Ngokuba kwakhe nengxene kulolu cwaningo uzizwa sengathi unciphisa amathuba okungenwa isifo senhliziyo nezinye ezhlobene negazi.*

—MOUSSON GASPARD, EPORT-AU-PRINCE, EAHTAI



*"Bengilokhu ngiba ingxene yocwaningo lwezempiro olusekelwa abakwa- "ACTG" kule minyaka engaphezu kuka-23 edlule. Ngezinye izikhathi lapho kungekho ezinye izindlela noma ukwelashwa ukuze kuthuthukiswe ukuphila kwami futhi ngithole impilo engcono, ucwaningo lwezempiro kuphela lapho ngithole khona ezinye izindlela ezingivumela ukuba ngithuthukise ukuphila kwami. Ukuphumelela kanye nokunakekelwa kwezempiro engikutholile kuyo yonke leminyaka njengobamba iqhaza ocwaningweni lwezempiro lunginikeza ukuqiniseka nokukholelwa ukuthi kuzuzisa kanjani kubantu abaphila neSandulela Ngculazu/ Ingulazi. Ukwenezelu ekubalulekeni kokuthutha imishangozo yokwelapha, kunezinye izimo okudingeka zelashwe. I-REPRIEVE, icwaninga ngalunye lwalezi zimo. Ukubamba iqhaza kwa-REPRIEVE kunginikeza ithuba lokunikela ekwenzeni kube nokwenzeka ukuthuthukisa ithuluzi eliusizo lokuvikela isifo senhliziyo, hhayi eyami kuphela, kodwa nomphakathi uwonke."*



— CARLOS VELEZ-VELAZQUEZ, ESAN JUAN, EPUERTO RICO

Siyabonga kubaxhasi bethu



National Heart, Lung,  
and Blood Institute



National Institute of  
Allergy and  
Infectious Diseases



AIDS CLINICAL TRIALS GROUP



Kowa



GILEAD