



REPRIEVE

ISIGIDIMI SOMTHATHINXAXHEBA



REPRIEVE and COVID-19 Impilo yabathathi-nxaxheba beREPRIEVE ibaluleke kakhulu Kwiqela Lophononongo LakwaREPRIEVE.
Ukuze ubone izinto ezintsha ezingoREPRIEVE nangeCOVID-19 nceda uye kwiwebhsayithi yethu ethi www.reprievetrial.org.

Umyalezo ovela kuGqir. Steve Grinspoon kune noGqir. Pam Douglas, okwanguMphandi oyitlolo weREPRIEVE

Ulingo IweREPRIEVE, ngoku luqala unyaka walo we-5 luqokelela inkcazel. Into esinokuthi siyifunde ngesifo sentliziyo kubathathi-nxaxheba beREPRIEVE ingaba nefuthe kubantu abaphila ne-HIV emhlaben wonke. Umele ube uyazingca kukwazi ukuba ngokuthatha inxaxeba kolu phando lwasifo sentliziyo kubantu abaphila ne-HIV unceda ukuba luphumelele luze lube neziphumo eziza kuhlala iminyaka emininzi ezayo emhlaben wonke.



Ukuthatha kwakho Inxaxheba Kubalulekile!

Nangona bebaninzio abathathi-nxaxheba beREPRIEVE, ukuthatha inxaxheba komntu ngamnye kubaluleke kakhulu. Ngokuba nenxaxheba kwiREPRIEVE nokuya kuwo onke amatyelelo ophononongo, usenokuba uthatha inxaxheba ebalulekileyo kulwazi esinalo nge-HIV nesifo sentliziyo olunokunceda abantu abaphila ne-HIV ngoku nabaza kuphila nayo kwixesha elizayo.

Ungalibali!

Xeleta abasebenzi bophononongo leREPRIEVE ngawo nawaphi na amayeza amatsha owasebenzisayo ukususela kutyelelo lophononongo oludlulileyo. Le nto iza kuqinisekisa ukuba awusebenzisi amayeza angavumelekanga ngoxa uthatha inxaxheba kwiREPRIEVE.



Dibana nabanye abaThathinxahaeba beREPRIEVE!

Nangona kukho abathathi-nxaxheba beREPRIEVE abangaphezu kwe-7 500 emhlaben wonke, Umthathi-nxaxheba weREPRIEVE ngamnye ukhethekile!

Dibana Marcus Conway, waseCollege Park, MD, USA

UMarcus sele ephila ne-HIV iminyaka engaphezu kweyi-30. Uchitha ixesha lakhe ehamba nezinja ukuze zibethwe ngumoya kwaye ezilolonga ekuhlaleni. Ukholelwa ukuba into emncedileyo wakwazi ukuphila ne-HIV ixesha elide kukusela amayeza ngendlela axelelwae ngayo nguggirha, ukutya ukutya okusempilweni nokuzilolonga. Sekuyiminyaka uMarcus encedisa ekuqaleni nasekuphatheni amaqela okuxhasa abanye abantu abaphila ne-HIV ibe uzichaza njengomntu ozinikeleyo kule nto.



Sekuphantse ibe yiminyaka eyi-2 uMarcus ethatha inxaxheba kwiREPRIEVE, ukholelwa ukuba eyona nto uyifumanayo ngokuthatha inxaxheba kulingo lwezamayeza kukwazi ngakumbi ngesifo okanye ngesigulo. Ukholelwa ukuba ukuthatha inxaxheba kwiREPRIEVE kumncede wanowazi olungakumbi ngendlela yokunqanda isifo sentliziyo ne-HIV. Unethemba lokuba iziphumo zeREPRIEVE ziza kubonisa ukuba izihlandlo zokuhlaselwa sisifo sentliziyo zinokunqandwa ngokusebenzia amayeza ayi-statin (amayeza ahlisa amafutha egazini)

REPRIEVE Facts

- > Ukuza kuthi ga ngoku iREPRIEVE lolona vavanyo lukhulu olubekwe esweni ekukhethwe abantu abaphila neHIV ngokuzenzekelayo kulo! Unenxaxheba kolu vavanyo lubaluleke ngaka.
- > Sivuyela iminyaka eyi-5 yokulandeleta kwiREPRIEVE!
- > Umthathi-nxaxheba we-7 770 wabhalisa ngoJulayi 2019!
- > Iwebhsayithi yeREPRIEVE ngoku inephepha lendawo yabathathi-nxaxheba, apho unokuba amabali abanye abathathi-nxaxheba nawe ubalise awakho ngeREPRIEVE! Yiya kule linki: <http://www.reprievetrial.org/for-participants/>

Enkosi
ngokuqhube
uthatha inxaxheba!



Ukuhoya Izinto Esizifumanisileyo:

Sikuve kakuhle xa ubusithi ufun
ukwazi ukuba, ngokuthatha inxaxheba
kwiREPRIEVE uwenza njani umahluko
kuphando olunge-HIV nesifo sentliziyo.



Ngokubhalisa kwiREPRIEVE complete, abaphandi
baqalile ukupapasha iingxelo ngokufumana abathathi-nx-
axheba beREPRIEVE abafana nawe nangemeko yempilo
yabathathi-nxaxheba ngexesa ebebeqala ngalo kolu pho-
nonongo. Kuseza kupapashwa izinto ezinzi kusetyenziswa
le nkcazel, apha negeantsi zindlela nje ezimbawla esiceba
ukwazisa ngazo uluntu ngezinto esizifumanisileyo.

Inqaku elingeendalela esiye sabafumana ngayo abathathi-nxaxheba beREPRIEVE liye lapapashwa kwi-HIV Research & Clinical Practice. Inqaku elinomxholo othi "Successful recruitment of a multi-site international randomized placebo-controlled trial in people with HIV with attention to diversity of race and ethnicity: critical role of central coordination" libalula iinzame zokufumana abathathi-nxaxheba eziye zenziwa yi-Clinical Coordinating Center and Clinical Research Sites ibe ibonisa indlela uREPRIEVE aye wakwazi ngayo ukufumana abathathi-nxaxheba abangaphezu kwe-7 500 waza ukuza kuthi ga ngoku waba lelona vavanyo lwezonyango lwe-HIV nesifo sentliziyo lubekwe esweni abathathi-nxaxheba abakhethwe ngokuzenekelayo lukhulu!

Siceba ukupapasha amanqakuaza kuba neziphumo zabathathi-nxaxheba beREPRIEVE kuphela. Amanqaku aquka indlela esetyenziswa ngayo i-antiretroviral kune nengxelo yabantu bengingqi abaqukiwego yokusebenza kw-

amajoni omzimba, inkcazeloyezonyango yabathathi-nxaxheba enoba ngamadoda okanye ngabafazi kune nokupiphala kwamandla enzala ebafazini. Kuza kuqukwa namanqaku kwi-comorbidities (izigulo abantu abanazo ngaphandle kwe-HIV) kuquka ukungasebenzi kwezintso, ukuba buthathaka kune ne-myocardial steatosis (amafutha kwizihlunu zentliziyo.) La ngamanqaku nje okuqala ezinto esizifumanisileyo esiza kukwazi ukukunika wona, onke avela kuREPRIEVE, ulingo othatha inxaxheba kulo. Akuba amanqaku athile epapashiwe, siza kuwashwankathela size sikuni.



Sizisa le nkcazel kwiinkomfa!

Bangaphezu kwe-600 kuni
abanenxaxheba kuphando
IwePitavastatin to REduce Physical
Function Impairment and FRailty in
HIV (PREPARE) olu luhando
oluncinane kwakwiREPRIEVE
lokuhlola ukusebenza konyango
lwemisipha nokusebenza kakuhle

komzimba. Iziphumo ezsisiseko ezithathwe kuphando
lwabantu ababetherathe inxaxheba abayi-266 ziye
zabhengezwa 2020 Conference on Retroviruses and
Opportunistic Infections (CROI).

Iqela labaphandi lifumanise ukuba ukungasebenzi kakuhle
kwamalungu omzimba kune nokuba buthathathaka
kuxhaphakile kubantu abakubudala obuphakathi abane-HIV.
Kodwa ke, bafumanise ukuba ukuzilolonga kune ne-body
mass index (umlinganiselo wamafutha asemzimbeni) zizinto
ezinceda ukuba ukudodobala kokusebenza kwamalungu
omzimba kungahambeli phambili ekugugen.

Indlela endiphila ngayo idibana njani nokuba nepresha kwam?

Ipresha yeyona nto iyingozi enokubangela ube nezhilandlo zokuphathwa sisifo sentliziyo
njengokumelwa yintliziyo okanye ukufa icala (istrowukhi). Usenokuba awuyazi le nto, kodwa izinto
ozenzayo nokutya okutyayo kunezinto ezizenzayo kwipresha yakho nakwimpilo yakho nje xa iyonke.
Ukuqaphela izinto ezithile kwindlela ophila ngayo kunganceda ekuthobeni ipresha. Nazi izinto
onokuzenza:

- Yitya ityuwa (isodium) encinci ngokuthenga inyama engaqholwanga endaweni
yesele iqholiwe, nangokuthenga iziqhamo nemifuno endaweni yesetotini.
- Sukuzisebenzisa kakhulu izinto eseze ziqholiwe, umzekelo irayisi eqholiwe kune
nezenzelwe ukuba zikhawuleze ukuvuthwa.
- Zilolnge ubuncinane imizuzu eyi-30 ngosuku kwiintsuku ezinzi zeveki –
isenokuba yinto elula efana nokuhamba hamba kwindawo ohlala kuyoi!
- Zama ukuyiphepha imikhwa engekho mpilweni njengokutshaya. Ukuba sele utshaya, fumana uncedo
eklinikhi, kumntu onyamekela impilo, kwintsapho okanye abahlobo ukuze uncedwe ueyeke.

Indlela efumaneka ngayo isodium (ityuwa) ekutyen



Enkosi kubaxhasi bethu:



National Heart, Lung,
and Blood Institute



National Institute of
Allergy and
Infectious Diseases



AIDS CLINICAL TRIALS GROUP

