



REPRIEVE

INCWADI YEZINDABA ZOBAMBE IQHAZA



REPRIEVE kanye COVID-19 Impilo yababambiqhaza be-REPRIEVE ibaluleke kakhulu eThimbeni Locwaningo Le-REPRIEVE.
Ukuze uthole okwakamuva ngokupathelene ne-REPRIEVE ne-COVID-19 sicela uvakashele iwebusayithi yethu ku www.reprievetrial.org.

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

Ucwanningo lwe-REPRIEVE manje lungena onyakeni wesi-5 wokuqoqwa kwemininingwane. Esizokufunda ngesifo senhliziyo kubabambiqhaza be-REPRIEVE kungase kuthinte abantu abaphila ne-HIV emhlabenji jikelele. Kumelwe uziqhene ngokwazi ukuthi unikeza usizo oluhlala njalo ngokufaka isandla ocwaningweni lwasiffo senhliziyo kubantu abaphila ne-HIV.



Ukubamba Kwakho Iqhaza Kubalulekile!

Nakuba bebaningi ababambiqhaza be-REPRIEVE, umuntu ngamunye obamba iqhaza ubaluleke kakhulu. Ngokubamba iqhaza ocwaningweni lwe-REPRIEVE nangokuqedo konke ukuvakasha kocwaningo, kungenzeka usisiza kakhulu ekwändiseni ulwazi lwethu lwe-HIV nesifo senhliziyo olungase luzuzise isizukulwane sakho nezizukulwane ezizayo zabantu abaphila ne-HIV.

Ungakhohlwa!

Tshela abasebenzi bocwaningo lwe-REPRIEVE nganoma yimiphi imithi emisha oyinikiwe kusukela ngesikhathi ugcina ukaza ekuvakasheni kocwaningo. Lokhu kuzoqinisekisa ukuthi awuthathi noma yimiphi imithi engavunyelwe ngesikhathi ubambe iqhaza e-REPRIEVE.



Hlangana Nabanye Ababambe Iqhaza Bakwa-REPRIEVE!

Nakuba kunababambiqhaza be-REPRIEVE abangaphezu kuka-7500 emhlabenji jikelele, umbambiqhaza ngamunye we-REPRIEVE ubalulekile!

Hlangana noMarcus Conway, ovela e-College Park, MD, USA

Sekuphele iminyaka engamashumi angu3 uMarcus ephila ne-HIV. Uchitha isikhathi sakhe ehamba nezinja zakhe futhi uhlae esebenza emphakathini. Ukkholelwa ngokugcweli ukuthi ukuze aphile isikhathi eside ne-HIV kudingeka aphuze amaphilisi awanikiwe, adle ukudla okunempilo futhi avocavoce umzimba. UMarcus uye wasiza ekuqaleni nasekuqondiseni amaqembu asekela labo abaphila ne-HIV futhi sekuphele iminyaka eminingi ekwenza lokhu, uzichaza ngokuthi uyisisoshovu.



Sekucishe kube yiminyaka engu-2 uMarcus ebabamba iqhaza e-REPRIEVE, ukukholelwa ngokuphelele ukuthi into enhle kakhulu ngokubamba iqhaza ocwaningweni lwezokwelapha ukufunda okwengeziwe ngesifo noma ukugula. Ukkholelwa ukuthi ukubamba kwakhe iqhaza e-REPRIEVE kumsize waba nolwazi olwengeziwe ngokuvimbela i-HIV nesifo senhliziyo. Unethemba lokuthi imiphumela ye-REPRIEVE izobonisa ukuthi izehlakalo zesifo senhliziyo zingavinjwa ngokusebenzisa imithi okuthiwa yi-statin.

Amaqiniso Nge-REPRIEVE

- > Kuze kube namuhla i-REPRIEVE iwucwaningo olukhulu olungakhethi lwabantu abaphila ne-HIV! Uyingxene yocwaningo oluyingqopha-mlando.
- > Sigubha unyaka wesi-5 wokulandeleta e- REPRIEVE!
- > Umbambiqhaza wesi-7770 ubhaliswe ngoJulayi 2019!
- > Iwebusayithi ye-REPRIEVE manje isinekhathi le-hub, lapho ungezwa khona okushiwo abanye ababambiqhaza futhi uxoxe indaba yakho ye-REPRIEVE! Yiya kule link: <http://www.reprievetrial.org/for-participants/>



Siyakubonga ngokuqhubeka ubambe iqhaza!



Gxila Kokutholakele:

Sizwe ngokucacile ukuthi ufunu ukwazi
uthi ukubamba kwakho iqhaza e-REPRIEVE
kusiza kanjani ocwaningweni lwe-HIV
nesifo senhliziyo.



Njengoba usuqedile ukubhalisa e-REPRIEVE, abacwaningi sebeqalile ukunyathelisa imibiko mayelana nokuqoqwa kwababambiqhaza njengawe e-REPRIEVE nemayelana nesimo sempilo sababambiqhaza ngesikhathi sokungena kwabo ocwaningweni. Kuzoba nezihloko eziningi esikhathini esizayo ezisekelwe kule mininingwane, **ngezansi kumane nje kuyizindlala ezimbalwa esizisebenzisayo ukuze sazise umphakathi lokho esikutholile.**

Isihloko esikhulumna ngezindlala esizisebenzisile ukuze siqoqe ababambiqhaza be-REPRIEVE siye sanyatheliswa ku-HIV Research & Clinical Practice. Isihloko esithi "Ukuqoqwa ngokuphumelelalo ezikhungweni ezihlukahlukene emhlabeni jikelele kocwaningo okusetsheniswa kulo i-placebo kubantu abane-HIV olugxile ezinhlangeni ezihlukahlukene nezinda: indima ebucayi ekuhleleni okuyinhloko" yaqokomisa imizamo emikhulu yokuqoqa abantu eyenziwa Yisikhungo Socwaningo Esiqondisayo kanye Nezikhungo Zocwaningo Lwezokwelapha yachaza indlela i-REPRIEVE ephumelele ngayo ukuqoqa ababambiqhaza abangaphezu kuka-7,500 futhi yaba ucwaningo lwezokwelapha olukhulu olusebenzisa i-placebo kubantu abane-HIV kanye nesifo senhliziyo kuze kube namuhla!

Sihlela ukunyathelisa izihloko ezihlukahlukene ezizoh-langanisa esikuthole ngokuyinhloko kubabambiqhaza be-REPRIEVE. Izihloko zihlanganisa ukusetsheniswa kwem-

ishanguzo yesandulela-ngculazi nokusebenza kwamasosha omzimba ngokubhalisa ezindaweni zomhlabu, ukuthola izinkinga zempilo zababambiqhaza abashintshe ubulili kanye nokuphela kwamandla okuzala ngenxa yokukhula kubesifazane. Kuzoba nezihloko ezifakwayo ezikhulumna nge-cormorbidities (ezinye izinkinga zempilo ukwenezelu ku-HIV) kuhlanganise ukungasebenzi kwezinso, ukuba ntekenteke, i-myocardial steatosis (amatufuta enhliziyewi). Lokhu kumane kuyisiqalo salokho esikutholile esizokuhlanganyela nawe, konke okuvela e-REPRIEVE, okuwucwaningo oyinxe ye yalo. Lapho lezi zihloko sezinyathelisiwe, sizokwenza imibiko efingqiwe ukuze siyihlanganye nawe.



Sethula imibiko ezinkomfeni!

Ningaphezu kuka-600 enibambe iqhaza ocwaningweni lwe-Pitavastatin to REduce Physical Function Impairment and FRailty in HIV (PREPARE) lolu ucwaningo oluncane ngaphakathi kwe-REPRIEVE ukuze kuhlolwe umthelela wokusebenzisa imithi

yocwaningo kumamasela nasekusebenzeni komzimba. Imiphumela ethathwe kubabambiqhaza abangu-266 ngaphambi kokuqala kocwaningo yethulwa eNkomfeni 2020 Conference on Retroviruses and Opportunistic Infections (CROI).

Ithimba locwaningo lithole ukuthi ukuphazamiseka kokusebenza komzimba nokuba ntekenteke kuvamile kubantu abane-HIV abevile eminyakeni emaphakathi. Nokho, lithole nokuthi ukuvocavoca umzimba kanye nesilinganiso samafutha emzimbeni kuyizinto ezingakuvimba ukuwohloka komzimba njengoba umuntu eguga.

Indlela engiphila ngayo ihlobana kanjani nomfutho wegazi lami?

Umfutho wegazi ophakeme uyingozi enkulu obangela izehlakalo zesifo senhliziyo njengokushaywa yinhliyi noma unhlangothi. Kungenzeka awukwazi lokhu, kodwa izinto ozenzayo nokudla okudlayo kunomthelela emfuthweni wegazi lakho nasempilweni yakho. Ukunaka izinto ezithile endleleni ophila ngayo kungasiza ekunciphiseni umfutho wegazi. Nazi izinto ongazenza:

- Nciphisa usawoti (sodium) ngokudla inyama esanda kuhlatshwa kunokudla ethengwe esitolo, udle izithelo nemifino kunokudla leyo efakwe emathinini.
- Nciphisa amasoso owathenga eselungele ukudliwa kanye nokudla okudliwa "ngaso leso sikhathi" njengerayisi enongiwe, ngokwesiboneло.
- Zivocavoce okungenani imizuzu engu-30 ngosuku izinsuku eziningana ngesonto – kungaba yinto elula njengokuhambahamba emphakathini ohlala kuwo!
- Gwema imikhuba elimaza impilo njengokubhema. Uma ubhema kakade, thola usizo emtholampilo wangakini, kumhlinzeki wezokwelapha, emndenini, noma kubangane ukuba bakusize uyeke.

Ukudla okunosawoti (sodium)



Siyabonga kubaxhasi bethu:



National Heart, Lung,
and Blood Institute



National Institute of
Allergy and
Infectious Diseases



AIDS CLINICAL TRIALS GROUP



Kowa



GILEAD