



# REPRIEVE

ISIGIDIMI SOMTHATHINXAXHEBA



**I-REPRIEVE kunye ne-COVID-19** Impilo yabathathinxaxheba be-REPRIEVE ibaluleke kakhulu kwiQela loPhononongo lwe-REPRIEVE. Uhlaziyo ngokuphathelene ne-REPRIEVE kunye ne-COVID-19 nceda utyelele iwebhusayithi yethu engu-[www.reprievetrial.org](http://www.reprievetrial.org).

## Umyalezo ovela ku-Gqr. Steve Grinspoon kunye no-Gqr. Pam Douglas, abancedisi abaziintloko zophononongo lwe-REPRIEVE

Sifuna ukukubulela ngokungazenzisiyo ngoku qhubeka uthatha inxaxheba kwi-PRPRIEVE. Sibonile ukuba ungxamiseko lwempilo yoluntu ngenxa ye-COVID-19 lusichaphazele kangakanani sonke ngendlela ezohlukeneyo kwaye siyayixabisa loo nto, phakathi kwayo yonke into egqithileyo ngaphaya konyaka ophelileyo, niqhubeke nizinikele ekubalulekeni kophando lwe-REPRIEVE esiluhquba ndawonye.



Ukuzama ukuqhubeka nokuba ngaphambi komngcipheko we-COVID, ngentwasahlobo ka-2020 ubunkokheli be-REPRIEVE bufake isicelo senkxasomali ekuphononongeni i-COVID phakathi kwabathathi-nxaxheba be-REPRIEVE. Ukuza kuthi ga ngoku, sifumene inkxasomali eyongezelelweyo kusukela e-US NIH I-National Heart Lung and Blood Institute ukuze sifunde okuninzi ngeempawu ze-COVID nangamava. Siphinde sicebe ukuhlaziya izilwa-ntlungu ze-COVID ukuze sizame ukuqonda ukuba lingakanani igalelo i-COVID ebanalo kwintlobo labathathi-nxaxheba bethu ehlabathini ngokubanzi.

Kuluvuyo kwakhona kuthi ukuvavakalisa ukuba sinophononongwana olutsha olusebenzisa uqokelelogazi lotyelelo lokungena lwabathathi-nxaxheba ababhalisele kwiindawo ze-ACTG. Olu phononongo luza kufeza ukulandelelana kwe-DNA kwiisampuli zegazi ukuze kubonakale ukwanda kwe-clonal hematopoiesis esenokungabonakali (CHIP). Uphononongo olugqithileyo lubonise ukuba abantu ngokweziqu abane-CHIP basemathubeni aphezulu okufumana isifo sentliziyo. Ngokuphonononga i-CHIP kwi-REPRIEVE, siyathemba ukuba sizokwazi ukufunda okwengeziweyo ngemngcipheko yesifo sentliziyo phakathi kwabathathi-nxaxheba be-REPRIEVE.

Ekugqibeleni, uthathonxaxheba lomthathinxaxheba ngamnye kwi-REPRIEVE lubaluleke ngayona ndlela. Ngokuthatha inxaxheba kwi-REPRIEVE nangokugqiba utyelelo lophononongo, unokuba wenza igalelo elibalulekileyo elwazini lwethu lwesifo se-HIV kunye nesifo sentliziyo nezinye iimeko zezempilo ezinokuba neengenelo zexesha elide kwisizukulwana sethu nesizukulwana sexesha elizayo sabantu abaphila ne-HIV. Enkosi kwakhona ngokuthatha inxaxheba ngokuqhubekayo kwi-REPRIEVE.

## Dibana nabanye abathathinxaxheba be-REPRIEVE!

### U-Ernane Pinho

PAVUNA, RIO DE JANEIRO

*I-REPRIEVE ibaluleke kangakanani kuwe ngokobuqu kunye nomphakathi onabantu abaphila ne-HIV?*

*Kum kubalulekile ukubeka esweni nokulawula izinga lam lamafutha kwaye umphakathi ophila ne-HIV ngenye yeendlela zonophelo nothintelo lokuba sempilweni.*

*Ubhubhane we-COVID-19 uwuchaphazele njani umbono wakho malunga nokubaluleka kophando lwezonyango?*

*Ngenxa yobhubhane kunyanzeleke ukuba sinikele ingqalelo ngokuthe kratya kwimpilo yethu nokhathalelo lomzimba, uphando lusinceda silumke kakhulu.*

*Yintoni obuyenza ukuze uhlale usempilweni ngexesha lobhubhane lwe-COVID-19?*

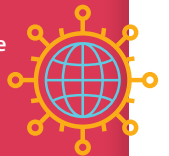
*Ukuhlala ekhaya amaxesha amaninzi, ukuhamba xa kuyimfuneko qha, ukunxiba isifonyo endaweni kawonke wonke naxa ndinabantu. Ngokugcina umzimba ukwimeko efanelekileyo, ngokwenza imithamo yomzimba, ukutya ukutya okunempilo ngaphandle kokubaxa kunye nokucinga izinto ezakhayo ukuze ndigcine ingqondo yam isempilweni.*



## I-COVID-19 Iyichaphazele Njani I-REPRIEVE?

Ngexesha lentwasahlobo ka-2020 iindawo ezininzi zezonyango bezinyanzelekile ukuba zivale ukuze zinciphise ukusasazeka kwentsholongwane nokuqinisekisa ukhuseleko lwabathathi-nxaxheba. Ngeli xesha iindawo ezininzi zezonyango ziqalise uqokelelo lwenkcukacha magama kwaye ezinye iindawo zinyanzeleke ukuba zithumele iziyobisi zophononongo kubathathi-nxaxheba. Lonke olu tshintsho belunzima kubathathi-nxaxheba be-REPRIEVE nasemaqeleni ethu esayithi. Noko ke, nangaphantsi komngeni i-REPRIEVE iqhubekile yaya kunyaka wayo wesi-6 wolandelelelo, kwaye senze uvavanyo lohlahaziyo lweempawu ze-COVID kunye nabahlaziyo ukuze sifunde okuninzi malunga nendlela i-COVID echaphazele ngayo abantu abaphila nesifo se-HIV abathatha inxaxheba kwi-REPRIEVE.

Kubalulekile ukwazi ukuba abathathi-nxaxheba be-REPRIEVE abakhutshelwa ngaphandle kuyo nantoni na enokuthanani nokufumana ugonyo lwe-COVID. Nceda uqhagamshelane neqela lezophononongo lasekuhlaleni xa unayo nayiphi imibuzo.



## Icebiso lokuba neNtliziyo eseMpilweni!

### Xa kuziwa etywaleni, ukulinganisela kubalulekile.

Xa ukonwabela ukurhabula iigilasi zewayini, ibhiya okanye i-cocktail ngamaxesha athile, kugcine engqondweni ukukhusela impilo yakho.

Ukulinganisela indlela yokusebenzisa utywala kuthetha ukusela okungenani isiselo esinye okanye ezimbini ngosuku kumadoda nesiselo esinye ngokusu kumabhinqa. Iintlobo ngeentlobo zebhiya, iwayini, nesihlwahlwazi sotywala zinesixa esingafani sotywala. Kodwa ngokubanzi, isiselo esinye sebhiya eqhelekileyo sine-12-ounce, ii-ounce ezi-5 zewayini okanye ii-ounce ezi-1.5 zama-80-proof spirits, njenge-bourbon, i-vodka okanye i-gin.

Ukubusela kakhulu utywala kukubeka emngciphekweni wokuba neengxaki zempilo, kuquka uxinzelelo lwegazi oluphezulu, ukutyeba ngokugqithisileyo, ukufa icala, umhlaza webele, isifo sesibindi, uxinzelelo lwengqondo, ukuzibulala, iingozi, ukusebenzisa kakubi utywala nokuba yindlamanzi.

### Iindlela eziseMpilweni zokuJamelana noXinzelelongqondo

- > Kuphumelele ukubukela, ukufunda, okanye ukumamela iindaba okanye amabali, kuquka nezo zamaqonga ezonxibelelwano. Kuhlale usazi kodwa ukusoloko uva



ngobhubhane kunokukucaphukisa. Cingela ukwehlisa izinga omamela ngalo iindaba ukusa kumaxesha ambalwa ngosuku okanye ungayisebenzisi ifowuni, umabonwakude, kunye nezikrini zekhompyutha kangangexesha elithile, ingakumbi ngaphambi kokuba ulale.

#### > Khathalela umzimba wakho.

- > Tsala umoya ixesha elide, zolule, okanye ucamngce.
- > Zama ukutya ukutya okunempilo, izidlo ezifanelekayo.
- > Yenza umthamo rhoqo.
- > Lala ngokwaneleyo.
- > Qhubeka nosukelo lwezithintelo (njengogonyo, ukuhluzelwa umhlaza, nokunye.) njengoko kucebisa umnonopheli wakho wezempilo.
- > **Bekela bucala ixesha lokuphumla.** Zama ukwenza ezinye zezinto ozonwabelayo.
- > **Nxibelelana nabanye.** Thetha nabantu obethembayo ngeenkxalabo zakho nangendlela ovakalelwa ngayo.
- > **Nxulumana noluntu lwakho - okanye imibutho emalunga nezenkolo.** Ngoxa ugcina umlinganiselo womgama, zama ukunxibelelana ngentanethi, ngamaqonga ezonxibelelwano, okanye ngefowuni okanye ngeimeyili.

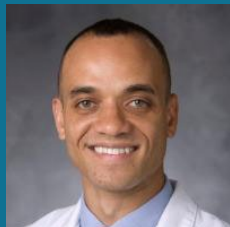
#### Ngolwazi oluthe kratya tyelela:

<https://www.cdc.gov/nccdphp/dnpao/index.html> | kunye ne-  
<https://howrightnow.org/talk>

### Umyalezo ovela kwiqela lezentliziyo

#### Gerald Bloomfield, MD

Ungalibali ukuba injongo ephambili ye-REPRIEVE kukuphendula umbuzo: Ingaba imigaqo (pitavastatin) inciphisa iziganeko zomonzakalo omkhulu wengxaki yentliziyo, njengesifo sentliziyo nokufa icala, kubantu abaphila ne-HIV abakunyango lwe-antiretroviral? Ukuqinisekisa ukuba siyawuphendula lo mbuzo kubalulekile ukuba uxele nasiphi isenzakalo sentliziyo esinokubakho kwiqela lakho lophononogo. Noxa ungaqiniseki okanye ungacacelwa ngeempawu ezihlobana nentliziyo yakho nceda wazise iqela lakho lophononogo ngokukhawuleza ukuze sikwazi ukufumana isiganeko ngasinye. Ngokuphendula le mibuzo yophononogo ebalulekileyo siyathemba sizokwazi ukuyila isithinteli sesifo sentliziyo nemiyalelo yechiza eyilelwe ngokukhethekileyo abantu abaphila ne-HIV.



## Ingaba ubusazi ukuba iwebhusayithi ye-REPRIEVE Inephepha elitsha lokupapasha iincwadi?

Iincwadi zethu ziyindlela ebalulekileyo yokwabelana ngolwazi noluntu lwezesayensi nabathathinxaxheba be-REPRIEVE!

Amaphepha eencwadi zethu adwelisa wonke umhla wokusasazwa kwe-REPRIEVE. Kwamanye amanqaku Siyile ushwankathelo ngolwimi olulula oku ziziqendu ezimfutshane ezi-2 ukuya kwezi-3, ekulula ukufunda ushwankathelo lwenqaku ngalinye.

Ukufumana iincwadi zethu, yiya ku:  
<https://www.reprievetrial.org/learnmore/reprieve-publications/>



Enkosi kubaxhasi bethu/

