



REPRIEVE

INCWADI YEZINDABA YOBAMBE IQHAZA



I-REPRIEVE kanye ne-COVID-19 Impilo yababambe iqhaza ku-REPRIEVE ibaluleke kakhulu Ethimbeni Locwaningo Le-REPRIEVE. Ukuze uthole ezakamuva mayelana ne-REPRIEVE kanye ne-COVID-19 sicela uvakashele iwebusayithi yethu ku-www.reprievetrial.org.

Umyalezo ovela ku- Dkt. Steve Grinspoon kanye no-Dkt. Pam Douglas, Abaphenyi Abayinhloko Be-REPRIEVE

Sifuna ukukubonga ngobuqotho ngenxa yokuqhubeka kwakho ubambe iqhaza e-REPRIEVE. Siyaqaphela ukuthi inkinga yezempilo ebangelwe yi-COVID-19 isithinte sonke ngezindlela ezingafani, siyabonga ngokuthi phakathi nakho konke okwenzekile phakathi nonyaka odlule, uye wahlala uzibophezele ocwaningweni olubalulekile esilwenza ndawonye e-REPRIEVE.



Ukuze sizame ukuqonda le nhlekelele ye-COVID, entwasahlobo ka-2020 ubuholi be-REPRIEVE bufake isicelo sokuxhaswa ukuze sihlale i-COVID kubabambiqhaza be-REPRIEVE. Ngenxa yalokho, siye sathola uxhaso oluvela e-US NIH National Heart Lung and Blood Institute ukuze sifunde okwengeziwe ngezimpawu ze-COVID kanye nalokho abantu ababhekana nakho. Sihlose nokuhlola okukhiqizwa amasosha omzimba okulwa ne-COVID ukuze sizame ukuqonda ukuthi i-COVID ibe nomthelela ongakanani kubabambiqhaza bethu abesemhlabeni jikelele.

Kuyasijabulisa nokumemezela ukuthi sinocwaningo olusha olungaphansi kolukhulu, olusebenzisa igazi elithathwe kwababambe iqhaza ababhalise ezikhungweni ze-ACTG ngesikhathi beze ekuvakasheni kokungena. Lolu cwaningo luzocubungula ukwakheka kwe-DNA kumasampula egazi ukuze kutholakale ubuningi be-clonal hematopoiesis of indeterminate potential (CHIP). Ucwaningo oludlule luye lwabonisa ukuthi abantu abane-CHIP banamazanga aphakeme esifo senhliziyo. Ngokucwaninga i-CHIP e-REPRIEVE, sinethemba lokufunda okwengeziwe ngezinguzezi zesifo senhliziyo kubabambiqhaza be-REPRIEVE.

Ekugcineni, ukubamba iqhaza komuntu ngamunye obambe iqhaza e-REPRIEVE kubaluleke kakhulu. Ngokubamba iqhaza e-REPRIEVE nangokuphothula konke ukuvakasha kocwaningo, kungenzeka ufaka isandla ngendlela ebalulekile olwazini lwethu lwe-HIV nesifo senhliziyo kanye nezinye izifo eziningi, okuyinto engaba nezinzuzo ezihlala njalo esizukulwaneni sakho nasezizukulwaneni ezilandelayo zabantu abaphila ne-HIV. Siphinda futhi siyabonga ngokuqhubeka ubambe iqhaza e-REPRIEVE.

Hlangana Nabanye Ababambe Iqhaza e-REPRIEVE!

U-Ernane Pinho

PAVUNA, RIO DE JANEIRO

I-REPRIEVE ibaluleke kanjani kuwe nakubantu abaphila ne-HIV?

Kimi kubalulekile ukuqapha nokulawula izinga lamafutha asegazini lami futhi kulabo abaphila ne-HIV kungolunye uhlobo lokunakekelwa nokuvikela ukuze babe nempilo enhle.

Ubhuhane lwe-COVID-19 luwuthinte kanjani umbono wakho ngokubaluleka kocwaningo lwezokwelapha?

Kulolu bhuhane kuye kwadingeka ukuba sandise indlela esinakekela ngayo impilo yethu nesinakekela ngayo imizimba yethu, ucwaningo lususiza siqaphe kakhulu.

Yini obuyenza ukuze uhlale unempilo enhle phakathi nobhuhane lwe-COVID-19?

Ukuhlala endlini isikhathi esiningi, ngiphuma kuphela lapho kudingeka ngempela, ukufaka isifonyo ezindaweni zomphakathi noma lapho ngiphakathi kwabanye abantu. Ukunyakazisa umzimba ngokuzivocavoca, ukudla ngendlela enempilo ngaphandle kokweqisa kanye nokucabanga ngendlela efanele ukuze ngigcine ingqondo yami isebenza kahle.



I-COVID-19 iyithinte kanjani i-REPRIEVE?

Entwasahlobo ka-2020 izikhungo eziningi zocwaningo zaphoqekeka ukuba zivale ukuze kuncishiswe ukubhebhethaka kwegciwane futhi kuqinisekise ukuphepha kwababambe iqhaza. Phakathi nalesi sikhathi izikhungo eziningi zaphendukela ekuqoqeni imininingwane ngaphandle kokubonana nabantu ngokoqobo futhi ezinye izikhungo kwadingeka ukuba zithumele umuthi ocwaningwayo kwababambe iqhaza. Zonke lezi zinguquko zazinzima kwababambe iqhaza ku-REPRIEVE nasemathimbeni ezikhungo zethu. Nokho, naphezu kwalezi zinsalele i-REPRIEVE iqhubekile onyakeni wayo wesithupha wokulandelela, futhi sifake nokuhlolwa kwezimpawu ze-COVID kanye nama-biomarkers ukuze sifunde okwengeziwe ngendlela i-COVID ekuthinteni ngayo ukuphila kwabantu abaphila ne-HIV ababamba iqhaza e-REPRIEVE.

Kubalulekile ukwazi ukuthi ababambe iqhaza ku-REPRIEVE abakhishwa inyumbazane ngenama iyiphi indlela ekutholeni umgomo we-COVID. Sicela uxhumane nethimba locwaningo lasendaweni uma unanoma yimuphi umbuzo.



Icebiso Lokuba Nenhliziyi Esebenza Kahle!

Lapho kuziwa otshwaleni, ukulinganisela kusemqoka.

Uma ukujabulela ukuphuza ingilazi yewayini, ubhiya noma i-cocktail manje namanje, khumbula njalo ukulinganisela ukuze uvikele impilo yakho.

Ukuphuza utshwala ngendlela engeqisi kusho ukuphuza isiphuzo esisodwa noma ezimbili ngosuku kwabesilisa kanye nesiphuzo esisodwa kwabesifazane. Izinhlobo ezihlukahlukene zikabhiya, iwayini, nogologo zinamazinga angalingani otshwala. Kodwa ngokuvamile, isiphuzo singu-12-ounce wobhiya ovamile, 5 ounces wewayini noma u-1.5 ounces kagologo ono-40% wotshwala, njenge-bourbon, i-vodka noma i-gin.

Ukuphuza utshwala ngokweqile kwandisa amathuba ezinkinga eziningi zempilo, kuhlangukise umfutho ophakeme wegazi, ukukhuluphala ngokweqile, ukushaywa unhlangothi, umdlavuza webele, isifo sesibindi, isifo sokucindezeleka, ukuzibulala, izingozi, ukusebenzisa kabi utshwala nokuba umlutha wotshwala.

Izindlela Ezinempilo Zokubhekana Nokucindezeleka

- Yiba nezikhathi lapho khona uyeka ukubukela, ukufunda noma ukulalela izindaba, kuhlangukise nalezo ozithola ezinkundleni zokuxhumana. Kuhle ukwazi ukuthi kwenzekani emhlabeni kodwa ukuzwa ngobhubhane njalo kungakwenza



ube lusizi. Cabangela ukunciphisa isikhathi obuka ngaso izindaba kube yizikhathi ezimbalwa ngosuku futhi uyeke ukubuka isikrini sikamakhalekhukhwini, i-tv kanye nekhompyutha okwesikhathi esithile, ikakhulukazi ngaphambi kokuba uyolala.

> Nakekela umzimba wakho.

- Donsa umoya, uzulule noma uzindle.
- Zama ukudla ngendlela enempilo, ukudla okunakho konke okudingwa umzimba.
- Zivocavoce njalo.
- Lala ngokwanele.
- Qhubeka uthatha izinyathelo zokugwema isifo (njengokugoma, ukuhlelelwa umdlavuza, njll.) ngokuvumelana nalokho okushiwo umhlinzeki wakho wezempilo.

> **Zinike isikhathi sokuphumuza ingqondo.** Zama ukwenza eminye imisebenzi oyithandayo.

> **Xhumana nabanye abantu.** Khuluma nabantu obethembayo ngezinto ezikukhathazayo nendlela ozizwa ngayo.

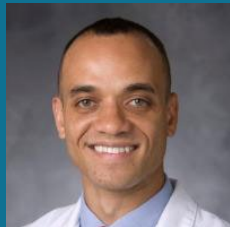
> **Xhumana nomphakathi wakho – noma nezinhlangothi zenkolo.** Njengoba kusasebenza imithetho yokuqhelelana nabanye abantu, zama ukuxhumana nabo nge-inthanethi, ngezinkundla zokuxhumana, ngocingo noma nge-imeyili.

Ukuze uthole imininingwane eyengeziwe vakashela:

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

Umyalezo ovela kudokotela wenhliziyo wethimba, u-Gerald Bloomfield, MD

Ungakhohlwa ukuthi injongo eyinhloko ye-REPRIEVE ukuphendula umbuzo othi: Ingabe ama-statins (pitavastatin) ayazinciphisa izinkinga ezinkulu zenhliziyi, ezinjengokushaywa yinhliziyi kanye nokushaywa unhlangothi, kubantu abaphila ne-HIV nabaphuza umshanguzo i-antiretroviral?



Ukuze siqinisekise ukuthi siyakhwazi ukuphendula lo mbuzo kubalulekile ukuba ubike noma yikuphi okuhlobene nokushaywa inhliziyi obe nakho ethimbeni lakho locwaningo. Ngisho noma ungaqiniseki noma unezimpawu ezingacacile kahle ezihlobana nenhliziyi yakho sicela utshele ithimba lakho locwaningo ngokushesha ngangokunokwenzeka ukuze sibhale konke okwenzekayo. Ngokuphendula lo mbuzo oyinhloko wocwaningo sinethemba lokusungula imihlahlandlela yokugwema nokwelapha isifo senhliziyo eyenzelwe ngokukhethekile abantu abaphila ne-HIV.

Ingabe bewazi ukuthi iwebusayithi ye-REPRIEVE inekhasi elisha lezincwadi?



Izincwadi zethu ziyindlela ebalulekile yokudlulisela ulwazi kokubili emphakathini wezesayensi nakubabambiqhaza be-REPRIEVE!

Ikhasi lethu lezincwadi linohlu lwazo zonke izincwadi ze-REPRIEVE elinazo kuze kube manje. Kwezinye izihloko siye sabhala izigaba ezimfushane ezibhalwe ngendlela elula ezinemisho engu-2-3 ezifingqa isihloko, ukufingqa okulula ukukufunda kwesihloko ngasinye.

Ukuze uthole izincwadi zethu, yiya ku:

<https://www.retrieval.org/learnmore/retrieve-publications/>

Sibonga abaxhasi bethu

