



Umyalezo oya kubathathi-nxaxheba be-REPRIEVE...

Ekubini uphononongo lwe-REPRIEVE luphela, abanye kuni bayazibuza enoba bamele baqalise na ukuthatha amayeza e-statin ebevavanywa kulingo: Ngaba la mayeza anciphisa ikholestorol akulungele?

Ushwankathelo lolingo kunye neziphumo zalo:

1. I-REPRIEVE ibhalise abantu abane-HIV abaphantse babeyi-8000 (PWH) emhlabeni wonke ibe bebephakathi kweminyaka eyi-40 ukuya kweyi-75 ubudala, bezinzile kwi-ART (uyango lwe-antiretroviral) kwaye bebengenaso isifo sentliziyo okanye bengenaso isizathu sokuthatha ii-statins. Iziphumo zolingo zisebenza kweli qela alabantu.
2. I-REPRIEVE bafumanise ukuba ukusebenzisa amayeza e-statin, pitavastatin, ngethamo eliyi-4 mg ngosuku kunciphise ikholestoroli ebizwa-LDL ('embi') nge-30% ibe kuwunciphise nge-35% umngcipheko wokuba nesifo esinxulumene nentliziyo esifana nokuhlaselwa yintliziyo, ukufa icala, isifo semithambo yegazi kunye nezifo ezinxulumene nezi.
3. Njengoko kunjalo kuwo onke amayeza, abanye abathathi-nxaxheba abayi-REPRIEVE babe neziphumo ezingathandekiyo. Ezi ziphumo ibe kukunyuka kweempawu zeswekile kunye neempawu zokuchaphazeleka kwezihlunu. Ezi ziphumo zingathandekiyo bezingahlukanga kubathathi-nxaxheba abayi-REPRIEVE xa kuthelekiswa nabantu abangeanyo i-HIV kodwa zibonisa ukuba kufuneka kucingiswe ukunyanga nge-statin.
4. Okubaluke nangakumbi kukuba, i-REPRIEVE khange ivavanye ukusetyenziswa kwamanye amayeza okanye izongezelelo ezinciphisa ikholestoroli okanye ezithintela isifo sentliziyo nokufa icala. Ukusebenza kakuhle kolunye unyango kwi-PWH akwaziwa.

Yintoni amayeza asi-statin?

Ii-statins ngamayeza anokunciphisa ikholestoroli yakho. Zisebenza ngokuthintela into edingwa ngumzimba wakho ukuba wenze ikholestoroli. Ukunciphisa ikholestoroli asiyiyo kuphela inzuzo enxulumene nee-statins; la mayeza akwanxulunyaniswe nomngcipheko owehlileyo wokuba nesifo sentliziyo kunye nokufa icala. Ngethamsanqa, kulula ukuthatha ii-statins ezininzi—kanye nje ngosuku, ngokuqhelekileyo ngokuhlwa.

Ngaba ndimele ndisebenzise i-statin?

Ngaphambi kokuba zaziwe iziphumo ze-REPRIEVE, isigqibo sokuba i-PWH zithathe amayeza e-statin sasixhomekeke kumazinga ekholestorol kunye nezinye izinto ezingumngcipheko wesifo sentliziyo nesigulo semithambo yegazi (isigulo sentliziyo). I-REPRIEVE iye yangqina ukuba ii-statins zinganceda ekuthinteleni isifo sentliziyo kunye nokufa icala kwi-PWH ixingekho ikholestorol ephezulu okanye eminye imingcipheko yesifo sentliziyo. Sekunjalo, wena nogqirha wakho nimele niqwalasele izinto ezingumngcipheko kuwe, njengeminyaka yakho, imbali yakho yokutshaya kunye nembali yentsapho yakho malunga nokuhlaselwa yintliziyo nokufa icala ngaphambi kokuqalisa i-statin.

Nceda uqaphele ukuba ukuphazamiseka okungephi ngexesha lotyelelo lokugqibela kwi-REPRIEVE akunakufane kube yingozi.

Yeyiphi i-statin endilungeleyo?

I-pitavastatin iye yakhethelwa REPRIEVE ngenxa youba ayiphazamisani kangako ne-ART kwaye iye yangqineka inciphisa ikholestorol ize uphucule ukubakho kweempawu zokukrala kubantu abane-HIV. Ukuba i-pitavastatin ayifumaneki kwindawo ohlala kuyo, ezinya ii-statins ezingaphazamisaniyo ne-ART zingalukhetho olusengqiqweni.





Yeyiphi i-statin endilungeleyo?

Abakwa-REPRIEVE abanakubonelela abathathi-nxaxheba ngamayeza emva kokuphela kolingo. Sekunjalo, uninzi lwee-statins ziyafumaneka ukuze zisetyenziswe emhlabeni wonke zithengiswa phantsi kwamagama emveliso awohlukahlukeneyo. EMelika, ukongezelela kwiyeza elisetyenziswe kwi-REPRIEVE (pitavastatin (Livalo)), aquka:

- Pitavastatin (Livalo)
- Atorvastatin (Lipitor)
- Pravastatin (Pravachol)
- Rosuvastatin (Crestor, Ezallor)

Ukuba i-pitavastatin ayifumaneki kwindawo ohlala kuyo, buza ugqirha wakho malunga nokhetho olukufaneleyo.

Zeziphi izibakala ekumelwe kucingwe ngazo xa kugqitywa ngokuqalisa ukusebenzisa ii-statins?

Ii-statins zimelwe zijongwe njengeziza kusetyenziswa ubomi bomntu bonket. Ngenxa yokuba inzuzo yokusebenzisa ii-statins kwi-REPRIEVE iningaphaya kunoko bekulindelwe ekunciphiseni ikholestoroli ye-LDL iypdwa kwaye unyango belunikezelwe kangangexesha elide kulingo, umele ucebe ukusebenzisa la mayeza kangangeminyaka emininzi uze uqhubeke uyisebenzisa njengoko izinga lekholestorol yakho liphucuka.

Ii-statins zinemiphumo engathandekiyo. Ii-statins ziyanyamezeleka kubantu abaninzi kodwa zinganayo imiphumo engathandekiyo. Ngokubanzi, ezi ziphumo bezingekho mandundu kwi-REPRIEVE kodwa zingaquka iintloko ezibuhlungu, isicaphucaphu kunye neentlungu zezihlunu nasekudibaneni kwamathambo. Imiphumo emandundu enzulu ibe kukwanda kokuxilongwa okutsha kweswekile njengoko kubonwe kolunye ulingo lwezonyango lwe-statin, oku kungajongwa njengento ebalulekileyo ukuba uneswekile okanye udla ngokuba neswekile ephezulu. Le yincoko ekubalulekileyo ukuba ube nayo kunye nogqirha wakho njengoko inzuzo yokusebenzisa i-statin ingaphezulu kunomngcipheko wayo. Abantu abaneswekile abasebenzisa ii-statins banomngcipheko ophantsi kakhulu wokuhlaselwa yintliziyo. Ukuba ugqiba ngokuqhubeka, inqanaba leswekile esegazini lakho (iglukhowuzi) liza kuhlolwa ngaphambi kokuba uthathe i-statin. Ezinye iziphumo ezimandundu ezinzulu eziquka ukonakala kwiiseli zezihlunu nokonakala kwesibindi khangе zibonwe kwi-REPRIEVE.

Okunye ukungahambelani. Wena nogqirha wakho nimele nijonge nakuphi ukungahambelani kwe-statin okunokubakho kunye namanye amayeza owanikwa ngugqirha okanye amayeza athengwa ekhemesti okanyye izongezelelo ozisebenzisayo.

Ukuhlola imingcipheko neenzuzo zokusebenzisa ii-statins:

Xa ucinga malunga nokuba umele uthathe ii-statins, qala uzibuze le mibuzo:

- Ngaba ndinayo eminye imingcipheko yezifo zentliziyo nezifo zemithambo yegazi?
- Ngaba ndixhalabile ngokusela ipilisi yonke imihla mhlawumbi ubomi bam bonke?
- Ngaba ndixhalabile ngemiphumo engathandekiyo yee-statins okanye ukungadibani kwazo namanye amayeza?

Xa kukhethwa unyango, kubalulekila ukucinga ngezizathu zonyango, imilinganiselo yobutu, ukhetho lwendlela yokuphila ubomi kunye nazo naziphi na izinto ezixhalabisayo. Thetha nogqirha wakho malunga nomngcipheko wokuba nesifo sentliziyo nesemithambo yegazi xa uwonke kunye nokhetho lwakho lobuqu ngaphambi kokuthatha isigqibo sonyango lwe-statin.

Ungalibali ukuba ukuphila ubomi obusempilweni isengundoqo ekuthinteleni isifo sentliziyo:

Utshintsho kwindlela obuphila ngayo ubomi ngundoqo wokunciphisa umngcipheko wesifo sentliziyo enoba uthatha i-statin okanye akunjalo latha evela kwi-REPRIEVE iye yabonisa ukuba impilo yentliziyo embi inxulumene nokuvaleka kwemithambo yentliziyo ibe indlela esebenza ngayo intliziyo ingaphuculwa kwi-PWH. Ukuze unciphise umngcipheko wakho:

- Yeka ukutshaya uze uphephe ukuba kwindawo enabantu abatshayayo
- Yitya ukutya okusempilweni okunemifuno, iziqhamo, intlanzi kunye neenozo nokutya okungenamafutha maninzi, amafutha ezilwanyana, isitatshi netyuwa
- Wushukumise umzimba uze uhlale kancinci
- Hlala unobunzima bomzimba obusempilweni

