



Umlayezo oya kubabambiqhaza be-REPRIEVE...

Manje njengoba i-REPRIEVE isiphela, iningi lenu liyazibuza ukuthi kufanele yini liqale ukuthatha imithi ye-statin eyahlolwa ovivinyweni: Ingabe lezi zidakamizwa ezehlisa i-cholesterol zikulungele wena?

Isifinyezo sovivinyo nemiphumela yalo:

1. I-REPRIEVE yabhalisa abantu abacishe bafike ku-8000 abaphila ne-HIV (PWH) emhlabeni wonke ababephakathi kweminyaka engu-40 kuya ku-75, abazinzile kuma-ART (ukwelashwa ngezidambisigciwane), futhi ababengenaso isifo senhliziyo esaziwayo noma esinye isizathu sokuthatha ama-statins. Imiphumela yovivinyo isebenza kuleli qembu labantu.
2. I-REPRIEVE ithole ukuthi ukusetshenziswa komuthi we-statin, i-pitavastatin, ngethamo elingu-4 mg/ngosuku, kwehlise i-cholesterol eyi-LDL ('embi') ngo-30% futhi kunciphise ingozi yezifo ezihlobene nenhliziyo ezifana nokuhlaselwa inhliziyo, unhlangothi, isifo semithambo yegazi, kanye nezifo ezihlobene ngu-35%.
3. Njengakuyo yonke imithi, kube nemiphumela engemihle ababa nayo ababambiqhaza be-REPRIEVE. Lokhu kwaba ukwanda okuncane kwesifo sikashukela kanye nezimpawu ezihlobene nemisipha. Le miphumela engemihle ibingehlukile kubabambiqhaza be-REPRIEVE kubantu abangenayo i-HIV kodwa ikhombisa isidingo sokucabangisisa ngokwelashwa ngama-statins.
4. Okubalulekile, i-REPRIEVE ayizange ihlole ukusetshenziswa kweminye imithi noma kwezithasiselo ukuze kwehliswe i-cholesterol noma kuvinjelwe ukuhlaselwa inhliziyo nokushaywa unhlangothi. Ukusebenza kwalokhu okunye ukwelashwa ku-PWH akwaziwa.

Iyini imithi ye-statin?

Ama-statins ayimishanguzo engehlisa i-cholesterol yakho. Asebenza ngokuvimbela into edingwa umzimba wakho ukwenza i-cholesterol. Ukwehlisa i-cholesterol akuyona ukuphela kwenzuzo ehlobene nama-statins; le mithi iphinde yahlotshaniswa nokuncipha kwengozi yesifo senhliziyo nesonhlangothi. Ngenhlanhla, ama-statins amaningi kulula ukuwathatha—kanye nje ngosuku, ngokuvamile kusihlwa.

Ingabe kufanele ngithathe i-statin?

Ngaphambi kokuthi kwaziwe imiphumela evela ku-REPRIEVE, isinqumo sokuthatha imithi ye-statin ye-PWH besincike emazingeni e-cholesterol nezinye izici eziyingozi zesifo senhliziyo nemithambo yegazi (inhliziyo nemithambo yegazi). I-REPRIEVE ibonise ukuthi ama-statins angasiza ekuvimbeleni isifo senhliziyo nesifo sonhlangothi ku-PWH uma ingekho i-cholesterol ephezulu noma ezinye izici eziyingozi zesifo senhliziyo. Kodwa, wena nowezokwelapha wakho kusafanele nicabangele zonke izici eziyingozi zokuhlaselwa inhliziyo nonhlangothi ongase ube nazo, njengeminyaka yobudala, umlando wokubhema, kanye nomlando womndeni wakho, ngaphambi kokuqala i-statin.

Sicela uqaphele ukuthi mancane amathuba okuba ukuphazamiseka okufushane kusukela ekuvakasheni kwakho kokugcina kwa-REPRIEVE kuya ekuqaliseni i-statin eboniswe ovivinyweni kube nobungozi.

Iyiphi i-statin engifanele?

I-pitavastatin yakhethelwa i-REPRIEVE ngenxa yokuthi iyithinta kancane kakhulu i-ART futhi ibonakale yehlisa i-cholesterol futhi ithuthukisa imiphumela yezimpawu zokuvuvukala kubantu abane-HIV. Uma i-pitavastatin ingatholakali endaweni yakini, ezinye izidakamizwa ezingayithinti i-ART kungase kube ukukhetha okunengqondo.





Iyiphi i-statin engifanele?

I-REPRIEVE ayikwazi ukuhlinzeka ngemithi kubabambiqhaza ngemva kokuvalwa kokuhlolwa. Kodwa, akhona ama-statins ahlukahlukene angasetshenziswa atholakala emhlabeni jikelele, futhi abizwa ngamagama abakhiqizi abahlukahlukene. E-United States ngaphezu komshanguzo osetshenziswe i-REPRIEVE (pitavastatin (Livalo)), ihlanganisa i-:

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

Uma i-pitavastatin ingatholakali endaweni yakini, thintana nowezokwelapha wakho mayelana nokukhetha okukulungele.

Yiziphi ezinye izici okufanele zicatshangelwe lapho unquma ukuqala ama-statins?

Ama-statins kufanele athathwe njengesibopho sokuphila konke. Ngenxa yokuthi inzuzo yama-statins ku-REPRIEVE yayiyinkulu kunaleyo ebelindelwe ekwehliseni i-cholesterol ye-LDL iyodwa futhi ukwelashwa kwanikezwa isikhathi eside ocwaningweni, kufanele uhlele ukuwuphuza lo mshanguzo iminyaka eminingi futhi uqhubeke njengoba i-cholesterol yakho ithuthuka.

Ama-statins anemiphumela engemihle. Ama-statins abekezeleleka kahle kubantu abaningi, kodwa angaba nemiphumela engemihle. Ezimweni ezivamile, le miphumela ayibanga sezingeni eliphawulekayo ku-REPRIEVE kodwa ingase ihlanganise ukuqaqamba kwekhanda, isicanucanu kanye nobuhlungu bemisipha namalunga. Umphumela ongemuhle owawukhathaza kakhulu kwaba izinga elincane lokwanda okusha kwesifo sikashukela njengoba kubonakala kwezinye izivivinyo zomtholampilo ze-statin, okungaba okubalulekile ukucabanga ngakho uma unesifo sikashukela noma uvame ukuba noshukela wegazi ophezulu. Lena ingxoxo ebalulekile okufanele ube nayo nowezokwelapha wakho ngoba inzuzo yokuthatha i-statin ingase ibe ngaphezu kwaleyo ngozi. Abantu abanesifo sikashukela abasebenzisa ama-statins basengozini encane kakhulu yokuhlaselwa yinhliziyi. Uma unquma ukuqhubeka, izinga likashukela wegazi lakho (i-glucose yegazi) kufanele lihlolwe lapho uthatha i-statin okokuqala. Eminye imiphumela emibi kakhulu ehlanganisa ukulimala okukhulu kwamasele emisipha kanye nokulimala kwesibindi akubonwanga ku-REPRIEVE.

Okunye okuthintekayo. Wena kanye nowezokwelapha wakho kufanele nicabangele noma yikuphi ukuthinteka okungabangelwa i-statin oyisebenzisayo kweminye imishanguzo etholwa ngenchwadi kadokotela noma kwemithi nezithasiselo ozithola ngaphandle kwencwadi kadokotela ozithathayo.

Ukukala ubungozi kanye nezinzuzo zama-statins kuwe:

Uma ucabangela ukuthi kufanele yini uthathe ama-statins, qala uzibuze le mibuzo:

- Ingabe nginezinye izici eziyingozi zenhliziyi nemithambo yegazi?
- Ingabe ngikhathazekile ngokuphuza iphilisi nsuku zonke, mhlawumbe ukuphila kwami konke?
- Ingabe ngikhathazekile ngemiphumela engemihle ye-statins noma ukuthinteka kwezinye izidakamizwa?

Kubalulekile ukucabangela izizathu zakho zezokwelapha, izinto ezibalulekile kuwe, izinqumo ezihambisana nendlela yokuphila, nanoma yikuphi okukukhathazayo lapho ukhetha ukwelashwa. Khuluma nowezokwelapha wakho mayelana nobungozi obuphelele onakho besifo senhliziyo nemithambo yegazi kanye nezinto ozikhethayo ngaphambi kokwenza isinqumo mayelana nokwelashwa ngama-statins.

Ungakhohlwa ukuthi indlela yokuphila enempilo iseyisihluthulelo sokuvimbela isifo senhliziyo:

zinguquko endleleni yokuphila ziyisihluthulelo ekunciphiseni ingozi yesifo senhliziyo, kungakhathaliseki ukuthi uthatha i-statin noma cha. Idatha evela ku-REPRIEVE ibonise ukuthi impilo yenhliziyi ebuthakathaka ihlotshaniswa nokuvaleka okwengeziwe emithanjeni yenhliziyi, nokuthi imikhuba ethuthukisa impilo yenhliziyi ingathuthukiswa ku-PWH. Ukunciphisa ubungozi bakho:

- Yeka ukubhema futhi ugweme ukuhogela intuthu kagwayi
- Yidla ukudla okunempilo okunotho ngemifino, izithelo, inhlanzi nokusanhlamvu futhi okunamazinga aphansi amafutha okuthiwa ama-saturated nokuthiwa ama-trans, namazinga aphansi ama-carbohydrate acolisise nosawoti
- Zivocavoce kaningi futhi uhlale kancane
- Londoloza isisindo somzimba esinempilo

