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Ibhokisi lika

Ihlelwe ngu
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Loludaba lwe E-News luhlose ukuqhakambisa izindaba ezikhulunywayo neziqhubekayo, izimpikiswano kanye nemisebenzi ebangwayo endimeni yeGCIWANE LESANDULELA NGCULAZI /yeNGCULAZI.

Akukona nje lokhu kuphela, kunempicabadala emayelana nokufunwa kwamavolontiya azongenela ucwango lomuthi weGCIWANE LESANDULELA NGCULAZI.

Okwamanje ucwango lwesigaba 1 lokwelapha abantu abalungenele lwenziwa esibhedlela i Chris Hani- Baragwanath eSoweto kanye nolwenziwa yi Medical Research Council's Vaccine Research Unit eThekwini, impumelelo yokuqedela isigaba ngasinye incike kakhulu kulabo abangenele abangamavolontiya.

Isigaba l esocwango oluphephile. Inhlolo yalo enkulu ukuthola ukuthi ngabe umuthi ohlolwayo uyezwela na kumasosha omzimba kanye nokuqinisekisa ukuthi akukho zinto ezinzima ezenzeka emva kokusebenzisa umuthi

Cont. to Pg. 2

Ngokuphathelene neNgqungquthela Yengculazi

INGqungquthela Yengculazi YeMRC yavulelwa umphakathi eminyakeni engaba mithathu edlule. Umgomo wayo: ukwakha ibhuloho phakathi kwesayensi nomphakathi nokwenza kube nenkundla yanyanga zonke yabantu abahlukahlukene abahilelekile kuyiHIV/AIDS ukuze kuxoxwe izindaba, eziphathelene nezimayelana nendlela esisabela ngayo kulolubhubhane. Lengqungquthela inethemba futhi lokuthuthukisa ukukhulumisana nokuxhumana phakathi kukaHulument, umphakathi, ososayensi, izintatheli kanye nomphakathi wonkana.

Ibhokisi lemibuzo evame ukubuzwa ngemithi yeGCIWANE LESANDULELA NGCULAZI

Kungani kube nomuthi weGCIWANE LESANDULELA NGCULAZI/INGCULAZI futhi uyosebenza kanjani? Lena yimibuzo eyayivame ukubuzwa kumalungu e HIV Vaccine Research Unit kwi Medical Research Council eThekwini – ikakhulu emva kwemijovo yokuqala ekuhlolweni kwemithi emibili yeGCIWANE LESANDULELA NGCULAZI/yeNGCULAZI ihlolwa kubantu ngoNovemba ka 2003. Lapha ngezansi eminye yayo imibuzo eyayihlala ibuzwa emayelana nemithi yeGCIWANE LESANDULELA NGCULAZI/yeNGCULAZI:

Q: Ngabe ososayensi bawubhekile umuthi ovikela izifo zingakaveli owenza kube nokuvikeleleka kuzo zonke izinhlobo ezahlukene zeGCIWANE LESANDULELA NGCULAZI noma ama clades?

A: Ososayensi abakazi okwamanje ukuthi kungakanani ukuvikeleleka kwe "cross-clade" okungatholakala ngomuthi, isibonelo, uma usebenzise umuthi i clade C ungavikeleleka ekusulelekeni ngeGCIWANE LESANDULELA NGCULAZI A noma B? Ososayensi vele sebewatholile ama clades A kuya ku K. Lokhu kuqondene nezifunda yize iAfrika ineningi lalezi zinhlobo ezisetshenziswayo ezino clade C esetshenziswa ngokweqile esifundeni se sub-Saharan. Ekugcineni sethema ukuthi umuthi uyonikeza ukuvikeleleka okukhulu, kwesikhathi eside kwe clade esebenza kokho konke, kodwa okwamanje asazi ukuthi lokho kuyokwenzeka futhi sidinga ukwenza izincwango eziningi ukuze sithole lokho. Siyazi ukuthi ngomkukhulane, ukwenza isibonelo nje, udinga imithi emisha zikhathi zonke ngezinhlobo ezahlukene ngakho kuyabonakala ukuthi kungenzeka ukuthi izinhlobo ezahlukene zeGCIWANE LESANDULELA NGCULAZI ziyoba yisisusa ekuthuthukisweni komuthi.

Q: Yiziphi izinto ezivela emva kokusebenzisa umuthi?

A: Izinto ezivela emva kokusebenzisa umuthi ezivelile kuze kube yimanje ezincwangingeni zokwelapha kwamanye amazwe ziyefanana nalezo ezilindeleke kunoma yimuphi umuthi, njengomuthi womkukhulane. Ungazizwa unokukhathala kancane; ungaba nemfiva kanye nobuhlungu lapho ujoywe khona. Noma kunjalo, ungaba neshwa bese uba nezinto ezivela ngenxa yokungezwani komuthi nomzimba. Phela kunjalo, zikhona ezinye izinto ezivelayo ezingahambisani

nokwelashwa, ezifana nechilo elihambelanga neGCIWANE LESANDULELA NGCULAZI elingabangwa ngabantu ngokungaqondi ukuthi yimi umuthi noma yini ucwango lokwelapha.

Q: Ngabe abangenele ucwango bayakhokhelwa?

A: Abangenele bayobuyiselwa isamba sembali esincane ngezindleko zabo abazikhokhi, ezifana nezindleko zokugibela. Kodwa-ke, abakhokhelwa ngokungenela ucwango njengoba lokhu kungathathwa njengesihungo futhi kungabakhuthaza ukuthi bangenele ngoba bedinga imali.

Q: Ngabe abangenele bathola ukujowwa ngezilinganisano ezinkulu zomuthi ngokuqhubeka njalo esikhathini eside?

A: Yebo. Ucwango luhlelwe ukuhlola ukuphepha komuthi, ngakho ithimba lokuqala labangenele ababhaliswayo, bathola isilinganisano esiphansi. Uma nje ukuphepha sekuqinisekisiwe, yilapho ke kubhaliswa izilinganisano eziphezulu. Lokhu kuqondene nalomuthi wocwango weGCIWANE LESANDULELA NGCULAZI, okusho ukuthi, akuyona yonke imithi yocwango eyenziwa ngalendlela.

Q: Mhlawumbe kunomkhawulo ekwandisweni kwesilinganisano?

A: Yebo, njengayo yonke imithi yokugoma kanye nemithi kunomkhawulo futhi kubalulekile ukuthi ososayensi babengeke babeke abangenele ucwango ezilinganisweni ezinobungozi zanoma nhloboni – yingakho kwenziwa ngokuqhubekela njalo – zikhathi zonke kube kucatshangwa izinto ezingavela emva kokusebenzisa umuthi kanye nokuzwela kwamasosha omzimba.

Ukuthola olunye ulwazi ngemithi yeGCIWANE LESANDULELA NGCULAZI, siza uxhumane nabe SAAVI Vaccine Info-Line kulenombolo 080 822 2463 (080 VACCINE) noma uvakashela ku website ethi saavi.org.za

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ezivela kubantu. "Lamavolontiya enze kwaba lula kubaphenyi ukuthi bafunde ngokuphepha kanye nosizo olungaba khona emithini ehlolelwayo. Asiza futhi ososayensi ukuthi baqonde kangcono ngezinsolo zamavolontiya okubhekwe ukuthi angenele ucwango lomuthi weGCIWANE LESANDULELA NGCULAZI." – lokhu kucashunwe embikweni wezindaba ze National Institutes of Health.

Izinsalelo

Ukufunwa kwamavolontiya akuzange kuphumelele ngaphandle koxhaxha lwezinsalelo zakho. Yize kwaba khona ukufundiswa komphakathi ngokufunwa kwamavolontiya, imfundiso engelona iqiniso mayelana nocwango kanye nomuthi ithikazise imizamo yokubhalisa amavolontiya. U Dokotela Colleen Pieterse, Isikhulu Sokwelapha ocwangingeni lomuthi olwenziwa eThekwini, uvumile ukuthi ulwazi olungenaqiniso nolungaphelele lwaba nefuzela elibi nokwabangela ukuthi kube nokudonsela emuva izinyawo kumavolontiya. "Kuyadingeka ukuthi kudluliswe ulwazi olungenaphutha emphakathini ukuze abantu bagudluke emicabangweni ababa nayo ngento ingakenzeki."

Ofundisa umphakathi nobufuna amavolontiya, uWendy Mkize, wagcizelela isidingo sokuthi kuqinise ulwazi olunikwa abantu; "Sidinga ukuthi sikhulume ngento efanayo siyiphindaphinde, baze bayiqonde abantu."

Izingxoxo futhi ziqondise esidingweni sokukhulisa ukuqwashiswa komphakathi/uhlelo lokufundisa ukusingatha wonke amahlelo omphakathi, kubandakanya abamabhizinisi, kanye nabanye ababalulekile abathatha izinqumo, abafana nabasebenzi bezempilo, abaholi bezenkolo kanye nosopolitiki.

U Dokotela Pieterse wathi, "Labantu kudingeka babe phambili ekulweni neGCIWANE LESANDULELA NGCULAZI/neNGCULAZI. "Bangacini nje ngokusekela izinhlelo zethu, sidinga bangenelele – kanti ukuba yingxenywe kwakho kuyonikeza inkolelo ekusekeleni kwakho."

Ichilo

Kanye nokubandlululwa kuye kwahlotshaniswa neGCIWANE LESANDULELA NGCULAZI/neNGCULAZI selokhu kwaqala lombhedukazwe kanti, okubuhlungu kakhulu, ichilo maqondana nokungenela ucwango lomuthi libonakala lingesinye isithiyi emsebenzini wokuthola amavolontiya. Yize abangenele zonke izigaba zocwango lomuthi weGCIWANE LESANDULELA NGCULAZI bengasulelekile ngeGCIWANE LESANDULELA NGCULAZI, ukungenela kwabo ucwango lomuthi weGCIWANE LESANDULELA NGCULAZI kusengenzeka futhi kubaholelele ekunembekezeleni noma babandlululwe.

Ucwango olwenziwa ngabe Canadian HIV/AIDS Legal Network lukhombisa ukuthi abangase babe ngamavolontiya abuthiwe besaba impatho engenhle abangayithola emphakathini ngokungenela kwabo ucwango lomuthi weGCIWANE LESANDULELA NGCULAZI bese bethatha ngokuthi lokhu kuyingozi enkulu ehambisana nokungenela ucwango lomuthi. Indlela eyodwa yokusiza ukugcina ubumfihlo ekungeneleni ucwango ukuthi labo

abalungenele bahambele izindawo zokuxoxisana ngezinsuku ezinquniwe ezenziwa ngaphandle kwamahora okusebenza – abagugquzeli kuzozombili izikhungo zase Ningizimu Afrika bakuqinisekile ukuthi izinsuku ezinquniwe zivuma kahle ukunika ithuba abangenele ukuthi bahambele izingxoxo ngesikhathi okungesona samahora okusebenza njengoba kudingeka. Lokhu-ke, noma kunjalo, kuletha umbuzo, akumele sikhulume ngodaba lwechilo nokunembekezela kanye nokuveza obala kunokuba kusekelwe ngokugwegwesa? Ngalokho-ke, labo abanothando bangavolontiya, baqinisekise ngolwazi lokuthi kuphephile ukwenza lokho.

Ngabe umuthi qobo lwawo ubanga ukusuleleka ngeGCIWANE LESANDULELA NGCULAZI? Kwabanye, kungenzeka ukuthi enye yezinto okukhulunywa ngayo kakhulu futhi nengabanga izithiyi ezilimizayo emsebenzini wokufuna amavolontiya. Impendulo, ngokugcwele nje, ngu CHA. Ngeshwa, ukuchaza imininingwane ngokuba khona kweGCIWANE LESANDULELA NGCULAZI, ngezinye izikhathi, emphakathini ozithele ngabandayo, akusho impumelelo. Kuncane kakhulu okukhona 'ngokungachazi into eqondiwe', ikakhulu lapho ukuphepha kanye nokusebenza ngempumelelo komuthi kungasho umehluko phakathi kwempilo nokufa.

Kulandela inqubo eqine kakhulu yokufuna amavolontiya kuzo zombili izikhungo zocwango zaseNingizimu Afrika. Amavolontiya aphile saka, abadala abangasulelekile ngeGCIWANE LESANDULELA NGCULAZI abafisayo nabakwazi ukunikezela

ngemvumo nasebethele ukufundiswa okunzulu ngokubuthwa kwamavolontiya kanye nokwelulekwa ngokomqondo. Uma nje sewemukelwe ocwangingeni, ivolontiya livakashela izikhungo zocwango okubandakanya ukuqashelwa kokwelashwa, ukuhlolwa komchamo nokwegazi, ukuhlolwa kweGCIWANE LESANDULELA NGCULAZI kanye nokwelulekwa ngokomqondo okwenzeka okungenani ezinyangeni eziyishumi nambili.

Kungani umele uvolontiyi?

Kunezizathu eziningi ezenza ukuthi umuntu angavolontiya, phakathi kwazo, isidingo sokusiza ukuqeda ukubhujiswa yiGCIWANE LESANDULELA NGCULAZI/yiINGCULAZI, ukushiya igama ngegalelo umuntu alibambile, kanye nokuvikela abantwana kanye nabazukulu bomuntu. Kwabanye futhi yindlela ephephile yokuthola isimo somuntu kanye nokufundiseka.

Kwabanye, yithuba lokuba ngumkhulumeli womuthi okanye ilungu loMkhandlu Oweluleka Umphakathi. Ungawenza umehluko, ngisho ngabe awulona ivolontiya. Labo abanothando, bangangenela Izinhlelo Zokwazisa Ngemithi ezibanjwa masonto onke iVaccine Information Sessions (iVIS) ezibanjelwa e Medical Research Council ku Ridge Road. Izinhlelo zibanjwa njalo ngoLwesibili kusukela ngo 10h30 kuya ku 11h30 kanjalo futhi kusukela ngo 16h00 kuya ku 17h00.

"Zonke lezizifundo zincike ezifisweni zabantu abangehlukile kwabanye ukuthi bavolontiyi bangenele izifundo/ucwango lokuvikela," – lokhu kucashunwe embikweni wezindaba ze National Institutes of Health.



Ukufaneleka kwevolontiya elingenele ucwango:

Isimo sokuhlungelwa ukungeniswa

- ongasulelekile ngeGCIWANE LESANDULELA NGCULAZI
- ofisa ukuthola imiphumela yokuhlulelwa iGCIWANE LESANDULELA NGCULAZI
- ophile kahle kakhulu
- izindlela ezamukelekile zokuvikela inzalo kwabesifazane abanokukhulelwa
- ongenaso isifo sesibindi iHepatitis B
- ongenalo igciwane lesifo sesibindi i anti-hepatitis C noma ongenalo igciwane lesifo sesibindi iHCV PCR uma enesifo sesibindi i anti-HCV; kanye
- nokwazi ukuya esikhungweni sokungenela kanye nokwazi ukutholakala ukuzolandelela ngesikhathi esingunyaka socwango

Isimo sokuhlungelwa ukushiya ngaphandle

- Imithi yeGCIWANE LESANDULELA NGCULAZI noma imithi engathi shu ngaphambi kocwango lomuthi weGCIWANE LESANDULELA NGCULAZI
- amasosha omzimba alwa negciwane iVEE
- osengozini enkulu yokusuleleka ngeGCIWANE LESANDULELA NGCULAZI ngokuya kohlelo lokuhlungela ingozi iHVTN Risk Criteria
- ukuthi imithi yokugoma ibe seyigogobeziwe ezinsukwini eziyi 168 ngaphambi kokuqala ukusebenzisa umuthi wocwango
- imikhiqizo yegazi ezinsukwini eziyi 120 ngaphambi kokuqala ukusebenzisa umuthi wocwango
- Uma kunokugonywa ngokufakwa amaphrotheni ezinsukwini ezingama 60 ngaphambi kokuqala ukusebenzisa umuthi wocwango
- ukuncishiswa kwemithi ezinsukwini ezingama 30 ngaphambi kokuqala ukusebenzisa umuthi wocwango
- ukuhlolwa kokucutshungulwa kwezinto ezinsukwini ezingama 30 ngaphambi kokuqala ukusebenzisa umuthi wocwango
- ingxenywe noma ukubulawa kwemithi ezinsukwini eziyi 14 ngaphambi kokuqala →

- ← ukusebenzisa umuthi wocwaningo
- okwamanje kuvikelwa isifo sofuba noma kwelashwa isifo sofuba
 - unogcunsula
 - ukuba khona kwezinto ezimbi ezivela ngenxa yokusebenzisa imithi. Umuntu obe nezinto ezimbi ezivelayo ekusebenziseni umuthi kahlohlokhohlo njengengane nje yona ayishiyiwe ngaphandle.
 - isifo esibangwa ukwakheka kwamasosha omzimba noma ukuntuleka kwamasosha omzimba
 - ukuba nesifo sesifuba somoya esiguqukayo
 - uhlobo 1 noma uhlobo 2 lwesifo sikashukela iDiabetes Mellitus
 - ukudinga ukwelashwa indlala yegilo
 - ube nokuvuvuka kwemithambo okubi eminyakeni emithathu eyedlule
 - isifo sokumpompa komthambo wegazi esingalawuleki
 - ukopha kwegazi okubuxakalala
 - ukuba nesimila esiqhubekela phambili ngaphandle uma sikhishwe ngokuhlinzwa futhi, ngokombono womphenyi,
- akunakwenzeka ukuthi siphinde simile ngesikhathi socwaningo
- ukungahambi kahle emva kokuhlizwa okudinga imithi eminyakeni emithathu eyedlule
 - I-Asplenia
 - ukugula ngengqondo okungaphazamisana nokulandela inqubo mgomo
 - ezinye izimo lezo, ngokunquma komphenyi, ezingaphazamisana nocwaningo
 - Ukukhulelwa noma ukuncelisa
- Ukuthola olunye ulwazi olubanzi, siza uxhumane no Wendy noma u Nobuhle kulenombolo yocingo +27 (0)31 203 4700 okanye ushaye inombolo yamahhala ku toll-free vaccine info-line ethi 080 VACCINE.



Vaccine trial participant, Joan McCosh and Dr Vimla Reddy.

Ukubheka ebhokisini lomdlalo weshashalazi kanye nasekufundisweni ngeNGCULAZI (iDramAidE) education

I DramAidE, INHLANGANO ephapheme ENGEKHO NGAPHANSI KUKAHULUMENI yeGCIWANE LESANDULELA NGCULAZI/ yeNGCULAZI esebenzisa amasu ngempumelelo ngomdlalo weshashalazi ukwazisa abantu abasebasha ngezindaba zocansi kanye neGCIWANE LESANDULELA NGCULAZI/neNGCULAZI, izimisele ukwethula ngokusemthethweni i project ezovumela bonke abafundi ukuthi bakwazi ukumelana ngempumelelo nengozi yokusuleleka ngeGCIWANE LESANDULELA NGCULAZI kanye nechilo ezikhungweni Zemfundo Ephakeme ezingama 27 ezweni lonke.

Sibonga imali yokuxhaswa esanda kutholakala ye PEPFAR [iPresidents Emergency Programme ukulekelela kwiNGCULAZI]; I DramAidE isithuthukise iDramAidE Health Promoters Project ezikhungweni Zemfundo Ephakeme [kuma Nyunivesi kanye nakuma Technikons] kuyoyonke iNingizimu Afrika.

Ekugxileni emcabangweni othi 'abantu abasebasha banamandla amakhulu emiphakathini yabo kanti futhi bangabaholi bakusasa emphakathini' I DramAidE ihlose ukufinyelela kubafundi abangaba ngu 680 000 abahlala ezikhungweni Zemfundo Ephakeme eNingizimu Afrika. Ngokubekwa kwabantu abasebasha abahlala besobala futhi besuleleke ngeGCIWANE LESANDULELA NGCULAZI



DramAidE teaches 'forum theatre' to local school clubs as means of encouraging self-help ventures

ezikhungweni ezingama 27. I Health Promoters Project iyosebenzisa isu elisekelwe yingxoxo ngempumelelo elisiza abafundi ukuthi bamelane ngempumelelo nezimpilo zabo kanye nezinkinga zobudlelwane. Lokhu, kamuva, kuxhunyaniswa nemibono yokuhlala obala neGCIWANE LESANDULELA NGCULAZI, ukuvikelwa

kweGCIWANE LESANDULELA NGCULAZI, ukuzivumela ngokuthanda ukuthi welulekwe ngokomqondo kanye nokuhlolwa, izindikimba zobulili kanye nempucuko kanjalo neyokwehlisa ichilo. Le project ixhaswe ngezimali ngabe Johns Hopkins University Population Communications Services [JHU/PCS], eBaltimore, eMelika.

Abe DramAidE bakhe futhi izinto zokwenza impahla bapha izikole zaKwaZulu/Natali nezamukelwa ngesasa elikhulu engqungqutheleni esanda kuba khona ye UNESCO ebise Thailand. Ama project esikole i 'Woza Nazo' Secondary kanye nesikole i'Naku Okwethu' Primary abandakanya ukuphenya, ukuthuthukisa kanye nokusabalalisa ezikoleni izinto eziphathelene namasiko kanye nobulili ezithintene namakhono empilo. I project isifinyelele ngaphezu kothisha abayi 150, abafundisa abasha kanye nabafundisa umphakathi, futhi ibe nefuzela ezikoleni zomphakathi esifundeni esihlosiwe eNyakatho neKwaZulu/Natali.

Ukuxhaswa ngemali kwe DramAidE kuvele kumathenda anikezwe yi KZN kanye neMinyango kazwelonke pweZempilo kanye noweZemfundo, ukuqeqeshelwa amakhono empilo kanye nemikhankaso yokuxhumana.

Imali yezibonelelo evela kwabe African Medical Research Foundation [AMREF], abe Johns Hopkins University Population Communications Services [JHU/PCS], abe Norwegian Students Academy International Helpfund [SAIH], kanye nabasekeli be Richards Bay Minerals kanye nakuma project abe DramAidE.

Abe DramAidE banamahhovisi kuwo womabili amaNyunivesi, iUniversities of Zululand kanye ne KwaZulu-Natal. Lamahhovisi ayizindawo zokuphatha, njengoba wonke umsebenzi wabe DramAidE wenziwa ezikhungweni zemfundo kanye nasezindaweni akhiwe kuzo. Abe DramAidE baqashe abasebenzi abayishumi nesithupha, abesilisa abayisishiyagalombili kanye nebesifazane abayisishiyagalombili. Kuwumgomo we DramAidE ukuqasha izifundiswa ezivela eNyunivesi iUniversity of Zululand eyabe phambilini inganakiwe, kanye nokuqeqesha

okwengeziwe kubobonke abasebenzi. Amalungu amahlanu abasebenzi okwamanje abhaliswe njengabafundi beziqo ze MA abafunda ngasese, ngenhloso yokucwaninga ama project abe DramAidE.

Umkhandlu wabe DramAidE ubandakanya izifundiswa ezineziqo ezivela kumaNyunivesi iUniversity of Zululand, KwaZulu-Natal kanye ne Johns Hopkins, eMelika. Ibandakanya futhi ababamele abavela kwi AMREF, abavela kwiNhlangotho yabantu Abaphila neGCIWANE LESANDULELA NGCULAZI/neNGCULAZI iNational Association of People living with HIV/AIDS (iNAPWA), aboMnyango wezemfundo kanye namaSiko kuHulumeni Wesifundazwe, kanye naboMnyango weMpilo.Ukuthola ulwazi olubanzi siza uxhumane noPholofesa Lynn Dalrymple kule E-mail Lynndal@iafrica.com

Ngabe kumele sibuyekeze izincomo zethu esinazo kanye nenhlanganisela yokudla okubaluliwe

Ulwazi oseluvele lwanda lwesayensi yokondleka komzimba imvamisa lwakha isimo esithi ulwazi olukhona luyashayisana. Ngenxa yalokho, akuselula neze ukwehlukana phakathi kweqiniso, ulwazi olungenaqiniso kanye nodaba oluqanjweyo. Isikhungo Solwazi Ngokondleka Komzimba sase Nyunivesi yase Stellenbosch sasungulelwa ukusebenza njengomthombo wolwazi owethembekile nozimele ngolwazi lokondleka komzimba. Izinqondiso zokubhekwa kokudla okondla umzimba eGCIWANENI LESANDULELA NGCULAZI/eGCULAZINI

Ukuhloliswa kokudla okondla umzimba

Yize uma kushiwo isisindo somzimba, singashaya indiva izinga lokushintsha komzimba eGCIWANENI LESANDULELA NGCULAZI/eNGCULAZINI, kubalulekile ukuhlala ubheka izinguquko esisindweni somzimba. Isindo somzimba wesiguli kumele sihlale sibhalwa eshadini ngezikhathi ezithize ukuhlala ukuthi ngabe isisindo esiningi silahlekile na esikhashaneni nje esifushane, okanye siya sehla kancane kancane. Ukudliwa kokudla okumiselwe ukuthi kudliwe nakho kumele kuhlolwe ngezikhathi ezithize kuhlangene nomzimba kanye nokuhambelana nokwenza umsebenzi kanjalo nesimo somsebenzi esiqashwe kuwo ukunquma ngokudla kanye nokusebenzisa izondla mzimba.

Izidingo zezondla mzimba: Amandla

Ukugula ngokwesuleleka okudlangile, okufana neGCIWANE LESANDULELA NGCULAZI/neNGCULAZI, kuhambisana nendathane yendida evela ngokudla okwakha umzimba kanye nendlela okwakhiwa ngayo umzimba ngokudliweyo emzimbeni. Okubangela ukutheleleka kuhambisana nokwanda ezidingweni zamandla esiguli kanye nezinga nokwehluleka kwesicubu esincane ukusebenza. Amandla omuntu kanye nezidingo zamaphrotheni kuncike esimweni sempilo yesiguli esesuleleke ngeGCIWANE LESANDULELA NGCULAZI/ngeNGCULAZI. Ngisho amandla amaningi ayodingeka uma kukhona esinye isifo (izifo ezithathelanayo). Kunconywa kakhulu ukuthi umuntu nomuntu owesuleleke ngeGCIWANE LESANDULELA NGCULAZI/ngeNGCULAZI udinga cisho u 30 kuya ku 35 kCal ngekhilogremu ukwakha isisindo somzimba okanye u 40 kuya ku 45 kCal ngekhilogremu uma sekulahleke kakhulu isisindo (bheka izincomo zokudla okondla umzimba).

Amaphrotheni

Iziguli ezineGCIWANE LESANDULELA NGCULAZI/iNGCULAZI zaziwa ukuthi zilahlakelwe kakhulu ngamaphrotheni (i nitrogen), okungaholela ekutheni zingakwazi ukugcina uketshezi ngenxa yesifo sohudo, ukulahlekelwa wuketshezi, utho olungancibilika ukuze kutholakale isisombululo kanye nokunye okuhlalele ukondla umzimba. Ukungasebenzi kwamaphrotheni kanye nokunye okulindele ukwenza

umsebenzi ngenxa yemfiva nakho kungenza isimo sokungondleki komzimba sibe sibi kakhulu futhi siqhubeka nokunqanda amandla okulwa nokutheleleka. Ukwanda kokwehluleka kokusebenza kwamaphrotheni, isibonelo, kuholela ekutheni imisisipha ingasebenzi kuleziziguli. Ukutholakala kwamaphrotheni ekudleni kubalulekile ekwenzeni ngcono ukungasebenzi kwesicubu somsipha. Ukudla igremu engu 1,0 kuya kwengu 1,4 ngekhilogremu yesisindo somzimba noma amaphesenti ayi 15 amandla awowonke amaphrotheni adliwa nsuku zonke noma cisho amagremu angama 75 kuya kwayi 105 ngelanga kuvame ukwanela. Uma sekukhona ukungasebenzi okukhulu kwamaphrotheni, ukungasakwazi ukugcina amanzi emzimbeni noma kunezifo ezithathelanayo, isisindo somzimba singadinga igremu engu 1,5 kuya kwangu 2,0 ngekhilogremu elilodwa (bheka izincomo zokudla okondla umzimba).

Amafutha

Ukuzwana komzimba namafutha kuyehlukahlukana kumuntu nomuntu. Uma kukhona ukungakwazi ukulondoloza amanzi emzimbeni noma kunesifo sohudo, ukudla ukudla okunamafutha amancane kungazikhulula ezinye zezimpawu. Ukudla ukudla okunamafutha amancane ngokuya ngezinqondiso ezihlakaniphile zokudla okuhlelekile njengengxenye yokudla okwehlukene kuyakhonjiswa.

Amavithamini kanye nokumbiwa phansi

Ukwelapheka kokutheleleka kubandakanya ifuzela elikhulu kakhulu esimweni sezondla mzimba ezingene emzimbeni wesiguli. Amavithamini kanye nokumbiwa phansi yingxube edingekayo ekukhuliseni okujwayelekile kanye nasekulungiseleleni ukusebenza komzimba, kudlala indima enkulu ezinqubweni ezehlukene endleleni okwakhiwa ngayo umzimba ngokudliweyo kukho kokubili impilo kanye nesifo. Izidingo zamandla engeziwe kanye nokungakwazi ukusebenza kwezicubu okuhambisana nokusuleleka kucatshangwa ukuthi kwenyusa izidingo zezakha mzimba ezahlukene ezifana namavithamini A, E, B6, C, D kanye namaqabunga. Kuyaziwa futhi ukuthi ukunciphisa kwezinto ezincane emazingeni egazi okufana nokusansimbi, ukhethe kanye nokohlobo lwesaliphur okungeyona esathayela kanjalo nokusazibuthe kuyenzeka ngesikhathi sokusuleleka. Okubalulekileyo, lezinto ezingantuleka zibikwa ukuthi zenzeke ngasekuqaleni kokusuleleka bese zidinga ukunakekelwa masisha lapho sekwelashwa lezi ziguli.

Iningi lezincwaningo libike ukuba khona kokwehla kwamazinga egazi kumavithamini A, B6, B12, C, E, kumaqabunga kanye nokumbala osawolintshi okwakhiwe ngezaqathi ukusebenza njengevithamini kanjalo futhi uhlobo lwe sulphur okungeyona esathayela, ukhethe kanye nokusazibuthe esigulini esineGCIWANE LESANDULELA NGCULAZI/neNGCULAZI. Ezinye izincwaningo zibike ukwehla kwamazinga egazi yize kuthiwa iziguli zazidla ukudla okunezidingo ezanele. Kuyabonakala ukuthi ukudla izondla mzimba ezahlukene emazingeni anconyelwe abantu abaphile kahle ngeke kwenela kubantu abasuleleke ngeGCIWANE LESANDULELA NGCULAZI.

Yize kunezincwaningo eziningi, kuncane okwaziwayo ngamavithamini adingekayo kanye nezinto ezincane eziyizingo eGCIWANENI LESANDULELA NGCULAZI/eNGCULAZINI. Kufanele kube nezinhlalobonhlobo zamavithamini alungile kanye nezengezo zokumbiwa phansi, ngakho-ke, kuhlinzeka amaphesenti ayi 100 kuya kwayi 150 Esibonelelo Sokudla Okunconywe, njengoba ngeke kwenzeka ukuthi umuntu oneGCIWANE LESANDULELA NGCULAZI akwazi ukuhlangabezana a nezidingo zamavithamini kanye nokumbiwa phansi ngokuthi akuthole ekudleni okuhlelekile kodwa ngenxa yokungakuthandi ukudla.

Izondla mzimba ezinakiwe zabantwana abanegciwane lesandulela ngculazi/ingculazi
 Izincomo ezijwayelekile zezondla mzimba yabantwana zibandakanya amandla aphezulu, amaphrotheni aphezulu kanye nezondla mzimba ezincane- ukudla okuhlangene. Izidingo zamaphrotheni zingehlukana ukusuka kumaphesenti ayi 150 kuya kwanga 200 kanti amandla wona asuka kumaphesenti ayi 100 kuya kwanga 200 Esibonelelo Sokudla Okunconyiwe. Kumele banikezwe inhlobonhlobo yamavithamini kanye nezengezo zokumbiwa phansi okuhlinzeka amaphesenti ayikhulu Esibonelelo Sokudla Okunconyiwe.

Ukwelulekwa ngezondla mzimba

Ukuphepha kokudla kubalulekile, njengoba abantu abanamamosha omzimba athenwe amandla benozwela kakhulu ekudleni okunezinto ezibanga isifo. Ngakho-ke, kumele kube nokunakela okuyisipesheli ngemikhiqizo yokudla okungaphekwa okufana namaqanda, inhlanzi, inyama kanye nobisi olungabulawanga imbewu yokufa. Okulandelayo kungasetshenziswa ukwandisa ukuphepha kokudla kanye namanzi aphuzwayo:

- Hlamba izandla zakho zikhathi zonke ngaphambi kokubamba ukudla noma amanzi.
- Hlanzisa zonke izitshalo kanye nezithelo.
- Gwema ukubamba izilwane zasepulazini.
- Bilisa amanzi umzuzu owodwa ngokuwabilisa okusheshayo bese uwagcina ehlanzekile, isitsha sawo sivaliwe noma usebenzise ibhodlela lamanzi
- Pheka yonke inyama eyinhlanzi kanye namaqanda ngokuphelele ngaphambi kokuthi ukudle ekhishini elilungiswe laba nokuhlanzeka.
- Sebenzisa ubisi olubulewe imbewu yokufa kuphela kanye nemikhiqizo yase deli.
- Ncibilikisa konke ukudla okusefrijini futhi hhayi ngokukushisa ngezanga lokushisa kwasendlini.
- Gcina amashalofu, izivalo, ezinye izintsha zasekhishini, iziponji kanye namathawula kuhlanzekile zikhathi zonke.
- Sebenzisa okokusika ukudla okwehlukene kokudla okuqondwe ukudliwa kuluhlaza kunokuba kube wukudla okuzophekwa.
- Zama ukuqikelela ukudla ukudla noma iziphuzo ezivela ekhaya noma ngabe uvakasha.

Izincomo zokudla okwakha umzimba

- Ukuncipha kokuthanda ukudla: IGCIWANE LESANDULELA
- Ukudla kumele kuhehe uma kuvezwa futhi kunambitheke bese kuhlinzeka ngamandla NGCULAZI/INGCULAZI ivama ukuthikameza kakhulu ukudliwa kwezondla mzimba, ngenxa yokungakuthandi ukudla, bese lokho kubeka iziguli engozini ngokungondleki kahle komzimba. Ukudla okuncane okudliwa kasithupha (noma udle njalo emahoreni amabili kuya kwamathathu) ngosuku kuyakhonjiswa kunokuba kudliwe ukudla okuthathu. ene kanye namaphrotheni.
- Ukwanda kokuthanda ukudla kanye nokudla amaphrotheni: Ukutholakala kwamandla aphezulu kanye neziphuzo ezinamaphrotheni okuthengiswayo (okuhlelekile ngokwezondla mzimba ezincane nezinkulu) kungasetshenziswa ngempumelelo ukuhlangabezana nezidingo ezandile.
- Izithako zasendlini, ezifana noshukela, amafutha ezitshalo, ibhitela lamantongomane, amaqanda kanye nobisi oluyimpuphu olumisiwe olungenamafutha kungasetshenziswa ephalishini, esobheni, emhluzini, kumabhodwe okupheka bese elethwa etafuleni noma ubisi oliyisiphuzo ukwandisa amaphrotheni kanye nenhlanguanisela yamandla ngaphandle kokwengeza indathane yokudla.
- Okungenani amamilitha esiqingatha sobisi angama 500 kuya kumamilitha angama 750 okanye iyoghurt kumele kudliwe nsuku zonke (kusebenzise ephalishini kanye nasekulungiseleleni ukudla okufana ne custards, u puddings kanye nesobho eliwukhilimu).
- Yengeza amanani akahle kashukela, ebhotela, ebhotela lamantongomane, imargarine, ushizi, imayonnaise kanye nokhilimu ekudleni (uma umzimba uzwana nakho)
- Imikhiqizo yase deli umsuka omuhle wamaphrotheni. Imikhiqizo yobisi eyakhiwe efana ne yoghurt kulula ukuthi igayeke esiswini kunobisi. Uma ubisi lukubangela inkwantshu noma uzizwa ugwele kuhle ulugweme ekudleni okuhlelekile, kodwa kungenzeka ukuthi iyoghurt kanye namasi kuzwane nomzimba.
- Ubhontshisi, izimbewu kanye nophisi yimisuka emihle yamaphrotheni futhi ishibhile kunenyama, amaqanda kanye nemikhiqizo yobisi.
- Yemboza ukudla okugcinwa ngakho ngokhilimu opheleliwe.

- Gcoba uju noma ujamu esinkweni.
 - Amavithamini kanye nezimbiwa: Zama ukudla okungenani amabinza amahlano kuya kwayisithupha ezithelo kanye nezitshalo ngelanga. Ijuzi yoqobo ingasetshenziswa ukunciphisa inkandane yokudla. Cishe uhhafu wengilazi yejuzi yezithelo ilingana nebinza elilodwa lezithelo.
 - Uphuzo oludakayo kumele lugwenywe. Kufanele kube nenhlanguanisela yamavithamini (enawo wonke amavithamini) kanye nezengezo zezimbiwa, ukuhlinzeka amaphesenti ayi 100 ukuya kwayi 150 Esibonelelo Sokudla Okunconyiwe ngephilisi ngalinye, njengoba ngeke kwenzeka ukuthi umuntu onegciwane lesandulela ngculazi akwazi ukuhlangabezana nezidingo ezandile zamavithamini kanye nokumbiwa phansi kukodwa (ngenxa yokungakuthandi ukudla). Noma yikuphi okuyizisekelo, noma kunjalo, kumele kunikezelwe emva kokubonisana nongoti wezempilo.
- Iziphakamiso zokudla okondla umzimba ezimpawini ezibangwa yizifo ezithathelanayo kanye nezifo ezilimazayo:
- Isicanucanu: Yidla kancane, udle kaningi (njalo emahoreni amabili kuya kwamathathu) bese ugwema ukudla ukudla okunamafutha amaningi. Kugweme ukulala phansi emva kokudla. Ukudla kuyezwana nomzimba ekupholeni noma ezingeni lokuphola kwendlu. Okomile, okuqeshulwayo okusasawoti, okuklamuzelayo, amabhesikidi kanye namakhekhe kungezwana nomzimba. Ukudla okulula okufana nerayisi, amaqanda abondiwe, isinkwa esishisiwe, ama noodles, obhanana, amazambane abondiwe kanye no custards nakho umzimba ungezwana nakho. Yenza kube nomoya opholile endlini. Qeda iphunga elibi lokupheka.
 - Isilonda somlomo noma somphimbo: Yidla ukudla okuthambile, okumanzana endlini ezezinga elipholile (amazambane abondiwe, imacaroni kanye namabhodwe okuphekwa ngawo bese elethwa etafuleni). Sebenzisa i straw uma uphuzo. Kugweme ukudla okufakwe izipayisi noma okune asidi. Zigweme futhi iziphuzo ezinekhoboni kanye nokusasawoti noma ukudla okune asidi.
 - Ukoma komlomo: Phaka ukudla okunesoso/isinongo noma isobho bese udla ukudla okunoketshezi ngezikhathi zokudla. Phuza uketshezi oluningi phakathi kwezikhathi zokudla. Gcizelela kokuhlanzekile okungena ngomlomo. Ukuhlafuna okungenashukela noma ukumunca amaswidi aphilile kungasiza.
 - Isifo sohudo: Zama ukudla ukudla okuncane kasithupha ngelanga. Ukufaka uketshezi kubaluleke kakhulu ukuvikela ukuphelelwa ngamanzi emzimbeni. Zama ukuphuza amanzi kanye nokubuyisela amanzi emzimbeni njalo emva kokuzikhulula. (Icebo lokuzelapha ngokubuyisela amanzi emzimbeni ngomlomo (khumbula ukuhlanzeka): Iliitha elilodwa lamanzi abiliswe, othesipuni abayisi 8 bashukela kanye nothesipuni owodwa/ababili basawoti). Amafutha amancane kanye nokudla okunobisi kungakhonjiswa (ukulimala kwengaphandle lethumbu kungabangela ukuthi umzimba ungezwani nokusabisi; ukuphuza ubisi noma ukudla imikhiqizo yobisi kungabanga inkwantshu, ukungaphatheki kahle esiswini kanye nesifo sohudo kwabanye abantu). Kugweme ukudla okuveza igesi kanye neziphuzo (isibonelo, uphizi, ulensizi/umdumbu odlwayo, iklabishi, ikholiflawa, ibroccoli, u-anyanisi, izindumbu, icucumber, ubhontshisi, ubhlani, ugarlic kanye nobhiya). Gwema uphuzo oludakayo kanye ne caffeine, njengoba kokubili kungaba nomphumela wokuphelelwa ngamanzi emzimbeni. Ukudla inoxoza ephakathi nendawo. Gxila enxozeni enokuncibilika (izithelo, i-oats, kanye nokupheka imidumba). Zikalele ukudla izithelo ezinoshukela ngokugwema ama apula kanye nejuzi yamapheya kanjalo namagilebhisi, uju, amasundu, izindlubu, amakhiwane kanye neziphuzo ezithambile. Yidla bese uphuza obhanana, amazambane, inhlanzi, inyama, ujuzi wamapilikotshi, ijuzi katamatisi ukugwalisa futhi usawoti kanye nephothaziyamu. Yidla ukudla okubekwe endlini ezezinga lokushisa nokuphola.

Abe NICUS benza umsebenzi wokunikezela ngolwazi mahhala kanti ukuthola olunye ulwazi, oluqondene nomuntu kanye neminingwane yolwazi, siza uxhumane nabe NICUS noma isazi semithetho yokudla esibhaliswe ngokusemthethweni ku Health Professions Council of South Africa (phambilini eyayaziwa ngokuthi yi South African Medical and Dental Council). Amarefarensi ayatholakala uma uwacela.

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Izibalo zeGCIWANE LESANDULELA NGCULAZI: ubunzima babesifazane

Ihlelwe ngu **Nitasha Moothoo-Padayachie**.

Oka Padayachie yintatheli esebenzela i-Agenda Feminist Media Project – journal.intern@agenda.org.za

I MRC KZN AIDS Forum yabamba umhlangano mhlaka 23 Mashi 2004 eThekwini. Lenkundla iyimizamo yabe Medical Research Council (iMRC) ukuvula igebe phakathi kwesifundo sezinto zendabuko nomphakathi; ngenhloso yokuthuthukisa izinkundla zokubonisana kwabahlukene ababambe iqhaza abathintekayo eGCIWANENI LESANDULELA NGCULAZI/ eNGCULAZINI ukuzoxoxa ngezindaba eziquondene kanye nezifanele ngendlela esithatha ngayo umabulala abhuqe; kanye, nokuthuthukisa ukuxhumana kanye nokusebenzisana phakathi kwabantu abehlukene abathintekayo kubandakanya nohulumeni, izakhamizi, ososayensi kanye nomphakathi. UDokotela Mark Colvin we MRC wethula izibalo zakabusha ngeGCIWANE LESANDULELA NGCULAZI.

Abe Reproductive Health Research Unit bakhulula umbiko obizwa ngokuthi iGCIWANE LESANDULELA NGCULAZI kanye Nendlela Yokuziphatha Kwabasha Ngokocansi eNingizimu Afrika. Lenhlolovo kazwelonke eyakhululwa ngenyanga ka April 2004 ifakazisa ukuthi iNingizimu Afrika isisezingeni lokushatshaliswa ubhubhane lweGCIWANE LESANDULELA NGCULAZI/lweNGCULAZI kanti isehlakalo sokwenyuka senzeka kwabaphakathi kweminyaka yobudala eyi 15 ukuya kwengama 24. Imiphumela ebalulekile iyabonisa futhi ukuthi abesifazane abasebancane basethubeni lokusuleleka ngeGCIWANE LESANDULELA NGCULAZI kunamadoda. Izizathu ezikhulu zalokhu ububha kanye nokuhambisana namandla, nokudlala enkulu indima ekwandiseni ukwesuleleka ngeGCIWANE LESANDULELA NGCULAZI.

Maqondana nokuphoqwa ukuya ocansini kanye nokuyengwa, inhlolovo ithole ukuthi kubo bonke asebenolwazi lokuya ocansini intsha eyangenela inhlolovo (amaphesenti angama 67 abo bonke labo abavinywa), ngamaphesenti angama 30 kuphela abesifazane abasebenolwazi ngokuya ocansini abikwa ngokuzifunela bona ukuya ocansini okokuqala kuqhathaniswa namaphesenti angama 83 wabesilisa abasebasha abanolwazi lokuya ocansini. Ingozi yokwesuleleka ngeGCIWANE LESANDULELA NGCULAZI kubantu abasebancane abaneminyaka yobudala eyi 15 kuya kwengama 24 ngamaphesenti ayi 10 kodwa, kulokhu, amaphesenti angama 77 ngabesifazane. Iminyaka yethimba elithinteka kakhulu yilabo abaphakathi kweminyaka engama 20 kanye nengama 24.

Iqiniso lokuthi ngamaphesenti angama 30 kuphela amantombazane emukela ukuya kwawo okokuqala ocansini ngalendlela kuyethusa, njengoba kusho ukuthi iningi labesifazane elavinywa, laphoqwa ukuya ocansini okokuqala ngqa. Iqiniso lokuthi amaphesenti angama

83 amadoda kanye nabafana ocwangingeni bakwemukela ukuya ocansini kwabo okokuqala, kukhombisa ukuthi nebalabala kunokwehlukana ngokobulili ekuyeni ocansini (amaphesenti angama 83 aqondiswe kulabo abakwemukela ukuya kwabo okokuqala ocansini hhayi inani labalo ababe sebenolwazi).

Ucwaningo luka Dokotela Colvin lubuye lwaveza ukuthi kwabesifazane abakhulelwe abahlolwe iGCIWANE LESANDULELA NGCULAZI ngesikhathi beyoxukuzwa emitholampilo ngonyaka ka 2001, Abesifazane abampisholo/abamnyama kanye nabamaKhaladi abaphakathi kweminyaka yobudala engama 25 nengama 29 babe sengozini enkulu yeGCIWANE LESANDULELA NGCULAZI. IGCIWANE LESANDULELA NGCULAZI kanye nophenyo lukazwelonke lwendlela Yokuziphatha Ngokocansi kubantu abasebancane baseNingizimu Afrika, kanye nocwaningo luka Dokotela Colvin, ziyahambisana impela ngokwemiphumela yezibalo. Kungenzeka ukuthi iqiniso lokuthi abasebasha, amantombazane angenalwazi bazithola besesimweni esinganambitheki sokuqala ukuya ocansini ngalendlela, okwengeza ekukhuleni kokusuleleka ngeGCIWANE LESANDULELA NGCULAZI kwabesifazane abakhulelwe, ikakhulu phakathi kwamaMnyama kanye nabesifazane bamaKhaladi.

Ngokuya ngalokho okutholwe nguDokotela Colvin, abaqaguli ababalulekile beGCIWANE LESANDULELA NGCULAZI ezimweni zempilo emphakathini ubuzwe, iminyaka yobudala, isifundazwe okuhlalwa kuso, isimo sokuganana kanye nobulili. Imfundo kanye nesimo somnotho kwabe kungebona abaqaguli abasobala abazimele esimweni seGCIWANE LESANDULELA NGCULAZI. Ewona mehluko ngokuziphatha owabe ngokwawo uhambisana neGCIWANE LESANDULELA NGCULAZI kwabe kungumlando wokunye ukusuleleka ngezifo zocansi ezithathelanayo futhi kungakhathaleki ukuthi isimo sokuziphatha komuntu siguqukile na noma hhayi ngoba indlela yokuziphatha komuntu iguqukile ngoba kunomabulala abhuqe weGCIWANE LESANDULELA NGCULAZI/ weNGCULAZI.

Yize konke lokhu kuguquguquka kuvezwa njengabaqaguli bokuba khona kokwenyuka kokutheluleka, kubalulekile ukuqaphela ukuthi ubulili umqaguli obalulekile weGCIWANE LESANDULELA NGCULAZI/ weNGCULAZI njengoba kudalulwe yizibalo ezikhomba abesifazane abasengozini ephezulu yokusuleleka ngeGCIWANE LESANDULELA NGCULAZI/ ngeNGCULAZI kanye nokuthi uhlobo lobudlelwane bocansi kumantombazane lunesandla ekubhehethakeni kweGCIWANE LESANDULELA NGCULAZI/ kweNGCULAZI.

“Abangani bocansi imvamisa baba badala ngeminyaka emine uma kuqhathaniswa, benza kube nzima kakhulu kwabesifazane ukuthi benqabe ukuya ocansini olungahleliwe okanye bakhulumisane ngokusebenzisa amakhondomu. Amaphesenti ayisithupha ayo yonke intsha esha amashushu ngocansi yathi baphoqwa ngenkani ukuya ocansini.” (ngabe Reproductive Health Research Unit, ngonyaka ka 2002).

Ukungavinjelwa kobulili yinto enkulu edlala indima kumashaya abhuqe weGCIWANE LESANDULELA NGCULAZI/ weNGCULAZI.

Picture Gallery



1. Ukhonsela Dube ukuluma no Dr Andrew Robinson (Umqondisi: MRC HIV Vaccine Research Unit, HVRU) kanye no ivolontiyi Joan McCosh, World Vaccine Day.



2. Izinyanga ziyaluthakasela usuku lukaZwelonke lomgubho womgomo wesandulela ngculaza, World Vaccine Day.



3. DramAidE - HIV quilt workshops with parents at schools



4. MRC Vaccine Research Unit: Colleen Ntshangase (nurse), Joan McCosh (vaccine trial participant), Armstrong Makhofola (nurse) and Dr Sean Cheevers