Kalatayi (kabukuka) ikupeleka mfundo zokhuza kugonana m'njira ya chimbuzi ndi HIV.

Kodi kugonana m'njira ya chimbuzi ndi chani?

Kugonana m'njira ya chimbuzi ndi pamene abambo ayika chokodzera chawo m'njira yachimbuzi ya bwenzi lawo pogonana. Izi sizofanana ndi kuiika chokodzerachi m'njira ya abambo podzera ku mbuyo kapena kumsana.

Kodi amagonana m'njira ya chimbuzi ndi ndani?

Ngakhale anthu ambiri amachita manyazi kukamba za izi, anthu osiyanasiyana amapanga mchitidwewu. Amayi ndi abambo amagonana m'njira ya chimbuziyi, posatengera chikhalidwe kapena chisankho chawo chenicheni cha kugonana.

Kodi nchifukwa chani anthu amakhala akugonana m'njira ya chimbuzi?

Pali zifukwa zambiri zimene anthu amapangira mchitidwe ogonana m'njira ya chimbuzi, zina mwa izo ndi izi: chidwi, kusangalatsidwa, kunyong'onyeka, kutayira mwa changu, kufuna malo othina, kusangalatsa bwenzi, ndalama, m'nthawi ya pakati kapena msambo, ngati njira yolelera, kufuna kusunga unamwali, kufuna kuchulukitsa chisangalaro ndi zifukwa zina zambiri.

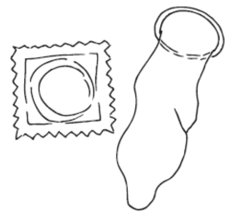
Kodi HIV itha kufalitsidwa kudzera pogonana m'njira ya chimbuzi?

Inde. Ndipo kugonana m'njira ya chimbuzi kopanda chitetezo, kumawayika anthu ambiri pa chiopsezo chotengera HIV kusiyana ndi makhalidwe ena aliwonse ogonana. kugonana m'njira ya chimbuzi kopanda chitetezo ndikoopsa kwambiri kwa amayi kusiyana ndi kugonana m'njira ya abambo kopanda chitetezo, tikamakamba nkhani ya kutengera HIV ndimatenda ena opatsirana kudzera mkugonana.

Kodi nchifukwa chani Kugonana m'njira ya chimbuzi kopanda chitetezo kuli koopsesetsa?

HIV itha kufalitsidwa mosavuta kudzera pogonana m'njira ya chimbuzi chifukwa choti minofu ya mnjirayi ndi yosalimba kweni kweni komanso ilibe zofewetsera zachilengedwe. Minofuyi siichedwa kung'ambika panthawi yogonana mnjira ya chimbuzi kopanda zofewetsera, poteropo kupeleka mpata wapafupi woti kachilombo ka HIV kalowere mthupi.

Kodi ndingaziteteze bwanji panthawi yogonana m'njira ya chimbuzi? Njira yabwino yozitetezera nokha ku HIV panthawi yogonana mnjira ya chimbuzi ndi pogwiritsa ntchito makondomu komanso zofewetsera zokhala ndi madzi zokha (monga jele wa K-Y). Zofewetsera zokhala ndi mafuta (monga vasilini ndi mafuta odzola mthupi) zidzawononga makondomu ndipo zisagwiritsidwe ntchito.



Njira zina zochepetsera chiopsezo ndizo kuchepetsa abwenzi ogonana nawo komanso kusiya mchitidwe ogonana mnjira ya chimbuzi ndi kutsata makhalidwe ogonana wochepetsa chiopsezo. **Sizikudziwika ngati kugwiritsa ntchito ling'i yovalira m'njira ya abambo ya Dapivirine, kungachepetse chiopsezo pa HIV yotengeredwa kudzera mkugonana mnjira ya chimbuzi. Ling'iyi siikuyenera kulowetsedwa mnjira ya chimbuziyi.**

Kodi ndikofunikira bwanji kukambitsana za kugonana mnjira ya chimbuzi mu kafuku fuku wa HOPE?

Amayi komanso abambo ambiri sakudziwa kuti kugonana mnjira yachimbuzi popanda chitetezo kumawaika pa chiopsezo chochulukirapo cha HIV komanso matenda ena opatsirana pogonana. Ogwira ntchito ku

kafukufuku adzalimbikitsa kuti anthu amasuke ndi kukamba za mchitidwewu, ndi cholinga choti otenga mbali akhale ndi uthenga wofunikira kuti aziteteze okha.

Ling'iyi siinapangidwe kuti ikatetezere ku HIV yotengeredwa kudzera mkugonana m'njira ya chimbuzi ndipo siikuyenera kugwiritsidwa ntchito mnjirayi. Ngati otenga mbali watengera HIV mnthawi ya kafukufuku, kudziwa mchitidwe okhuza kugonana mnjira ya chimbudzi kudzawathandiza ogwira ntchito mu kafukufuku kudziwa ndi kumvetsetsa ngati matendawa atengeredwa chifukwa cha mchitidwe wina ogonana omwe sungapewedwe ndi kugwiritsa ntchito ling'i yovalira.

Ogwira ntchito mu kafukufuku ali pano kuthandiza

Ogwira ntchito mu kafukufuku ndi okonzeka nthawi zonse kudziwitsa ndikupereka uphungu kwa otenga mbali mu kafukufukuyu, abwenzi wogonana nawo,ndi anthu okhala nawo mmadera, zokhudza zogonana mnjira ya chimbuzi ndi mafunso kapena nkhawa zomwe angakhale nazo, ndipo azachita izi mopanda kuweruza komanso mwaukadaulo wao.

Ngati muli ndi mafunso kapena mukufuna uthenga wochulukirapo, chonde pitani ku kiliniki ya kafukufuku:

ya Johns Hopkins Research Project, yomwe ili

mu Queen Elizabeth Central Hospital, ngati muli ku Blantyre.

Version 1.0, Chichewa, 6 May 2016

HOPE

HIV Open-label Prevention Extension

Out of ASPIRE, there is HOPE

Mfundo zokhudza kugonana m'njira ya chimbuzi