



Andrew Loxely

Zvii zvakabuda mutsvakurudzo ye ASPIRE? Tichitarisa zvose , tsvakurudzo ye ASPIRE (MTN 020) yakaratidza kuti ring yedapivirine yemukati menhengo yesikarudzi yemudzimai (dapivirine vaginal ring) yakadzivirira hutachiwana hwe HIV zvingangosvika chikamu chimwe chete pazvitatu (1/3). Pakati pemadzimai aive nemakore anopfuura makumi maviri nerimwe (21), akashandisa ring zvakananyanya nguva dzose kupfuura madzimai echidiki, hutachiwana hwe HIV hwakadzivirirwa nechikamu chinodarika pakati nepakati (1/2). Mu ASPIRE kudzivirira

kwakananyanya kwakaonekwa pane vainyanya kuishandisa (kupfuura vaviri pazvikamu zvitatu) Kufanana nedzimwe nzira dzekudzivirira, ring inoshanda bedzi kana ikashandiswa zvakanaka uye nguva dzose. Ring zvakare yakanga isina njodzi , zvichireva kuti haina kukonzera matambudziko ehutano akakura.Imwe tsvakurudzo yakaongorora ring yedapivirine yemukati menhengo yesikarudzi yemudzimai, inonzi IPM 027 (The Ring Study) yakaratidza zvakanabuda zvakanafana. **Uku kubudirira kukuru kwakanga kusingakwanisiki pasina kuzvipira kwemadzimai edu aiva mutsvakurudzo!**

Ko ring yedapivirine yemukati menhengo yesikarudzi yemudzimai ichawanikwa riini munharaunda dzedu? IPM, boka rakagadzira ring,ririkushanda nehurumende uye vamwe vavo nechinangwa chekuti ring iwanikwe munharaunda dzedu. Uhu hurongwa hunosanganisira mvumo kubva kune vanoona nezvetsvakurudzo uye zvinobvumidzwa munyika iyoyo uye chimwe nechimwe chinotora nguva. Hatizivi kuti ring ichabvumidzwa , kana kuti zvichanyatsotora nguva yakadini ring isati yave kuwanikwa, asi hurongwa hwacho hunowananzotora makore akawanda.

Nei tsvakurudzo ye HOPE irikuitwa? HOPE itsvakurudzo ye Open- Label Extension (OLE) yakarongwa kupa varimutsvakurudzo mukana wokusarudza kushandisa chigadzirwa chinoshanda chetsvakurudzo chisati chawanikwa munharaunda. Tsvakurudzo dze Open- Label Extension dzinoitwazve kuwana umbowo hwakapamhidzirwa pamusoro pechigadzirwa,zvakafanana nokushaya njodzi uye kushandisa nemazvo. **Chinangwa chikuru chetsvakurudzo ye HOPE kupa vari mutsvakurudzo mukana wokusarudza ipapo ipapo kushandisa ring yedapivirine yemukati menhengo yesikarudzi yemudzimai, yakaonekwa kuti haina njodzi uye kuderredza njodzi yokubatira HIV.**

Ndiani unokodzera kupinda mutsvakurudzo ye HOPE? Parizvino, madzimai akanga ari mutsvakurudzo ye ASPIRE chete ndivo vachapiwa mukana wokupinda mu HOPE. Madzimai anofanira kunzwisisa zvinodikanwa mutsvakurudzo, uye vobvuma kupindamo. Madzimai anofanira kunge aine hutano hwakanaka, vasina HIV, uye

vasina pamuviri kana kuyamwisa. Madzimai achaitwa ongororo dzezveutano uye ongororo dzokutsinhira kuti vanokodzera kupinda mu HOPE.

Ko tsvakurudzo yakareba sei? Ko kushanya kutsvakurudzo kunoitwa kangani?

Mudzimai woga woga achapinda mu HOPE achange arimo kwenguva ingangoita gore rimwe. Kushanya kutsvakurudzo kuchaitwa mwedzi woga woga kwemwedzi mitatu yokutanga,uye zvakare kamwe pamwedzi mitatu yoga yoga mushure mazvo.

Ko maring emukati menhengo yesikarudzi yemudzimai akadini mu HOPE?

Madzimai ose achapiwa ring yemukati menhengo yesikarudzi yemudzimai ine dapivirine kana vachiida, kuti vaishandise mwedzi wega wega. Zvisina kufanana ne ASPIRE, HAPANA maring echiyereso (placebo)(asina mushonga) mu HOPE.

Chii chichakumbirwa madzimai achapinda muHOPE kuti aite?

- Vose vemutsvakurudzo vanokodzera kupinda vachakokwa kupinda muHOPE uye kuuya kukushanya kwakatarwa kwetsvakurudzo nguva dzose.
- Vose vari mutsvakurudzo vachapiwa ring yedapivirine yemukati menhengo yesikarudzi yemudzimai kana vachiida kuti vaishandise mwedzi woga woga. Madzimai anokwanisa kupinda mutsvakurudzo zvisinei nokuti vasarudza ring senzira yokudzivirira HIV kana kuti havana.
 - Madzimai anosarudza ring senzira yokudzivirira HIV vachapangwa mazano nokudzidziswa pamusoro pekushandisa ring uye vachakumbirwa kupindura mibvunzo pamusoro pekushandisa ring.
 - Vari mutsvakurudzo vanokwanisa kushandura pfungwa dzavo pamusoro pekushandisa ring kunyangwe mushure mekupinda mutsvakurudzo.Vose vari mutsvakurudzo vanopa rubatsiro rwakakosha kutsvakurudzo chero **vachitaurira vashandi vemutsvakurudzo pavanenge vasiri kushandisa ring.** Rangarirai, zvakaaro, kuti ring inokwanisa kudzivirira HIV kana ichishandiswa chete.
- Vose varimutsvakurudzo ,zvisinei kuti varikushandisa ring vachakumbirwa :
 - Kudaira mibvunzo pamusoro pehutano hwavo uye zvevasanganirwo epabonde
 - Kupangwa mazano pamusoro pekuti njodzi ive shoma uye pamusoro pemakondomu
 - Kushandisa nzira yokuronga mhuri kudzivirira pamuviri.
 - Panekumwe kushanya kuongororwa zvehutano.
 - Kuita ongororo dzemurabhoritari zvinosanganisira ongororo dzezvirwere zvepabonde, dzepamuviri uye dze HIV.
 - Kupa ropa,bvudzi uye zvitorwa zveemukati menhengo yesikarudzi yemudzimai zviri pakadonje.

Ko madzimai anoramba kupinda mu HOPE?

- Kana wemutsvakurudzo akasarudza kuti haadi kupinda mu HOPE, uchabvunzwa kana achida kushanya kamwe chete kupa umbowo pamusoro pechikonzero nei asingadi kupinda.
- Vemutsvakurudzo vakaramba kupinda mutsvakurudzo vangangoshandura pfungwa dzavo uye vopinda mu HOPE, ndokunge tsvakurudzo ichiri kuenderera mberi uye vachizadzikisa zvinodikanwa kupinda.

Ndedzipi njodzi? Njodzi dzokuva mu HOPE dzakafanana nedzemu ASPIRE:

- Mungangonzwa kusagadzikana kana kurwadziwa kunobva pakuongororwa kana pakutorwa ropa.
- Ring yemukati menhengo yesikarudzi yemudzimai ingangoita kuti amwe madzimai anzwe kusagadzikana, vamwe vangangoita kuswinya, kuita zvinobuda, kana kunzwawo zvimwe.
- Mungangonzwa kunyadziwa nemibvunzo uye zvinoitwa mutsvakurudzo.
- Zvinogona kuitika kuti imi kana umwe wenyu angangonzwa ring pamunenge muchisangana pabonde.
- Muchiitiko chisingawanzoitika mukabatira HIV, munogona kuita kusadaira kumishonga kana mukaramba muchishandisa ring.
- Zvinogona kuitika kuti vamwe vangangokubatai zvisina kunaka kana kuita rusaruro kwamuri nokuda kokuva mutsvakurudzo.

Zvii zvinowanikwa?

- Panguva yokuva mutsvakurudzo, madzimai ari mu HOPE achapiwa mukana kana achida, wekupiwa ring yemukati menhengo yesikarudzi yemudzimai yakaonekwa isina njodzi uye ichishanda kudzivirira kubatira HIV.
- Madzimai ari mutsvakurudzo achaongororwa zveutano, achaitwa ongororo dzekutarisa utano hwavo, kuronga mhuri, kupangwa mazano nokuongororwa HIV nezvirwere zvepabonde, nekurapiwa kana kutumirwa kune dzimwe nzvimbo, sezvingadiwa.

Chii chingaitwe ne vamwe uye vanhu vemunharaunda? Kune madzimai anokodzera kupinda, kusarudza kupinda mu HOPE uye kushandisa ring isarudzo yemuridzi. Madzimai anokurudzirwa kukurukura sarudzo yavo nevamwe vavo uye nevamwe vanhu vakakosha kwavari. Vashandi vetsvakurudzo vachachengetedza umbowo pamusoro pamadzimai ari mutsvakurudzo zvakananzika, asi varipozve kutaura pamusoro pe HOPE uye kupindura chero mibvunzo ine vamwe vavo kana vanhu vemunharaunda, sezvingadiwa. Nokutsigira, vamwe vavo uye vanhu vemunharaunda varikubatsiravo pakurwisa HIV/AIDS.

HOPE

Out of ASPIRE, there is HOPE

Umbowo hwemadzimai, vamwe vavo uye vemunharaunda



Kana muine mibvunzo kana kuti muchida umbowo hwakapamhidzirwa, ndapota shanyirai kiriniki yetsvakurudzo:

