Le ncwadi inika ulwazi malunga nolwaluko lwamadoda kunye nokuzikhusela kwi HIV.

Yintoni ulwaluko lwamadoda?

Igama "ulwaluko lwamadoda" libhekisa ekusikweni kwejwabu kwilungu lobudoda. Elizweni jikelele, ulwaluko lenziwa ngenxa yenkolo, amasiko, ezempilo kunye nezinye izizathu. Malunga ne 30% yamadoda kumhlaba wonke olukile. Igama "ulwaluko lwamadoda lwasesibhedlele" libhekisa kutyando lokususa ujwabu ngabezempilo abaqeqeshiweyo. Zikhona ezinye indlela zokwaluka, ezibizwa "nje ngesiko lolwaluko", ezifaka indlela ezithile zokusika ujwabu, amaxesha amaninzi lenziwa ngabantu abange ngabo oozempilo.

Yintoni eyaziwayo malunga nolwaluko lwamadoda kunye nokhuseleko lwe HIV?

Amaziko amathathu (3) ofundo lophando asandula ukuhlola ukuba ulwaluko lwasesibhedlele lwamadoda lungawakhusela na amadoda ukufumana intsholongwane ka gawulayo ngokwabelana ngesondo. Lomaphando aquke amadoda angaphezulu ku 10,000 asuka eKenya, Uganda kunye naseMzantsi Afrika. Uphando lufumanise ukuba amadoda awolukileyo amalunga nesiqingatha anako ukosuleleka nje ngamadoda angolukanga. Ngamanye amagama, ulwaluko lufunyaniswe lusebenza kangange 50% ukukhusela amadoda kwintsholongwane ka gawulayo. Enye indlela yokuchaza oku, kukuba cinga ngamadoda ali 10 angafumana intsholongwane ka gawulayo ngenxa yokwabelana ngesondo bengazikhuselanga kunye nomfazi osuleleke yintsholongwane kagawulayo. Abanye balamadoda alishumi, ulwaluko lulindeleke ukuba lukhusele aba 5 ekufumaneni intsholongwane ka gawulayo.

Ulwaluko lwamadoda lwasesibhedlele ngeyona ndlela ichanekileyo yokunciphisa amathuba okufumana intsholongwane kagawulayo. Nangona kunjalo, ulwaluko alusiniki ukhuseleko olupheleleyo lokuzikhusela kwintsholongwane kagawulayo. Ngenxa yoku, ulwaluko lumele lisetyenziswe ukongezelela kwezinye indlela ezaziwayo zokukhusela intsholongwane ka gawulayo, kuquka ukusebenzisa ikhondoms ngendlela eyiyo rhoqo.

Yintoni enye eyaziwayo ngolwaluko lwamadoda?

Kukho enye into ebalulekileyo malunga nolwaluko lwamadoda ekumele amadoda kunye nabafazi abamele bayazi. Ulwaluko lwamadoda aliwakhuseli abafazi ekufumaneni iHIV. Amadoda ane HIV olukileyo anako ukuyidlulisa iHIV kumaqabane abo. **Ngokwenyani, maninzi amathuba indoda ingadlulisa iHIV kwiqabane lakhe, emveni kokuba yelukile, ngaphambi kokuba inxeba liphole.** Ngenxa yoku, amadoda asandula ukwaluka kufuneka bame balinde ukuze inxeba liphile ngokupheleleyo phambi kokuba abelane ngesondo.

Ukuba unemibuzo okanye ufuna ulwazi oluphangaleleyo, nceda uhambele ikliniki yophando:

Ukuba unayo nayiphi imibuzo engxamisekileyo okanye inxalabo ungasitsalela:

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Ulwazi malunga nolwaluko lwamadoda kunye nokuzikhusela kwi HIV