IBacterial vaginosis: Zibalulekile iintsholongwane zakho

Abaphandi kwiYunivesithi yaseKapa bazama ukuveza indima yezithile zezi bhakthiriya zimbi ezinokubanga ibacterial vaginosis kwabasetyhini.

UKirsten Welp ngumfundi we-MSc kwiYunivesithi yaseKapa, ujolise kwibacterial vaginosis.

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Ukuyibekela ecaleni intsholongwane ebanga ibacterial vaginosis kunokukhokelela kwizimbo zokuphila ezisempilweni kwabasetyhini.

Bacterial vaginosis (BV) ngumba oyinene ngokugqithisileyo kwabasetyhini abaninzi kwiAfrika ekwisub-Sahara, kodwa akuthethwa ngayo okanye kwaziwe ngayo ixesha elininzi. I-BV iye yanxulunyaniswa nokubeleka phambi kwexesha kwaye inokunyusa ukuba sesichengeni se-HIV kunye nolunye usulelo olosulela ngokwabelana ngesondo, kusenza ukuba ibe ngumba obalulekileyo kumxholo waseMzantsi Afrika.

“Kukho iintlobo zebhakthiriya ezithile eziyimfuneko kwimpilo entle, kwaye ezinye zinokubanga umonakalo. Siphonononga i*Prevotella* bivia, ibhakthiriya enokuba nesandla kwi-BV, ukuqonda ukuba banganyangwa njani abasetyhini abanale meko,” utshilo uKirsten Welp.

“Injongo kukuba ngokuqonda ‘abenzi bobubi’ bemicrobiome, sinokufumanisa ukuba singazilwa njani na, ngokusebenzisa iiprobiotics ngebhakthiriya yelungu lobufazi ephakathi (iintlobo ze*Lactobacillus*) ukoyisa i-BV.”

Olu phando lujoliswe ngakumbi kwabasetyhini baseMzantsi Afrika kunye nendlela yokuphelisa i-BV kumazantsi eAfrika. Uphando luthembele kubaxhasi ukuba bakhuthaze uphando lwengqokelela yeentsholongwane zelungu lobufazi eMzantsi Afrika, ngokunjalo nokufundisa ngempilo yezesondo ephuculweyo ukufaka ukubaluleka kwempilo enxulumene nezokuzala kwabasetyhini abasebatsha.

“Lumema kananjalo uluntu ukuba luvule isithuba sengxoxo evulelekileyo malunga nempilo enxulumene nezokuzala, ngaphandle kokugxeka.

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