Ukukhusela abasetyhini kusulelo olosulela ngokwabelana ngesondo

Amangenelelo anxulumene nebhayoloji kunye namayeza afana neempilana zelungu lobufazi zinokuphucula impilo enxulumene nokuzala kwabasetyhini.

UMonalisa Manhanzva ngumphandi osele enesidanga sobugqirha kwiYunivesithi yaseKapa, ujolise ekuchongeni izinto ezimisela usulelo lwamalungu angasese, kuquka ibacterial vaginosis kunye nosulelo olosulela ngokwabelana ngesondo olufana ne-HIV.

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Further information:

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Uthungelwano lwamalungu angasese lowasetyhini olungenampilo lonyusa ingozi yeziphumo zempilo enxulumene nokuzala ezingalunganga kwabasetyhini abasebatsha, ezifana nokubeleka ngaphambi kwexesha kunye nosulelo olosulela ngokwabelana ngesondo. Abaphandi kwiYunivesithi yaseKapa bajolise ekuphuhliseni isisombululo esitsha nesilula eso banako ukusisebenzisa abasetyhini ukuphucula impilo yabo yezesondo, ukuze babe nomgangatho wobomi ongcono.

Abasetyhini abasebatsha baseMzantsi Afrika basengozini ephezulu ngokugqithisileyo yokufumana i-HIV kunye nosulelo olosulela ngokwabelana ngesondo (sexually transmitted infections) (ii-STI) olungenakucaciswa ngokupheleleyo yimingcipheko yokuziphatha. Oku kucebisa ukuba ikhona neminye imiba enendima eyidlalayo. Amaphononongo aqhutyiwe ukuphanda eminye imiba, efana nokwakhiwa kwebhakthiriya yothungelwano lwamalungu angasese owasetyhini.

“Amantombazana afikisayo asematsha ixesha elininzi anofikelelo olunyiniweyo kulwazi olumalunga nokuba angayiphucula njani na impilo yawo enxulumene nokuzala. Sibonisile ukuba ibhakthiriya esempilweni (eyaziwa kananjalo njengelactobacilli) inokuba nako ukukhusela kwii-STI,” utshilo uMonalisa Manhanzva.

Indlela enoyilo inokuphucula impilo enxulumene nokuzala yabasetyhini.

Iqela lophando leYunivesithi yaseKapa liphanda ngokuba nako ukusebenzisa iimpilana eziphuhliswe kwibhakthiriya ephilileyo efunyenwe kubemi bethu njengendlela yokukhuthaza impilo enxulum ene nokuzala yabasetyhini.

“Sizibonisile iimpawu zokukhusela zevaginal lactobacilli, zibonisa ukuba nako ukuphuhlisa amangenelelo anxulumene nebhayoloji namayeza ukuthintela usulelo, kuquka i-HIV, kwabasetyhini kwiindawo esihlala kuzo. Uphuhliso lwamangenelelo anjalo anxulumene nebhayoloji namayeza lunokunceda ukuphucula umgangatho wobomi wabasetyhini.”

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