

THE ART OF RESEARCH



Ukuchitha intsomi yocwangciso nzala

Ukukrala kwamalungu angasese okubangwe lucwangciso nzala akunxulunyaniswa nengozi yokufumana i-HIV.

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Afrika ekwiSub-Saharan isenemfuno enkulu kwaye ekungekahlangatyezwana nayo yocwangciso nzala okukhuselekileyo nolusebenzayo. Kulo mmandla onomthwalo ophezulu we-HIV, ucwangciso nzala olusetyenziswa kakhulu yidepot medroxyprogesterone acetate (DMPA-IM) etofwa kwisihlunu.

Nakuba kunjalo, amaphononongo okuqokelela ulwazi kubathabathi nxaxheba angaphambili acebise ukuba i-DMPA inokonyusa umngcipheko wokufumana i-HIV. Ukuthathela ingqalelo ukungangqinelani kwiziphumo zamaphononongo okuqokelela ulwazi kubathabathi nxaxheba, ulingo lokuqala locwangciso nzala, ubuNgqina boKhethe loCwangciso Nzala neziPhumo ze-HIV (Evidence for Contraceptive Options and HIV Outcomes) (ECHO), lwaqhutywa luthelakisa amazanga ezihlo ezinxulumene ne-HIV kwabasetyhini abafumana iintlobo ezintathu zocwangciso nzala: DMPA-IM, isifakelwa selevonorgestrel (LNG), kunye nesixhobo esifakwa ngaphakathi esibelekweni sobhedu (copper intrauterine device) (Cu-IUD).

Uphononongo zange lufumane mahluko mkhulu kwizihlo zokufumana i-HIV phakathi kweendlela zocwangciso nzala ezivavanyweyo.

“Iindlela ezithile zocwangciso zinxulunyanisiwe kwanjalo nokonyuka kokukrala kumalungu



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angasese, oko kusonyusa ukuxhalaba malunga neziphumo ebezingalindelwanga zokuba sesichengeni kwisifo, kuquka ingozi encinci yokufumana i-HIV okanye olunye usulelo olosulela ngokwabelana ngesondo (sexually transmitted infections) (ii-STI).

Iqela lethu lophando liye lanofikelelo kwiisampuli zamalungu angasese ezivela kulingo ukuhlola indlela olu cwangciso lunokuphembelela ngayo ukukrala kuthungelwano lwamalungu angasese abasetyhini,” utshilo uTanko Fatime Ramla.

“Silinganise ukukrala kwamalungu angasese ngaphambi kunye nakwiinyanga ezintandathu ezisemva kokuqaliswa kocwangciso nzala,

ngokunjalo nakwabasetyhini abaye bosulelwa yi-HIV okanye bahlala bengosulelwanga yi-HIV ngexesha lokuqhuba kolingo. Kukukrala kwamalungu angasese okubangwe yi-Cu-IUD kuphela emva kokufakwa kwayo, ngokunxulumene nokuqalisa okuphambi kocwangciso nzala, kwaye olu tshintsho khangela lunxulumane ngokubonakalayo nengozi yokufumana i-HIV.

Uphando olungaphaya luyafuneka ukuqonda ngcono isiphumo sokukrala kwamalungu angasese okubangwe yi-Cu-IUD kunye nokuba sesichengeni kolunye usulelo lothungelwano lwamalungu angasese abasetyhini.

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