



# INCWADANA YOLWAZI EYENZELWE ABAGULI ISIKHUMBA ESIRHAWUZELELAYO/ INGXAKI YOLUSU

- Isikhumba esirhawuzelelayo, esaziwa ngokuba yingxaki yolusu sibangelwa yirhashalala erhawuzelelayo nethanda ukuvela oko/isifo sesikhumba.
- Isikhumba somguli onengxaki yesikhumba esirhawuzelelayo uthukuthezelwa lula zizinto, ukutya, nezinye izinto ezimjikelezileyo (ikati/inja/ingolwane) yaye siba bomvu, sibe namaxolo yaye sirhawuzelele gqitha yaye sasuleleka lula ziintsholongwane.
- Isikhumba esikwiindawo ezigobayo zamalungu (umzekelo ngaphakathi ezingqinibeni nasemadolweni) sesona sithanda ukuchaphazeleka kakhulu.
- Ingxaki yolusu idla ngokuhamba nezinye izifo ezifana neengxaki yeempumlo, isifuba nezinye iimpawu zokwaliwa ezichaphazela amalungu.
- Yimeko yofuzo.
- Ingxaki yolusu ebantwaneni abadala nabantu abadala ngokufuthi idla ngokubhidaniswa ne*psoriasis*.
- Nakuba kungekho nyango lokuphelisa isikhumba esirhawuzelelayo, singanyanga ngokuphumelelayo ngentlanganisela yokuthintela (ukufunda ukuba zintoni ezivusa iintshukumo ezidalwa kukungalungelani) namayeza.
- Ingxaki yolusu ngokufuthi iqala ebuntwaneni/ebusaneni iqhubekeke de umntu abe mdala.
- Ngokuqhelekileyo iqala emva kwenyanga yesi-3 yobomi ngokungathi yirhashalala echizayo ebusweni nakwiindawo ezingaphezulu ezingalweni nasemilenzeni ize ke iqhubekeke nasekukhuleni komtwana ibe yirhashalala enamaxolo nerhawuzelelayo ngaphakathi ezingqinibeni nasemadolweni.
- "Asikokubhidla okurhawuzelelayo, kodwa ukurhawuzelela kubangela ukubhidla."

## UKUTHINTELA

### Ukutya

- Sungula amanyathelo okuthintela ukwaliwa zizinto gabalala kwiintsana ezisandul'ukuzalwa ezisengozini enkulu yokwaliwa zizinto ezithile. Oku kuquka ukuba abazali bakuphephe ukutshaya ngelixa bekhulelwe nasemva kokubeleka naxa bencancisa de ubuncinane usana lube neenyanga ezi-4 ubudala.
- Malunga nama-30% abantwana abanengxaki yesikhumba esirhawuzelelayo baza kuba nengxaki yokwaliwa kukutya. Ngokuqhelekileyo oku kuchaphazela abantwana abancinci gqitha abanengxaki engalawulekiyo yesikhumba esirhawuzelelayo, kodwa kungabachaphazela nabantwana abangenangxaki inkulu.
- Kubalulekile ukuba kwenziwe uxilongo olufanelekileyo lokuhlola ukwaliwa kukutya ngaphambi kokutshintsha ukutya kweentsana ezisencinci (Jonga iincwadana ezingolwazi lokwaliwa kukutya).

## **Impahla yokunxiba**

- Abantwana bamele bayiphephe imozulu eshushu efumileyo nebandayo eyomileyo, ukubila kakhulu, impahla zoboya ethe nca esikhumbeni neesepha eziqholiweyo.
- Kucetyiswa ukunxiba impahla yangaphantsi eyenziwe ngomqaphu, kanjalo neempahla kunye nezinto zokwandlala.

## **Imigubo yokuhlamba/izinto ezithukuthezela isikhumba**

- Kufanele kusetyenziswe imigubo yokuhlamba engeyoyabhayoloji, yaye akucetyiswa ukusebenzisa izinto zokwenza iimpahla zithambe. Kungcono ziphethwe izinto zokuhlamba ezenza amaqam, izibulala-zintsholongwane ezisetyenziswa emakhayeni neesepha zonyango.
- Ikhlorini efumaneka kwidama lokuqubha nayo ingasithukuthezela isikhumba isenze some.
- Izinto ezisetyenziswa emakhaya ezinokuthukuthezela isikhumba ziquka iwulu, uboya, inayilon neentsiba.
- Amangolwane kwakunye nezinja neekati zingayenza ibe mandundu ingxaki yokurhawuzelela kwesikhumba.

## **Ukuhlamba**

- Amanzi okuhlamba amele abe dikidiki yaye kumele kuqatywe isikhumba ngamafutha okufumisa ingaphelanga imizuzu emi-3 yokosulwa kwesikhumba ngokumpampana (ungaze usihlikihle isikhumba xa usosula).
- Sebenzisa iisepha ezingafakwanga ziqholo.
- Ukuba iisepha ezingenaziqholo ziyasithukuthezela isikhumba ngoko zama i-aqueous cream.
- Iinwele zimele zihlanjwe phezu kwebhafu/isitya sokuhlambela ukuphepha ukuba ishampoo ingadibani nesikhumba.

## **Ebusuku**

- Yombathisa isikhumba kangangoko kunokwenzeka ngempahla yomqaphu engadali zintshukumo zokungalungelani, ulumkele ukusogquma ngokugqithiseleyo okanye sibe shushu kakhulu.
- Iiglavu zomqhamo neenzipho ezimfutshane zingenza kungabi lula ukuzikrwempa.
- Izibopho ezivuleke ezingqinibeni zisenokusetyenziswa ukuphepha ukuzama ukuzikrwempa ebusuku.
- Ukuba kukho ukwaliwa ngamangolwane, sebenzisa izinto zokulala eziwathintelayo amangolwane.

## **Ukugonywa**

- Ukugonywa kwabantwana okuqhelekileyo kumele kulandelwe.
- Thetha nogqirha xa ngaba unezinto ezikuxhalabisayo malunga nolu gonyo.

## UNYANGO

### Izithambiso zokufumisa isikhumba

- likhrim namafutha okufumisa isikhumba, iintsika ekunyangeni isikhumba esirhawuzelelayo, zikhuselekile yaye zifanele ziqatywe kakhulu izihlandlo eziliqela ngemini, ukufumisa nokukhusela isikhumba.
- Abanye abantu banokufumanisa ukuba izithambiso ziyazithukuthezela izikhumba zabo; ukuba oku kuyenzeka kumele kuzanywe enye imveliso. Izithambiso ezahlukeneyo ziquka amafutha okuthomalalisa (iHEB), icetomacrogol, i-*Ultrabase ne-Oilatam*.
- Ngamanye amaxesha kusetyenziswa itela eyenziwe ngamalahle ekunyangeni isikhumba esingwandzilili.
- I-aqueous cream ayimele isetyenziswe njengesithambiso sokufumisa isikhumba.

### Icortisone/iikhrim zesteroid

- La mayeza athomalalisa ngokukhawuleza yaye asetyenziswa amaxesha amafutshane ukuze kuthotywe amadyunguza esikhumba esirhawuzelelayo.
- Kanjalo anokusetyenziswa ixesha elide xa exutywe nezinto zokufumisa isikhumba nalapho ke unyango lufanele luncitshiswe kancinci kancinci.
- Ukusetyenziswa kwaz ixesha elide kungabangela ukuncipha kwesikhumba.
- Iipilisi zecortisone okanye izitofu akucebiseki ukuzisebenzisa, yaye ngelixa zisenokuthomalalisa okomzuzwana, zisenokuyenza ibe mandundu ingxaki yesikhumba esirhawuzelelayo.

### Amayeza okubulala iintsholongwane

- Abantu abanesikhumba esirhawuzelelayo bathanda kakhulu ukungenwa zizifo zesikhumba (iintsholongwane, umngundo, kuquka nentsumpa le yembala!).
- Amayeza okubulala iintsholongwane aziikhrim kunye nalawo aselwayo ngamathuba athile ayacetyiswa ngugqirha ekunyangeni ingxaki yesikhumba esirhawuzelelayo enokubonakala ngokuvela ngesiquphe kweenkokho, ukuchiza nokuba bomvu kwesikhumba.

### Ii-antihistamine

- Uhlobo oludala lokuthomalalisa oluziipilisi ze-antihistamine okanye iisiraphu ezifana ne-Aterax zingakunciphisa ukurhawuzelelwa ngokukodwa ebusuku.
- Iikhrim ezine-antihistamine zinokusenza sibe nochuku isikhumba yaye zimele ziphetshwe.

Ukuze ufunde olunye ulwazi yiya ku-: [http://en.wikipedia.org/wiki/Atopic\\_dermatitis](http://en.wikipedia.org/wiki/Atopic_dermatitis)

**ILUNGELO LOBUNINI: ALLERGY SOCIETY OF SOUTH AFRICA**

2013



**linguqulelo-lwimi zixhaswa nguCIPLA**