

## Ukwelapha i-Myeloma okuqondile

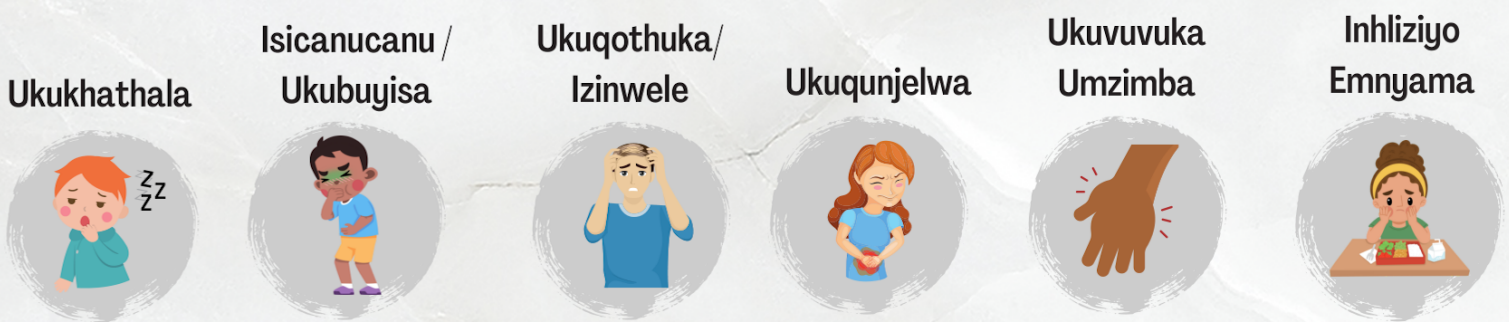
Ziningi izinto ezenzekile ukwelapha i-Myeloma futhi amandla okukwazi ukwelapha lesi sifo aphucukile. Nakuba i-Myeloma ingathathwa ngokuthi iyelapheka, kodwa iyalawuleka ngemithi umuntu aphile iminyaka eminingi.

Ukuyelapha kuya ngokuthi isiguli sizodinga ukufakelwa umnkantsha noma cha. Ukufakelwa umnkantsha yinto enzima ekhandla umzimba kanti kuvame ukwenziwa ezigulini ezingaphansi kuka-65 ezisuke ziphilile ngale kokuphatha yiyona. Lezi ziguli zivama ukuthola imithi izikhawu ezine kuya kweziyisithupha zemithi okukhona amakhemikhali kuyona, ukushiswa umdlavuzane nemithi eyenzelwe ukwelapha i-Myeloma.

Uma umdlavuzane ulapheka, kuthathwa izicutshana zomnkantsha womuntu ezizalisiwe bese umuntu ehlinzwa ukufakwa zona. Ngemva kokuhlinzwa, isiguli singaphinde sinikwe eminye imithi ukwelapha isifo. Umuntu angaphinda ahlinzwe futhi okwesibili ngokuqhubeka kwesikhathi.

Iziguli ezingeke zihlinzwe ukufakwa umnkantsha zithola imithi exubile. Uma isiguli singabi ngcono ngemva kokwelashwa, siphinde selashwe ukulawula isifo nokudambisa izimpawu.

## Ukungaphatheki kahle okungadalwa wukwelashwa



### Qaphela:

Le mininingwane ihlose ukufingqa izinto kanti akufanele umuntu angabe esaya kodokotela ngenxa yayo. Uma unemibuzo noma ukhathazekile ngempilo yakho, thinta ongoti bezokwelapha.

Ngeminye Iminingwane: [www.bloodsa.org.za](http://www.bloodsa.org.za)

Lolu lwazi luhlanganiswe ngokubambisana ne-University of Cape Town, i-CANSA ne-Bristol Myers Squibb Foundation

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# MYELOMA?

## Yini i-Myeloma?

I myeloma isifo sezicutshana ezenza igazi. Igazi lakho linezinhlabo zezicutshana ezintathu:



**Izicutshana ezibomvu zegazi zithwala umoya ohlanzekile**



**Ama-platelet enza igazi libe ngamahlule**



**Izicutshana ezimhlophe zegazi zikuvikela ezifweni**

Izicutshana zegazi zakhiwa yingxenye ebomvuesasipontshi yomnkantsha wethambo. I-Myeloma wumdlavuza womnkantsha wegazi.

I-Myeloma iba kulwelwesi lwezicutshana, ewuhlobo lwamasosha ozimba amhlophe avame ukunqanda ukugula noma alwa nezifo. Kwi-Myeloma, ulwelwesi lwezicutshana lubanomdlavuza.



Uma kwanda izicutshana ezinomdlavuza emnkantsheni wethambo kuvimba ukukhiqizeka kwezicutshana zegazi ezijwayelekile. Lokhu kwenza ukushoda kwegazi (izicutshana ezibomvu zegazi zibazincane), ukopha (ama-platelet amancane) nokuguliswa yizifo (izicutshana ezimhlophe zegazi).



Izicutshana zegazi ezinomdlavuza azikhiqizi amasosha omzimba kodwa zikhiqiza amapharaphrotheni (amasosha omzimba angasebenzi) angalimaza izinso futhi enze igazi lishube kakhulu.

Izicutshana zegazi ezinomdlavuza zimila yonke indawo lapho kunomnkantsha obomvu khona (ngisho kwisinene, emgogodlweni, ezinqulwini, emahlombe nasezimbanjeni). Lezi zicutshana zikhiqiza amakhemikhali angacekela phansi amathambo adale izimbobo, adlavaze amathambo omgogodla

Nakuba ingakaziwa imbangela ye-Myeloma kodwa kunezinto ezingandisa amathuba okuthola i-Myeloma.

**IZIFO ZOCANSI**

Isandulelangculazi / i-herpes

**-UBUDUDLA**

**F-UMLANDO EMNDENINI**

**UKUTHOLA USHEVU**

ukuhlathswa yimisebe namakhemikhali okhulas

**UBUZWE, UBULILI, IMINYAKA**

Ukuba wumuntu omnyama, indoda nomuntu omdala



# IZINKOMBA EZIVAMILE NEZIMPAWU

## IZIMPAWU ZOKUHLABEKA KOMNKANTSHA

### UKUSHODA NGEGAZI



Isikali esiphansi sezicutshana ezibomvu zegazi zingadala ukukhathala, inhliziyi eshaya ngamandla nephika



### UKUGULA

Ukugula ngenxa yezicutshana ezimhlophe zegazi ezincane namasosha ozimba angadingeki



### UKOPHA / UKUHUZUKA

Ukumuzuka kalula noma ukopha ngenxa yokuthi igazi lingakwazi ukuba ngamahlule

## IZIMPAWU EZIDALWA WUKULIMALA KWESIBINDI



### UBUHLUNGU BOMZIMBA



### UKUPHELELWA WUMOYA



### UKUCHAMA KANCANE NOMA KUNGACHAMEKI

## IZIMPAWU EZIBANGWA WUKULIMALA ITHAMBO

### UBUHLUNGU BEQOLO / UKUPHUKA AMATHAMBO



njengokudlavazeka komgogodla nokuphuka okungaqondakali



### UKUFINGQEKA KOMSIPHA

Ukugoba komgogodla noma ukufingqeka kwemisipha kungenza izinyawo zibentekenteke noma ungakwazi ukuzibamba uma uphiswe wumchamo noma ukuzikhulula



### I-CALCIUM ENINGI

Ingenza ukuqunjelwa, ukucanuzela kwenhliziyo, ukuchama njalo, ubuhlungu besisu noma ukudideka

Kumqoka ukuqaphela ukuthi i-Myeloma kungenzeka ikhombise izimpawu ngasekuqaleni. Okunye wukuthi lezi zimpawu akuzona eze-Myeloma yodwa, njengoba zibonakala nakwezinye izifo eziyimbelesela.

## UKUHLOLWA OKWENZIWAYO UKUYIBONA

### UKUHLOLA IGAZI

Ukuhlolwa kokuqala okokushoda kwegazi, izinga elingejwayelekile lamaphrotheni, ukusebenza kwezinsingo nezinga le-calcium. Ukuhlolwa okulandelayo kungenziwa ukubona imbangela yesifo nokuthi umzimba uyavuma yini ukulapheka



### AMA-X-RAY NOKUNYE UKUHLOLWA

Aveza ukuphuka kwethambo, ukuthi kungakanani nokuthi kukuphi



### UKUDONSA UMNKANTSHA ETHANJENI

Kuveza ubukhona nobungako bezicutshana ezingalungile zegazi





# Izinhlolo ezivamile zezifo zezicutshana zegazi namapharaphrotheni

## I-MGUS (i-Monoclonal Gammopathy of Undetermined Significance)

Kusuke kunamapharaphrotheni egazini kodwa azikho ezinye izimpawu ze-Myeloma. Ayidingi kwelashwa ngenxa yobungozi obuncane bokudlanga kwe-Myeloma. Ihlolwa njalo ezinyangeni eziyisithupha noma unyaka.

## I-SMOULDERING MYELOMA

Kusuke kunamapharaphrotheni amaningi egazini nezicutshana eziningi zegazi emnkantsheni wethambo kodwa zingekho ezinye izimpawu ze-Myeloma. Bukhulu ubungozi bokuthi kugcine sekune-Myeloma. I-Smouldering Myeloma ayivamile ukudinga ukwelashwa kodwa iyagadwa, imvamisa njalo emva kwezinyanga ezintathu kuya kweziyisithupha bese ilashwa uma kunesidingo.

## I-SYMPOMATIC MYELOMA

Kusuke kunezicutshana eziningi zegazi emnkantsheni wethambo noma izicutshana zegazi ezingalungile kwenye indawo namapharaphrotheni amaningi egazini. Lokhu kusuke kuhlangele nokushoda kwegazi ezimbeni, isifo samathambo, i-calcium eningi noma izinso ezilimele. I-Symptomatic Myeloma idinga ukwelashwa.

## UKWELAPHA I-MYELOMA

Uma utholakala une-Myeloma, ithimba elizokwelapha lizokwazisa ngezindlela zokwelashwa ezihlukene neminingwane yazo.

### Ukwelashwa nezinkinga ezingabakhona

Lapha kubalwa ukudambisa izinhlungu, ukwelapha ukugula, i-calcium eningi, ukuphuka, ukugoba komgogodla nokufingqeka kwezinzwa nokuphucula ukusebenza kwezinsu. Lokhu kwenziwa ngemithi, ukushiswa ngokuhlinzwa nokuhlinzwa.