WOMEN & MENOPAUSE

Omama lokuma ukuya esikhathini

Biomedical Research and Training Institute

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Okumunyethwe libhuku leli

Okubhaliweyo ebhukwini leyi kuzanceda ukuphendula imbuzo ongabe ulayo mayelana lokuma ukuya esikhathini. Lichasisa ukuthi kuyini ukuma ukuya esikhathini, ongakukhangelela njalo lolwazi lokuthi ungenelisa njani ukunqoba impawu oyabe uzizwa.

Ibhuku leli lwenziwe ngabomama beZimbabwe besincedisa ukuthi sibhale mayelana lolwazi luphi. Sisebenzisane lengcitshi ezenza ucwayisiso, izikwicamfundo zempilakahle kanye lengcitshi ezaqeqetshayo ngokufunda mayelane lokuma ukuya esikhathini.

Ibhuku leli lisekelwa lugatsha lweZempilakahle, eZimbabwe.

Ababongwayo

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Kuyini ukuma ukuya esikhathini?

Ukuma ukuya esikhathini kulapho umama engasangeni esikhathini. Lilanga lokugcina lomuntu wesifazane ukungena esikhathini njalo uyabe suhlale inyanga ezilitshumi lokubili engangenanga esikhathini. Abanye omama bathi 'yikutshintsha kwempilo' njalo kwenzakala kuwo wonke umama.

Kubangelwa yikuyini ukuma ukuya esikhathini?

Ukuma ukuya esikhathini kubangelwa yikutshintsha kwamahormoni *(hormones).* Amahormoni yindlela engasebenzi ngemithi njalo itshela ezinye isitho ezisembimbeni ukuthi zisebenze njani. Amahormoni ayasiza ukuthi ungene esikhathini inyanga zonke njalo ayanceda ukuze ma ufuna (ukuzithwala uzithwale). Ungama ukuya esikhathini, awusenelisi ukuthi uzithwale.

Ubakwazi njani ukuthi sumile ukuya esikhathini?

Ma suleminyaka ephakathi laphakathi kwamatshumi amane loba usumdala ungangenanga esikhathini okwenyaka ezilitshumi lamabili kulandelana ungaba leqiniso ukuthi sumile ukuya esikhathini. Kodwa izinto ezifana lokwehla umzimba, ukudangala, lokubhema igwayi, kungenza ume ukungena esikhathini loba uphangise ukuma ukuya esikhathini.
Kuqakathekile ukubakwazi ukuthi ezinye impawu zokuphuma esikhathini zingafanana lempilakahle enganhle loba imithi, njalo kungabangelwa yikuguga kwamaqanda akho, kuhle ukuba lolwazi ngalokhu. Ma ungacabangeli ukuthi isizatho sokuthi impilakahle yakho ayinhle lempawu ozizwayo yikuthi sumile ukuya esikhathini xoxa lodokotela kumbe umongikazi ekilinika.

Kuyini okwenzakalayo ma sumile ukuya esikhathini?

Awumi ukuya esikhathini khonapho. Ngesikhathi uqala ukuma ukuya esikhathini amahormoni ayehla eqanse kusenzwa yikutshintsha okwenzakala emzimbeni wakho. Ukuntshintsha lokhu emzimbeni kuqala mbijana susondela ukuthi ume ukuya esikhathini kutwa 'yikuqala ukuma kuya esikhathini'. Isikhathi usima ukuya esikhathini kutwa yikuma ukuya esikhathini kuthwa 'yiperimenopause' ngesilungu lapho ke uyabe ubona umahluko emzimbeni wakho ngaphandle laphakathi susizwa ukuthi kukhona okwenzakala emzimbeni wakho.

Ma suzakuma ukuya esikhathini, uzabona ukuthi ukungena kwakho esikhathini kuyatshintsha. Ukutshintsha lokhu kwehlukene kubomama bonke. Kwezinye isikhathi awungeni okwenyaka zonke, kwesinye isikhathi ma ungena esikhathini uphuma igazi elinengi loba libelitshwane, kwezinye izikhathi ungangeni esikhathini okwenyanga loba inyanga ezimbili uqale futhi ukungena esikhathini. Ukutshintsha lokhu kungaqhubeka okwenyanga ezimbalwa loba iminyaka eminengi ungakami esikhathini. Kwabanye omama uyahle ume ukungena esikhathini nje. Wonke umama ukuma kwakhe ukuya esikhathini kwehlukene.

Omama bandise ukuma ukuya esikhathini sebeleminyanga emingaki?

Ukuma ukuya esikhathini ngokwemvelo njalo ma ususibamdala kungenzakala ma suleminyaka engamatshumi amane lanhlanu kusiya kumatshumi amanhlanu lenhlanu. Iminyaka eyandise ukuthi omama ukuma kwakhe ukuya esikhathini yiminyaka engamatshumi lanhlanu.

Kungani iminyaka itshiyana eyabomama ukuma ukuya esikhathini?

Omama behlukene njengoba wena ungabe waphangisa ukungena esikhathini loba waphuza ukungena esikhathini kulabontanga bakho, ungama ukuya esikhathini masinya loba uphuze ukuma esikhathini kulabomama obaziyo. Kunengi okungabangela ukuma ukuya esikhathini. Okuqakathekileyo yiminyaka umama wakho owama ukuya esikhathini. Ungama ukuya esikhathini okuhambelana lesikhathi umama wakho owama ukuya esikhathini kodwa lokhu akusilo qiniso nsuku sonke, kulokunye okungenza ume ukuya esikhathini njengeminyaka yakho. Lokhu kugoqela imikhuhlane, imithi, ukwelatshwa kwemvukuzane lendlela ophila ngayo. Ukubhema igwayi ngokunye okungenza uphangise ukuma ukuya esikhathini ngoba ukubhema igwayi kungaphazamisa amaqanda esibelethweni egcine angasebenzi ngokufaneleyo. Lokhu kusitsho ukuthi ma ubhema igwayi umama wakho engabhemi ungaphangisa ukuma ukuya esikhathini kulaye. Ma uzacile, kakhulu ungama ukuya esikhathini, loba ugcine usima ukuya esikhathini ngokuphangisa.

Kungani abanye omama bephangisa ukuma ukuya esikhathini?

Singathi okukodwa phakathi kwekhulu eyabomama bama ukuya esikhathini bengakafiki Iminyaka engamatshumi lane. Lokhu kuthiwa yikuma ukuya esikhathini masinya singakafiki isikhathi. Ezikhathini ezinengi akula mbangelwa esobala.

Kukhona engingakwenza ukuze ngingagcini sengimile ukuya esikhathini?

Hatshi. Sonke siphila ngesikhathi sokuma ukuya esikhathini ngezikhathi ezitshiyeneyo empilweni zethu. Kuyimvelo yethu omama ma sesisiba badala.

Ungathola impawu ezinjani ezitshengisa ukuthi usimile ukuya esikhathini?

Omama abanengi bazakuba lempawu zokuma ukuya esikhathini. Lezo mpawu zingaqala ungakami ukuya esikhathini okokugcina (uzagcina ukuya esikhathini). Lezi mpawu singenza ungazizwa kuhle njalo zikuhluphe. Ezinye impawu zigoqela:

Ukuma ukuya esikhathini kungaba mfitshane (iminyaka engaba mbili) loba kube mide (kungaba iminyaka elitshumi lane). Bonke omama bayatshiyana, njalo ngendlela omama abama ngayo ukuya esikhathini ngeke kufanane labontanga bakho. Kungenzakala ukuthi wena labanye omama lingathwala nzima ma selizakuma esikhathini, abanye omama abathwali nzima. Ma sumile ukuya esikhathini ngokugcweleyo uzwa engani uyatshiselwa lempawu zandise ukuphela, loba abanye omama ikakhulu abophonguma ukuya esikhathini ngenxa yokuhlinzwa bekhitshwa isibeletho loba abathola imithi engandisanga ukusentshenziswa bengaba lempawu beze befike iminyaka engamatshumi ayisitshiyagalombili.

Omama abanengi bandise ukuba lesitho esiwomileyo okungenza ukuya emacansini uzwe kubuhlungu, (ungafuni ukuya emancansini) kujwayeyekelile njalo abanye omama bezwa kubuhlungu ma bechema (ubuhlungu ma uchema) ma semile ukuya esikhathini.

Kuyini ongakwenza ukuze unqobe impawu zokuma ukuya esikhathini?

Ongakwenza ukuze uqgobe ukuzwa ukutshiselwa lokuginqa ebusuku

- Qgoka iziqgoko ezingabambiyo ezenziwe ngotshinda lwecotton ukuze iziqgoko siphefumule
- Ma kugodola zama ukugqoka iziqgoko ezinengi susenzela ukuthi ma sutshiselwa kakhulu wenelise ukukhipha ezinye
- Thwala imbodlela encane eyokufafaza elamanzi ufafaze entanyeni esandleni lasemadolweni ma susizwa usutshiselwa. Gcina eyinye duze lombheda wakho ebusuku. Ungathwala imbodlela yamanzi loba udinge lfani ukuzeuzizwe uqandelela
- Ungadli ukudla okulebilebile loba amaspice
- Natha itiye lekofi ekhudumalayo
- Ungadli kakhulu loba unathe kakhulu utshwala letiye loba ikofi
- Ungabhemi igwayi
- Ukudideka kungenza uzwe engani uyatshiselwa Zama ukukhululeka njalo uhlaliseke.
- Ma uzizwa udidekile fundela ukuphefumula ngaphakathi sebenzisa amakhala lomlomo ubale kane. Bamba umphefumulo ubale kane ubusupefumulela phandle kancane ngomlomo ubale kane uphinde lokhu okumzumzu owodwa loba ombili

Ongakwenza ukunqoba ukuzimuka

- Ukubona ukuthi udla ukudla okulempilakahle enhle njalo ukhuthele kuqakathekile. Khangela okubhalwe ngaphansi ukuze uthole ulwazi mayelane lalokhu.

Ongakwenza ukunqoba ubuhlungu ma susiya emacansini

- Ma kuyikuthi ukuya emacansini kwenza ungahlaliseki kuhle akhona mafutha angakunceda ukuze isitho singawomi. Kukhona omunye umuthi okutwa yilubricant ongeza ma susiya emacansini uhlaliseke. Lokhu kungathengwa ezitolo ezitshengisa imithi. Qaphela akumelanga lokhu kubelamakha anukekelayo. Sicela ungasebenzisi okwendlini okunjenga emafutha okupheka kumbe awokugcoba Vaseline. Isizatho yikuthi kungenza ugcine usiba lesilonda *(infection)* loba iphambanise ikhondomu ma uwasebenzisa.
- Odokotela bengakubhalela okuthwa yi oestrogen cream ongayigcoba kusitho sikamama esiwomileyo. Lowu muthi ungasentshensizwa kabili ngeviki ukuze ungezwa buhlungu ma susiya emacansini ngenxa yokuma ukuya esikhathini.

Hormone Replacement Therapy

Hormone Replacement Therapy (HRT) yiyo indlela esebenza kakhulu ma uhlutshwa yikuzwa engani uyatshiselwa. Udokotela wakho kumele akucebise ingozi lenzunzo zokusebenzisa lowu umuthi njalo ukulungele yini. Ma usebenzisa umuthi lowu udokotela uzakucela ukuthi uphenduke uzambona ukuze akuhlolisise ukuthi kusadingakala ukuthi uqhubeke usebenzisa lomuthi. Hormone Replacement Therapy (HRT) yandise ukuba ngamaphilisi okumele uwanathe nsuku zonke. Amadokotela yiwo okumele babhale lawa maphilisi njalo kuyadingeka ukuthi ubhadalele umuthi lowu.

Omama abangenelisi ukunatha iHRT, kwezinye izikhathi bengayelatshwa ngezinye indlela buza udokotela loba umongikazi wakho.

Ukuma ukuya esikhathini kutshiyene yini labomama abaphila legcikwane leHIV?

Omama aba legcikwane leHIV bama ukuya esikhathini okuphose kuhambelane labobomama abangela HIV. Ma ulegcikwane leHIV, okuzwayo lempawu zokuma ukuya esikhathini akumelanga zitshiyane labomama abangela gcikwane leHIV. Ngenxa yokuthi susima ukuya esikhathini abanye omama bengazizwa bedangele, abanye omama abalegcikwane leHIV bengazizwa bekhathazekile lokudangala njalo bengezwa engani impawu zokuma ukuya esikhathini ziyangenzelela ngalesi sikhathi. Njengoba kuchasisiwe phezulu, wonke umama engaba lempawu ezitshiyeneyo ezokuma ukuya esikhathini. Ungabalenhlanhla ungabi lezibonakaliso ezinengi zokuma ukuya esikhathini loba ulegcikwane le HIV, loba ungaba lempawu okweminyaka eminengi.

Abanye omama abaphila legcikwane leHIV bathwala nzima ngempawu ezokuma ukuya esikhathini njalo kusuka kubelobunzima ukuzinakekela kulabo abaphila legcikwane leHIV. Kwezinye izikhathi kunzima ukunatha imithi yeHIV, loba ukuhamba eklinika, okungabangela impilakahle yakho ingabinhle. Kungenzakala kuwe khuluma lodokotela loba umongikazi ekilinika ubacele bakusize ngempawu zokuma ukuya esikhathini. Kuqakathekile ukwelatshwa iHIV njalo ukwelatshwa lokhu kusebenza kuhle loba suzakuma ukuya esikhathini.

Imizimba eyabomama intshintsha njani ma sebemile ukuya esikhathini?

Ukutshintsha kwamahormoni kungenza umzimba utshintshe. Ma suseduzane lokuma ukuya esikhathini ungezwa engani amabele akho makhulu njalo abuthakathaka. Kuba lula ukuthi uzimuke njalo abanye omama abanengi bazimuka ngama2.5 kgs ngalesi sikhathi. Ngalesi isikhathi abanye omama bathola ukuthi engadla amakhekhe lokuletshukela ma besizwa ukudangala bazizwe sebegcono. Kodwa imizwa enje ayihlali okwesikhathi eside, njalo ungazizwa udangele ma uzimuke kakhulu. Akumelanga uzimuke ngalesi sikhathi, asibo bonke abazimukayo.

Okulandelayo ngaphansi kuzakutshela ukuthi kumele wenzeni ukuthi ubelomzimba omuhle ngesikhati suzakuma ukuya esikhathini. Ungathola ukuthi inwele siyaqamuka loba sezikhula ebusweni. Ungathola ukuthi lamehlo akho sewoma kulakuqala.

Omama kumele bazinakekele njani ma Sebelemiyaka ephakathi laphakathi kokukhula?

Omama abanengi bayazimuka ma sebezakuma ukuya esikhathini, njalo kuqakathekile ukuthi umuntu azinakekele ngokudla ukudla okulempilakahle enhle. Ukuze wenze lokhu kumele u:

Dlana izithelo ezilempilo lemibhida:
Izithelo ezilempilo lemibhida azila mafutha amanengi njalo zilokudla okuvikela imikhuhlane lamaminerals.

Ukudla okuleskuba (high fibre):
Ukudla okuleskuba kulungele inhliziyo njalo kusiza ukuthi uhlala ulempilakahle enhle lokhu kudla kugoqela ioats, irayisi eyebrown. Imbambayila, imibhida eluhlaza, indumba ngokunye okunganceda.

Zuza ukudla okuqinisa amathambo:
Ukudla okuqinisa amathambo kunceda ukuqinisa amathambo njalo kuqakathekile kubomama abasezakuma ukuya esikhathini. Ukudla okwakha amathambo kugoqela lokhu uchago, iyorgut, inhlanzi ezilamathambo ezinjengamatemba lemibhida eluhlaza elamahlamvu njenge delele.

Zuza ukudla okwakha umzimba:
Ukudla okwaka umzimba kunceda ukwaka amathambo ukuze ahlale eqinile. Ukudla okwaka umzimba kugoqela indumba, ipeas, amazambane, inhlanzi, amaqanda, lenyama yenkukhu lenkomo.

Dlana ukudla okudingayo:
Kuqakathekile ukuthi udle ukudla okudingayo emzimbeni ukuze uhlale ulempilakahle enhle lokuhlala ukuthele. Ungadla okwedlula lokhu uzazimuka loba ukudla kulempilakahle enhle.

Dlana ukudla okulutshwane okungelaskuba okuqinisa imizimba:
Ukudla okungelaskuba okuqinisa umzimba akulampilakahle enhle ngengokulesikhuba. Lokhu okumhlophe kuqoqela isitshwala, irayisi emhlophe lesinkwa esimhlophe. Udle ukudla okulutshwane okunje.

Dlana okulutswane ukudla okuletshukela lonamunede:
Okuletshukela lonamunede oqandayo kuletshukela ephezulu. Akulampilakahle enhle njalo kungenza uzimuke. Okwanisa khona yekela ukunatha okuletshukela elinengi njalo zama ukufaka izipunu zetshukela ezinlutshwane kutiye loba icoffee. Kwezinye izikhathi kunzima ukuthi uhle uyekele ukudla okuletshukela kodwa ungaqala kancane ngokufaka izipunu zetshukela ezinlutshwane uzagcina sujwayela sukholisa okunathwayo okutshisayo.

Dlana amafutha amalutshwane:
Amafutha aqakathekile ekwakheni umzimba kodwa amanye amafutha alempilakahle ukudlula amanye. Amafutha alempilakahle agoqela amaavocado lamamazambane.
Zama ukubalekela ukudla amafutha angelampilakahle atholakala ekudleni okunjengamakhekhe, amabisikiti, okubhakwayo lebata ngoba lokhu kungenza uzimuke.

Dlana isawudo elilutshwane:
Isawudo libangela ukukwela kwesifo okuthiwa yihigh blood pressure. Ukwenzela ukuthi udle isawudo elilingeneyo zama ukudla mbijana ukudla okulutshwane okulesawudo njengamachips njalo ungalifaki libelinengi ma upheka loba ekudleni.

Natha amanzi amanengi:
Natha inkomitsho eziyisithupha zamanzi nsuku sonke.

Hlala Uqaphele:
Kuqakathekile ukuhlala u sivoxavoxe umzimba kakhulu zama ukuthi ungahlali okwesikhathi eside. Kumele uzivoxavoxe okwamahola amathathu amaviki wonke. Lokhu kugoqela ukuhamba kancane, ukugida, amaerobics lokwenza imisebenzi yendlini. Ma ungajwayelanga ukuzivoxavoxa, qalisa wenze kancane kancane ubusungezelela. Ukuhlala uzivoxa kuyanceda ukuthi ulale kuhle.

Kuyini okwenzakala egazini eliphuma ma ungene esikhathini ma sumile ukuya esikhathini?

Ma usemutsha, inyanga ngayinye amahormoni emzimbeni ayalungisa isibeletho ukuthi uzithwale enza lokhu ngokulungisa isibeletho. Ma ungazithwalanga kuphuma igazi kusitho sakho. Ma ungena esikhathini isibeletho siyazilungiselela futhi ukuthi mhlawumbe ungazithwala, lokhu kwenzakala izinyanga zonke uze ume ukungena esikhathini. Ma sungenelisi ukuzithwala (ngenxa yokuthi akusela maqanda aphumayo), isibeletho asisalungisi ukuthi uzithwale njalo awusaphumi igazi. Kuqakathekile ukuthi ma susima ukuya esikhathini (okwomnyaka), kodwa ungaqala ukuphuma igazi futhi, loba lilincane, bona umongikazi loba udokotela ngoba kuyabe kutshengisela ukuthi akumanga kuhle emzimbeni loba ukuthi kungabe kulomkhuhlane esibelethweni.

Ungazithwala yini ma sumile ukuya eskhathini?

Ma sumile ukuya esikhathini awusenelisi ukuthi uzithwale. Kodwa ma ungafuni umntwana kumele unanzelele ma ungazimiselanga, ungaphambanisi uzithwale. Loba ungangeni esikhathini inyanga zonke ngoba usumdala, ungazithwala, njalo kumele wazi ukuthi ngaphandle ma suleqiniso ukuthi sumile ukuya esikhathini okwenyanga ezilitshumi lambili sebenzisa indlela zokuvikeka ukuzithwala ma susiya emacansini ma ungazimiselanga ukuzithwala.

Kungaba lento okutwa yisisu sokuma ukuya esikhathini (isisu sokuma esikhathini)?

Ukutshintsha kwamahormoni kuyatshintsha umzimba yethu njalo kusuka kubelula ukuthi umuntu azimuke. Singazimuka kungenza isisu sibesikhulu. Ungabalesisu ngenxa yokuma ukuya esikhathini, lokhu kubangelwa ngamafutha agomboloze isisu. Ukungena esikhathini akudingakali ukuthi kukhiphe ingcekeza loba idoda (semen). Ungahamba emamcansini, ungasukuma isidoda siyaphuma esithweni sakho, lokhu kuyafana ungakami loba sumile ukuya esikhathini. Ungaya emamcansini sumile ukuya esikhathini, ingcekeza loba ubudoda abuhlali emzimbeni ngenxa yokuthi buyaphuma kusitho, ezikhathini ezinengi asinanzeleli ukuthi sokuphuma.

Kambe ukuma ukuya esikhathini kungaphambanisa ukuya kwakho emancansini? Kambe umuntu wesilisa engezwa umahluko?

Ukuma ukuya esikhathini kuvame ukuphambanisa indlela yokuya emacansini. Ukuntshintsha kwamahormoni kungenza uzwe ungafuni ukuya emacansini ma suzakuma loba sumile ukuya esikhathini. Ukuntshintsha lokhu kungenza Isitho sikamama some, njalo lokhu kungenza ungahlaliseki ukuya emacansini. Ukuntshintsha lokhu yinto ejwayekileyo. Loba ungezwa ungafuni ukuya emacansini, ma usiya emancansini kuyafanana kowesilisa. Umdlandla wokuya emancansini uyavuselelwa ma impawu zokuma ukuya esikhathini sezinganeno.

Kambe ukuma ukuya esikhathini kungabangela ukuthola imikhuhlane enjenge mvukazane?

Hatshi. Kodwa, kuqakathekile ukuzinakekela impilakahle yakho. Hlala utshelile udokotela loba umongikazi ma usizwa impawu ezingajwayelekanga.

Ukuma ukuya esikhathini kungahlasela amathambo ami na?

Ukutshintsha kwamahormoni kungahlasela amathambo, njalo ma sumile ukuya esikhathini amathambo angephuka njenge ngokuqamuka ijoini yesandla lengalo ma uwile. Amathambo asemuva eqolo angahlaselwa okwenza abanye omama bebebafitshane. Ukuhlala ukhuthele njalo lokudla ukudla okwakha amathambo kungaqinisa amathambo kulungele amathambo. Bona ulwazi olungaphansi.

Kuyini engingakwenza ukugcina amathambo ami alempilakahle enhle?

Amathambo ethu ahlala entshintsha empilweni yethu yonke ukuze sibelempilakahle enhle. Ungadla ukudla okwakha amathambo, uhlale ukhaliphile njalo ulempilakahle enhle, ungasiza umzimba wakho ukuze wakhe amathambo aqinileyo azahlala isikhathi eside. Amathambo ayaqina ungawapha umsebenzi wokwenza. Ukuze amathambo aqine kumele wenze lokhu:

- Sivoxavoxe uzizwe sokulesisindo: Ma umile ngenyawo uyezwa isisindo njalo kuyengeza isisindo somzimba wakho. Lokhu kungaba yikuhamba, useqa usebenzisa intambo, ugijima loba useqa nje. Ma umile ungenzelela isisindo ngoba wonke umzimba umile kunceda ukuqinisa amathambo.

- Ukuqinisa amathambo ngokuzivoxa: Ma imisipha idonsa amathambo kupha amathambo into yokwenza. Lokhu kuyeza amathambo aqine. Ma imisipha iqina, idonsa kakhulu, lokhu kutsho ukuthi amathambo azaqina. Ukuze uqinise imisipha kumele uwadonse. Lokhu kudonswa kungenziwa ngokungenzelela umsebenzi njengokuphakamisa okulesisindo usebenzisa isandla phezu kwekhanda, kumbe uqotshame usiya phansi la phezulu njalonje. Imisipha ma iqina lokhu kungaba lula ungangenzelela okuphakamisayo.

Ukhumbule, ukuma ukuya esikhathini yinto entsha empilweni yakho. Siyathemba lolulwazi luzasinceda njalo luzenza uphile impilo egcweleyo ukhuthele ngesikhathi kusenzakala untshintsho lolu.

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