



Kutheni amanye amadoda evisa kabuhlungu abanye abantu?

Uphando olwenziwe kwihlabathi lonke kubonisa ukuba inkwenkwe xa inentlonti ingakhula ingumxhaphazi njengoko seliqhelile ukusebenzisa amandla ukufumana into eyifunayo. Uphando lukwabonisa ukuba kumadoda amathandathu indoda enye iyakudlwengula amahlanu angadlwenguli. Amadoda anako ukuzikhethela ukuba angadlwengula. Le nto iyakuba nzima ukuba inkwenkwe inesibonelo esingutata onobundlobongela kwanoluntu oluthi lusebenzise udlame endaweni yokuthetha ngemiba. Indoda inako ukukhetha ezinye iindlela endaweni yokubetha nokudubula. Kukwafuneka alazi igalelo lotywala kwaneziyobisi elinokuthi lenze angakwazi ukuziphatha ngendlela ebomini. Indoda ingathetha nomntu emthembayo ngale miba.

Indlela yokuphila nesifo esinganyangekiyo

Ezinyeizifoezinganyangekiyo sisifo seswekile, i-asma(isifuba), ihigh-high, ikholestoroli phezulu, isifo somhlaza, isifo sentliziyo kwanokuyeka kokusebenza kwelungu langaphakathi. Zizifo ezi ozifumane xa uguliswa yindlela ophila ngayo. Eyona nto edla ngokuchukumisa ezi zifo kukutyeba kuba usitya okutya okunamafutha amaninzi kwanokusela iziselo ezineswekile kwanokungenzi mithambo. Into yokuqala emawuyenze kukuya ekliniki bakujonge bakuxelele ukuba ufanele ukuba nobunzima obungakanani na ukuze ke uzame ukwehlisa obo bunzima bongezelekileyo.

Indoda kufuneka ixilongwe kujongwa ukuba isempilwenina kwezi zinto: ixilongelwe ukujongwa umhlaza wobudoda rhoqo ngonyaka xa ingaphezu kweminyaka engama-40; ihigh-high kwanesifo seswekile rhoqo ngonyaka. Kufuneka ixilongelwe ikholestoroli kwaneHIV.

Sebenzisa amayeza akho kuphela njengoko uyalelwe ngumnyangi kwaye ungasebenzisi awabanye abantu.

Iphetshana elimalunga neminyaka yobudoda

Indoda enye ngexesha layo ebomini idlala iindlela eziliqela



UBAMBISWANO NGAMANDLA.

Indoda eliqina imelana njani neento zokukhula?

Indoda iye iyazi ukuba iyaguga xa ngoku kufuneke inxibe izipeksi (iiglas zamehlo), atyebi kancinane, kuwe iinwele kwaye anganengxaki yokungavukelwa. Amanye amadoda angathandana nabantu abaninzi kuba befuna ukubona ukuba usavukelwa na okanye aziphathe ngendlela enokumbeka kwimeko enobungozi, kwaye ke zonke zinokuba neziphumo ezibi, njengoqhawulo mtshato, izifo ezosulela ngokwabelana ngesondo kwaneengozi. Kodwa indoda inako ukujonga ngelinye iliso ubomi bayo ngokuthi yenze utshintsho empilweni yayo, njengokutya ukutya okusempilweni, ngokufumanisa ukuba ubunzima bakhe kufanele ukuba kubengakananina, ukwenza kakhulu imithambo kwanokutshintsha indlela acinga ngayo ngokuba mdala nangokuba namava. Okukuzigocagoca kungenza amanye amadoda adandatheke umphefumlo kuxa kunje apho kufuneke athethe nomntu amthembayo.



Ungazigcina njani usempilweni njengokuba ukhula nje?

Yeka ukutshaya ngoko nangoko! Kuyeke ukutya okugcadiweyo. Ipisi yenyama ebomvu (eyenkomo, eyegusha) kufuneka ingabingaphezulu kunesandla sakho. Zama ukusela iiglas ezisi-8 zamanzi-ugalele iilamuni okanye ezinye iziqhamo ukwenza incasa endaweni yeziselo ezihlahlwazayo. Yiba ngcathu etyuweni. Yigalele kancinane iswekile ekofini utye iilekese ezimbalwa. Yitya iziqhamo ezi-5 kwaneziqhamo ngemini. Yenza imithambo kangangemizuzu engama-30 rhoqo ngemini umzekelo ukutshayela iyadi, ukuhlanjwa kweefestile, kungenjalo ujoge. Yiya ekliniki ngokonangoko ukuba uzifumanise uneqhuma okanye kukho indawo owopha kuyo emzimbeni wakho.



Iqina eselinamava

Amadoda xa eya eguga anokuba newari yokugula ngokoke kubalulekile ukuhlala esiya ekliniki ukuya kuzihlala ukuba asesempilweni na. Kubalulekile ukuba uhlale ingqondo isebenza ngokuba azibandakanye nabanye abantu, afunde, ancokole nabantu abatsha ukufumanisa ngezinto ezisemcimbini kwezimini. Indoda eseyikhulile seyiphile ixesha elide kwaye ingathetha ngamava kwanolwazi alufumeneyo. Balisela ulutsha ngezinto zakudala ukwenzela baziqonda ngakumbi izinto zanamhlanje. Ukuzikhathaza malunga nemali kungakuhlupha kungoko kufuneka uqiniseke ukuba ipolisi yakho yokungcwaba sowugqibile ukubhatala. Yenza umyolelo wakho uwugcine ukhuselekile. Kubalulekile ukuba uhlale usenza imithambo, uhambahambe kakhulu wenze nemithambo enobululana yesitulo. Le nto iya kukunceda uhlale udlamkile, loo nto iya kugcina uxhathisile ngokwasempilweni kwaye namathambo akho omelele.



Indima yomfana

Umfana angakhetha ukuphila nokwenza izinto ezisempilweni kuselithuba ebomini bakhe njengokudlala imidlalo, ukutya okunesondlo kwaye angaqalisi tu ukusela utywala, ukutshaya okanye ukusebenzisa iziyobisi. Zifumanele umntu osisibonelo kuwe ombukayo umenze abe ngumcebisi okutatamisayo ekubonisa indlela ukuba uhloniphe umntu wonke nongakanani noza kunceda ukwazi ukwahlula phakathi kokulungileyo nokungalunganga. Abafana abasakhulayo bayathanda ukufane benze njengoko becinga ukuba bakuphila ubomi babo bonke kodwa kubakho iziphumo ekuqhubeni ngesantya esiphezulu, naxa kusabelwana ngesondo kungasetyenziswa ikhondom kwanaxa kusetyenziswa iziyobisi kuselwa notywala. Umfana osakhulayo angazikhethela ukuba angabinabundlobongela, angazibandakanyi nezikoli, angalimazi amabhinqa nabantwana. Khetha iitshomi ezineempawu zentsulungeko ezifana nezakho ezifana nokuba nesimilo kwanokusebenza ngokuzimisela ukuphumeza amaphupha enu. Umfana osakhulayo kufanele awazi umzimba wakhe kakuhle ukuba banamadlala kwiindawo ezifihlakeleyo okanye emabeleni kufuneka aye ekliniki ngoko nangoko.



Indima katata iye itshintshe ekuhambeni kwexesha

Kwamanye amakhaya utata usetyenziswa njenge-ATM enikeza ukutya kwanendawo yokuhlala kwaye abe nethuba elincinane lokudibana nabantwana esebenza, abe umama ejonga abantwana. Kwamanye amakhaya utata ubangqwabalala, ungqongqo kwaye uyaqeqesha. Kumakhaya amaninzi kwezi mini umama notata bobabini bayasebenza baqeshiwe kwaye bobabini bondla usapho

Kufuneka batshintshiselane ngokujonga abantwana kwanekhaya. Bobabini kufuneka babezibonelo ezilungileyo boluleke ngenceba. Indima katata kukukhusela kwanokukhathalela inkosikazi yakhe nabantwana. Kufuneka ahlale ekho kwaye aluhoye usapho lwakhe endaweni yokuthi shwaka okanye abaxhaphaze.

Indima edlalwa yindoda kubuhlobo

Indoda iba nobuhlobo obahlukeneyo nabantu abasebomini bayo. Uhlonipha ifemeli yakhe abonise imbeko kwabadala kwaye usisibonelo elutsheni. Ngethuba engumfundi islogen esithi “imfundo sisitshixo sekamva eliqaqambileyo” wasenza esakhe kwaye ebeka phambili izifundo zakhe kwi-ajenda yakhe. Xa esebenza uye azame ukuqonda nokwenza izinto ngokwengqesho, ufika ngexesha, usebenza nzima kwaye ujonga amathuba okuziphucula. Ukwazama nokuba ngumdlali ubomi bakhe bonke ahlale edlamkile. Indoda kufanele ibhinqa athandana nalo alihloniphe alikhusele.



Indima yamadoda kwimpilo yamabhinqa

Indoda inokukhuthaza iqabane lalo licwangcise ukwenzela umntwana ngamnye acetywe. Xa ifemeli yabo seyiphelele indoda ingenza ivasethomi (kusikwe okanye kucikwe ityhubhu ehambisa amadlozi anokwenza kubekho umntwana) iyivale inzala. Angakhuthaza iqabane lakhe liyokwenza ipap smear(ukuhlola kwencindi yesibeleko kujonga ukuba ayinasifo somhlaza na) kwanokuxilongwa kwamabele ukwenzela ukuba xa isifo somhlaza sinokufunyanwa kwangethuba ihle inyangwe kwangoko. Indoda ingawacutha amathuba okwenza inkosikazi yakhe ibe nomhlaza wesibeleko ngokuthi yoluke ngokwasesibhedlele. Indoda ingamkhuthaza inkosikazi yayo ukuba incancise. Angakhamela ubisi ekomityini ze indoda ke iphe umntwana ubisi. Makazame ukuqaphela ukuba inkosikazi ayinalo na unxunguphalo oludla ngokubakho kwamanye amabhinqa emva kokuba ebelekile ze amse ekliniki ayofumana uncedo. Ukuba izithandani azikwazi kuba nomntwana kufuneka kwenziwe uvavanyo bangalufumana uncedo. Xa inkosikazi iyekile exesheni kufanele indoda iqonde kakuhle. 'Mkhuthaze ukuba aye ekliniki okanye athethe nomnye umntu amthembayo ancedwe kule meko “yokutshintshwa kobomi.”

