

UNGAWUHIOLA KUPHI UMDLAVUZA WEMABELE

Inhlangano lelwa nemdlavuza wemabele inemintfolamphilo yamahhala njalo ngeliviki, lapho ungfola kupopolwa bochwephesha kutemphilo, bayatfolakala kunati tindzawo letilandzelako:

**Lesibili 9am – 1pm ku
Maspala waka Manzini**

**Lesine 9am – 1pm ku Room 4
Mbabane Government Hospital**

Uma kukhona lokusolakalako dokotela angakubonisa kutsi:

- ◆ Upopole ingati
- ◆ Uye ku x-ray
- ◆ Nobe kutsatfwe lutfo ebeleni

Khumbula kutsi tigadla tonkhe atisho kutsi unemdlavuza kodwa nakukhona lokusolako, hamba uyohlolwa ngu dokotela.

TINDLELA TEKWELAPHA MDLAVUZA WEMABELE

Umdlavuza wemabele ungelashwa ngetindela letehlukene:

- ◆ Ungaya etiyetha ukhiphe sigadla nobe libele lisuswe lonkhe.
- ◆ Ungelashwa ngenhlanganisela yemitsi lengena nge drip.
- ◆ Ungashiswa mdlavuza ngagesi (radiotherapy)

Inhlangano yaka Breast Cancer inabo beluleki, labafundzisiwe nalabake baba naso sifo samdlavuza kukubambisa nangabe utfolakala unawo.

The Swaziland Breast Cancer Network (SBCN) ihlose:

Kwenyusa lizinga lelwati nga mdlavuza wemabele, njengoba lesifo siyandza lakaNgwane.

Kukhutsata bantfu kutsi batihlole bona emabele kute basheshe bati uma banamdlavuza belashwe futsi.

Kukhokhela labo laba nemdlavuza wemabele.

Kusebentisana nebetemphilo kute bantfu batfole kwelashwa ngetindleko letiphansi.

Kucoca timali kute umsebeni wenhlangano uchubeke.

Kwenta luphenyo nga mdlavuza wemabele.



Swaziland Breast Cancer Network (SBCN)

Uma ufuna kwati kabanti:
Shayela nati tinombolo 404 9270 / 551 4476
Fax 551 4476

Noma Ubhalele
A712 Swazi Plaza, Mbabane
Email: sbcn@realnet.co.sz

www.swazilandbreastcancer.org



Imphilo Yelibele: Linakekele

Kumcoka kutsi usheshe wati uma unamdlavuza wemabele



YINI MDLAVUZA WEMABELE?

Kukhula kwetinyama ngalokungesiko emabeleni akho. Kubinakele kutsi mdlavuzwa uyakhula lapha ka Ngwane. Uhlasele kakhulu bomake labangetulu kweminyaka lengu 40 — kepha nalabangaphansi kwa lengu 30, bayatfolakala banawo lomdlavuzwa. Mdlavuzwa wemabele uyelapheka nangabe usheshe wabambeka.

NGINGENTA NJANI KWEHLISA EMATFUBA EKUBA NAMDLAVUZA?

Kumcoka kutsi usheshe wati uma unamdlavuzwa wemabele

Ngekutihlola emabele akho njalo ngenyanga utawati emabele akho, kuma kwawo, bukhulu nekuweva kutsi anjani. Linengi letigadla letitfolakala ebeleni atisiwo tamdlavuzwa, kodvwa uma kukhona lositfolako phutfuma esibhedlela masinyane.

Ungawahlola nini emabele akho

- Wonkhe umuntfu wesifazane kumele atihlole emabele akhe njalo ngenyanga emvakweliviki aye esikhatsini.
- Nangabe awusayi esikhatsini khetsa lilanga linye njalo ngenyanga.

TINDLELA LONGATIHLOLA / POPOLA NGAYO

Sigaba 1: Uma Ugeza



Phakamisa sandla sakho sinye usibeke phansi kwenhloko. Sebentisa iminwe yakho uhambise indingilizi kuva tigadla ebeleni. Cala kusukela engonweni kuya phansi kwelikhwapha. Shintjanisa tandla upopole lelinye libele.

Sigaba 2: Esibukweni

Tibuke esibukweni phakamisa imikhono. Buka lokuntjintjile esikhumbeni sakho, engonweni noma bukhulu nekuma kwemabele akho.



Sigaba 3: Ulele Phansi



Lala phansi ucamele etikwemkhono. Lesi lesinye sandla sipopole libele. Sebentisa iminwe yakho ku-popola, ungene naphansi kwelikhwapha **Njengaku Sigaba 1.** Shintja tandla utipopole lelinye libele.

LETINYE TINDLELA TEKWEHLISA EMATFUBA AMDLAVUZA

1. Tihlole emabele akho njalo ngenyanga.
2. Yani emfolamphilo uyopopola kanye ngemnyaka nobe kunini nakukhona lokusolako.
3. Shukumisa umtimba wakho ngekuhamba kugijima nobe uye ejimini katsatfu ngeliviki.
4. Dlani kudla lokute emafutsa lamanyenti.
5. Gcina sisindvo semtimba wakho silingene.
6. Ungabhemi lugwayi.

Kutalwa emndenini lonemlandvo wemdlavuzwa wemabele kukubeka ezingeni lelisetula kutsi ube nawo

TIMPHAWU TAMDLAVUZA WEMABELE

Emabele ayashintja ngalesinye sikhatsi kube kungasho kutsi una mdlavuzwa njenganati tikhatsi:

- Uma utakuya esikhatsini
 - Uma utetfwele
 - Uma sisindvo sakho semtimba senyuka, noma sehla
 - Uma ungasayi esikhatsini
- Letimphawu leti landzelako tingasho ingoti
- Sifaca ebeleni
 - Kushintja kwelibala nesisindvo
 - Kucina kwesikhumba
 - Kushintja kwetingono
 - Kuphuma kwengati
 - Sigadla longasati ebeleni noma phansi kwelikhwapha