

[isiZulu]

Leli pheshana liyatholakala ngezinye izilimi. Sicela ubuze kulowo othole kuye leli pheshana, noma ushaye kule nombolo 447-9593.

Ngabe indodakazi yakho yimfushane impela kunezinye izingane ezingontanga bayo?
Ngabe yayinezandla nezinyawo ezikhukhumele sakuvuvuka ngenkathi izalwa?
Ngabe inesikhumba esengezekile ezinhlangothini zombili zentamo yayo?
Uma inobudala obuyiminyaka eyi-13 kuye kweyi-19, ngabe yaqala ukuba namabele ngemuva kwesikhathi noma ayizange nje ibenawo sanhlobo?
Ngabe ayizange iqale ukuya esikhathini noma ngabe ukuya esikhathini kwanqamuka?

Ngabe wena umfushane impela kunabanye besifazane?
Ngabe wehluleka ukuba namabele noma ukuqala ukuya esikhathini ngasikhathi sinye namanye amantombazane?
Ngabe waba namabele noma waqala ukuya esikhathini, kepha ukuya esikhathini kwakho kwanqamuka useseyintombi esencane?
Ngabe unesikhumba esengezekile ezinhlangothini zombili zentamo yakho?
Ngabe uye wakuthola kunzima ukuthi ukhulelwe?

Uma uphendule wathi yebo kunoma yimuphi umbuzo kule mibuzo, wena noma indodakazi yakho, kungenzeka ukuthi nineTurner Syndrome. Yize kungaba khona ezinye zalezi zimpawu kuphela, wena noma indodakazi yakho kungahle kwenzeka nibe neTurner Syndrome. Thatha leli pheshana uye nalo esibhedlela sendawo yangakini noma kudokotela wakho, bese ucela ukuthi kwenziwe ukuhlolwa kwalesi simo.

Kungani kumele uhlolwe?

Ukuhlolwa kulula. Kubandakanya ukudonswa kwegazi elincanyana, elizobe seliyohlolwa esikhathini esithatha amasonto amathathu.

Uma wena noma indodakazi yakho nineTurner Syndrome, kungcono kakhulu ukuthi nazi. Laba besifazane baphila isikhathi eside njengawo wonke omunye umuntu. Bangaphila izimpilo ezejwayelekile ngokuphelele.

Kepha badinga ukuthi bahlolwe ngokucophelela ngudokotela owaziyo ngalokhu kugula. Lokhu kungenxa yokuthi la mantombazane nabesifazane bangaba sengcupheni yengozi yezimo ezithile eziphathelene nezokwelashwa – zonke ezikwazi ukulawulwa futhi zelashwe. Kepha odokotela kudingeka ukuthi bazi ukuthi kumele bakuhlole lokho.

Ngabe iyini imbangela?

ITurner Syndrome idalwa yingozi encane yemvelo. Oyedwa kuwo wonke amantombazane ayi-2500 uyoba naso lesi simo. Ingxenye ngayinye yomzimba wakho yakhiwe yizigidi zamaseli amancanyana. Ngaphakathi kweseli ngalinye kunamakhromosoni ethu. Amakhromosoni aveza uhlelo lwawo wonke umuntu. Asenza sifane ngezindlela eziningi, kepha abuye enze umuntu ngamunye angafani nalutho olunye.

Phakathi kwamakhromosoni ethu kunamakhromosoni ezobulili. Lawa aqinisekisa ukuthi sikhula njengowesifazane noma owesilisa. Abesilisa banekhromosoni elingu-X nelingu-Y, kuthi abesifazane babe nelingu-X kanye nelinye elingu-X.

Amantombazane aneTurner Syndrome azalwa eno-X oyedwa. Lokhu akwenzi umuntu oneTurner Syndrome abe ngowesifazane ongaphelele. Bangabesifazane njengaye wonke omunye umuntu.

Ngabe kuyiphutha lakho?

Cha, akulona iphutha lamuntu. Imvamisa ayedluliswa yinoma yimuphi umzali. Uma ingane ikhula eqandeni eliye lazaliswa iba ngumbumbu esibeletweni sikanina wayo, amaseli engane leyo ekhulayo alahla u-X oyedwa, noma ingxenye ka-X. Ingane iyaqhubeka ukwakha amaseli aba no-X oyedwa.

Uma amaseli elahla u-X kuphela ngemuva kokuba ingane isiqalile ukukhula, kungahle kuthinteki kuphela amanye amaseli ayo. Kuye kube sekuthiwa inohlobo oluyizibhadubhadu (mosaic) lweTurner Syndrome futhi kungahle kwenzekwe ingathinteki kangangamantombazane aneTurner Syndrome egcwele.

Lesi simo senzeka kuphela emantombazaneni njengoba umuntu ngamunye edinga u-X oyedwa okungenani ukuze aphile. Uma amaseli engane engumfana elahla u-X, iyosala no-Y kuphela. Ingashona ngaphambi kokuzalwa.

Ngabe kusho ukuthini ukuba neTurner Syndrome?

- Abesifazane abaneTurner Syndrome imvamisa bafushane impela kunabanye besifazane. Ubude obuyi-avareji bowesifazane oneTurner ngama-143cm ??(4ft 8in). Angaba mfushane noma abe mude kunalokhu, kwencike ebudeni babazali bakhe. Amahomoni aphaathelene nokukhula angawenza la mantombazane athi ukuba made, futhi angagudluzela ubude bawo ezingeni elejwayelekile uma bezwana nawo kahle. Lokhu ngukwelashwa okubizayo futhi akutholakali ezibhedlela zesifunda. Kepha amanye amamedical aid ayakukhokhela. Cela udokotela wakho akuthumele kudokotela onguchwepheshe kwezamahomoni (i-endocrinologist) osesibhedlela noma ozisebenzela ngasese, ukuze ubuze ngalokhu kwelashwa. Yize la mantomabzane emancane, ayakwazi ukuphila futhi asebenze ngempumelelo njengabanye abantu.
- Izizalo zabo okuyizona ezikhipha amahomoni adala ukuthi abesifazane bangene ezingeni lokuthomba, zivamise ukuyeka ukusebenza ngaphambi kwesikhathi empilweni yabo. Banganikezwa amahomoni afanele ukuze bakhule njengabesifazane. Lawo mahomoni kufanele anikezwe kuphela ngudokotela owaziyo ngalesi simo. Iningi labesifazane abaneTurner Syndrome abakwazi ukukhulelwa. Kumele baxoxe ngezindlela abangazikhetha nodokotela wabo noma neqembu elisiza ukubaxhasa. (bheka imininingwane emayelana nokubathinta)

- Amantombazane nabesifazane abaneTurner Syndrome bangaba nenhliziyo engasebenzi kahle, izinkinga zezinso nezomgudu womchamo. Bangabuyeye baqalwe yisifo sikashukela noma babe namazinga aphansi *ethyroid*. Zonke lezi zinto ziyelapheka.
- Iningi labesifazane abaneTurner Syndrome bayakhuluphala. Kudingeka baxoxe ngezinto abangakhetha kuzo nodokotela wabo. Kumele badle ukudla okunempilo futhi bazilolonge imizimba njalo.
- Laba besifazane bangaba namahloni futhi bangafuni ukuhlangana nabanye, ngoba imvamisa bayachokolozwa ngobukhulu babo. Inkinga yabo yokukhula ingabenza bangajabuli noma behle umoya. Ingaholela ezinkingeni eziphathelele nokuziphatha emantombazaneni aneminyaka eyi-13 kuye kweyi-19. Lezi zinkinga kumele kuxoxwe ngazo nodokotela noma neqembu elisiza ukubaxhasa. Bangabuyeye bathunyelwe kulowo osebenza ngezengqondo noma osebenza kwezenhlalakahle.
- La mantombazane anokuhlakanipha okwejwayelekile. Ayakwazi ukusebenza kahle nasesikoleni njenganoma iyiphi enye ingane. Kepha iningi liye libe nobunzima kwezokufunda. Lokhu kungakwenza kube nzima ukuthi abhale ngobunono noma ngokushesha njengezinye izingane. Angakuthola kunzima ukuthi agxile emsebenzini wesikole, futhi angabuyeye athole *imaths* inzima. Akuwona wonke amantombazane aneTurner Syndrome analezi zinkinga. Zingalawuleka ngokufundiswa okuhle nangezinye izindlela ezikhethwayo. Xoxa ngalezi zinto nodokotela wakho, othisha kanye neqembu elisiza ukuxhasa.

Ngabe iQembu okuThintwana nalo leTurner Syndrome lenzani?

Sinikeza ulwazi nokuxhaswa kwamantombazane nabesifazane abaneTurner Syndrome kanye nemindeni yabo. Sizama ukwandisa ukuqondisiswa futhi sikhapha namaphepha ezindaba ukuze sixhumanise amalungu ethu. Sikhona ukuze sinikeze izeluleko ngalesi simo futhi seluleke nabantu uma bekudinga lokho.

Imininingwane yokusithinta:

Ucingo/ Ifeksi: 447 9593

I-e-mail: josie@pixie.co.za

Ukwelulekwa kwezeGenetic kuzokusiza ukuthi usiqondisise lesi simo. Kutholakala mahhala kulabo abangenayo *imedical aid*. Imitholampilo isesiBhedlea iJohannesburg, iBaragwanath, isiBhedlela iCoronation kanye naseDonald Gordon Medical Centre. Kungahlelwa isikhathi ngokuthintana noZain lapha 27-11-489 9224 noma ku-zain.jakoet@nhls.ac.za.

Ikhona imitholampilo eBloemfontein (27-31-405 3047), Cape Town (27-21-406 6337/6297) naseThekwini (27-31-719 6556).