

## I-Asthma yinkinga evamile yokuphefumula ethinta u-20% wabo bonke abantwana

I-Asthma ijwayele ukujikeleza emindenini, nakuba lokhu kungenzeki njalo. Kungenzeka uke wabona othile esikoleni osebenzisa isifutho ukuze simsize aphefumule futhi alawule izimpawu ze-asthma

Osemusha oyedwa kwabahlanu eNingizimu Afrika une-asthma

## I-Asthma ithinta abantu baseNingizimu Afrika abaningi

I-Ningizimu Afrika ibekwe endaweni ka-25 emazweni omhlaba anabantu abaningi abane-asthma (inani labantu abane-asthma).

I-Ningizimu Afrika iyizwe elisendaweni yesihlanu emhlabeni elinabantu abaningi ababulawa i-asthma.

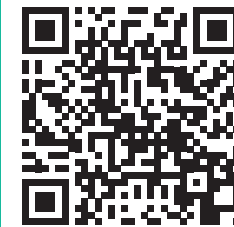
Cishe osemusha oyedwa kwabangu-5 eNingizimu Afrika une-asthma, kodwa i-asthma isalokhu ingaqashelwa futhi ayihlonzwa ngendlela efanele.

Oyedwa kwabasebasha abangu-3 onezimpawu ze-asthma uye wahlonzwa udokotela, futhi ngaphandle kokuba nezimpawu ezinkulu kakhulu ze-asthma, abangaphansi koyedwa kwabangu-10 basebenzisa amaphilisi afanele.



## Ingabe ucabanga ukuthi wena noma othandekayo wakho une-asthma?

Kungenzeka une-asthma umauxhwelela futhi/noma uswini, ucinana isifuba noma uphelelwa umoya, ikakhulukazi lapho unomkhuhlane, uzivocavoca noma uphefumula umoya ongcolile noma intuthu kagwayi ongabhenywa nguwe noma intuthu ye-vape, noma lapho imizwa yakho iphakeme kakhulu. Konke lokhu kungavusa izimpawu ze-asthma.



Ingabe bewazi ukuthi i-asthma ingalawuleka, futhi ungaba nokuphila okuvamile, nokukhiqizayo?

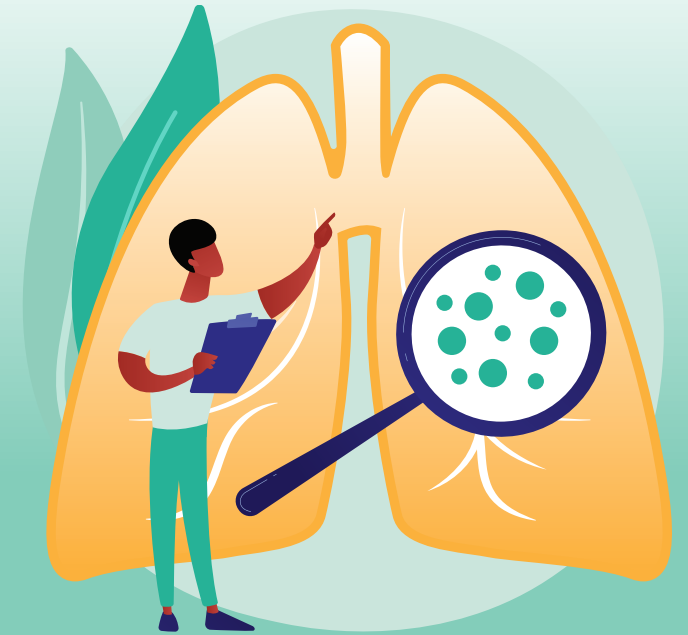
Ukuhlonzwa udokotela kuzokwenza ukuthi uthole imithi ezokwenza kube lula ukuphefumula. Imithi ye-asthma iphephile futhi ingasetshenziswa nangabantwana abancane. Ukuwuthi phafu ngosuku kuyamqhelisa udokotela!



Ukugwema ukugcolisa umoya kuyasiza ekuvimbeleni izimpawu ze-asthma! Ukugcoliswa komoya (umoya ongcolile) kwenza kube nzima ukuphefumula futhi kuthinta impilo yabantu, izilwane kanye nezitshalo. Umoya ongcolile uyimbangela enkulu ye-asthma. Izinto ezingcolisa umoya zihlanganisa isiminyamina sezimoto, izindawo okushiswa kuzo izinto, izimboni kanye nokupheka ngopharafini, amalahle, izinkuni noma ubulongwe.



# PHEFUMULA KALULA



**Funda mayelana ne-Asthma kubantu abasebasha eNingizimu Afrika**