

Lelipheshana likunika ulwazi mayelana nocansi lwesitho sangasese sangemuva kanye neHIV.

Luyini ucansi lwesitho sangasese sangemuva?

Ucansi lwesitho sangasese sangemuva kulapho owesilisa efaka isitho sakhe sangasese sangaphambili esithweni sangasese sangemuva sikaphathina wakhe. Lokhu akufani nangesikhathi isitho sangasese sangaphambili sowesilisa sifakwa esithweni sangasese sangaphambili sowesifazane “eqhamuka ngasemuva”.

Ubani owenza ucansi lwesitho sangasese sangemuva?

Nakuba abantu abaningi behlazeka ukukhuluma ngalo, izinhlobo eziningi zabantu ziyalwenzisa ucansi lwesitho sangasese sangemuva. Abesilisa nabesifazane bayalwenzisa ucansi lwesitho sangasese sangasemuva, kungakhathalekile ukuthi uthanda ubulili obunjani kwezocansi.



Yini abantu bangahle benze ucansi lwesitho sangasese sangemuva?

Ziningi izizathu ezenza abantu bazibandakanye ocansini lwesitho sangasese sangemuva, okunye kwakho kuhlangukisa: ukulangazelela ukwazi, ubumnandi, isizungu, ukusheshe uchithe, umuzwa obambayo, ukujabulisa uphathina, imali, ngesikhathi sokukhulelwa noma sokuba sesikhathini, njengendlela yokuvikela ukukhulelwa, ukugcina ubuntombi noma ubunsizwa bakho, ukwandisa umuzwa wokusondelana, kanye nezinye izizathu eziningi.

Ingabe iHIV ingadluliseka yini ngocansi lwesitho sangasese sangemuva?

Yebo. Empeleni, ucansi lwesitho sangasese sangemuva olungavikelekile lubeka abantu ebungozini obukhulu bokuthola iHIV kunanoma iyiphi enye indlela yokuziphatha ngokocansi. Ucansi lwesitho sangasese sangemuva

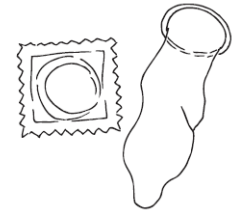
olungavikelekile lunobungozi kwabesifazane kunocansi lwesitho sangasese sangaphambili sowesifazane olungavikelekile uma kuziwa ekutholeni iHIV nezinye izifo ezidluliseka ngokocansi.

Kungani ucansi lwesitho sangasese sangemuva olungavikelekile lunobungozi kangaka?

IHIV ingadluliseka kalula ngocansi lwesitho sangasese sangemuva ngoba isicubu sesitho sangasese sangemuva sintekenteke kakhulu futhi asinazo izithambisi zemvelo. Isicubu sesitho sangasese sangemuva silimala kalula ngesikhathi kwenziwa ucansi lwesitho sangasese sangemuva olungenazo izithambisi, okwenza indlela elula yokungena kwegciwane leHIV.

Ngingazivikela kanjani kwiHIV ngesikhathi socansi lwesitho sangasese sangasemuva?

Indlela engcono yokuzivikela kwiHIV ngesikhathi wenza ucansi lwesitho sangasese sangemuva ukusebenzisa amakhondomu kanye nesithambisi esinesisekelo samanzi (njenge KY jelly). Uketshezi lokuthambisa olunesisekelo samafutha (njengo Vaseline noma iloshini yomzimba) luyawalimaza amakhondomu futhi akufanele kusetshenziswe.



Ezinye izindlela zokunciphisa ubungozi zibandakanya ukunciphisa isibalo sophathina bocansi futhi basebenzise ezinye izindlela zokuziphatha ngokocansi ezinobungozi obungaphansi kunocansi lwesitho sangasese sangemuva. **Akwaziwa noma ukusebenzisa iringi enedapivirine esithweni sangasese sangaphambili sowesifazane kunikeza ukuvikeleka ekutholeni ukutheleleka ngeHIV uma wenza ucansi lwesitho sangasese sangemuva. Iringi akumele ishuthekwe esithweni sangasese sangemuva.**

Kubaluleke ngani ukukhuluma ngocansi lwesitho sangasese sangemuva kuHOPE?

Abesifazane nabesilisa abaningi abanalwazi ukuthi ucansi lwesitho sangasese sangemuva olungavikelekile lubabeka engcupheni ephezulu kwiHIV kanye nezinye izifo ezidluliseka ngokocansi. Abasebenzi bocwaningo bacela ukubikelwa ngokuvulelekile ngezenzo zocansi lwesitho sangasese sangemuva ukuqinisekisa ukuthi ababambiqhaza banolwazi abaludingayo ukuzivikela.

Iringi ayakhelwanga ukuvikela ekuthelelekeni ngeHIV ngokwenza ucansi lwesitho sangasese sangemuva futhi akumele isetshenziswe esithweni sangasese sangemuva. Uma umbambiqhaza etheleleka ngeHIV ngesikhathi esocwaningweni, ukwazi ngezindlela zokuziphatha ngokocansi lwesitho sangasese sangemuva kuzosiza iqembu locwaningo ukuqonda ukuthi ngabe lokhu kutheleleka kwenzeka ngenxa yezindlela zocansi ezingavikelekile ngokusebenzisa iringi yesitho sangasese sangaphambili sowesifazane.

Abasebenzi bocwaningo bakhonela ukukusiza.

Abasebenzi bocwaningo bakhona ukukwazisa nokululeka ababambiqhaza bocwaningo, ophathina babo, kanye namanye amalunga omphakathi mayelana nocansi lwesitho sangasese sangemuva kanye nanoma imiphi imibuzo nokukhathazeka abangase babe nakho, futhi bazokwenza kanjalo ngendlela engenakho ukwahlulela.



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HOPE

HIV Open-label Prevention Extension
Out of ASPIRE, there is HOPE

Ulwazi mayelana nocansi lwesitho sangasese



Uma unemibuzo noma udinga ulwazi olwengeziwe, sicela uvakashele eklinikhi yocwaningo:

