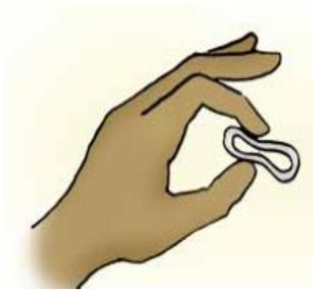
Nchifukwa chani ling'i (chibangiri) yovalira ili yofunikira kuti ikhaleko ngati njira yopewera HIV?
Kupeleka mwayi wosiyanasiyana wa mmene munthu angazitetezere ku HIV ndikofunikira chifukwa mayi aliyense akhoza kukhala ndi zofuna zosiyana. Maling'i (zibangiri) ovalira mnjira ya abambowa, atha kukhala ndi ubwino ochulukirapo:



- **Ogwira ntchito nthawi yaitali:** Maling'i (zibangiri) wovalirawa amaikidwa komanso kusiyidwa mnjira ya abambo kwa mwezi. Izi zikhoza kuthandiza amayi omwe amakhala ndi vuto lokumbukira kugwiritsa ntchito chipangizo tsiku lililonse kapena pa nthawi yogonana.
- **Kagwiritsidwe ntchito nkosavuta:** Amayi ambiri sawona vuto poika kapena kuchotsa ling'i (chibangiri).
- **Alibe zovuta:** Mu akafukufuku am'mbuyo amayi anapezana ndi zovuta zochepa kuchokera ku ling'i (chibangiri).
- **Chinsinsi:** Maling'i (zibangiri) wovalira mnjira ya abambo akhoza kuikidwa komanso kuchotsedwa mwachinsinsi. Amayi ena akhoza kukondwera ndi kukula kwa chinsinsi koteroku makamaka ngati asakufuna kuti anthu ena adziwe kuti iwowo akugwiritsa ntchito chipangizo chozitetezera ku HIV.

Kodi ling'i (chibangiri) yovalira mnjira ya abambo imagwira ntchito bwanji?
Pamene ling'i (chibangiri) ili mnjira ya abambo, mankhwala a Dapivirini amakhala akutulutsidwa pang'ono pang'ono. Dapivirine amagwira ntchito polepheletsa kachilombo ka HIV kuti kasaswane (kasachulukane), choncho mayi akakumana ndi HIV, ling'iyi ili chikhalire mmalo mwake, pali mpata waukulu woti kachilomboka kakhoza kufa kasanafalikire m'thupi lake. Akafukufuku awonetsa kuti ling'i yovalira mnjira ya abambo, ya Dapivirine, ili ndi kuthekera kochepetsa mpata wotengera kachilombo ka HIV kwa amayi. Ikagwiritsidwa ntchito nthawi zonse, kuphatikizapo nthawi zogonana komanso za msambo, mpata wotengera kachilombo ukumakhala wochepesetsa.

Kodi ling'i (chibangiri) ndiyovuta kulowetsa ndi kuchotsa?
Amayi ambiri sawona vuto poika kapena kuchotsa ling'i (chibangiri). Siimachita kufunikira zofewetsera zapadera polowetsa, koma madzi akhoza kugwiritsidwa ntchito ngati kuli kofunikira kutero. Ling'iyi ikalowetsedwa mmalo bwino bwino, amayi ambiri samaimva.

Kodi ling'iyi (chibangirichi) ikhoza kusungunuka kapena kusowa mkati mwa thupi?
Ayi. Ling'iyi (chibangilichi) siingasungunuke. Kwa nthawi yokwanira mwezi, mankhwala a Dapivirinewa amakhala akutuluka pang'ono pang'ono, koma ling'iyo siimasintha. Ling'iyi(chibangiri) siingasunthike
mpaka kufika kutali kapena kusowa mkati mwa thupi.

Kodi Ling'iyi (chibangirichi) idzagwa?
Ichi si chinthu chochitika pafupi pafupi, koma chitha kuchitika. Ngati amayi ali ndi nkhawa kuti mwina ling'i(chibangiri) yatuluka(yachoka mmalo mwake), akhoza kugwiritsa ntchito chala chawo pofuna kuwona ngati ili mchimake kapena pofuna kuyibweretsa mchimakemo. Ling'iyi (chibangirichi) ikagwa, ikhoza kutsukuluzidwa ndi madzi abwino, ndipo itha kuvalidwanso.

Kodi pali zovuta zokhuzana ndi kugwiritsa ntchito ling'i (chibangiri)?
Akafukufuku ammbuyo anawonetsa kuti ling'i(chibangiri) ya Dapivirine ikhoza kuvalidwa kwa mwezi kopanda mavuto. Siimasintha mlingo kapena maonekedwe a njira ya abambo, siiyambitsa matenda acancer ya khomo lachiberekero kapena kupangitsa zovuta zina zonse ku umoyo. Ling'iyi siikhuza mmene masambidwe a mzimayi amayendera.

Kodi ling'iyi (chibangirichi) izikamveka kwa amayi kapena abwenzi awo pa nthawi yogonana?

Amayi ena ndi abwenzi awo atha kumva kupezeka kwa ling'i (chibangiri) mnjira ya abambo pa nthawi yogonana, koma izi sizingawavulaze. Amayi akulimbikitsidwa kukambirana ndi abwenzi awo zokhuza magwiritsidwe ntchito a ling'i. Kuisiya ling'i chivalire mkati momwemo nthawi zonse, kuphatikizirapo panthawi yogonana, kumapeleka chitetezo chochuluka cholimbana ndi HIV.

Kodi nanga amayi akatenga mimba ali chivalire ling'iyi (chibangirichi), Kodi idzapweteka mwana wawo?
Pakadali pano ofufuza sakudziwa zovuta zimene Dapivirini angakhale nazo pa mwana amene mayi akuyembekezera pa nthawi imene iye akugwiritsa ntchito ling'iyi. Chifukwa cha chimenechi, amayi akupemphedwa kugwiritsa ntchito maleledwe pa nthawi yonse yomwe akugwiritsa ntchito ling'i, komanso kusiya kugwiritsa ntchito ling'iyi pamene akhala ndi pakati. Akafukufuku ofuna kuona

ngati palibe zoopsa zilizonse pogwiritsa ntchito ling'iyi pa nthawi ya pakati akukonzedwa.

Kodi pali zoti amayi apewe panthawi yomwe akugwiritsa ntchito lingi(chibangiri)?

Pambali pogwiritsa ntchito ling'i, ogwira ntchito mkafukufuku akulimbitsa mchitidwe waumoyo woyenera okhuzana ndi mmene njira ya abambo ingasamalilidilwe.

Amayi asamagwiritse ntchito zinthu ngati zothira, sopo kapena zipangizo zina pofuna kutsuka mkati mwa njira ya abambo. Amayi asamagwiritsenso ntchito zinthu ngati mankhwala achikuda kapena zida zina zovalira pofuna kuumitsa kapena kuthinitsa njira ya abamboyi. Mchitidwe umenewu ndi woopsa ndipo utha kulimbitsa mpata wopezeka ndi matenda a munjira ya abambo.

Pamene akugwiritsa ntchito lingi (chibangiri), zinthu izinso ndizosalimbikitsidwa kuti mayi agwiritse ntchito: ma dayafuramu, timakapu tovalira panthawi ya msambo, timakapu tovalira pakhomo la chibelekero; ndipo maling'i amaleledwe ovalira ndioletsedweratu. Amayi akhoza kugwiritsa ntchito ma tampuni, makondomu abambo kapena amayi, mankhwala ophera umuna, mankhwala ofewetsela mnjira ya abambo (lubulikanti), lupu, komanso mankhwala ena ovalira ndi zipangizo zina zomwe angalembeledwe ndi adokotala.

Ngati muli ndi mafunso kapena mukufuna uthenga wochulukirapo, chonde pitani ku kiliniki ya kafuku fuku:

ya Johns Hopkins Research Project, yomwe ili

mu Queen Elizabeth Central Hospital, ngati muli ku Blantyre.

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HOPE

Out of ASPIRE, there is HOPE

Mafunso amene amafunsidwafunsidwa okhuza ling'i (chibangiri) yovalira ya Dapivirine.

Andrew Loxely