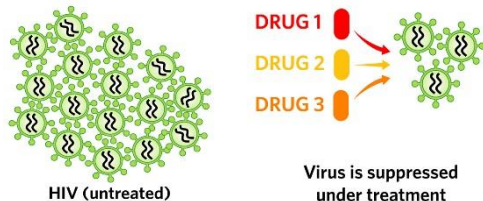


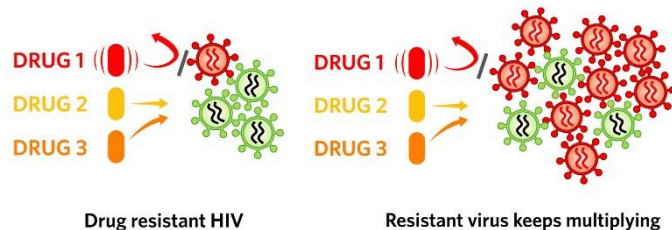
## Kodi kupima ndi chiyani?

Munthu akatengera kachirombo ka HIV, kachiromboka kamalowa mthupi mwake ndikuyamba kudzychulukitsa.

Mankhwala omwe amagwiritsidwa ntchito kuthandiza ku kachirombo ka HIV amatchedwa ma antiretrovirals (ARVs). Akamamwedwa bwinobwino ma ARVs amaletsa kachirombo kuti kadzychulukitse ndikuthandiza anthu omwe ali ndi kachirombo ka HIV kupeza bwino ndikukhala moyo otalikirapo. Kumwa ma ARVs bwino nthawi zambiri kumatanthauza kumwa mitundu itatu ya ma mankhwala a ma ARV, chifukwa zimatengera mankhwala opitirira amodzi a ma ARV kuletsa kachirombo ka HIV kuti kasadzychulukitse.



Komabe, maARVs ali ndizovuta zawo, ndipo nthawi zina samatha kuletsa tizirombo ta HIV kuti tisadzychulukitse. Izi zikachitika, kachirombo komwe kamatha kudzychulukitsa kokhaka kamatchedwa “kopima”.



## Ndi chifukwa chiyani kupima kwa ku ma ARV kuli vuto?

Pamene kupima kwachitika, munthu akuyenera kusiya kumwa ma ARV amene asiya kugwira ntchito ndikuyamba kumwa mtundu wina wa mankhwala a ma ARV. Chifukwa cha ichi, munthu yemwe ali ndi

kachirombo ka HIV kopima ali ndi kusankha kochepe pa mankhwala ama ARV omwe angamwe kumuthandiza kuti akhale bwino. kuonjezera apo, akhoza kupatsirako anzake kachilombo kopimaka.

## Ndi Chifukwa chiyani kupima kwa mankhwala a ma ARV kuli kodetsa nkhawa mu kafukufukuyu?

Chibangiri chovalira (ling'i) chili ndi mankhwala a ma ARV mkati mwake otchedwa Dapivirine. Dapivirine akugwiritsidwa ntchito ngati wotetezera ku kachilombo ka HIV, osati kuchilitsa amene ali kale ndi kachilomboka. Ngati mzimai watenga kachirombo ka HIV ndipo akupitiliza kugwiritsa ntchito chibangiri chovalirachi (ling'i), kachirombo komwe kali mthupi mwake kakhoza kupima ku Dapivirine ndi kumankhwala ofanana ndi ma ARV omwe amagwiritsidwa ntchito kuthandiza kachirombo ka HIV.

## Kodi kupima kwa mankhwala ama ARV kungapewedwe bwanji mukafukufuku wa HOPE?

### 1. Pewani kutenga kachirombo ka HIV: Kupima ku mankhwala a ma ARV sikungachitike mwa munthu yemwe alibe kachirombo ka HIV.

Pali zinthu zingapo zomwe mungachite kuti muchepetse chiopsezo chotengera kachilombo ka HIV:

- Gwiritsani ntchito Chibangiri chovalira( ling'i) cha Dapivirine bwinobwino mwandondomeko, nthawi zonse.
  - Gwiritsani ntchito makondomu bwinobwino ndi bwenzi ali yense nthawi zonse pogonana.
  - Gwiritsani ntchito mankhwala a ARV okumwa otetezera ku kachilombo ka HIV, (monga Truvada).
  - Chepetsani chiwerengero cha anthu ogonana nawo
  - Tsatani makhalidwe wochepetsa chiopsezo
  - Ngati muli ndi matenda opatsirana pogonana, landirani chithandizo.
  - Limbikitsani bwenzi lanu kuti likayezetse za HIV.
  - Ngati bwenzilo lili ndi kachilombo ka HIV, lilimbikitseni pa kamwedwe ka mankhwala a ma ARV, mwandondomeko.
- *Funsani phungu wanu za kabukhu ka "ndondomeko zokhuza mapewedwe a HIV" kuti mudziwe zambiri zokhuza njirazi.*

**2. KAYEZETSENI HIV PAFUPI PAFUPI:** Kuyesa kwa kachiroombo ka HIV kudzichitika pa ulendo uli onse wa kafukufuku. Bwerani ku kiliniki kuti muzayezetse HIV pamene mukuganizila kuti mwatengera kachilomboka pakati pa ma ulendo anu. Ngati kuyesa kusonyeza kuti mwatengera kachiroombo ka HIV, nkofunikira kusiya kugwiritsa ntchito chibangiri chovalirachi (ling'i) mwamsanga pofuna kupewa vuto la kupima. Ngati Maulendo akafukufuku adumphidwa, otenga mbali akhoza kutenga kachiroombo ka HIV, osadziwa izi, ndikupitiliza kugwiritsa ntchito chibangiri chovalira (ling'i). Izi zitha kupangitsa kupima kwa mankhwala ena a ma ARV.

**3. Musagawane zibangiri zovalira (maling'i):** Otenga mbali mukafukufuku amayezedwa za umoyo ndi kuyesedwa kachiroombo ka HIV pafupipafupi. Anthu omwe sali mukafukufuku samayezedwa za umoyo zimenezi. Anthu amenewa akhoza kukhala ndi kachiroombo ka HIV, ndi kusadziwa izi. Ngati anthu amenewa agwiritse ntchito chibangiri chovalira (ling'i), izi zitha kupangitsa kupima kwa mankhwala ena a ma ARV.

#### **Ogwira ntchito mu kafukufuku ali pano kuthandiza**

Ogwira ntchito mu kafukufuku ndi okonzeka nthawi zonse kudziwitsa ndikupereka uphungu kwa otenga mbali mu kafukufukuyu, abwenzi awo, ndi anthu okhala nawo mmadera, zokhudza kupima ndi mafunso kapena nkhawa zomwe angakhale nazo.

Ngati muli ndi mafunso kapena mukufuna uthenga wochulukirapo, chonde pitani ku kiliniki yakafukufuku:

**ya UNC Project, Tidziwe Centre, yomwe ili**

**ku Kamuzu Central Hospital, ngati muli ku Lilongwe.**

# HOPE

*Out of ASPIRE, there is HOPE*

## Mfundo zokhudza kupima kwa kachiroombo ka HIV.

