

# Vuk'uzenzele

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# HIV-positive woman fights negative stigma

## More Matshediso

**D**rawing on her experiences, an HIV-positive young woman is educating people about HIV. Her reassuring and positive message is that HIV can be treated and also prevented.

Mpho Mbheki (31) believes that South Africa can have an HIV-free generation if HIV-negative people avoid infection and if people living with HIV consistently take their medication and don't infect others.

When she was 19, Mbheki took an HIV test. She took another two tests and got the same result each time.

"I tested positive three times in that year. I was

shocked, scared and in denial. I just could not believe it was true. I had a lot of emotions. I thought my life was over because I was so young and had never thought I could be HIV-positive," she remembered.

"I think what scared me the most was that I grew up in Butterworth, in the Eastern Cape, where people used to think that everyone who is HIV-positive got infected because they were sleeping around. It took me almost two years to accept my status. It was only after going for another test in 2009 that I got to accept my status," she said.

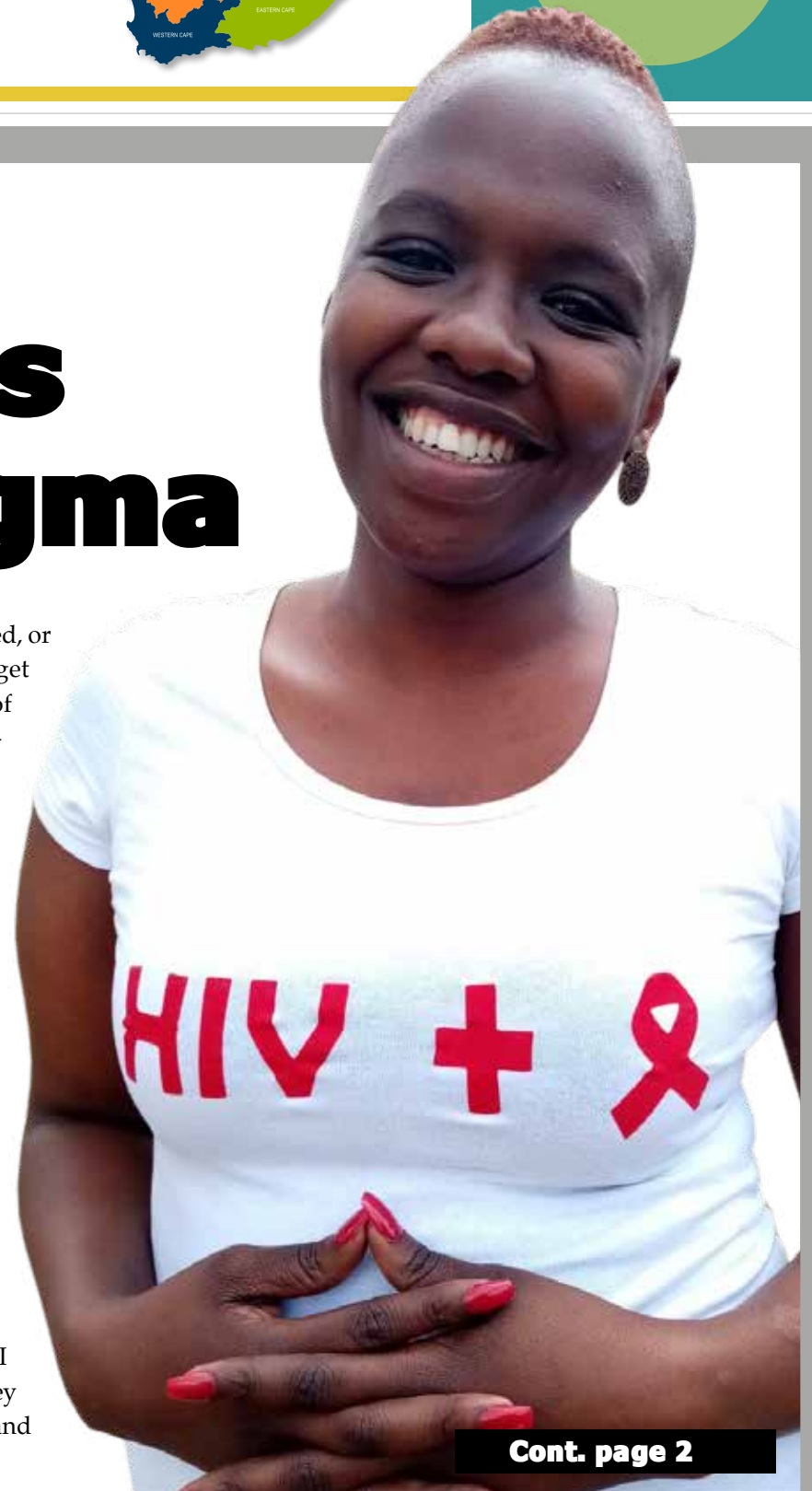
Mbheki said she worried about using her antiretroviral medication (ARV).

"I feared that my body

would be deformed, or that I will either get fat or lose a lot of weight. I remember collecting my medication for three consecutive months without drinking it because I was scared. I went for a number of counselling sessions at a local clinic and started drinking my medication," said Mbheki.

Eventually, she told her family.

"I told my parents first and then I told my sisters. They were all shocked and asked



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# Kuvikela i-HIV ngekusebentisa i-PrEP



Dale Hes

**B**antfu baseNingizimu Afrika labalinganiselwa kulaba-36 000 nyalo banematfuba langemaphesenti lange-96 ekungayitfoli i-HIV loko kungenga yeluhlelo lwe-Kwelashwa Ngembi Kwekwesuleleka (*Pre-Exposure Prophylaxis* (i-PrEP)) lolusandza kusatjalaliswa Litiko Letemphilo (i-DOH).

INingizimu Afrika live lekucala leliseNingizimu ye-Afrika leseSahara kuvumela lokusetjentiswa kwe-Kwelashwa Ngembi Kwekwesuleleka (i-PrEP).

I-PrEP yinhlanganisela yemakhambi lamabili e-HIV lekufanele uwanatse onkhe malanga kute uvikele kusuleleka ngeligciwane i-HIV.

## Iyini i-PrEP?

I-PrEP ingachazwa kancono ngekuhlalela kuchazwe ligama ngalinye;

**Pre** = ngembi

**Exposure** = kwekusuleleka nge-HIV

**Prophylaxis** = yimitsi yekuvikela emagciwane angakungeni

Bantfu labangenayo i-HIV kodvwa labasemacenjini lanengoti lenkhulu yekutsi angabasulela bangasebentisa i-PrEP kuvikela kusuleleka nge-HIV.

## Kungani kwangeniswa i-PrEP?

Inhlangano yeTemphilo Mhlabawonkhe (i-WHO) yavuma lokwelashwa kwaphambilini nga-2015. I-WHO yancoma kutsi bantfu labasengotini yekusu-

leleka ngeligciwane i-HIV kufanele basebentise i-PrEP onkhe malanga njengencenye yelisu lekuvikela i-HIV. Uma ngabe uyisebentisa kahle, lemitsi seyibe nemphumelelo lelinganiselwa kumaphesenti lange-99 ekwehliseni ingoti yekwesuleleka nge-HIV.

Hulumende wakubona lokubaluleka kwekungeta lendlela yekuvikela lecinisekisiwe kuleti letinye tinhlelo letinkhulu letikhona kute kuvikelwe lesifo.

INingizimu Afrika ihambibili ngemfwalo we-HIV ne-AIDS emhlabeni.

I-DOH yacala kusebentisa

bantfu labatitfoli basengotini yekusuleleka nge-HIV. I-DOH ikhombe emacembu lamanyentana ebantfu lababonakala njengalabasengotini kakhulu.

## Labatsengisa umtimba

Litiko lilinganise kutsi bantfu labangemaphesenti lange-20 kulaba labalinganiselwa ku-350 000 labasuleleka ngesifo se-HIV njalo ngemnyaka bachumene nemsebenzi wekutsengisa umtimba. Bantfu labasikati labatsengisa umtimba ngibo labasengotini kakhulu, labangemaphesenti lange-33 kubo basuleleka nge-HIV baseneminyaka lenge-24, kantsi labanyenti labalinganiselwa kumaphesenti lange-80 bona basuleleka baneminyaka lenge-25. Lelitiko litsi lokukhula kwalamazinga kucinisekisa simo lesiphutfumako sekutsi lamalunga alamacembu asebentise i-PrEP, ikakhulukati ngenca yetindzaba letiphatselene neBudlova Lobucondziswe kuBulili lobutsite nekudlwengulwa, nekuswelakala kwekuvikelwa ngekwenmtsetfo. Lokunye kusatjalaliswa kwekusetjentiswa kwe-PrEP sekucedziwe noma kusatawentiwa etindzaweni lapho tisebenti letitsengisa

lenge-24 nabo basengotini yekwesuleleka nge-HIV. Loku kuya ngetizatfu letihlukene kufaka ekhatsi kuya emacansini nemadvodza lamadzala lane-HIV, kusebentisa kancane emajazi emkhwenyane, emandla lanemkhawulo ekulawula kuya emacansini ngalokuphephile, nekuhlukunyetwa ngekwenmacansi kanye nebudlova lobucondziswe kubulili lobutsite.

## Emadvodza laya emacansini nalamanye emadvodza

Lelitiko liyakunaka kutsi emadvodza laya emacansini nalamanye emadvodza asengotini kakhulu ngoba kungenteka kutsi benta naletinye tento letiyingoti njengekutijova ngetidzakamiva nekutsengisa temacansi. Ngesikhatsi kusalingwa loluhlelo, kwavele kwatfolakala siciniseko lesikhombisa umtselela lomuhle lomkhulu wekuvikela kusuleleka nge-HIV.

## Balingani ngekwe-temacansi bebantfu labane-HIV

Labanye balingani batitfoli basesimeni lapho umlingani munye asuleleke nge-HIV kantsi lona lomunye ute. Etehlakalweni letinyenti, loku kuvamise kwenteka lolomunye umlingani angati nekwati kutsi lona lomunye unayo i-HIV. Kunika lona lusulelekile tidzambisi tesandvulela ngculazi (ema-ART) kungehlisa ingoti yekuyindlulisela kulona lote ngemaphesenti lange-96, ibe i-PrEP yona ingehlisa ingoti yekwesuleleka kwalomlingani longakasuleleki ngemaphesenti lange-75.

## Ingabe kukhona yini kungaphaseti kahle lokubangwa yi-PrEP

Labanye bantfu bangaba nekungaphatseki kahle uma bacala kunatsa

i-PrEP. Kungaphasteki kahle lokuvame k a k h u l u k u f a k a



i-PrEP kumitfolamphilo le-11 etifundzeni letisihlanu nga-2016. Lokucala kusetjentiswa kuchubeka ngalokusimeme, futsi kunebantfu labalinganiselwa kulaba-36 000 lesebavele banatsa lemitsi ye-PrEP.

## Ngubani lofanele anatsi i-PrEP?

Kwelashwa nge-PrEP kungulenywe indlela lengasetjentiswa

umtimba tisebentela khona.

## Emantfombatane nabomake labasebancane

Emantfombatane nabomake labasemkhatsini weminyaka le-15 na-

ekhatsi:

- Kuyakuleka
- Kubulawa yinhloko
- Kudzinwa
- Umsheko
- Kucobeka kwemtimba
- Emaphupho lamabi
- Kuhlanta
- Kucubuka
- Kungalali kahle
- Tingucuko
- kunkhabunkhabu yekufuna kudla

Kubantfu labanyenti, lokuphatseka kabi kubese kuyaphela ngemuva nje kwemaviki lambalwa.

## Ungayitfoli kuphi i-PrEP?

I-PrEP yamahhala kwanyalo iyatfolakala etindzaweni leti-108 kulo lonkhe lelive lakitsi.

**Kutfola lwatiso vakashela iwebhusayithi letsi, [www.myprep.co.za](http://www.myprep.co.za). Ungabuye ushayele lucingo lwaVelonkhe lweKusisita ngete-HIV ne-AIDS kulenombolo yamahhala: 0800 012 322**

\*Lolwatiso silwetfullelwa Litiko Letemphilo Lavelonkhe

## Ngabe uyati?

Litiko Letemphilo likwente kwacaca kutsi i-PrEP akukafaneli kutsi ivale ngci letinye tindlela letiyimphumelelo naletisimeme ekuvikeleni i-HIV. Lonkhe lucwaningo lwe-PrEP belumiselwe kutindlela letihlanganisiwe tekuvikela, kufaka ekhatsi kuhlola nekusetjentiswa kwemajazi emkhwenyane naletinye tindlela tekuvikela kukhulelwa. Konkhe loku kufanele kutsi kuchubeke kusetjentiswe kanye nalendlela yekulapha ye-PrEP.