

TEMPHILO

Kunikela ngesitfo semtimba kungasindzisa timphilo

Noluthando Mkhize

Mosa Mphore utsi sesifikile sikhatsi sekutsi bantfu baseNingizimu Afrika basuke kulomcondvo longasilo liciniso mayelana nekunikela ngetitfo temtimba.

"Bantfu batsi kunikela ngesitfo semtimba akukalungi. Loko kuphambene nenkholo kanye nemasiko. Bayakhohlwa kutsi nawuvuma kutsi titfo takho temtimba kunikelwe ngato usuke unika lomunye umuntfu litfuba lesibili lekuphila," kwasho yena njalo Mphore.

Mphore bekakhulumna ne-Vuk'uzenzele asemtini wakhe lapha eSoweto, eJozu. Ubufakazi lobuphilako bekutsi kubaluleke kangakanani kunikela ngetitfo takho ngobe loko kunganika labanye bantfu litfuba lesibili lekuphila.

KULWELA KUTSI UPHILE

Nga-2011 imphilo yaMphore yagucuka kakhulu ngesikhatsi ahlajwa kugula lapho atifola khona asesibhledla agula kakhulu.

"Ngisikhumbula kahle kamhlophe lesigameko sengatsi sentekе nje itolo loku. Kwaba sikhatsi lapho ngadideka khona ngesikhatsi nighlasewa kugula. Bengiphuma ngitive se-nghiphilile umzuzu nje munye ngiphindze futsi ngitive sekutsi angibuyise futsi ngiphelelwe namandla.

"Bengihlala njalo nginekushwabana kwesisu futsi bengihlanta sonkhe sikhatsi, kungahlali lutfo esiswini. Loku kwangetfusa kakhulu njengemuntfu lomusha labephila imphilo lekahle futsi ngitimbandzakanya emidlalweni lemnyenti, njengekugijima kanye nekudlala libhola lethensi."

Wahamba waya kudokotela wakhe lowafike watfola kutsi unehayihayi kulemnyaka yakhe wasola kutsi kungenteka kutsi uhlaselwa kugula kwetinso.

Bodokotela batsatsa isamphuli yemchamo leyakhombisa kutsi umchamo wakhe unemaphrotheyini lamanengi. Tinsu tami betingasawasefi emaphrotheyini kanye nalokunye kungcola. Loko kwafike kwacinisekiswa



Mosa Mphore utfole litfuba lesibili emphilweni sibonga inso lanikelewe yona. Nyalo sewu-citsa emalanga akhe ngekufundzisa ummango mayelana nekunikela ngesitfo semtimba.

esibhledla iChris Hani Baragwanath kutsi sengesigabeni sekugcina sekuhluleka kusebenta kwetinso tami."

"Bodokotela bangichazela kutsi lesimo sami sibangelwa yihayihayi lokusifo lesikhona e-mlandwveni wemndeni wami lobewuphetwe ngiso lesifo lesitsatsa sikhatsi lesidze kwelapheka."

Mphore watsi bodokotela bamjela kutsi unenhanhla nanyalo kutsi usaphila.

"Ngahlala esibhledla ttinyang letintsatfu futsi ngafakwa ngekushesa emshinini wekuhlna tinsu, ngelashwa nge-haemodialysis."

Kulomshini wekuhlna tinsu, lomshini usefa kungcola, sawoti engatini nangabe tinsu tingasawenti ngalokwanele lomsebenti wato.

I-haemodialysis yindlela leyetayelekile yekulapha tinsu lesitisesigabeni sekugcina sekungasabenti kwato.

Ngekusho kweLitiko Letemphilo i-haemodialysis yentiwa etibhledla tahulumende letehlkene kulo lonkhe lelive,

Sibhledla saseKimberley (eNyakatfo Kapa), sibhledla saseKlerksdorp, sibhledla iJob Shimankana Tabane kanye nesibhledla Sesifundza saseMafikeng (eNyakatfo Nshonalanga), Isi-bhledla i-Universitas (eFreyistata), Sibhledla iLivingstone kanye neFrere eMphumalanga Kapa, esibhledla iTygerburg sibhledla sebantfwana iRed Cross War Memorial kanye neGroote Schuur (eNshonalanga Kapa). KwaZulu-Natali sibhledla Inkosi Albert Luthuli sentisa kuhalntwa kwetinso nge-mshini, i-haemodialysis bese kutsi eGauteng ye-ntelwe etibhledla iCharlotte Maxeke, iGeorge Mukhari kanye naseSteve Biko Academic.

EMpumalanga, kuhalntwa kwetinso nge-mshini kwentelwa eRob Ferreira kanye naseSibhledla saseWitbank. Mphore utsite imphilo yakhe bese ingasafani ngobe bekugula njalo angena aphuma esibhledla.

"Loko kwachubeka ngadzimate ngacala

kwelashwa nge-haemodialysis ekhaya nako loko akuzange kube yintfo lekahle ngobe kwakudzingeka kutsi ngichunyekwe kumshini njalo emva kwema-awa lamane."

"Ngabekwa eluhlwini lwalabo labalindzele kunikelelwa ngenso. Ngayiva imphilo yami ingishiya kancane nebangani bami bakhwesha kimi. Noko umndeni wami bewungisekela kanye nebangani labambalwa labasedvute kanye nentfombi yami."

Mphore utsi nga-2013 wafakelwa inso.

"Kwangitsatsa tnyanga letintsatfu kvelulama emva kwalokuhlindwva. Ngencia yaloko lesengendlule kuko, ngincume kutsi nginginikele imphilo ekucapheliseni bantfu mayelana nekunikelwa kwetitfo temtimba ngekutsi ngebatekele indzaba yami kanye nekubafundzisa mayelana netifo letitsatsa sikhatsi lesidze kwelapheka."

INHLANGANO I-OPEN-EYE

Ngesikhatsi asesibhledla, Mphore wenta sifungo sekusindzisa lokungenani lomunye umuntfu kulenhlpheko futsi afundzise ummango mayelana netifo tetinso."

"Ngasungula Inhlango i-Open-Eye, inhlango yetemphilo kanye neyekucaphelisa ummango lengasebenteli inzuo lefundzisa ummango mayelana netifo tekugula lokuyingoti lokutsatsa sikhatsi lesincane kwelapheka naloko lokutsatsa sikhatsi lesidze kwelapheka kanye netinzuo tekusindzisa imphilo tekunkela ngesitfo semtimba."

Uneta ngekutsi imphilo kuye ibe ngumshikashika kepha uyabonga kutsi unikwe litfuba lesibili, lokumente kutsi anikele imphilo yakhe ekwatiseni labanye.

Kute utfole Iwatiso lolubanti mayelana nekunikela kwesitfo semtimba, vakashela ku: www.odf.org.za
nome ushayele lucingo kulenombolo yamahhala lets: 0800 22 66 11.

Yini lodzinga kutsi ukwati mayelana nekunikela ngesitfo semtimba

ORGAN DONOR FOUNDATION



Noluthando Mkhize

Bantu labanyenti abati kutsi ngekunikela ngesitfo sakho semtimba nasewufi bangasindzisa bantfu labanyenti.

Kunetinkhulgwane tebantu labindzele kutsi banikelelwe ngesitfo semtimba kute baphile nome kute baphile imphilo leyetayelekile.

Tinhlangano letifana ne-Organ Donation Foundation tinika imimango lusito kanye ne-Iwati mayelana nekunikela ngesitfo semtimba kanye nesidzingo lesiphutfumako kutsi bantfu babhalise kunikela ngetitfo temtimba yabo.

Emlynn Roynie we-Organ Donor Foundation utsite kwanyalo bangetulu kwe-4 300 bantfu labazzala nebantfwana labalindzele kunikelelwe ngesitfo semtimba nangenhlavu yeliso eNingizimu Afrika.

"Lokubuhlungu kutsi bangephasi kwe-600 yalabo bantfu labatawutfolu kufakelwa sitfo semtimba kanye nelitfuba lesibili lemphilo ngenca yalesimo sekusweleka lesibi ngalendla. Sicela wonkhe umuntfu kutsi abhalise kute sitfole sisombululo salenkinga lebuhlungu," kwasho yena njalo Roynie.

Nome ngabe ngumuphi umuntfu lonemphilo lenhle futsi longakaphatfwa kugula lokutsatsa

sikhatsi lesidze kwelapheka lokungenteka kutsi kubemtselela kulowo lotawutfolu lessitfo semtimba, angatsatseka njengemuntfu longanikela ngesitfo sakhe semtimba.

Titfo letifana nemhlityo, sibindzi kanye nemalulu tingasindzisa timphilo tebantu labatsatfu, bese kutsi tinsu nemaphaphu aengasindzisa timphilo talabanye bantfu labane.

Kute tindleko tekunkela ngesitfo semtimba futsi emalunga emndeni akakhokhi lutfo macondzana netindleko tetemphilo letiphatselene nekunikelwa kwesitfo semtimba.

Ngingenta njani kute ngekufundzisa ngesitfo semtimba/ngetinyama tami?

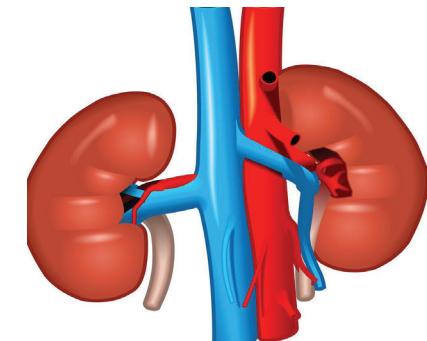
Nangabe ufuna kunikela ngesitfo sakho semtimba shayela lucingo baka-Organ Donor Foundation kulenombolo yelucingo Iwamahhala: 0800 22 66 11, nome ubhalise kuthanethi ku: www.odf.org.za
Ngaso sonkhe sikhatsi phatsa Likhadi Lekunikela Ngesitfo Semtimba esipatjini sakho uphindze unamatisele i-Donor Sticker kumatisi wakho kanye nasetincwadzini takho tekushayela. Kubalulekile kutsi umndeni wakho usati lesifiso sakho ngobe NGAPHANDLE kwemvume yayo titfo temtimba/tinyama takho ngeke kunikelwe ngato.

Nakekela tinsu takho

Sifo setinso lesitsatsa sikhatsi lesidze kwelapheka singumbulali lobindzile lesichubeka njalo ngekutsatsa tinkhulungwane tebantu mhlaba wonkhe.

Linani lebantu lelidzinga kwelashelwa sifo setinso liyachubeka ngekwenyuka kantsi loko kwengeta umtfwalo kuhlelo lwetemphilo loluvele lwetfwele kamatima ngalokwengcile.

Nawufuna kujabulela imphilo kanye nekugwema tifo tetinso kufanele kutsi utinakekele kahle tinsu takho.



Nawufuna Iwatiso lolwengetiwe mayelana nekuelashwa nge-Haemodialysis shayela:

**ENyakatfo Kapa
Esibhledla Sesifundza eKimberley 053 802 9111**

**ENyakatfo Nshonalanga
Esibhledla saseKlerksdorp 018 406 4600
Esibhledla iJob Shimankana Tabane 014 590 5100
Esibhledla Sesifundza eMafikeng 018 383 2005**

**EFreyistata
Esibhledla iUniversitas 051 506 3500**

**EMphumalanga Kapa
Esibhledla iFrere 043 709 1111
Esibhledla iLivingstone 041 405 9111**

**ENshonalanga Kapa
Esibhledla iTygerburg - 021 938 4785/6
nome 021 938 6595/6
Esibhledla Sebantfwana iRed Cross War Memorial - 021 658 5111
Esibhledla iGroote Schuur 021 404 9111**

**KwaZulu-Natal
Esibhledla Inkosi Albert Luthuli 031 240 1911**

**EGauteng
Esibhledla iCharlotte Maxeke 011 488 4911
Esibhledla iGeorge Mukhari 012 529 3111
Esibhledla iSteve Biko Academic 012 354 1702**

**EMpumalanga
Esibhledla iRob Ferreira - 013 741 6100
Esibhledla eWitbank - 013 653 2000**

**Limpopo
Esibhledla Sesifundza ePolokwane 015 287 5000**