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Malungana ne-World Kidney Day

Imboyozelwa minyaka le kroqo ngoLwesine wesibini kwinyanga yoKwindla, i-World Kidney Day luphulo olwenzelwe unyusa imboniselo ngesifo sezintso esithi sichaphazele i-10% yabantu abadala kwihlabathi lonke. Injongo yeliphulo kukuphuhlisa ulwazi kuluntu luphela ngokubaluleka kwezintso kwimplio zethu ukuze kwehliswe izinga kunye nomthelela wesifo sezintso nezinye ingxaki zempilo ezinxulumene nesisifo kwihlabathi jikelele.

I-World Kidney Day yaqalwa nonyaka ka 2006 yaye ngoku yeyona ithe yanenzame eziphumelelayo ekwaziseni abantu ngomthelela wesifo sezintso. Nyaka nonyaka abalandeli bathi baqulunqe indlela ezintsha zokuhlanganisa uluntu nokunceda oluphulo lubaluleke kangaka. Oko yaqala i-World Kidney Day ikhule ngoku mangalisayo kanga ngokuba ide ibengowona mcimbi ubhiyozelwa kwihlabathi liphela. Minyaka le eliphulo liqwalasela umxholo othile.

Umxholo walona unyaka:

* 2015 – Kidney Health for All

Imixholo edlulileyo iquka:

* 2014 – Chronic Kidney Disease (CKD) and aging
* 2013 – Kidneys for Life – Stop Kidney Attack!
* 2012 – Donate – Kidneys for Life – Receive
* 2011 – Protect Your Kidneys: Save Your Heart
* 2010 - Protect Your Kidneys: Control Diabetes
* 2009 – Protect Your Kidneys: Keep Your Pressure Down
* 2008 – Your Amazing Kidneys!
* 2007 – CKD: Common, harmful and treatable
* 2006 - Are your kidneys ok?

Iinjongo ye-WORLD KIDNEY DAY

* Ukwazisa “ukubaluleka kwezintso” zethu nokuqwalasela iswekile nonxinzelelo lwegazi kuba zinxulumene nesisifo sezintso.
* Ukhuthaza ukuhlolwa kwezigulana ezine swekile kanye nonxinzelelo gazi kuba kujongwa ubume bezintso zabo
* Ukuzama ukuzikhusela
* Fundisa bonke ochwepheshe bezempilo ngendima yabo ekuvavanyeni nase kwehliseni izinga le-CKD , ikakhulu kumazwe asemngciphekisweni.
* Zigcizelela indima ebalulekile iziphathimandla zezempilo zendawo nezikazwe lonke ekulawuleni ubhubhane we-CKD. Iziphathimandla zezempilo emhlabeni kuyondingeka ukuba babhekane nezindleko eziphakeme futhi ukuphambana

senzo esithathwayo ukwelapha inani elandayo labantu nge CKD . Nge- World Kidney Day

 oorhulumente bayakhuthazwa ukuba bathathe inyathelo lokufaka imali ekubeni

 kwenziwe uhlolo lwezintso simahla..

* Kuzofuneka kukhuthazwe ukufakelwa kwezintso ezintsha ngexesha elilungileyo xa izintso zakho zingasasebenzi yaye kusetyenziswe ukucelwa kwezintso njenga nto inceda ukusindisa impiloz abantu.

Xa ifunyenwe isaqala, i-Chronic Kidney Desease inganyangeka ngokuthi ihlise ingxaki nokukhula kokufa nokukhubazeka ngexa yesisifo sezintso kwihlabathi lonke.

WORLD KIDNEY DAY 2015 – isikhumbuzo se-10TH

Unyaka ka 2015, ngunyaka weshumi (10) ibhoyozelwa i-World Kidney Day. Umxholo ka 2015 uthi “Kidney Health for All” lomxholo ukhumbuza uluntu ukuba asilingani sonke emhlabeni ngoku bhekisene ekufumaneni esisifo sezintso nonyango lwaso.

Kwezinye indawo kumazwe anengeniso ephakamileyo nephantsi abantu base bungozini obukhulu ekubeni bafumane esisifo sezintso kunabanye abantu, kuba besinziwa yindawo abahlala kuzo okanye bubuhlanga babo. Abantu base Afrika, amaNdiya aseMelika, Hispanic, Asian ngabona bantu baziwa ngokufumana isifo seswekile nesoxinzelelo gazi ibe ezizifo zombini zinegalelo elikhulu kwisifo sezintso (CKD). Ababantu basebungozini obukhulu bokufumana isifo sezintso. Umzekelo e-US, ama-Afrika angama Meliki ngabona bantu basemngciphekisweni ekubeni izintso zabo zinga sebenzi. Xa kuthelekiswa abeBALA, kuma-Afrika angamaMelika kufumaniseke ukuba ama-Afrika angamaMelika ngawona asemngciphekisweni omkhulu wokufumana isifo soxinzelelo gazi besebetsha, into yokuqalwa sesisifo usemtsha ingenza ingxaki ezininzi empilweni yakho ezifana nesifo sezintso, isifo sentliziyo, kanye nesifo samathambo.

Ukongeza kukhona ingxakana ezimbalwa ezenza nzima ukulwa esisifo sezintso kwezinye indawo, ziquka: ubumdaka bamanzi, ukunqaba kwamanzi emzimbeni, ukutya okungeko sempilweni neziselo, ukungavani ngolwimi, imfundo nokukwazi ukufunda nokubala, imali encinci, intswela ngqesho, ukuqongophala kokhuseleko lwezempilo olusemgangathweni, namasiko abantu abakholelwa kuwo – ikubiza nje ezimbalwa.

Uphulo lwe-World Kidney Day lunenjongo yokwenyusa ukwaziwa kwalengxaki, ibe iqhubeka ngoku khuthaza abantu ukuba bahlale besempilweni. Ukuthatha amanyathelo okuhlala use mpilweni inceda ukwehlisa amathuba okuba uzifumane unesifo sezintso nokuba izintso zakho ziyeke ukusebenza.

**Indibaniselwano Esebenzayo- Sela Ikomityi Yamanzi Unekeze Nenye Komnye Umntu**

Njengoba ' ngokulondoloza engayitholi onempilo uketshezi " isibhozo (8) imithetho yokuchuma lokuvikela , uphulo lwe-World Kidney Day ngo -2014 lwazisa imbono yo “Sela ikomityi yamanzi ngenxa yezintso zakho" . Lokhu bakwenza esingokomfanekiso ukukhumbula ukuthi nezintso kukhona izitho ezibalulekile futhi kufanele zinakekelwe . kulo nyaka , ngo- March 12 , 2015 , abantu bayamenywa ukuba ' ukuphuza ikomityi yamanzi futhi anikezele komnye" .

Indlela yokuthatha inxaxheba? Sela ikomityi yamanzi , thatha isithombe bese usabe ne-World Kidney Day nomyalezo othi:**Today I celebrate #worldkidneyday. I drink and give a #glassofwater because #isupportworld kidney day.**

Imisibenzi yeWorld Kidney Day

I-World Kidney Day ibhiyozelwa kwihlabathi lonke, ithi idibanise izigidi zabantu kumazwe angapha kwe -150 yaye ibadibanisa ukuze baphuhlise ulazwi lwabo ngokubaluleka kwezintso zethu. Eleke nyaka kwihlabathi lonke kuye kwenziwe imicimbi ebhiyozela elisuku, ibe iququzelelwa ngamaqela afana ne- ISN kunye ne- IFKF, nabanye abantu abafuna ukwenza umahluko abafana noogqirha abasemagunyeni.

Imizekelo yemicimbi enokuthi yenziwe nge World Kidney Day

* Uhlolo lwasimahla lwesifo sezintso
* Ukuhamba, ubaleka nokukhwela ibhiyisekile
* Imfundiso, ingqungquthela nokuthetha esidlangalaleni
* Imicimbi yokunyusa imali
* Imihlangano nabepolitiki

Eleke nyaka kuqokelelwa yonke imicimbi ibiququzelwe kwihlabathi liphela. <http://www.worldkidneyday.org/get-involved/galleries/photostream-2014/>

AMAQINISO NEZIBALO ZE-WORLD KIDNEY DAY

I-World Kidney Day ikhule ngamandla oko iqalile ngonyaka ka 2006. Minyaka le abantu abaninzi kwihlabathi jikelele bathi bathathe inxaxheba ekubeni babhiyozele olusuku, sebe ququzelele imicimbi eminizi yaye bakwazile ukufikelela kumazwe amakhulu befundisa ogxa babo ngokukhathalela izintso zabo.

Kwiminyaka nje embalwa edlulileyo, sekuququzelelwe imicimbi engama 212 ukubhiyozela i- World Kidney Day ngonyaka ka 2010. Oko yaqala amanani alemicimbi iququzelwayo kwihlabathi lonke ayakhula, sekufikelelwe kwimicimbi engapha kwama 560 kunyaka ka 2014.amazwe amathsa aye angenelela nawo kweli phulo oko laqala. Ngo 2007, amazwe ali 66aye athatha inxaxheba kwi- WORLD KIDNEY DAY. Ngo 2013, ngamazwe ali 157 aphamisa amazwi izimvozawo ngokuchasene nesifo sezintso.

Qho ngonyaka kubhalwa iphepha eliqulathe ingcombolo ngolusuku lwe-WORLD KIDNEY DAY libe elophepha libhalwe ngoogqirha bezintso abaziwayo kwihlabathi lonke. Ngo 2009 iphepha le- WORLD KIDNEY DAY liye lakhutshwa kwincwadi ezili 33, ngonyaka 2012 liye lawaphinda- phinda lamanani, yaye isaqhubeka inyusa umdla kwimizi yopapasho efana nomzi ekuthiwa yi- The Lancet.

I-WORLD KIDNEY DAY ikhule ngoku mangalisayo seyide yafumana abalandeli abangama 22,240 kuFacebook, kanti ke ku-twitter inabalandeli abangama 4200 ngonyaka ka 2014.

Ingcombolo ebalulekileyo

* Ngo 2014 sekuququzelelwe imicibi engapha kwama 560
* Ngo nyaka u-2013 amazwe ali 157 aye aphakamisa iziimvo zawo ngokuchasene nesifo sezintso.
* KuFacebook ngo2014 iye yanabalandeli abanga 22.250
* I –WORLD KIDNEY DAY ifumene inxaso kumasebe ezempilo kumazwe angapha kwama 30
* Iphepha le WORLD KIDNEY DAY laye lapapasshwa kwincwadi ezingama 45 ngo 2014

Abaqali be WORLD KIDNEY DAY

I-WORLD KIDNEY DAY idityaniswe yi-internationa society of nephrology (isn) kunye ne- international federation of kidney foundation.

I-International society of nephrology

i-Isn liqela elingena nangeniso ngasemalini elenzelwe ukuphuhlisa kokuhlolwa, ukunyangwa, kanye nokuzikhulisa kwesesifo sezintso kwihalbathi jikelele. Kumazwe alikhulu elinamashumi amabini anesithandathu (126) kunamalungu angapha kwamawaka alithoba (9000), i- isn inikezela ngeqonga lokuba kwabelwane ngolwazi phakathi kwengcali zempilo kwihalbathi liphela. Lo mbutho ubhiyozela iminyaka engamashumi amahlanu (50) wasekwa ngo-2010. Xa ufuna ingcaciso ethe vetshe: [www.theisn.org](http://www.theisn.org)

I-international federation of kidney foundations

I-IFKF, ngumbutho ungenanzuzo owasekwa ngonyaka ka-1999, ngoku seyinamalungu angamashumi amathandathu anesithathu (63) ezisekelo zezintso namaqela ezigulana kumazwe angamashumi amane anyanye (41). I-IFKF ikhuthaza ihlabathi lonke ukuba baphile ngcono, intlalo kahle kunye nezinga lobomi bomntu ophila nesifo sezintso; ukwesebenziswa kwamanqanaba aphezulu kunyango, ukuncedisa ukuba kuvulwe izisekelo zezintso kumazwe ezingekabi nawo; faka inkqubo zokufundisa amalungu; yaye konyuswe nophando ngesifo sezintso. Xa ufuna ingcaciso ethe vetshe: [www.ifkf.org](http://www.ifkf.org)

ABALAWULI WORLD KIDNEY DAY

Iqela elilawula i-world kidney day 2015 liqambe oogqirha kanye nengcali zezintso abahlala futhi basebenze e-Afrika , Asia , Europe , South America and North America .

Amalungu eqela elilawulayo:

* Philip Kam Tao Li, Co-chairman for ISN, Hong Kong
* Guillermo Garcia, Co-chairman for IFKF, Mexico
* William G. Couser, ISN, USA
* Timur Erk, IFKF, Turkey
* Elena Zakharova, ISN, Russia
* Luca Segantini, ISN, Belgium
* Miguel C. Riella, IFKF, Brazil
* Charlotte Osafo, ISN, Ghana

Amanqaku ngezintso

Izintso ngelona lungu lisebenza nzima emzimbeni wethu ukusigcina sise mpilweni. Owona msebenzi wezintso kukususa ubumdaka namanzi agqithisileyo egazini. Izintso zikwanceda ukulawula unxinzelelo gazi, zenze namajoni omzimba yaye zikwa gcina amathambo akho esempilweni. Inye ilingana nenqindi lakho,izintso zihleli ezantsi esiswini sakho, ngaphantsi kwamathambo embhambo.izintso zakho zilawula ukuhamba kwegazi nezinga lezakha mzimba namangqamuzana afane sodiyam ne potesiyam, kanye incedsa ukulawula kwe acidi esegazini. Mihla yonke izintso zakho zilawula ityiwa namanzi emzimbeni wakho ukuze uxinzelelo legazi lako luhlale endaweni enye.

Izintso zakho

* Zenza umchamo
* Zicoca ubumdaka namanzi agqithisileyo egazini lakho
* Zilawula ikhemikhali ezise mzimbeni wakho
* Zikwanceda ukulawula uxinzelelo gazi
* Zigcina amathambo akho esempilweni
* Zinceda ukwenza amajoni omzimba abomvu

Chronic kidney disease (CKD) ulahlekelwa okuqhubekayo kokusebenza kwezintso exesheni eli izinyanga okanye iminyaka. Phakathi kwe-8 ne -10% abantu abadala baye bamashakalelwe zizintso zabo, kwaye ngonyaka njalo izigidi zabantu ziyafa ngengxaki ezinxulemene ne- Chronic Kidney Diseases (CKD).

Phakathi ko 1990 no-2012, kuye kwacapazeleka abantu abangamashumi asibhozo anesibini (82%)

Sesisifo sezintso. Isifo sezintso singaqla nokuba unangaphi nay aye imeko ezininzi zinga kwenza usifumane. Kumanye amazwe, isifo sezintso ngunombangela wokufa. E-Mexico,CKD yaye yabekwa kwizinga lesithathu (3rd) ngonyaka ka-2010 nje ngelizwe elibhujelwe kakhulu ngabantu ngenxa yesisifo. Isifo sezintso siqhelekile , sinibungozi yaye siyanyangeka. Kukho abantu aba 600 million abathi baphulukane nokufumana unyango olululo ngenxa yonqongophala kwalo okanye ukuba ukungabikho kwalo. Amazwe 112 emhlabeni abanalo uncedo lwe dialysis kanye ukufakelwa kwentso entsha.

Isifo sezintso singubulali othule, sithi sichaphazeleubomi bakho ngendlela enkulu. Zininzi indlela zokunciphisa ukufumana isifo sezintso.

Imithetho esi-8

1. Zigcine uqinile yaye uzilolonga
2. Gcina ulawulo lwezinga lweswekile egazini lakho
3. Gada uxinzelelo gazi lwakho\
4. Itya ukutya ukuya eggazini ujonge uzomzimba wakho
5. Hlala usela idrink ezinempilo
6. Sukutshaya
7. Musa ukusebenzisa amayeza athengiweyo maxesha amaninzi
8. Hlala ujonga ukusebenza kwezintso zakho xa unenye okanye unezinye zengxaki ezezanza izintso
* Isifo seswekile
* Uxiinzelelo lwegazi
* Ukutyeba kakhulu
* Ukuba kukhona umntu owakhe wanaso esisifo ngaphampili kusapho lwakho
* Ukuba ungum-Afrika, Asian okanye Aboriginal ngobuhlanga

Uxwebu lwe-World Kidney day

**Uxwebhu lophulo**:http://www.worldkidneyday.org/resources/2015-campaign-materials/

**Ingqokelela yemicimbi:** http://www.worldkidneyday.org/get-involved/galleries/photostream-2014/

**Inethiweki isixhomana ngazo**

Facebook page https://www.facebook.com/worldkidneydayofficial

Twitter https://twitter.com/worldkidneyday

Youtube https://www.youtube.com/user/TheWorldKidneyDay?feature=watch

Google+ https://plus.google.com/117842957806163318518/posts

Xa ufuna ingcaciso ethe vetshe ngophulo lwe-World Kidney Day: http://www.worldkidneyday.org/

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