

Madyelo ya kahle ya rihanyu ra mbilu



Heart Failure Society
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Winter 2022

(Xitsonga)

Mpfuxeto wuntshwa wa madyelo

Tinhlangano na vakulukumba vo langutela swa mavabyi ya mbilu iva nwani va kotaku kuta nati ndlela tinwani kumbe swintshunxo eka mavabyi ya mbilu naku hungusa mafi eswibendlhele. Leswi swi fanele ku va ndlela ya muvabyi kungari yak u pfumela ntsena ka mani na mani, swi nga langutisi ntsena ka ku tsandzeka ka mbilu, kambe kuri na ku langitisisa nale ka lawa ya nwani mavabyi yaku fana na chukela, vuvabyi bya mbilu naku antswisa vumunhu kumbe rihanyo ra munhu naku kota ku lawula mavabyi wena uri nwini.

Muvabyi kuva a dyondzisiwa hi kuti hlayisa swi antswisa swo hlaya na kona swifanerile kuva a dyondzisiwa hi vanhu lava nga thwasela swona minkarhi hinkwayo. Maendlelo ya kahle yaku dyondzisa kumbe manghenelo ya kahle yaku dyondzisa ya fanerile kuva ya tisa ku antswa kumbe ku ndlandlamuxa vutivi eka mavubyi. Leswi hinkwaswo, mudyondzisi u fanele ku tekela nhlokweni dyondza leyi ayi tisaka ka vanhu na vutivi bya vona kuri byi entile ku fika kwini. Munhu loyi u fanele ku langutisa na leswaku vanhu lava, va vulavula ririm i rihi, na kona vadyondzekile ku fika kwini loko a tisa dyondzo ya yena. Phepha hungu ra madyelo lamanene ri vile na xiave eka nhlangano wa madyelo lawanene ya vuvabyi mbilu hiku tisa hungu eka vanhu lava nga na vuvabyi bya mbilu hi mayelana na kuti hlayisa.

Kunguhato lowu wa haku humesiwaku hiva ESC hi lembe ra 2021 u pfumelelana ngopfu na madyelo lawa ya nene tani hi xinwani xa nkoka eka vavabyi kuva va dyondzisiwa naku langutisa eka tinhloko mhaka tinwani¹;

Dyondzo	Xikongomelo nkulu xa muvabyi na mudyondzisi wa swarihanyo	Swilo swo dyondzisa hi swona na mahanyelo lawanene
Madyelo lawanene	Muvabyi u fanele ku tiva madyelo lawanene naku sivela nkhwaxu kumbe ku hlayisa mirhi wa yena eka xiyimo xa kahle. Muvabyi u fanele ku hungusa ku dya munyu wo hlaya (>5g /hi siku)	Mutivi wa swari hanyo u fanele ku burisana na muvabyi hi mayelana na swakudya leswi dyiwaka na leswi munyu u tekaka xi ave hi ndlela ya kona, naku tshama eka ntiko wa kahle na swinwani leswi nga faneleka kuva muvabyi aswi teka loko swi fanerila hikuya hiku mirhi wona hi woxe u xota yini.

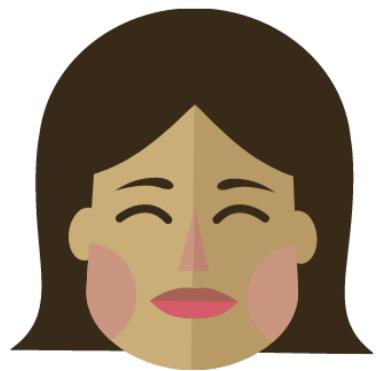
Hiku tirhisa vuti hlanganisi bya kahle, vu hangalasi bya phepha hungu ra madyelo ya kahle ya mbilu, va tirhisa ma endlelo yaku hlanganisa vanhu ndhawu yinwe xikanwe na lava tivaka hi swa rihanyo ku endlela ku tisa dyondzo na swikombisa eka vanhu minkari yo hlaya.

Hlangana na vuyeni bya hina:

Muyeni wa hina wahaku humesiwa exibedlhele endzhaku ka kuva ari na ntshikelelo wa ku hefemula naku tala ka mati kumbe swihalaki emirhini wa yena. Va vile va kuma leswaku una vuvabyi bya mbilu endzhaku ka loko va kamberile ngati ya yen ava kuma leswaku kuna swinwani swi nga tala ngopfu ku nga B-type natriuretic peptide (BNP).

Hambi leswi khale ari munhu loyi anga tshami hi mavoko, swi vile swi hunguseka loko a vile na swithavi exifiveni xa yena leswi aswita kuri na vuvabyi bya mbilu eka yena. A tikiseleka nahi madyelo ya munyu wale hansi naku nwa mati yo hlaya hi siku. Hile tlhelo, u vonana na ma endlelo ya kahle ya teka mirhi leyi endlaka leswaku a tsakamisa swinene a tlhela a lava ti supplement ta potheziyamu hikuva yi lahleka loko a tsakamisa.

Mary D. Volume



Ndlela ya kahle ya ma sunguelo ya swakudya

Kuva uri na vutivi u tlhela uti hlayisa swi endla leswaku uva na vulawuli bya kahle eka mavabyi ya wena. U lava ku pfuna naku seketela Mary D hi madyelo ya kahle na vutivi hi bya ku hluva eka swita ndzhaku leswi a hlanganeke na swona na ku tisa ku hambana kumbe ku tshemba eka yena. Leswi u fanaleke ku vulavula hi swona na yena hi mayelana na swakudya swi fanele ku katsa leswi landzelaka:

1. Ku sweka swakudya ku suka hansi hiku tirhisa matsavu ya kahle na swakudya swa kahle (leswi nga gayiwangiki ngopfu). Loko munhu a tirhisa swakudya swa kahle anga kota ku vona loko swi fanerileku chela munyu kumbe hayi. Tinyama leti swekiweke ka ntsongo tiva tiri na munyu wo hlaya na matsavu ya kona ku tlula leswi nga swekiwangiki loko hi xava.

2. Tekala nhlokweni mafurha ya kahle: I ndlela ya kahle ku hungusa na vukarhi bya sodiyamu. Swi kahle ku hambana kule na fat free salad dressing na swinwani leswi yelanaka na swona u tirhisa ntsena poly – or mono – unsaturatedoils ku fana na olive kumbe khanola ka salad dressing loko uri ku swekeni kumbe eka matsavu ya wena. Kumbe u chela timanga, ahi kuva ntsena ti tisa mafurha lawa ya nene ntsena, kambe ti tisa nati protheyini, swikampfu na ti vhitamini nati minerali. Ungavi u rivala ku chela

na kota peni ka salad ya wena tani hi loko ri ngana omega 3 fatty acids, vhitamini na timinerali na swikampfu swa kahle leswi endlaku kuri munhu ati twa a xurhile nkarhi wo leha.

3. Lawula mpimo wa wena wa swakudya – unga tlhelela ndzhaku ka sodiyamu na khilojoli! Nawu wa kahle iku pima hi khudzu, hi leswaku loko swakudya swi hlayile swi endla leswaku na sodiyamu yi hlaya na energy na yona.

4. Humesa ku sungula: tata piletia ya wena ku sungula hi matsavu na mihandzu.

Matsavu na mihandzu I swakudya leswi hi ntumbuluko swi ngale hansi hi sodiyamu na kona swi tlhela swiva na potheziyamu. Endla leswaku u tirhisa ngopfu matsavu na mihandzu ku endlela leswaku u kuma ngopfu photheziyamu kuri swita balance saodium – potassium eka wena.

5. Loko uri ku xaveni, vana na vuxiyaxiya eka swakudya leswi ngana sodiyamu. Tiva swicheriwa leswi nga tala sodiyamu na swikudya swa kona ivi u dya hiku swi vhakela ntsena. Twisia ku hambana ka swakudya leswi nga tala sodiyamu eka madyelo ya wena hiku langusa leswi u dyaka swona masiku hinkwawo. Vana na vuxiyaxiya loko u xava swakudya leswi nga tala sodiyamu. Hlaya leswi nga tsariwa eka swakudya swa wena loko unga se xava u xava ntsena leswi nga na 300mg wa sodiyamu kuya hansi. Kambe ungavi u rivala kuti Pima loko uri ku dyena hikuva swianwani swiva swi tumberile kumbe swi nga hlayeki kahle leswi ngana sodiyamu yale henbla. Tlhela u van a vuxiyaxiya eka swakudya swo fana na , monosodium glutamate, sodium citrate, sodium bicarbonate and sodium alginate tani hi loko swi tlhela swi ngetelela sodiyamu.

Heart Hiku tekela nhlokweni madyela lawa, swakudya swa nwina swita van a leswi landzelaka:

Nhlampfi yo swekiwa hiku giriliwa na swichelachelana xikanwe na xikewavava/ matapula yaku virisiwa kunene/ swi swekiwile na xikamba xa kona/ saladi ya matsavu yo byariwa kaya yaku phamela na vinaigrette yo endliwa kaya, saladi ya mihandzu yi pfanganyisiwile na yogadi ya low fat kumbe masi ya rivomba u tlhela u nwanwasela timanga leti nga tsemeleriwa to pfumala munyu.



Mi nga Kota ku avelana mahungu na yena hi ndlela yaku kombisa Mpimo wa swakudya xikanwe na ku hlaya leswi tsariweke ka swakudya swa hina.

[1. Theresa A. McDonagh, Marco Metra, Marianna Adamo, Roy S. Gardner et al. 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. Eur Heart J 2021 Sept 21; 42(36): 3599-3726.]

Maswekelo ya swakudya swa kahle swa vuvabyi bya mbilu

Winter 2022

Xitsonga



Nhlampfi yaku oxiwa hi
swikwawava na swinwani swicheriwa

Swilaveko swa kona:

- Hafu ya khapu ya mpfanganyiso wa swipayisisi
- Mune wa mahlanguti ra tinhlampfi
- Lepula rinwe ra juzi ya xikwawava
- Lepula rinwe ra makamba ya xikwawava yo tsemeleriwa swintsongo
- Lepula rinwe ra mafurha yo sweka
- Munyu na xipayisisi swo kota ku ringa

SWI PHAMERIWA NA SWI LAYI SWA XIKWAWAVA

Swilaveko swa kona:

Matamatisi ya mbirhi yo tsemeleriwa swilayi
Marhanga ya mbirhi kumbe rinwe leri nkulu ya red kumbe green
phepha ya tsemeleriwile hi swikwere kumbe swilayi.
Swimhandzana swimbirhi swa sileri na matluka ya swona ya
tsemeleriwile kahle.

swilayi swa khukhamba swi tsemeleriwile ka yinwe
nyala yinwe leyintsongo yi tsemeleriwile swilayi

Ma swakelo ya swona:

Chela matsavu lawa hinkwawo eka xibye xa wena xo dyela ka xona.
Unga swi phamela na hi vhiniga ku endlela kuri swiva naku dyeka.



Vinaigrette yo endliwa ekaya

Swilaveko swa kona:

- Mafurha yo sweka yo ringana khapu yinwe
- Kota ya khapu ya viniga kumbe juzi ya swikwawava
- Hafu ya xilepulana ra munyu
- Kota ya xilepulana xa black phepha

Ma swakelo ya swona:

- Chela mpfangayiso lowu wa swilo hinkwaswo ndzeni ka komichi ivi uswi dlukudla ku endlela leswaku swi hlanganana kahle.
- Ringeta u tlhela u chela swinwani ku endlela leswaku swi ringeseka kahle, chela mafurha kambe ku endlela leswaku swi twala kumbe u engetela juzi ya xikwawava ku vuyisela mihlovo na ku dzungela.



Ma swakelo ya swona:

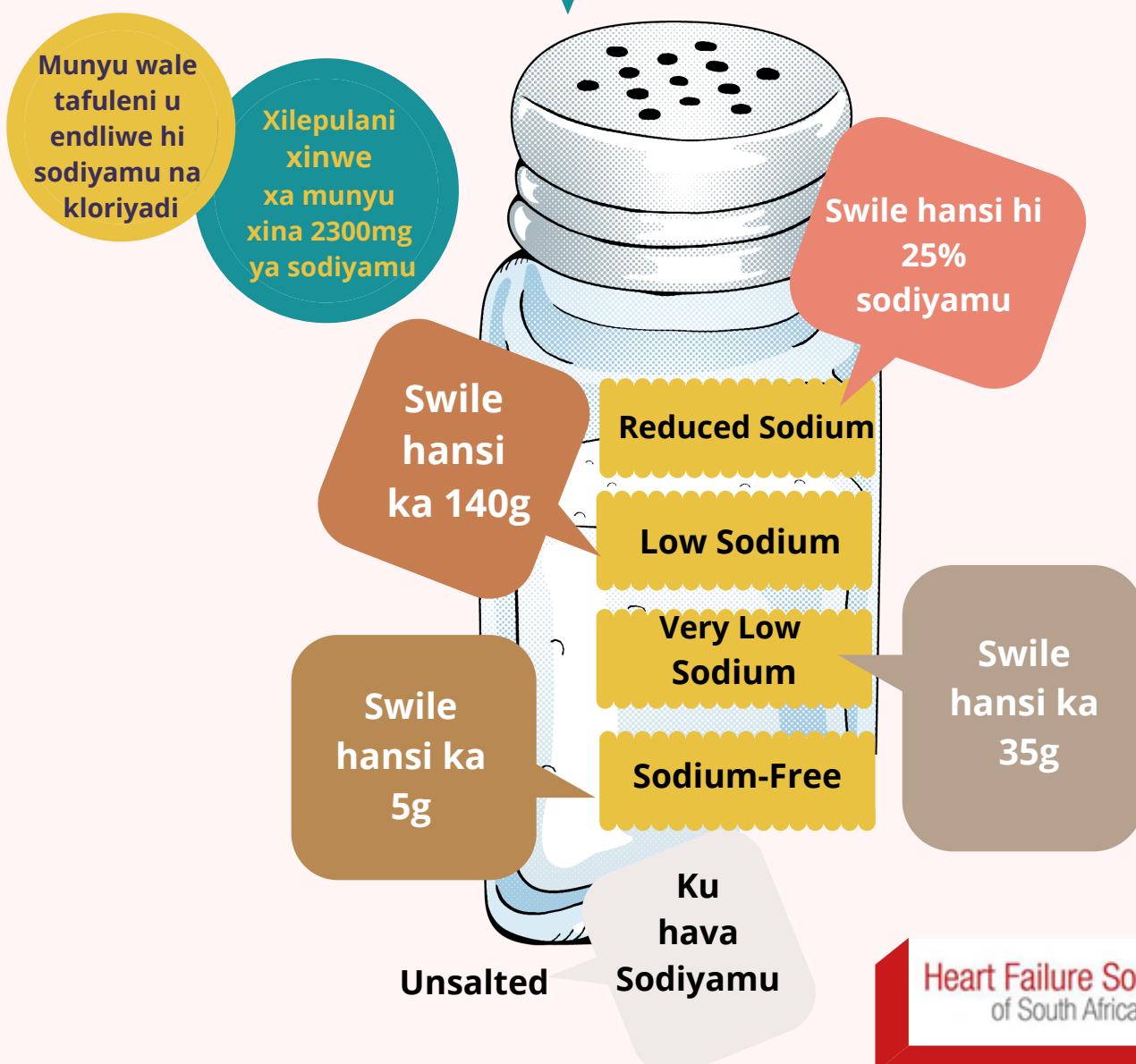
- Lumeka xitofu xa wena kuxi kufumeta.
- Hungusa ku tsakama ka nhlampi ya wena hi phepha roti sula mavoko, u tlhela u totela munyu na swipayisisi matleheloh hinkwawo ya nhlampfi.
- Eka piletia ya wena leyi nkulu, pfanganyisa xipayisisi, mafurha, juzi ya xikwawava na makamba ya xikwawava lawa ya nga tsemiwa hi ka ntsongo.
- Hi vurhonwani, hlanganisa nhlampfi ya wena na leswi unga swi hlanganisa eka piletia ya wena u swi tshika ku ringankhume wati minete.
- Vekela nhlampfi ya wen aka xitofu xa wena ku ringana mune wati minete ivi u hundzuluxa u veka tlhelo lerinwani na ron ku ringana mune wati minete.

Xana I munyu wo tani hi kwini wo tala? (ku ringana 100g)

(Xitsonga)



Xana matsalwa lawa ya nga tsariwa eswakudyeni ya vula yini?



Xana hi hlaya njhani swicheriwa eka swakudya swa hina

(Xitsonga)

Ku tiva ku hlaya swicheriwa eka swakudya swa hina swina nkoka swinene ku endlela ku munhu a kota no tolovela ku langha swakudya swa kahle leswi nga tisiku kumbe ku vangela mavabyi

List ya swicheriwa eka swakudya swa hina

- Swicheriwa eswakudyeni swi vekiwile hiku suka ka leswi nga tala kuya eka leswi ntsongo swa kona.
- Swakudya leswi nga tala ngopfu mafurha, chukela na munyu, hi swona ngopfu ngopfu swi rhangaku mahlweni minkarhi hinkwayo endla list ya hina.
- Swakudya leswi nga swekiwa nyana swina mavito yo tika nyana kuya hlaya natu nambara ta wona ti tsariwe hi munkhava waunwani unga tolovelelangiki eka swakudya swa hina.

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	% Daily Value*
Calories 250	Calories from fat 10
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1% • Vitamin C 3%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Tafula ra hina leri ngana swakudya swa hina

- Langutisa tafula leri eka swakudya swa wena ku kumisia leswi nga cheriwa endzeni ka swakudya, swo fana na mafurha, chukela na munyu.
- Tirhisa leswi landzelaka ku kuma leswi ngale henhla hi mafurha lawa ya ngozi emirhini wa munhu, chukela na munyu kumbe swiri na swikampfu swinene kumbe swale henhla.

Per 100 g food or drink (not per serving)

Chukela:	<5 g per 100g food <2.5 g per 100 ml drink
Mafurha:	<2.5 g per 100 g food
Sodiayamu:	<120 mg per 100g food
Swikampfu:	>3 g per 100g food

Lawa hi wanwani ya marito lawa ya tirhisiwaka kumbe kuya langusa:

Chukela: sucrose, glucose, fructose, dextrose, syrup, cane sugar, fruit juice concentrated, honey, maltodextrin, maltose.

Munyu: sodiyamu, monosodium glutamate (MSG), sodium bicarbonate, (nhlava), anything with sodium, flavour enhancers, soy sauce, brine.

Mafurha: oil, vegetable oil, palm oil, hydrogenated fat, coconut, cream, shortening, butter, cocoa-butter.

Tivoneli eka: chukela rale hansi, mafurha yale hansi kumbe swinavetiso swinwani swa rihanyo. Hlaya swicheriwa hinkwaswo kutani u ringanisa na leswi nga tsariwa lani henhla ku kuma swakudya swa kahle.



Tsundzuka: swakudya leswi swekiwaka hi mafurha swile henhla hi trans-fats na kona aswi kahle.

Tsundzuku: swakudya swa frexe leswi ngariku na pfangayiso swi kahle minkarhi yo tala



Ahi tirhiseni voko ra hina ku pima swakudya swa hina

Xitsonga 2022

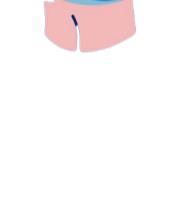
Dyondza ku tirhisa voko ra wna ku pima swakudya leswi u faneleke ku dya swona hi masiku hinkwawo. Leswi kuri ma endlelo lawa ya nene ya madyelo ya swakudya swa siku na siku.



Masi: mpimanyeta kwalomu ka swinharhi hi siku.
Laha hansi I mpamanyeto wa swona.

Masi kumbe soya yo tengisiwa

khapu = xibakela



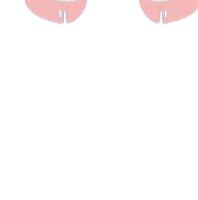
Yogadi

ku hundza hafu ya kotare ya khapu = xibakela



Chizi

tigireme ta khume nharhu = makhudzu ya mbirhi



Tiphirotheyini: mpimanyeta kwalomu ka tinharu kuya ka mune hi siku. Tirhisa ngopfu leswo pfumala mafurha ngopfu ku fana na nyama ya huku, tinhlampfi tale matini na tinyawa. Hi leswi swimpamanyeto swa kona.

Nyama yo tshwuka kumbe huku

makume nkaye wati gireme = xandla



Nhlampfi

makume nkaye wati gireme= xandla



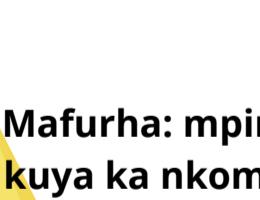
Botere ya timanga

malepula ya mbirhi= makhudzu ya mbirhi



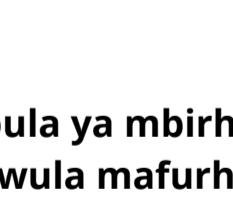
Timanga kumbe swa mbewu

kotara ya khapu = xiphemu xintsongo exandleni



Tinyawa

hafu ya khapu = xibakela



Mafurha: mpimanyeta kwalomu ka malepula ya mbirhi kumbe ntsevu kuya ka nkomba wa malepula hi siku. Hlawula mafurha ya kahle lawa ya nga omiku ndzenu ka yindlu, ya ng ava ya ti olifisi, timanga kumbe hafukhadi. Hi leswi swa mpimanyeto wa malepula na swilepulani.

Majarini

xilepulani = xiphemu xa khudzu
Lepula = khudzu



Mafurha

xilepulani = xiphemu xa khudzu
Lepula = khudzu



Mayonasi

xilepulani = xiphemu xa khudzu
Lepula = khudzu



Ahi tirhiseni voko ra hina ku pima swakudya swa hina

Xitsonga 2022

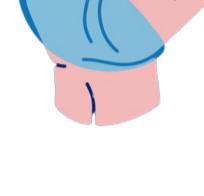
Dyondza ku tirhisa voko ra wna ku pima swakudya leswi u faneleke ku dya swona hi masiku hinkwawo. Leswi kuri ma endlelo lawa ya nene ya madyelo ya swakudya swa siku na siku.



Matsavu na mihandzu: mpimanyeta kwalomu ka swinharhu kuya ka mune wa mihandzu hi siku na ntlanu wa matsavu hi siku. Laha hansi hi laha hi kombisaka ha kona mapimelo ya swakudya leswi.

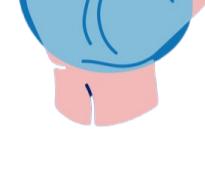
Matsavu yo tsakama kumbe yo huma ndzeni ka xigwitsirisi

hafu ya khapu= hafu ya xibakela



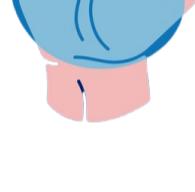
Matluka ya matsavu

khapu=xibakela



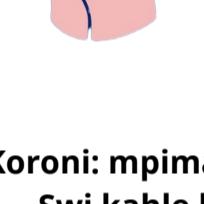
Muhandzu

munhandzu unwe= xibakela



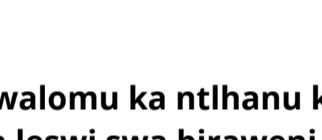
Nuhandzu wo tsakama kumbe wo vekiwa ndzeni ka thini

hafu ya khapu = hafu ya xibakela



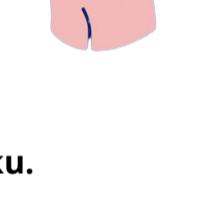
Muhandzu wo omisiwa

kotara ya khapu = xibolwana xandleni



Juzi ya muhandzu ntsena

hafu ya khapu = hafu ya xibakela



Koroni: mpimanyeta kwalomu ka ntlanu kuya ka ntsevu hi siku.

Swi kahle ku langha leswi swa biraweni minkarhi yo hlaya.

Hi leswi swipamanyeto swa kona laha hansi.

Xinkwa

xilayi = xandla ya wena



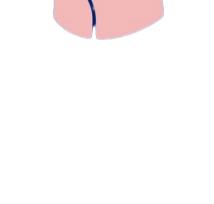
Xinkwa xa rholo kumbe bantsi

hafu yintsongo = xandla xa wena



Rhayisi

hafu ya khapu = hafu ya xibakela xa wena



Macaroni

hafu ya khapu = hafu ya xibakela



Tisirili

khapu = xibakela



HeFSSA

Heart Failure Society of South Africa