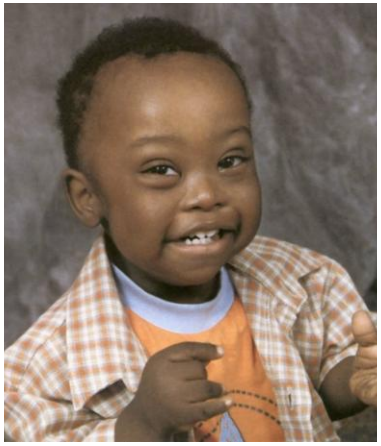
Ho ya bokamoso bo kganyang

Ntlafatso ya maphelo a batho ba nang le Down syndrome le malapa abona



DOWN SYNDROME

DOWN SYNDROME KE ENG?

Down syndrome ke maemo a sa tlwaelehang popehong ya dijini (genes) tsa motho (di laola lefutso), mme e iponahatsa ka matshwao a ikgethang. Phoso ena e ama merabe yohle ha mmoho le ba dihlopha tsa ikonomi ka ho tshwana.

DOWN SYNDROME E BAKWA KE ENG?

Down syndrome e bakwa ke ho feta tekano ha dijini. Mmeleng wa motho dijini tsena di teng mme di hlophilwe boy a ka dibopeho tse nyenyane, tse bitswang di-chromosome. Di-chromosome tsena di hlophilwe hore di tsamaye ka bobedi. Ka baka lena he, batho ban a le di-chromosome tse 46 kapa diapara tse 23.

Batho ba nang le Down syndrome ke ba nang le chromosome e nngwe ho feta tse lekaneng, mme chromosome ena e bitswa chromosome 21. Ka baka lena Down syndrome e boetse e bitswa trisomy 21. Trisomy 21 e lekanya ho bat eng ha di-chromosome 21 tse tharo tse tshwanang.

Matshwao a tlwaelehileng haholo a kenyeletsa:

SEFAHLEHO

- Mahlo a sekametseng hodimo
- Ho meneha ha dinama bokahareng ba mahlo
- Nko e nyane e nang le borokgo bo sephara, bo petleletseng
- Molomo o monyane o etsang hore leleme le tadimehe le le leholo
- Disebe tse nyane, tse batlang di le tlasenyana

MATSOHO LE MAOTO

- Mola o le mong bokahareng ba seatla
- Matsoho a sephara ka menawana e mekgutshwane
- Tshekamelo mmaleng wa bopinki
- Sekgeo pakeng tsa monwana o moholo le wa bobedi

TSE DING

- Ho hlepha ha mesifa
- Ho kgwehla ho sa tlwaelehand ha dinoko
- Ho kgwehla ha memeno ya letlalo ka morao molaleng
- Bofokodi ba pelo bo dipersenteng tse 50 tsa batho
- Bofokodi ba ho utlwa bo ka bat eng, mme bo ka ama pui le qapodiso ya mantswe
- Kgaello ya thyroid (molaleng) le kankere/leukaemia di ngata ho feta bathing ba hlokang Down syndrome

KELELLO

- Tieho ya ho tswela pele (bofokodi bona bo a fapana ho tloha mahareng ho isa ho bo feteletseng)
- Palo ya matshwao a tlwaelehileng, e leng teng ho motho, ha se pontsho ya mohato wa tieho ya tswelopele kappa bokgoni ba motho

SENA SE KA ETSAHALA HO MANG?
Down syndrome e ka ba teng lelapeng lefe kappa lefe. Ha e bakwe ke dijo kappa meriana kappa e ketsahalo nngwe e itseng. Ha ho motho ya ka jariswang koikarabelo kappa ya ka ikutlwang a le molato.

Le ha ho le jwalo, kotsi ya ho ba le ngwana ya nang le Down syndrome bonahetse ho eketseha ho ya ka dilemo tsa mma ngwana. Mosading ya dilemo tse 20, kotsi e ka ba 1 ho 2000, ha mosading wa dilemo tse 40 kotsi e le 1 ho 100.

Le hoja kotsi ya ho ba le ngwana ya nang le Down syndrome e bonahala e le tlase ho basadi ba tlase dilemong ho feta ba baholo, le bona ba ntse ba eba le bana ba nang le Down syndrome.

NA DOWN SYNDROME E KA LEMOHUWA?
Down syndrome e ka lemohuwa maseeng a esong ho tswalwe. Diteko tse fapaneng di ka etswa ho eletsa batswadi ka maemo a lesea. Diteko tse jwalo di kenyelleditse teko ya madi le tse ding tse kang ultrasound, amniocentesis, chorionic vullus sampling le cordocentesis.

Diteko tsena di etswa mehatong e fapaneng ya pelehi, mme ho teng ditharahano tse fapaneng tse tsamaelanang le teko ka nngwe. Ho boklokwa haholo hore teko ka nngwe e tshwanetse ho etswa feela ha ho se ho fumanwe bokapi bah ore dipuisano le dikgothatso tse mabapi le dijenetike di se di entse, e leng horedintlha tsohle, dikotsi tse ka bang teng ha mmoho le ditlamorao, di tshohlilwe ka botlalo.

NA PHEKO E TENG?
Hajwale ha ho pheko bakeng sa Down syndrome. Le ha ho le jwalo, ho teng tse ngata tse ka etswang ho thusa lesea le leng maemong ana. Ho kgothaletswa hore batho ba ye dingakeng nako e sat eng bakend sa mathata a ka bang teng (pelo, ditsebe le mahlo). Mananeo a thibelo le matlafatso a se a le teng, mme a thusa ho kgothatsa ngwana ho fihlella bokgoni ba hae ka mokgwa o feletseng.

Ho bohlokwa ho lemoha hore bana ba nang le Down syndrome ba tswalwa ba ena le matshwao a mangata a matle le bokgoni bo bongata. Ho matsohong a batswadi kappa bahlokomedi ba bona ho blokomela hore tsena di mtshetswa pele ka hohlehohle.

Tikoloho e nang le lerato le tlhokomelo e ntle e thusa batho ba nange le Down syndrome ho tswela pele le ho atleha.

MOO O KA FUMANANG DITABA KA BOTLALO:
Bakeng sa keletso le tshehetso ikopany le:

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