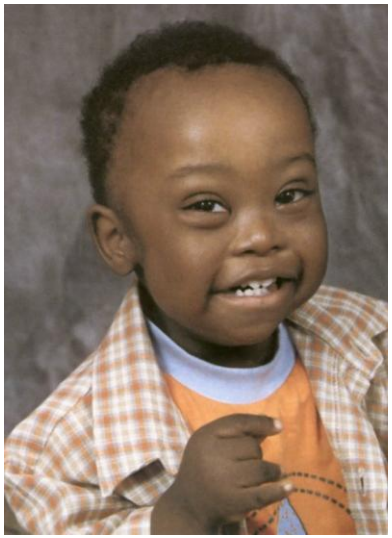
Ikusasa eliqhakaziie

Ukuthuthukisa impilo yabane-Down syndrome nemindeni yabo



iDOWN SYNDROME

IYINI IDOWN SYNDROME?

I Down syndrome yisimo esidalwa ama imvelo yomuntu (*gene)* sibonakala ngezimpawu ezithize. I Down syndrome iphatha zonke izinhlanga. Futhi ayiyi nokuthi isimo sezimali sinjani.

YINI IMBANGELA YE DOWN SYNDROME?

I Down syndrome ibangwa wukuba nenani eleqile lama-imvelo yomuntu (*gene)*. Ama-sosha (cell) omzimba wawo wonke umuntu anezakhi ezibizwa ngama-imvelo yomuntu (gene) kanti lezi zakhi zihleleke ngezigatshana ezibizwa ngama-*chromosome*. Ama-*chromosome* ahleleke ahamba ngamabili kanti umzimba womuntu unama-*chromosome* angu-46 noma amapheya angu-23.

Abantu abaneDown syndrome baba nesigatshana esinye ngaphezu kwezimbili ku *chromosome* 21. Ngakho iDown syndrome iphinde yaziwe ngokuthi yi*Trisomy* 21. U*Trisomy* 21 ngayo kuqondwe ukuthi kunamakhophi amathathu ka-*chromosone* 21.

IZIMPAWU EBONAKALA NGAZO IDOWN SYNDROME

Izingane ezine-Down syndrome zibukeka ngendlela ehlukile kwezinye kanti lokho kwenza zikwazi ukubonakala ukuthi zinalenkinga lapho zibelethwa.

Izimpawu zibandakanya lokhu:

UBUSO

- Amehlo atshekele phezulu (nejwabu leso elidonseleke phezulu)
- Ukugoqeka kwezinyama ngaphakathi kwamehlo
- Ikhala elincane elinezimbobo ezibanzi futhi eziyisicaba
- Umlomo omncane okungathi usezansi nobuso
- Izindlebe ezincane ezisezansi

IZANDLA NEZINYAWO

- Umugqa owodwa entendeni yesandla
- Izandla ezibanzi neminwe emifishane
- Umunwe omncane omile watsheka esandleni
- Isikhala phakathi kozwane olukhulu nozwane Iwesibili

EZINYE IZIMPAWU

- Izicubu zomzimba ezithambe kakhulu
- ukunyakaza kwamalunga omzimba ngokungajwayelekile
- Isikhumba okungathi siyalenga ngemuva entanyeni
- Izinkinga zenhliziyo ezihlupha cishe amaphesenti angu-50
- Izinkinga zamehlo ezihlupha cishe amaphesenti angu-60
- Izinkinga zokuzwa nazo zingakhona kanti zona zingaphazamisa ukukhuluma komuntu

- Ukungasebenzi kahle kwendlala esentanyeni elawula ukukhula komzimba kanye nesifo esibangwa wukukhiqizeka ngokweqile kwama-sosha omzimba (*cell)* amhlophe ngezinye zezinto ezivamile kubantu abane-Down syndrome lapho beqhathaniswa nabangenayo.

UKUHLAKANIPHA

- Ukubambezeleka ekukhuleni (ukuphazamiseka kwengqondo kungaba kuncane noma kube phakathi noma kube kukhulu)
- Inani lezimpawu umuntu anazo alize lingakhomba izinga lokubambezeleka kokukhula kumbe ikhono umuntu analo

KUNGENZEKA KUBANI LOKHU?

IDown syndrome yinkinga engavelela nanoma yimuphi umndeni. Ayibangwa wukudla kumbe umuthi noma yisehlakalo esithile. Akekho umuntu okumele ethweswe icala kumbe azizwe enecala ngesimanga sayo.

Okuphawulekayo nokho ukuthi amathuba okuthi umntwana abe ne-Down Syndrome aya ngokwanda lapho iminyaka kamama yobudala isithe xaxa. Owesifazane oneminyaka engama-20 yobudala angaba munye kwabayizinkulungwane ezimbili oba nalenkinga kanti lapho owesifazane eneminyaka engama-40 angaba munye ekhulwini oba nenkinga efaneyo.

Yize inkinga yokuba nomntwana one-Down syndrome ivame kwabesifazane asebekhulile kunakulabo abasebancane, nabo abancane bayabathola abantwanta abane-Down syndrome.

IKHONA YINI INDLELA YOKUTHI ISHESHE IBONAKALE IDOWN SYNDROME?

I-Down syndrome ingabonakala kumntwana ongakazalwa. Kunokuhlola okunhlobonhlobo okungenziwa ukuze abazali baziswe ngesimo sengane yabo. Lokhu kuhlolwa kubandakanya ukuhlolwa kwegazi likamama, ukuhlowa nge-ultrasound, i-amniocentesis, ichorionic villus sampling kanye ne-cordocentesis.

Lokhu kuhlolwa kwenziwa ezigabeni ezahlukene zokukhulelwa kanti kunezingqinamba ezithile ezihambisana nalokho kuhlolwa. Yingakho kubalulekile ukuba ukuhlolwa kwenziwe ngemuva kokuba sekube nesigcawu sokweluleka ngama-*gene*, lapho sekuxoxwe ngawo wonke amaphuzu akhona, ingozi engakhona kanjabo nemiphumela engakhona.

IKHONA YINI INDLELA YOKWELAPHA IDOWN SYNDROME?

Okwamanje ayikho indlela yokwelapha iDown syndrome. Kodwa kuningi okungenziwa ukusiza umntwana ozalwe enekinga yalesi simo. Kuyadingeka ukuba umntawana asheshe edluliselwe lapho ezothola khona usizo ezinkingeni ezihambisana nalesi simo. Kuyadingeka ukuba umntwana akwazi ukuveza lonke ikhono lakwazi ukukwenza.

Kubalulekile ukwazi ukuthi abantwana abane-Down syndrome bazalwa benamakhono amaningi. Kuwumsebenzi womzali kanye nalabo ababheka abantwana ukuqiniseka ukuthi lawo makhono abanawo ayathuthukiswa.

Abantwana abane-Down syndrome bayahlomula futhi bakhule lapho isimo abakhulela kuso sinothando nokubanakekela.

LAPHO UNGATHOLA KHONA OLUNYE ULWAZI

Ukuze uthole ukwelulekwa nosizo ungaxhumana ne:

DOWN SYNDROME ASSOCIATION GAUTENG
2nd Floor Children's Memorial Institute Building;
Gate 13 Joubert Street Ext; (off Empire Road);
Braamfontein; Johannesburg.

Contact Details:
DSAG Office: 011 615-4180
CMI Office: 011 484 6116

Outreach Co-ordination Manager: Saul Sibanda
Cell: 076 916- 9814
E-mail: saul.dsag@vodamail.co.za

DSAG Management Director: Marlene Boucher
E-mail: marlene.dsag@megaweb.co.za