

Umhlahlandlela Olula Wokuqonda Ngokuphathwa Isifo Samathambo Esihlobene Nesikhumba (PsA)



Lo Mhlahlandlela Owabani?

Lo mhlahlandlela ungowabo bonke abantu abaphila nesifo samathambo esihlobene nesikhumba (PsA), noma ngabe usanda kutholakala naso noma sekuyisikhathi eside sikuphethe. Uphinde ube wusizo kwabantu abane-psoriasis okungenzeka bathole i-PsA. Lo mhlahlandlela uchaza i-PsA ngendlela elula futhi ikunikeza izinyathelo zokusebenzisana neqembu lakho lezempilo ukuze uzizwe ungcono futhi uphile kahle.

Siyini Isifo Samathambo Esihlobene Nesikhumba (PsA)?

i-PsA yisifo esihlala isikhathi eside esikubangela ubuhlungu, ukuvuvukala, kanye nokuqina emalungeni akho nakwezinye izingxenye zomzimba wakho. Sihlobene ne-psoriasis, isifo sesikhumba esibangela amachashaza abomvu, anamakhasi. Cishe umuntu oyedwa kwabathathu abane-psoriasis uthola i-PsA. i-PsA ingathinta:

- **Amalunga:** Ikakhulukazi ezandleni, ezinyaweni, emadolweni noma ezindololwaneni, ibangela ukuvuvukala noma ubuhlungu.
- **Umgogodla:** Ibangela ubuhlungu entanyeni noma emqolo kanye nokuqina (okufana ne-ankylosing spondylitis).
- **Iminwe noma izinzwane:** Ibangela ukuvuvukala okufana namasoseji (okubizwa ngokuthi i-dactylitis).
- **Imisipha noma imisipha ehlangene namathambo:** Lapho zihlangana khona namathambo (okubizwa ngokuthi i-enthesitis), njengezithende noma izindololwane.
- **Isikhumba nezinzapho:** Yenza izigaxa ze-psoriasis zibe zimbi noma ibangela izinzapho ezinemigodi noma eziwohlokayo.
- **Amehlo:** Ibangela amehlo abuhlungu, namehlo abomvu (abizwa ngokuthi i-uveitis).
- **Amathumbu:** Kwezinye izimo, ihlobene nezifo ezifana nesifo sika-Crohn noma i-ulcerative colitis.

i-PsA inamathuba amaningi uma une-psoriasis eyingozi, izinkinga ngezinzapho, ukukhuluphala, noma umlando womndeni we-psoriasis noma i-PsA. Singaqala kunoma yisiphi isikhathi sobudala kodwa sivame ukuvula phakathi kweminyaka engu-30 no-50. Kokubili i-psoriasis ne-PsA kungenza impilo yansuku zonke ibe nzima, ithinte umsebenzi, izinto ozithandayo, kanye nendlela ozizwa ngayo.

Kungani Ukuyithola Kusenesikhathi Kubalulekile?

Ukuthola ukuthi une-PsA kusenesikhathi kusiza ukuvimba umonakalo wamalunga, kunciphisa ubuhlungu, futhi kuthuthukise izinga lempilo yakho. Ngaphandle kokwelashwa, i-PsA ingenza kube nzima ukunyakaza, ukusebenza, noma ukwenza izinto ezikujabulisayo. Ingabuye yandise amathuba okuthi uthole ezinye izinkinga zezempilo njengesifo senhliziyi, isifo sikashukela, noma ukudangala. Ukwelashwa ngokushesha kwesikhathi kungalawula izimpawu futhi kukugcine unyakaza, yingakho kubalulekile ukubonana nodokotela ngokushesha uma uzwa ubuhlungu bamalunga noma ezinye izimpawu.

Odokotela Benza Kanjani Ukuze Bathole Uma Une-PsA?

Uma unobuhlungu bamalunga omzimba, ukuvuvukala, noma ukuqina, ikakhulukazi uma une-psoriasis noma kunomlando wayo emndenini wakho, udokotela wakho angase acabange ukuthi une-PsA. Nansi into abayenzayo ukuze bahlolisise:

Bakubuza ngezimpawu zakho:

- Ubuhlungu bamalunga noma ukuvuvukala, ikakhulukazi ezandleni, ezinyaweni, noma emgogodlweni.
- Iminwe noma izinzwane ezivuvukele (ezifana namasoseji).
- Ubuhlungu emisipheni noma emalungeni ahlange namathambo (njengezithende noma izindololwane).
- Amachashaza e-psoriasis, izinguquko zezinzapho (imigodi noma ukuwohloka), noma ukuvuvukala kwamehlo.
- Izihlobo ezine-psoriasis noma i-PsA.

Ukuhlola umzimba:

- Bahlola amalunga avuvukele noma abuhlungu (babheka amalunga angu-66–68, hhayi nje angu-28 asetshenziselwa i-rheumatoid arthritis).

- Bafuna iminwe evuvukele, imisipha esensakala, noma i-psoriasis esikhumbeni noma ezinziphweeni

Benza izivivinyo:

- **Ukuhlolwa kwegazi:** Ukuhlola izimpawu zokuvuvukala (njenge-C-reactive protein noma i-ESR), nakuba lezi zivame ukuba phezulu cishe ngesigamu seziguli ze-PsA. Ukuhlolwa kwe-rheumatoid factor okungemihle kusiza ukuqeda i-rheumatoid arthritis.
- **Ama-X-ray:** Ukuhlola umonakalo wamalunga noma ukukhula kwamathambo amasha eduze kwamalunga.
- **Ukuhlolwa kwesikhumba noma izinzapho:** Ukuhlola ukuthi i-psoriasis yakho ijule kangakanani noma umonakalo wezinzapho.

Odokotela bavame ukusebenzisa uhlu lokuhlola olubizwa ngokuthi i-CASPAR criteria ukuze baqinisekise i-PsA. Udinga okungenani amaphuzu angu-3 ezimpawu ezifana ne-psoriasis yamanje (amaphuzu angu-2), i-psoriasis yangaphambili noma umlando womndeni (iphuzu eli-1), izinguquko zezinzapho (iphuzu eli-1), iminwe evuvukele (iphuzu eli-1), i-rheumatoid factor engemihle (iphuzu eli-1), noma izimpawu ezithile zama-X-ray (iphuzu eli-1). Bazophinda baqinisekise ukuthi akusiso esinye isifo, njenge-rheumatoid arthritis noma i-gout.

Odokotela Bazi Kanjani Ukuthi I-PsA Yakho Ibucayi Kangakanani?

i-PsA ithinta izingxenye ezahlukene zomzimba, yingakho odokotela bahlola izindawo ezinhlanu: amalunga, isikhumba, izinzapho, umgogodla, kanye nemisipha/ amalunga ahlange namathambo. Basebenzisa amathuluzi alula ukuze babone ukuthi i-PsA yakho isezingeni elingakanani :

• Ukusebenza kwamalunga (Inani le-DAPSA):

Ibalwa ngokuthi mangaki amalunga avuvukele noma abuhlungu (amalunga angu-66–68), izinga lobuhlungu bakho, indlela okala ngayo i-PsA yakho esikalini sika-0–10, kanye nokuhlolwa kwegazi kokuvuvukala. Lokhu kukhomba ukuthi i-PsA yakho:

- Iku-remission (ilawulekile, inani engu-4 noma ngaphansi).
- Isezingeni eliphansi (inani engu-14) noma ngaphansi.
- Isezingeni eliphakathi noma eliphezulu (idinga ukwelashwa okuqinile).

• Umsebenzi wesikhumba (PASI noma indawo yomzimba):

Ikala ukuthi ingakanani indawo yesikhumba sakho esine-psoriasis kanye nokuthi simbi kangakanani.

- **Umsebenzi wezinzapho (mNAPSI):** Uhlola imigodi yezinzapho, ukuwohloka, noma omunye umonakalo.
- **Umsebenzi womgogodla (ASDAS noma BASDAI):** Izinhlobo mayelana nobuhlungu bomqolo, ukuqina, kanye nokukhathala, ezithathwe kumathuluzi we-ankylosing spondylitis.
- **Umsebenzi wemisipha noma iminwe:** Ibalwa izindawo ezithintekile, njengeminwe/izinzwane ezivuvukele noma imisipha ebuhlungu.
- **Umsebenzi jikelele (Minimal Disease Activity, MDA):** Ufinyelela i-MDA uma imigomo emi-5 kweyi-7 ifinyelelwa, njengokubalwa kwamalunga aphansi, izinkinga zesikhumba ezincane, ubuhlungu obuphansi, kanye nokusebenza kahle kwansuku zonke. I-Very Low Disease Activity (VLDA) kusho ukuthi yonke imigomo eyi-7 ifinyelelwe.

La mathuluzi asiza udokotela wakho ukuthi abone ukuthi ukwelashwa kwakho kuyasebenza yini futhi akwenze kabusha uma kudingeka.

i-PsA Yelashwa Kanjani?

Injongo ukumisa ubuhlungu, ukuvuvukala, nezinkinga zesikhumba, kukugcine unyakaza, futhi kuthuthukise impilo yakho. Ngokufanelekile, i-PsA yakho kufanele ifinyelele i-Minimal Disease Activity (MDA) noma, ngezinkinga zamalunga, inani le-DAPSA eyingu-14 noma ngaphansi. Nali isu:

1. Sebenza Neqembu Lakho Lezempilo

- **Bona udokotela wezifo zamathambo:** Udokotela okhethekile kwi-PsA. Bangase basebenzisane:
 - Nodokotela wesikhumba ngezinkinga zesikhumba noma zezinzapho.
 - Nomelaphi womzimba noma wokusebenza ukuze bakusize unyakaze kangcono.
 - Nesazi sezinyawo ngezinkinga zezinyawo.
 - Nomeluleki noma umsebenzi wezenhlalakahle wokusekela ngokomzwelo.
 - Umhlengikazi wezifo zamathambo ukuze achaze ngokwelashwa futhi aphenjule imibuzo.
- **Yenza uhlelo ndawonye:** Wena nodokotela wakho nizokhetha ukwelashwa okusekelwe ezimpawini zakho (amalunga, isikhumba, njll.), ezinye izifo, kanye nezinhloso zakho.
- **Funda nge-PsA:** Ukuqonda isifo sakho kuzokusiza ngokuthi uzizwe unamandla. Umhlengikazi noma iqembu lokusekela lingakwabela ngamasu-

2. Phila Ngempilo

- **Zivocavoce:** Imisebenzi efana nokuhamba, ukubhukuda, noma ukwelula inciphisa ukuqina futhi ikugcine unamandla. Umelaphi womzimba angaphakamisa izindlela zokuvocavoca eziphephile.
- **Yeka ukubhema:** Ukubhema kwenza i-PsA inyukele futhi kwandisa amathuba yezinkinga zenzhliziyo.
- **Ehlisa isisindo uma kudingeka:** Isisindo esithe xaxa singenza i-PsA nezinye izinkinga zezempilo zibe zimbi. Ukudla ukudla okunempilo kungasiza.
- **Hlangana neqembu lokusekela:** Ukukhuluma nabanye abane-PsA kungakunika imibono nokukukhuthaza.

3. Imithi

Imithi ikhethwa ngokuthi yiziphi izingxenye ze-PsA (amalunga, isikhumba, umgogodla, njll.) asezingeni aphezulu kakhulu. Izanywa kancane kancane:

Ngezinkinga Zamalunga (Peripheral Arthritis)

Isinyathelo 1: I-Methotrexate (MTX):

- **Yini:** Iphilisi noma umjovo othathwa kanye ngesonto ukuze kuncishiswe ukuvuvukala kwamalunga nezinkinga zesikhumba. Yikho okukhethwa kuqala kwamalunga amaningi (polyarthritis).
- **Isebenza kanjani:** Uqala ngomthamo ophansi (7.5–15 mg), uye ku-25 mg, ngokuvamile ne-folic acid ukuze kuncishiswe imiphumela engemihle efana nesicanucanu.
- **Okufanele ukwazi:** Kungathatha amaviki ambalwa ukuthi isebenze. Imiphumela engemihle ifaka isicanucanu noma ukukhathala, kodwa izinkinga ezinzima (njengezinkinga zesibindi) azivamile. Uzodinga ukuhlolwa kwegazi njalo.
- **Ngamalunga ambalwa (mono- noma oligoarthritis):** Ama-NSAIDs (njenge-ibuprofen) noma imijovo yesiteroyidi elungeni ingasiza kuqala.

Isinyathelo 2: Ukuhlanganisa noma Ukushintsha:

- Uma i-methotrexate ingasebenzi emva kwezinyanga ezintathu, yongeza noma ushintshele emithini efana ne-sulfasalwa noma i-leflunomide, yodwa noma ihlanganisiwe.

Isinyathelo 3: Imithi Eqinile (Amabiologika noma Imithi Etayithiweyo):

- **Iyini:** Imithi equlisa amasosha omzimba, njenge:
 - Ama-TNF inhibitors (adalimumab, etanercept): Asiza amalunga nesikhumba.
 - Ama-IL-17 inhibitors (secukinumab): Alungele isikhumba namalunga.
 - Ama-IL-12/23 noma ama-IL-17 inhibitors (ustekinumab, guselkumab): Alungele isikhumba.
 - Ama-JAK inhibitors (tofacitinib): Amaphilisi asiza amalunga nesikhumba.
 - Ama-PDE4 inhibitors (apremilast): Isiza kwiPsA esezingeni eliphansi
 - I-Abatacept: Eyamalunga.
- **Uma uyidinga:** Uma uzame imithi emibili elula izinyanga ezintathu ngaphandle kokuthuthuka kwe-50% noma awufikanga ku-MDA ezinyangeni eziyisithupha, noma ezimweni ezimbi.
- **Ikhethwa kanjani:** Isekelwe ezimpawini zakho (isib., ama-IL-17 inhibitors ngesikhumba esibi), ezinye izifo (isib., gwema i-etansept ngesifo samathumbu), nokuthi ukhetha umjovo noma amaphilisi.
- **Ngaphambi kokuqala:** Uzohlolwa i-TB, i-Hepatitis, i-HIV, kanye nokugoma kwakho. Uzophinde ungene kuhlu lwama biologika ye-SARAA (<https://www.saraa.co.za>).
- **Ukuhlola ukuthi iyasebenza yini:** Emva kwezinyanga ezintathu, udokotela wakho uzohlola ukuthi i-PsA yakho ingcono (isondela ku-MDA). Uma kungenjalo, bangashintsha baye komunye umuthi oqinile.
- **Ukunciphisa:** Uma i-PsA yakho ilawulekile izinyanga eziyisithupha, udokotela wakho anganciphisa umthamo kancane. Ukuyiqeda ngokuphelele kungabangela ukuvuvukala, yingakho ngokuvamile uzokugcina kumuthi olula.

Ngezinkinga Zomgogodla (Axial Disease)

- **Isinyathelo 1: Ama-NSAIDs:** Imithi efana ne-ibuprofen ngomthamo ophezulu ophansiwe izinsuku ezi-2–4. Imithi elula efana ne-methotrexate ayisebenzi ngezinkinga zomqolo.
- **Isinyathelo 2: Imithi Eqinile:** Uma ama-NSAIDs engasizi (isib., isikolo se-ASDAS esingaphezulu kwe-2.1), kusetshenziswa amabiologika afana nama-TNF noma ama-IL-17 inhibitors. Imijovo yesteroid emalungeni esinqe ingasiza.

Ngezinkinga Zemisipha (Enthesitis)

- **Isinyathelo 1: Ama-NSAIDs:** Kwehlisa ubuhlungu. Imijovo yesteroid emisipheni ingazanywa, kodwa ingase ingasebenzi.
- **Isinyathelo 2: I-Methotrexate:** Ingasiza kwezinye izimo.
- **Isinyathelo 3: Imithi Eqinile:** Amabiologika noma imithi etayithiweyo efana nama-TNF noma ama-IL-17 inhibitors.

Ngesikhumba Nezinzapho

- I-Methotrexate, ama-IL-17-inhibitors, ama-IL-12/23-inhibitors, noma ama-IL-23-inhibitors ngokuvamile ayawela kakhulu. Udokotela wesikhumba angasiza ngama-creams noma okunye ukwelashwa.

Ngenxa Yeminwe Evuvukile (Dactylitis)

- **Isinyathelo 1: Ama-NSAIDs:** Ukuze kwehlise ukuvuvukala.
- **Isinyathelo 2:** I-Methotrexate: Uma ama-NSAIDs engasizi.
- **Isinyathelo 3:** Imithi Eqinile: Amabiologika noma imithi etayithiweyo.

Imithi Yobuhlungu Nokuvuvukala

- **Ama-NSAIDs** (njenge-ibuprofen): Yelapha ubuhlungu nokuqina kodwa ayivimbeli umonakalo wamalunga. Sebenzisa umthamo ophansi kakhulu ngesikhathi esifushane, ngoba ingabangela izinkinga zesisu, zenzhliziyo, noma zezinso. Udokotela wakho angongeza iphilisi elivikela isisu.
- **Imijovo yesteroidi:** Isetshenziselwa amalunga noma imisipha eyodwa, kodwa amaphilisi esteroidi wesikhathi eside ayagwenywa ngoba angabangela i-psoriasis ibe bucyayi.

4. Qaphela Ezinye Izinkinga Zempilo

i-PsA ingandisa amathuba okuthola:

- **Isifo senhliziyo:** Ukuvuvukala kwandisa izingozi zenhliziyo. Udokotela wakho uzohlola umfutho wegazi, i-cholesterol, nezinye izinto.
- **Amathambo alula (osteoporosis):** i-PsA iyawathambisa amathambo. Ukuhlolwa kwamathambo kungase kwenziwe, ikakhulukazi kwabesifazane emva kokuyeka ukuya esikhathini.
- **Izifo eziphuma ngaphakathi:** Uzohlolwa nge-TB, i-Hepatitis, noma i-HIV ngaphambi kokuqala imithi. Tshela udokotela wakho uma unomkhuhlane noma ezinye izimpawu zokutheleleka.
- **Ukukhuluphala noma isibindi:** Isisindo esithe xaxa noma isifo sesibindi esinamafutha singenza i-PsA ibe bucaji. Ukudla ukudla okunempilo kuyasiza.
- **Impilo yengqondo:** Ukukhathala, ukudabuka, noma ukukhathazeka kuvamile. Cela usizo uma kudingeka.
- **Izinkinga zamehlo noma zamathumbu:** i-Uveitis noma izinkinga zamathumbu zingadinga ukunakekelwa okukhethekile.

Ukuhlolwa njalo (njalo emva kwezinyanga ezi-1–3 uma i-PsA isebenza, bese kuba njalo emva kwezinyanga ezi-3–6) kusiza ukuthola izinkinga kusenesikhathi. Udokotela wakho uzophinde ahlole imigomo yakho, izinhlelo zokukhulelwa, noma ukuncelisa.

Lo mhlahlandlela usekelwe ezincomweni ze-South African Rheumatism and Arthritis Association zango-2024. Khuluma nodokotela wakho noma umhlengikazi wezifo zamathambo ukuze uthole imininingwane eyengeziwe, futhi ubuze ngamaqembu okusekela iziguli endaweni yakho.

Izinto Ezibalulekile Okufanele Uzikhumbule

- **Hlola kusenesikhathi:** Uma unobuhlungu kwamalunga omzimba, iminwe evuvukele, noma i-psoriasis, bheka udokotela wezifo zamathambo ngokushesha.
- **Sebenzisana nochwepheshe:** Udokotela wezifo zamathambo, udokotela wesikhumba, neqembu lokusekela bangenza isu elikufanele.
- **Nyakazisa umzimba wakho:** Ukuvivinya umzimba kwenza ukuthi amalunga akho aqine kanye nemisipha yakho
- **Hlala emithini:** Ukuthatha imithi njengoba kuyalelwe kulawula i-PsA nezinkinga zesikhumba.
- **Phila ngempilo:** Yeka ukubhema, udle kahle, futhi uhlale unyakaza ukuze uzizwe ungcono.
- **Nakekela impilo yakho:** Ukuhlolwa njalo kusiza ekutheni usheshe uthole izinkinga