

# Umhlahlandlela Olula Wokuqonda Ngokuphathwa Isifo Samathambo (i-RA)



**Lo Mhlahlandlela Owabani?**

Lo mhlahlandlela ungowabo bonke abantu abaphila nesifo samathambo (i-RA), ngokungakhethi ukuthi usanda kutholakala naso noma sekuyiminyaka sikuphethe. Lo mhlahlandlela uhlose ukuchaza i-RA ngendlela elula futhi ikusize ukuthi usebenzisane neqembu lakho lezempilo ukuze uphile kahle.

**Siyini Isifo Samathambo (i-RA)?**

i-RA yisifo esithatha isikhathi eside lapho amasosha omzimba wakho ehlasela amalunga omzimba wakho, okubangela ubuhlungu, ukuvuvukala, nokuqina. Ngokuvamile siqala ngamalunga amancane, njengalawo ezise ezandleni, ezihlakaleni nasezinyaweni, kodwa singathinta namalunga amakhulu njengamadolo noma amahlombe. Ngokuhamba kwesikhathi, i-RA ingalimaza amalunga omzimba wakho, yenze kube nzima ukuthi unyakaze noma wenze imisebenzi yazinsuku zonke. Ingakubangela nezinkinga ngaphandle kwamalunga omzimba, njengokukhathala, izinkinga zamaphaphu, izigaxa esikhumbeni, kanye nezinkinga zenhliziyo. i-RA ivame ukutholakala kwabesifazane futhi ngokuvamile iqala phakathi kweminyaka engu-30 kuya ku-60. i-RA isifo esithelelanayo emndenini, kanti futhi ukubhema nokukhuluphala kuyayenza i-RA ibe bucayi kakhulu. Ngokungafani nesifo samathambo esivamile esivela ngenxa yokuguga, i-RA yisifo esizihlaselayo, okusho ukuthi umzimba wakho uhlasela ngokungazi.

**Kungani Kubalulekile Ukuyihlola Kusenesikhathi?**

i-RA ingaqala ukulimaza amalunga womzimba ngezinyanga ezintathu, yingakho ukuthola ngayo kusenesikhathi kubalulekile kakhulu; ukuze uvikele umonakalo ongapheli. Ukwelashwa kwangaphambi kwesikhathi kungaciphisa ubuhlungu, kwenze ukwazi ukunyakaza, futhi kuthuthukise izinga lempilo yakho. Uma ungalashwa, i-RA ingenza kube nzima ukuthi usebenze, wenze izinto ozithandayo, noma ngisho ukuzigqokisa. Ingakubangela nezinye izinkinga zempilo njengesifo senhliziyo noma amathambo abuthakathaka. Ezindaweni eziyincosana kwezinsiza zezempilo, i-RA ingaba nzima ukuyinakekela, yingakho ukubonana nodokotela ngokushesha kubaluleke kakhulu.

## Odokotela Benza Kanjani Ukuze Bathole Uma Une-RA?

Odokotela basebenzisa uhlu lokuhlola (olubizwa ngokuthi i-2010 ACR/EULAR criteria) ukuze baqinisekise i-RA. Ngokwesibonelo, ungathola amaphuzu ngokuba namalunga avuvukele, ukuhlolwa kwegazi okukhombisa i-RA, noma izimpawu ezithatha isikhathi eside. Ukuhlola okungu-6 noma ngaphezulu kwamaphuzu ayishumi kusho ukuthi mhlawumbe une-RA. Bazophinda baqinisekise ukuthi akusiso esinye isifo, njenge-lupus noma i-osteoarthritis.

Uma unobuhlungu bamalunga kodwa ungenakho ukuvuvukala okucacile, ungase ube “ne-clinically suspect arthralgia” (CSA). Uma unezimpawu ezintathu noma ngaphezulu (njengokuqina ekuseni noma umlando womndeni), udokotela wakho angase akudlulisele kudokotela wezifo zamathambo ukuze abheke i-RA.

# Odokotela Benza Kanjani Ukuze Bathole Uma Une-RA?

Uma unobuhlungu bamalunga noma ukuvuvukala, ikakhulukazi ezandleni noma ezinyaweni, udokotela wakho angase acabange ukuthi une-RA. Nansi into abayenzayo ukuze bahlolisise:

## Bakubuzwa ngemibuzo ngezimpawu zakho:

- Ubuhlungu noma ukuvuvukala emalungeni amaningi, ikakhulukazi amancane njengeminwe noma izinzwane.
- Ukuqina ekuseni okuthatha ihora noma ngaphezulu.
- Izimpawu ezibucayi kakhulu ekuseni.
- Ubuhlungu bamalunga obuhlale isikhathi eside kunezinsuku eziyisithupha.
- Izihlobo ezinesifo samathambo.

## Bakuhlola umzimba:

- Bahlola amalunga avuvukele noma abuhlungu.
- Bahlola ukuthi kunzima yini ukwenza isandla sibe yisibhakela noma uma kuba buhlungu ukuwacindezela amalunga ezandla.

## Benza izivivinyo:

- **Ukuhlolwa kwegazi:** Ukuhlola izimpawu zokuvuvukala (njenge-C-reactive protein noma i-ESR) noma izimpawu ezikhethekile ze-RA (njenge-rheumatoid factor noma ama-anti-CCP antibodies).
- **Ama-X-ray:** Ukuhlola umonakalo wamalunga, nakuba i-RA yokuqala ingase ingabonakali.
- **i-Ultrasound noma i-MRI:** Lokhu kungathola ukuvuvukala kwamalunga noma umonakalo ongabonakali kuma-X-ray, kodwa akudingeki ngaso sonke isikhathi.

# Odokotela Bazi Kanjani Ukuthi I-RA Yakho Ibucayi Kangakanani?

Ukuze babone ukuthi i-RA yakho inzima kangakanani, odokotela basebenzisa amathuluzi alula njalo uma ubavakashela:

- **I-CDAI Score:** Ibalwa ngokuthi mangaki amalunga abuhlungu noma avuvukele (kusukela kuma-28, njengezandla, izihlakala, namadolo), kanye nokuthi wena nodokotela wakho nikala kanjani i-RA yakho esikalini sika-0–10 (0 = ukwenza kahle, 10 = kubi kakhulu). Izinga elibonisa ukuthi i-RA yakho:
  - Iku-remission (ilawulekile, inani engu-2.8 noma ngaphansi).
  - Lisezingeni eliphansi (inani engu-10 noma ngaphansi).
  - Lisezingeni eliphakathi noma eliphezulu (idinga ukwelashwa okuqinile).
- **I-SDAI Score:** Ifana ne-CDAI kodwa yona ihlolwa negazi, kuhlolwa ukuvuvukala.
- **I-DAS-28 Score:** Enye indlela yokulinganisa ubuhlungu bamalunga, nokuvuvukala.
- **Inhlolovo ye-HAQ-DI:** Inhlolovo eyenziwa njalo emva kwezinyanga eziyisithupha kuya kwezingu-12 ukuze kubonwe ukuthi i-RA ikuthinta kanjani emisebenzini yansuku zonke, njengokugqoka noma ukuvula amabhodlela.

Odokotela baphinde basebenzise ama-X-ray ukuze bahlole umonakalo wamalunga, ikakhulukazi ekuqaleni. i-X-ray yesifuba ingase yenziwe ukuze kuqedwe izinkinga zamaphaphu noma izifo ezifana ne-TB. i-Ultrasound noma i-MRI ingasiza uma kukhona ukungaqinisekisi, kodwa ayidingeki njalo.

# I-RA Yelashwa Kanjani?

Injongo ukumisa ubuhlungu nokuvuvukala, ukuvikela amalunga akho, nokukusiza uphile impilo egcwele. Ngokufanelekile, i-RA yakho kufanele ibe ku-remission (CDAI 2.8 noma ngaphansi) noma okungenani “ezingeni eliphansi” (CDAI 10 noma ngaphansi). Nali isu:

## 1. Sebenzisana Neqembu Lakho Lezempilo

- **Bonana nodokotela wezifo zamathambo:** Lo dokotela uyisipesheli se-RA. Bazohola ukunakekelwa kwakho futhi bangase basebenzisane:
  - Nomelaphi womzimba noma wokusebenza ukuze bakusize unyakaze kangcono.
  - Nocwepheshe wezinyawo mayelana ngezinkinga zezinyawo.
  - Nomeluleki wokusekela ngokomzwelo.
  - Nomhlengikazi wezifo zamathambo ukuze achaze kangcono ngokwelashwa futhi aphenule imibuzo.
- **Yenzani uhlelo ndawonye:** Wena nodokotela wakho nizokhetha ukwelashwa okufanelana nezempilo zakho, indlela ophila ngayo, kanye nezinhloso zakho.
- **Funda nge-RA:** Ukuqonda ngesifo sakho kuzokusiza uzizwe unamandla. Umhlengikazi noma iqembu lwezempilo lingakubonisa ngezinsiza.

## 2. Phila Ngempilo

- **Zivocavoce:** Imisebenzi efana nokuhamba, ukubhukuda, noma ukuqeqesha amandla inciphisa ukuqina komzimba futhi ikugcine unamandla. Umelaphi womzimba angakubonisa izindlela zokunyakaza eziphephile.
- **Yeka ukubhema:** Ukubhema kwenza i-RA inyuke ngokwezinga futhi kwandisa amathuba wokuthi ube nezinkinga zenhliziyi namaphaphu.
- **Ehlisa isisindo uma kudingeka:** Isisindo esithe xaxa singenza i-RA nezinye izinkinga zezempilo zinyukele ngokwezinga. Ukudla ukudla okunempilo kungasiza.
- **Joyina iqembu lokusekela:** Ukukhuluma nabanye abane-RA kungakunika eminye imibono ikukhuthaze.

## 3. Imithi

Imithi izanywa kancane kancane, kuqalwa ngelula:

### ISINYATHELO 1: I-Methotrexate (MTX)

- **Yini:** Iphilisi noma umjovo othathwa kanye ngesonto ukuze ulungise amasosha omzimba futhi wehlise ukuvuvukala kwamalunga. Yikho okuzanywa kuqala.
- **Isebenza kanjani:** Uqala ngomthamo ophansi (7.5–15 mg) futhi ungakhuphukela ku-25 mg. Iphuzwa ne-folic acid ukuze kuncishiswe imiphumela engemihle efana nesicanucanu.
- **Okufanele ukwazi:** Kungathatha amaviki ambalwa ukuthi isebenze. Imiphumela engemihle ifaka isicanucanu noma ukukhathala, kodwa izinkinga ezinkulu (njengezinkinga zesibindi noma zamaphaphu) azivamile. Uzodinga ukuhlolwa kwegazi njalo ukuze uhlale uphephile.
- **Uma ingasebenzi:** Uma i-methotrexate ingasizi ngemuva kwezinyanga ezintathu, noma ungayibekezeleli, udokotela wakho angazama i-sulfasalazine noma i-leflunomide. i-RA elisezingeni eliphansi, umuthi obizwa ngokuthi i-chloroquine ungasetshenziswa.

### ISINYATHELO 2: Imithi Ehlanganisiwe

- **Yini:** Uma i-methotrexate iyodwa inganele, udokotela wakho ungayihlanganisa neminye imithi, njenge-sulfasalazine ne-chloroquine (ebizwa ngokuthi “triple therapy”) noma i-leflunomide.
- **Isebenza kanjani:** Le mithi isebenza ndawonye ukuze ilawule i-RA kangcono. Usazodinga ukuhlolwa kwegazi ukuze uqaphe imiphumela engemihle.

### ISINYATHELO 3: Imithi Eqinile (Ama-Biologics noma Imithi Eteyithiweyo)

- **Yini:** Imithi eqondiswe ezingxenyeni ezithile zamasosha omzimba. Izibonelo zifaka:
  - **Ama-TNF inhibitors** (njenge-adalimumab, etanercept): Asiza ngobuhlungu nokuvuvukala kwamalunga.
  - **Ama-biologics angewona ama-TNF** (njenge-rituximab, tocilizumab): Alungele amalunga nezinye izinkinga njengezinkinga zamaphaphu.
  - **Ama-JAK inhibitors** (njenge-tofacitinib): Amaphilisi alungisa ukuvuvukala.
- **Uma uyidinga:** Uma uzame imithi emibili noma ngaphezulu elula izinyanga ezintathu futhi usene-RA esezingeni eliphezulu (CDAI engaphezulu kwe-10), noma uma unezinkinga ezinzima njengesifo samaphaphu.
- **Ikhethwa kanjani:** Udokotela wakho ukhetha ngokuya ngezimpawu zakho, ezinye izifo (njengezifo noma izinkinga zenhliziyi), nokuthi ukhetha imijovo noma amaphilisi. Ngokwesibonelo, i-rituximab ilungele uma ubune-TB noma umdlavuza.
- **Ngaphambi kokuqala:** Uzohlolwa i-TB, i-Hepatitis, i-HIV, futhi kuhlolwe ukugoma kwakho. Udokotela wakho uzophinde axoxe nawe mayelana ngezinhlelo zokukhulelwa.
- **Ukuhlola ukuthi iyasebenza yini:** Emva kwezinyanga ezintathu, udokotela wakho uzohlola ukuthi i-RA yakho isiba ngcono (isib. i-CDAI yehlela ku-10 noma ngaphansi). Uma ingasebenzi, bangashintsha baye komunye umuthi oqinile.
- **Ukunciphisa:** Uma i-RA yakho ilawulekile izinyanga eziyisithupha kuya kwezingu-12 (CDAI 2.8 noma ngaphansi), udokotela wakho angase anciphise umthamo kancane. Ukuqeda ngokuphelele kungabangela ukuthi i-RA ibuye, yingakho ngokuvamile uzogcina umthamo ophansi womuthi olula.

### ISINYATHELO 4: Imithi Yezinhlungu Nokuvuvukala

- **Ama-NSAIDs** (njenge-ibuprofen): Le mithi inciphisa ubuhlungu nokuqina kodwa ayivimbeli umonakalo wamalunga. Sebenzisa umthamo ophansi kakhulu ngesikhathi esifushane, ngoba ingabangela izinkinga zesisu, zenhliziyi, noma zezinso. Udokotela wakho angongeza ngephilisi elivikela isisu.
- **I-Paracetamol:** Umuthi ophephile wokudambisa izinhlungu (kuze kufike ku-4 g ngosuku) uma uwudinga.
- **Ama-Steroids** (njenge-prednisone): Asetshenziswa ngemithamo ephansi (7.5 mg noma ngaphansi) isikhathi esifushane ukuze kulawuleke ukuvuvukala, ikakhulukazi ngenkathi usalinde eminye imithi ukuthi iqale ukusebenza. Ukuyisebenzisa isikhathi eside kungabangela izifo, amathambo abuthakathaka, noma isifo sikashukela, yingakho ancishiswa ngokushesha. Imijovo yesiteroyidi elungeni elilodwa ingasiza ngokuvuvukala.

## 4. Qaphela Ezinye Izinkinga Zezempilo

i-RA ingandisa amathuba wokuthi uthole:

- **Isifo senhliziyo:** Ukuvuvukala neminye imithi ingathinta inhliziyi yakho. Udokotela wakho uzohlola umfutho wegazi, i-cholesterol, nezinye izingozi.
- **Amathambo abuthakathaka (osteoporosis):** i-RA nama-steroids angenza amathambo abe buthakathaka. Ukuhlolwa kwamathambo (DEXA) kungase kwenziwe, ikakhulukazi kwabesifazane ngemuva kokuyeka ukuya esikhathini.
- **Izifo:** Uzohlolwa i-TB, i-Hepatitis, noma i-HIV ngaphambi kokuqala imithi eqinile. Tshela udokotela wakho uma unomkhuhlane, ukwehla kwesisindo, noma ezinye izimpawu zokutheleleka.
- **Izinkinga zamaphaphu:** i-RA ingathinta amaphaphu akho, yingakho i-X-ray yesifuba ingase yenziwe.
- **Impilo yengqondo:** Ukukhathala, ubuhlungu, noma ukuzwa udangele kuvamile. Cela usizo uma uzwa udangele noma ukhathazekile.
- **Ezinye izinkinga:** Izigaxa esikhumbeni, ukuvuvukala kwamehlo, noma ukuzuza isisindo kungadinga ukunakwa.

Ukuhlolwa njalo (njalo emva kwezinyanga ezi-1–3 uma i-RA lisezingeni eliphezulu, bese kuba njalo emva kwezinyanga ezi-3–6) kusiza ukuthola izinkinga kusenesikhathi. Ukuhlolwa kwegazi kwesibindi, izinso, noma ushukela kungase kwenziwe minyaka yonke.

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, ukuvuvukala, noma ukuqina komzimba ekuseni, bheka udokotela wezifo zamathambo ngokushesha.
- **Sebenza nochwepheshe:** Udokotela wezifo zamathambo 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-RA.
- **Phila ngempilo:** Yeka ukubhema, udle kahle, futhi uhlale unyakaza ukuze uzizwe ungcono.
- **Bheka impilo yakho:** Ukuhlolwa njalo kusiza ekutheni usheshe uthole izinkinga zenhliziyi, ezamathambo, kanye nezinye kusenesikhathi.
- **Thola usekelo:** Hlanganyela neqembu ukuze uxhumane nabanye abaqonda i-RA.