

Umhlahlandlela Olula Wokuqonda Ngokuphathwa i-Axial Spondyloarthritis (axSpA)



Siyini i-Axial Spondyloarthritis (axSpA)?

I-Axial spondyloarthritis, noma i-axSpA, isifo esihlala isikhathi eside esidala ukuvuvukala nobuhlungu emgogodlweni nasemalungeni lapho umgogodla uhlangana khona nesinqe (abizwa ngokuthi amalunga e-sacroiliac). Iyingxenye yeqembu lezifo ezihlanganisa isifo samathambo esihlobene ne-psoriasis (isifo sesikhumba), izifo ezibangelwa amagciwane, noma izifo zamathumbu njenge-Crohn's disease. Ngaphambili, uma i-axSpA ibangela umonakalo omkhulu emgogodlweni ovela kuma-X-ray, yayibizwa ngokuthi i-ankylosing spondylitis. Manje sesiyazi ukuthi abanye abantu abanokuvuvukala okuvela kuma-MRI kodwa hhayi kuma-X-ray – lokhu kubizwa ngokuthi i-non-radiographic axSpA.

I-axSpA ingase futhi ibangele:

- Iminwe noma izinzwane ezivuvukele (ezifana namososeji).
- Ubuhlungu ezithendeni noma kwamanye amalunga.
- Izinkinga zesikhumba (amakhanda anesikhwebu esivela ku-psoriasis).
- Ukuvuvukala kwamehlo (amehlo abovu, nabuhlungu, okubizwa ngokuthi i-uveitis).
- Izinkinga zamathumbu (njengohudo oluvela ku-Crohn's noma i-colitis).

Le sifo sivame kakhulu kubantu abanezakhi zofuzo ezibizwa ngokuthi i-HLA-B27, ikakhulukazi ezingxenye ezithile zase-Afrika, kodwa akubona bonke abantu abanazo lezi zakhi zofuzo abathola i-axSpA. Ivamise ukuvela emindenini.

Kungani Ukuyihlola Kusenesikhathi Kubalulekile?

Ukuthola ukuthi une-axSpA kusenesikhathi kusiza ukuvimba umonakalo ongapheli emgogodlweni, kunciphisa ubuhlungu, futhi kwenza impilo yakho ibe ngcono. Uma singelashwa lesifo, singenza imisebenzi yansuku zonke ibe nzima, sithinte umsebenzi wakho, futhi yehlise izinga lempilo yakho. Ngezinye izikhathi, i-axSpA ayitholakali noma iphuthaniswa nezinye izinkinga ezifana ne-fibromyalgia (ubuhlungu obusakazeke emzimbeni), ukulimala komgogodla, noma izifo ezifana nesifo sofuba. Odokotela kudingeka bahlole ngokucophelela ukuze baqiniseke.

Odokotela Bathola Kanjani Ukuthi Une-axSpA?

Uma unezinhlungu ngezansi zomgogodla isikhathi esingaphezulu kwezinyanga ezintathu, ikakhulukazi uma ziqale ngaphambi kokuba neminyaka engu-40, udokotela wakho angase asole ukuthi une-axSpA. Nansi into abayenzayo:

Bheka izimpawu zobuhlungu obukhethekile

bomgogodla (okubizwa ngokuthi ubuhlungu bokuvuvukala):

- Kuqala kancane, hhayi ngenxa yokulimala.
- Kuba buhlungu kakhulu uma uhleli noma ulele, kodwa kuba ngcono uma uhamba noma uzivocavoca.
- Kukupusa ebusuku ulele, kodwa kube ngcono uma uzovuka uhambe.

Bheka ezinye izimpawu:

- Amalunga omzimba avuvukele, ubuhlungu ezithendeni, noma iminwe/izinzwane ezifana namososeji.
- i-Psoriasis yesikhumba, izinkinga zamathumbu, noma ukuvuvukala kwamehlo.
- Umndeni wakho one-axSpA, i-Psoriasis, noma izifo ezifanayo.
- Ubuhlungu bomgogodla obuphela ngokushesha (ezingakapheli izinsuku ezimbili) emva kokuphuza imithi efana ne-ibuprofen.

Benza izivivinyo:

- **Ukuhlola igazi:** Ukuhlola i-HLA-B27 noma izimpawu zokuvuvukala (ezifana ne-C-reactive protein, noma i-CRP).
- **Ama-X-ray:** Ukubheka umonakalo emalungeni esinqe (lokhu kungase kungaveli ekuqaleni).
- **Ama-MRI:** Ukubona ukuvuvukala emalungeni esinqe, okuyindlela engcono eyokuthola i-axSpA kusenesikhathi.

Odokotela basebenzisa uhlu lokuhlola (olubizwa ngokuthi i-ASAS criteria) ukuqinisekisa i-axSpA. Ngokwesibonelo, bangase bathi une-axSpA uma unezimpawu zokuvuvukala ku-MRI kanye nolunye uphawu, noma uma une-HLA-B27 kanye nezimpawu ezinye ezimbili. Baqinisekise futhi ukuthi akusona esinye isifo, njengokulimala komgogodla ngenxa yezemidlalo noma isifo.

Odokotela Bazi Kanjani Ukuthi I-axSpA Yakho Inzima Kangakanani?

Ukuze babone ukuthi i-axSpA yakho inzima kangakanani, odokotela basebenzisa amathuluzi alula:

- **I-ASDAS Score:** Ihlanganisa ubuhlungu bakho, ukuqina, kanye nemiphumela yokuhlolwa kwegazi. Ibonisa uma i-axSpA yakho:
 - Ingekho bucayi (ilawulekile, ithola amaphuzu angaphansi kuka-1.3).
 - Iphansi (amaphuzu angaphansi kuka-2.1).
 - Iphezulu noma iphezulu kakhulu (idinga ukwelashwa okuqinile).
 - Ungabheka leli phuzu ku-inthanethi ku: [ASAS Calculator](#).
- **I-BASDAI Score:** Imibuzo mayelana nobuhlungu bakho, ukuqina, nokukhathala. Amaphuzu angu-4 noma ngaphezulu asho ukuthi i-axSpA yakho inamandla.
- **I-BASFI Score:** Ibheka ukuthi kunzima kangakanani ukwenza izinto ezifana nokugoba noma ukugqoka, kusetshenziswa isikali sika-0–10.

Lezi zibalo zisiza udokotela wakho ukuthi athole ukuthi ukwelashwa kwakho kuyasebenza yini.

I-axSpA Ilashwa Kanjani?

Inhloso ukumisa ubuhlungu nokuvuvukala, ukukugcina unyakaza, futhi ukukusiza ukuthi uphile kahle. Ngokufanelekile, i-axSpA yakho kufanele ingabi namandla (i-ASDAS engaphansi kuka-1.3) noma okungenani ibe phansi (i-ASDAS engaphansi kuka-2.1). Nali isu:

1. Sebenzisana Nodokotela Bakho

- **Bona udokotela wezifo zamathambo:** Udokotela oyisipesheli se-axSpA. Bazohola ukwelashwa kwakho futhi bangase bahlanganise:
 - Odokotela besikhumba, amehlo, noma amathumbu ngezinkinga ezihlobene.
 - Osizo lokuzivocavoca ukuze unyakaze kangcono.
 - Abeluleki noma abasebenzi bezenhlalakahle ukuze bakusize ngokomzwelo.
- **Yenza isu ndawonye:** Wena nodokotela wakho nizokhetha ukwelashwa okulingana nempilo yakho, izinhloso, kanye nezimo zakho.
- **Funda nge-axSpA:** Umhlengikazi angachaza lesi sifo, ukwelashwa kwaso, kanye nokuthi ungakwazi kanjani ukulandela uhlelo. Lokhu kukusiza uzizwe ulawula kangcono.

2. Phila Ngokunempilo

- **Zivocavoce:** Ukunyakazisa umzimba – njengokuzelula, ukubhukuda, noma ukuhamba – kunciphisa ukuqina nobuhlungu. Kubaluleke njengemithi.
- **Yeka ukubhema:** Ukubhema
- kwenza i-axSpA ibe namandla futhi kona impilo yakho.
- **Hlangana neqembu lokusekela:** Ukukhuluma nabanye abane-axSpA kungakunika amasu nokusekelwa.
- **Qhubeka usebenze:** Uma ukwazi, qhubeka nokusebenza noma ukwenza imisebenzi oyithandayo ngoba kulungele impilo yakho.

3. Imithi

Imithi izanywa kancane kancane, kuqala ngemithi elula:

ISINYATHELO 1: Imithi Elwisana Nokuvuvukala (NSAIDs)

- **Izibonelo:** i-ibuprofen, i-naproxen, noma imithi efanayo.
- **Yenzani:** Inciphisa ubuhlungu nokuvuvukala. Abantu abaningi bazizwa bengcono ngezinsuku ezimbalwa.
- **Isetshenziswa kanjani:** Uthatha umthamo ophephile ophakeme izinsuku ezi-2–4. Uma ingasizi, uzama enye.
- **Qaphela:** Le mithi ingaphazamisa isisu, inyuse umfutho wegazi, noma ithinte inhliziyi noma izinso. Udokotela wakho angakunika iphilisi elivikela isisu noma akhethe enye ephephile. Uma ungeke uthathe i-NSAIDs, iziphathamandla zokudambisa ubuhlungu ezifana ne-paracetamol zingasetshenziswa.

ISINYATHELO 2: Ubuhlungu Bezandla nezinyawo

- Uma unamalunga avuvukele ngaphandle komgogodla (njengamadolo noma izandla), imithi ebizwa ngokuthi i-sulfasalazine ingasiza.
- Eminye imithi efana ne-methotrexate isetshenziswa kancane uma kuwukuthi eminye ayisebenzi.
- Ngezinkinga zesikhumba, amehlo, noma amathumbu, imithi ehluke ingadingeka (buza ngemihlahlandlela yesifo samathambo esingaphandle).

ISINYATHELO 3 & 4: Imithi Eqinile (Imithi ye-Biologic noma Eklanyelwe)

- **Yini leyo:** Imithi elawula ingaphakathi lakho yezivikelo zomzimba ukuze imise ukuvuvukala. Izibonelo zihlanganisa:
 - **I-TNF inhibitors** (njenge-adalimumab noma i-etanercept): Zisiza emgogodlweni, emalungeni, emehlweni, nasezinkingeni zamathumbu.
 - **I-IL-17 inhibitors** (njenge-secukinumab): Zilungele umgogodla nesikhumba kodwa hhayi amathumbu.
 - **I-JAK inhibitors** (njenge-tofacitinib): Amaphilisi amasha omgogodla namalunga.
- **Uma uyidinga:** Uma i-NSAIDs ingasebenzi, futhi unayo:
 - I-axSpA enamandla kakhulu (i-ASDAS engaphezulu kuka-2.1 noma ubuhlungu obukhulu okungenani amasonto amane).
 - Ukuvuvukala okukhonjiswe nge-CRP ephezulu, i-MRI, noma i-ultrasound.
 - Uzame okungenani i-NSAIDs ezimbili ngaphandle kwempumelelo.
- **Zikhethwa kanjani:** Udokotela wakho ukhetha ngokusekelwe ezimpawini zakho, ezinye izinkinga zempilo (njengengozi yezifo), kanye nokuthi ukhetha imijovo noma amaphilisi. Ngokwesibonelo, eminye imithi ingcono uma uezinkinga zamehlo noma amathumbu.
- **Ngaphambi kokuthi uqale:** Uzohlolwa izifo ezifana nesifo sofuba, i-Hepatitis, noma i-HIV. Udokotela wakho uzobheka futhi ukuthi ugonyelwe ini kanye nezinhlelo zokukhulelwa.
- **Ukubheka ukuthi iyasebenza yini:** Emva kwezinyanga ezintathu, udokotela ubheka ukuthi izimpawu zakho zingcono yini (ngokwesibonelo, i-ASDAS yehla ngo-1.1 noma ngaphezulu). Uma ingasebenzi, bangase bazame eminye imithi.
- **Ukunciphisa umthamo:** Uma ungenazimpawu izinyanga eziyisithupha (i-ASDAS engaphansi kuka-1.3 kanye nokuhlolwa kwegazi okujwayelekile), udokotela angase anciphise umthamo kancane. Ukuyeka ngokuphelele akunconyiwe, ngoba izimpawu zivame ukubuya.

Ama-Steroid

- Amaphilisi e-steroid awasetshenziswa isikhathi eside ngoba angadala izinkinga.
- Imijovo ye-steroid emalungeni avuvukele ingasiza, kodwa iyagwenywa kwezinye izindawo (njengezithambo) ukuze kugwenywe ukulimala.

4. Qaphela Ezinye Izinkinga Zempilo

i-axSpA ingakwenza ube namathuba okuthola ezinye izinkinga:

- **Izinkinga zenhliziyi:** Ukuvuvukala ne-NSAIDs kungathinta inhliziyi yakho. Udokotela wakho uzohlola umfutho wegazi kanye ne-cholesterol yakho.
- **Amathambo abuthakathaka (i-osteoporosis):** i-axSpA ingenza amathambo akho abe buthakathaka, ikakhulukazi emgogodlweni. Ukuhlolwa kwamathambo (i-DEXA) kungakusiza, kodwa ukuhlola umgogodla kungaba nzima, yingakho isihlakala noma isinqe kungasetshenziswa.
- **Ukuqhekeka komgogodla:** Uma ubuhlungu bomgogodla bakho buhluka (bufana nokulimala kunokuvuvukala), tshela udokotela wakho – kungase kube ukuqhekeka.
- **Izifo:** Uzohlolwa izifo ezifana nesifo sofuba, i-Hepatitis, noma i-HIV ngaphambi kokuthi uqale imithi eqinile.
- **Impilo yengqondo:** Ukukhathala, ukudangala, noma ukukhathazeka kuvamile. Tshela udokotela wakho uma udinga usizo.
- **Ezinye izinkinga:** Ukukhuluphala, umfutho wegazi ophakeme, noma i-fibromyalgia (ubuhlungu obungeziwe) kungase kudingwe ukunakwa.

Izinto Ezibalulekile Okufanele Uzikhumbule

- **Hlola kusenesikhathi:** Uma unezinhlungu zomgogodla ngaphambi kokuba neminyaka engu-40 eziba buhlungu kakhulu ebusuku noma zibe ngcono ngokuzivocavoca, bonana nodokotela wezifo zamathambo.
- **Sebenzisana nochwepheshe:** Udokotela wezifo zamathambo neqembu elisekelayo bangenza isu elifanele wena.
- **Nyakazisa umzimba:** Ukuzivocavoca kuyadingeka ukuze ugcine ukuguquguquka futhi unciphise ubuhlungu.
- **Qhubeka nemithi:** Ukuphuza imithi yakho njengoba ulayeliwe kugcina i-axSpA ilawulekile.
- **Bheka impilo yakho:** Ukuhlolwa njalo kuyasiza usheshe uthole izinkinga zenhliziyi, amathambo, noma ezinye kusenesikhathi.
- **Thola usizo:** Hlanganyela neqembu ukuze uxhumane nabanye abaqonda i-axSpA.

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