

Ilunga elijwayelekileyo

Osteoarthritis joint
Ithambo ligcina lihikihla elinyer

1 DEGENERATIVE ARTHRITIS

Kulimaza I cartilage nezicubu ezizungeze isitho

Isibonelo: Osteoarthritis



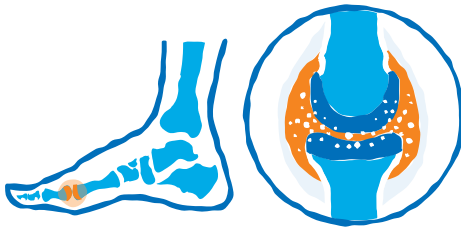
Rheumatoid Arthritis (RA)
Ukushisa nokuvuvukala kwe synovial membrane

2 INFLAMMATORY ARTHRITIS

ukushisa kwezitho kanye nezinye izicubu

Isibonelo: Rheumatoid Arthritis (RA), Psoriatic Arthritis, Ankylosing Spondylitis, Juvenile Idiopathic Arthritis and Lupus

4 OKUYINHLOKO IZICI ZE ARTHRITIS



Gout
Uric kristalu ezizungeze isitho

3 METABOLIC ARTHRITIS

Ipho I uric acid kristalu zihlala nasemacaleni esitho. Lokhu kungenzeka cishe noma kusiphi isitho

Isibonelo: Gout



Lupus
Butterfly rash

4 AUTOIMMUNE ARTHRITIS

Lapho amasosha omzimba ehlasela ngokwawo

Isibonelo: Rheumatoid Arthritis (RA) and Lupus

Sikunika amathuluzi, izinsiza Kanye nokusekela okudingayo ukuze uphathe impilo futhi uphile impilo yakho entle ne arthritis.

IZINSIZAKALO ZETHU

1. Imfundo

Sisebenzela izinhlelo eziningi zemfundo nabachwepheshe nabaholi empakathini we arthritis.

2. Ukwesekwa

Izinhlelo zethu zokusekela nezentuthuko zigxila ethuthukiseni impilo yansuku zonke Kanye nempilo yesikhathi eside.

3. Ulwazi

Singumthombo ohamba phambili wolwazi mayelana nokwelapha, ukuphathwa nokunakekela izinhlobo ezahlukene ze arthritis ne Rheumatism.

4. Ukukhuthaza

sikhuthaza ukuqaphela umphakathi mayelana nesifo samathambo, futhi sikhuthaze inqubomgomo nemikhuba nokunakekelwa kwezempilo okubeka izingulu kuqala.

5. Izixhumanisi nochwepheshe bezokwelapha

ikuqondisa ngendlela engcono yokufinyelela ochwepheshe bezokwelapha abafanele endaweni yangakini.



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SINGOBANI

I Arthritis Foundation yeNingizimu Afrika ngumzimba okunguwo kuphela ezweni onikezela ngokusekela labo abane arthritis, imindeni Kanye nabanakekeli.

Sisebenza ukukunika Amandla wokuphatha impilo yakho ngemfundo, ukweseka nokufunyelela kolwazi.

Sikhuthaza izinqubomgomo zabantu ezigxile kuhulumeni Kanye nokunakekelwa kwempilo futhi sinikezela umgomo Phakathi kweziguli nomphakathi wezokwelapha.

Ubulungu kuphela nge

R150

NGONYAKA

Ufumana:

- Ikhadi lokuba yilunga
- Ukufinyelela kolwazi lwakamuva mayelana nesifo samathambo Kanye neumatiki
- Uthola mahala umagazini wethu wokufundisa I Arthritis Insight
- Ukusekelwa ngocingo kusuka kwikheli lethu lokusiza
- Izimemo eziyomfihlo ezenzakalweni ezinengcweti ehamba phambili yezamathambo
- Sizokukhulumela ngenxa yakho konke okukhathazayo mayelana nezinsizakalo zokwelapha

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