

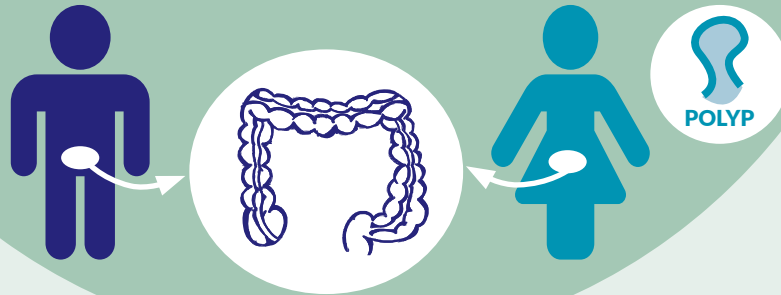
UMhlaza oNxulumene namaThumbu noMva

Uphezulu kwindawo yesi-3 emadodeni nakwabasetyhini

Ukuba ngaba ufunyaniswe ngoxilongo kusekwangoko
kunokunyusa amathuba akho okusinda.
KWAZI OKUYINGOZI

UKUFUNYANISWA KWANGOKO NGUNDOQO

Imihlaza emininzi iqala ILIHLUMELO ETHUNJINI OKANYE KUMVA, ihlumelo elincinci kwithishu eliqala kwinwebu lize likhule libe sembindini wethumbu okanye womva. Oogqirha banokuwasusa amahlumelo asemathunjini okanye akumva ngexa lenkqubo yekhamera yokujonga amathumbu ngaphakathi (colonoscopy).



IMIBA YENDLELA YOKUPHILA



Ukungazilongi
rhoqo



Ukutya iziqhamo/
imifuno kancinci



Isidlo esinefayibha
esezantsi namafutha
amaninzi



IZifo eziFuzwayo ezifana ne-
Lynch Syndrome



Imbali yobuqu okanye yosapho
yomhlaza onxulumene
namathumbu nomva okanye
amahlumelo emathunjini okanye
kumva



Ukutyebe
(ukutyeba
ngokugqithisileyo)



Ukusela utywala
ngokugqithisileyo



Ucoceko lomlomo/
lwamazinyo
olulambathayo



Ukutshaya



Ubudala



UHlobo lweSi-2 lweSifo
seSwekile



ISifo sokuKrala
kwamaThumbu

EMINYE IMIBA

IIMPAWU NEMIQONDISO (abantu abaninzi abehlelwa ziimpawu)

- ➔ Utshintsho kwindlela asebenza ngayo amathumbu, kuquka urhudo nokuqhineka okanye zombini
- ➔ Ukopha komva okanye igazi kwilindle
- ➔ Ukuthukuthezeleka okuzingileyo esiswini (inkantsu, umoya okanye iintlungu)

- ➔ Imvakalelo yokuba amathumbu awakhuphanga yonke into ngokupheleleyo
- ➔ Ubuthathaka okanye ukudinwa
- ➔ Ukwehla kobunzima obungaziyo ukuba kwenziwa yintoni

Call CANSA Toll Free
0800 22 66 22
www.cansa.org.za

Ngolwazi oluthe vetshe ngomhlaza onxulumene
namathumbu nomva qhagamshelane
nesibonelelo sakho sempilo sengingqi



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

