



KAFUKUFUKU: Kufuna kupeza njira zopewela matenda a shuga komanso kuthamanga kwa magazi mwa azimayi onenepa kwambiri omwe ali oyembekezera mu madela osauka

CHIYAMBI Mukupemphedwa kutenga nawo mbali mu kafukufuku wa PAPAGENO chifukwa ndinu oyembekezela komanso adotolo/azamba anu akupezani kuti ndinu onenepa kwambiri. Muchikalatachi muli uthenga okuthandizani kupanga chiganizo ngati mungakonde kutenga nawo mbali mu kafukufukuyu. Afunseni azakafukufuku pomwe simunamvetse kapena mukafuna kudziwa zambiri.

CHIFUKWA CHIYANI TIKUCHITA KAFUKUFUKU AMENEYU? Cholinga cha kafukufukuyu ndi kufuna kuthandiza ogwira ntchito zachipatala kuti adziwe zambiri za pilitsi lotchedwa Metformin yemwe amathandiza kusintha umoyo wa mayi ndi mwana mwa amayi oyembekezela omwe ali ndi matenda a shuga. Tikudziwanso kuti amayi omwe ali onenepa kwambiri amakhala pachipsyezo choyamba matenda a shuga akakhala oyembekezela. Matenda a shuga ndi pamene thupi lanu silingathe kugaya shuga kuchokera ku chakudya chimene mumadya. Mukakhala onenepa kwambiri muli oyembekezela, kulephera kugaya shuga owonjezera mmagazi mwanu kungathe kuwonjezera mavuto omwe amabwela mukakhala oyembekezela.

Uyu ndi kafukufuku owona kuthekera kwa azimayi pofuna kutengapo mbali mwaiwo okha mukafukufuku wa PAPAGENO. Mukafukufukuyu tidzasonkhanitsa uthenga omwe udzatithandize kupanga kafukufuku wina wamkulu mtsogolomu. Kuwonjezera apo, tikufunanso kumvetsetsa ngati kumwa mapilitsi a metformin nsanga nthawi yoti azimayi akuyembekezera kungateteze chiyambi cha matenda a shuga. Ngakhale kuti kulibe chilolezo chogwilitsa ntchito mapilitsi a metformin ngati mankhwala a matenda a shuga nthawi yomwe azimayi ali oyembekezela, mapilitsiwa akugwilitsidwa ntchito imeneyi kwambiri ku mayiko a UK ndi NEW Zealand. Ma dotolo ena amakhulupiliranso kuti kumwa mapilitsi a metformin kukhonza kuthandiza kupewa matenda othamanga magazi omwe amayamba mwa azimayi ena akakhala oyembekezera.

Tili ndi chiyembekezo kuti azimayi okwana 100 oyembekezela avomera kutenga nawo mbali mukafukufukuyu. Azimayi onse adzalandila pilitsi koma theka la azimayiwa (50) adzapatsidwa metformin ndipo theka linanso (50) adzapatsidwa pilitsi lofananila ndi metformin. Mapilisiwa azidzawoneka mofanana kotelo kuti inuyo komanso adotolo ndi azamba akafukufukuyu simudzatha kusiyanyitsa omwe apatsidwa metformin komanso omwe apatsidwa pilitsi lofananila.

Azakafukufuku sadzadziwa gulu lomwe mwayikidwa kamba kakuti tikufuna kuti odwala



aliyense ayikidwe mugulu lake mwamwayi. Tikupanga izi ndicholinga chofuna kuwona ngati tingapewe matenda ashuga komanso kuphunzira zambiri zanjira yabwino yomwe tingathandizire azimayi onenepa kwambiri omwe ali oyembekezera.

CHIFUKWA CHIYANI NDAFUNSIDWA KUTENGA NAWO MBALI? Mukufunsidwa kutenga nawo mbali chifukwa ndinu onenepa kwambiri komanso oyembekezera ndiponso azakafukufuku akuganiza kuti ndinu oyenera kutenga nawo mbali.

NDIKUYENERA KUTENGA NAWO MBALI? Ayi, zili ndi inu kupanga chiganizo kutenga nawo mbali kapena ayi. Mukapanga chisankho chotenga nawo mbali muli ndi ufulu kusiya nthawi iliyonse popanda kupereka chifukwa. Kupanga chiganizo chosatenga nawo mbali kapena kusiya panjira sizidasokoneza chisamaliro chomwe mumalandira. Mukhozanso kukambirana zakafukufukuyu ndi akubanja kwanu musanapange chisankho.

KODI CHIMENE CHIDZANDICHITIKILE NDI CHIYANI NGATI NDAGANIZA KUTENGA NAWO MBALI?

Malonje: Poyamba, ngati azakafukufuku akuwona ngati ndinu oyenera, mudzafunsidwa kutenga nawo mbali ngati mungafune, mudzawerenga chikalatachi/ adzakuwerengelani ndipo mudzapatsidwa nthawi yopanga chiganizo. Mudzapatsidwanso mwayi ofunsa mafunso. Ngati mwavomera kutenga nawo mbali, mudzapemphedwa kusayina kalata ya chilolezo.

Chilolezo: Mukavomera ndi kusayina kalata ya chilolezo, mukhala kuti mwalowa nawo ndipo mwayamba sabata yanu yoyamba mukafukufuku. Mudzapatsidwa kalata yachilolezo ndi chikalata chachidziwitso kuti mukasunge. Adotolo anu adzasunga kalata ya chilolezo yomwe mwasayinila mu fayilo ya kafukufuku komanso kalata ina adzayiphatikiza ku mbiri yanu ya kuchipatala. Tidzakufunsani mafunso ena okhudzana ndi inuyo, mimba zomwe mwakhalapo nazo mbuyomu komanso umoyo wanu.

Kagawidwe ka magulu: Mudzayikidwa mopanda ndondomeko mu gulu limodzi mwa magulu awiri omwe ena adzalandile metformin kapena pilitsi lofananila ndi metformin ndipo mapilitsiwo mudzapita nawo kunyumba kwanu. Mudzapatsidwanso kabukhu komwe muzidzalembemo mulingo wa mapilitsi omwe muzikamwa tsiku lililonse; bukhulo muzidzabwela nalo ulendo uliwonse mukamabwera ku chipatala. Azimayi ambiri adzamwa pilitsi loyamba madzulo, ngakhale kuti azakafukufuku adzakufotokozelani.

Mudzayamba kumwa pilitsi limodzi madzulo aliwonse mukamaliza kudya. Mulingo wa mapilitsi uzidzawonjezekela pang'ono pang'ono mpakana mudzafika pa mulingo okumwa ma pilitsi anayi tsiku lililonse. Azakafukufuku adzakuwuzani mulingo wa mapilitsi omwe



mukuyenela kumwa tsiku lililonse komanso mukabukhu kanu mudzakhalaso chikumbutso. Mudzasiya kumwa mapilitsiwa mwana wanu akadzabadwa. **Nthawi imeneyi tidzatolelanso uthenga wa momwe inu ndi mwana wanu mulili.**

Mabweledwe apamwezi:

Mudzawuzidwa tsiku loti mubwelenso kuchipatala koma lidzakhala tsiku loti mukubwera ku sikelo. Maulendo amenewa adzakhala kamodzi pa mwezi kapena kuposera apo mpakana mwana wanu adzabadwe. Mukabwera tidzakufunsani mmene mwakhalira komanso kuwona ngati mukumwa mapilitsi anu. Nthawi zina tidzakuyitanani kubwela kuchipatala masiku osakhala a sikelo. Ulendo umodzi mwa ma ulendo amenewa tidzakuyezani kuchuluka kwa shuga mmagazi mwanu. Ma ulendo omwe mudzabwele tsiku losakhala la sikelo tidzakupatsani ndalama (yokwana \$10). yoti ikuthandizeni pamayendedwe anu obwela kuchipatala, chakudya komanso nthawi yanu yomwe takhala nanu kuchipatala.

Azakafukufuku akhonza kudzakuyendelani kunyumba kwanu ndi cholinga chofuna kutsimikiza komwe mumakhala, izi zidzatithandiza tikadzafuna kulumikizana nanu mtsogolo.

Zomwe zidzachitike ku chipatala pakati pa masabata 24 ndi 30 akuyembekezela kwanu: Mudzayesedwa mulingo wa shuga mmagazi mwanu. Mulingo wochepa wa magazi anu adzatengedwa (tiyisipuni imodzi) pogwilitsa ntchito jakisoni. Izi zidzachitika kawiri. Magazi adzatengedwa pokhapokha musanadye.

Magazi oyamba adzatengedwa mukangofika kuchipatala mmawa kenako mudzapemphedwa kumwa chakumwa chotsekemela. Pakatha ma ola awiri magazi achiwiri adzatengedwanso. Mudzapemphedwa kukhala kuchipatala kwa ma ola awiri. Magaziwa akatengedwa adzapita koyesedwa kuti tiwone mmene thupi lanu likugwilitsila ntchito shuga yemwe mwadya. Mudzapasidwa chakudya musanachoke kuchipatala.

Kubeleka: Mudzasiya kumwa mapilitsi mukadzabereka ndipo uthenga wamomwe inu ndi mwana wanu mulili udzatenga.

Masiku 28 awuchembere: Mu masiku 28 awuchembere wanu azakafukufuku adzakupemphani kubwera kuchipatala kapena adzakuyendelani kuti adzawone mmene inu ndi mwana mulili.

KODI PALI PHINDU KUTENGA NAWO MBALI MU KAFUKUFUKUYU? Sitinganeneletu ngati pangakhale phindu lililonse pakumwa ma pilitsi a metformin. Koma uthenga omwe udzapezeke mukafukufukuyu udzathandiza kusintha chisamalilo cha azimayi omwe ali onenepa kwambiri ali oyembekezela mu Malawi muno komanso ali pa chiopsyezo



choyamba matenda a shuga. Mtsogolo muno, tili ndichiyembekezo chodzapanganso kafukufuku mmalo ochulukilapo ndipo kutenga nawo mbali kwanu mu kafukufukuyu kudzatithandiza ife kupanga ma kafukufuku ena.

KODI KUYIPA KOTENGA NAWO MBALI NDIKOTANI? Anthu ena akhonza kukumana ndi zovuta zina akamwa mapilitsi akafukufukuyu, koma ambiri samakumana nawo. Zovuta zomwe zingabwele ukamwa mapilitsiwa ndi nseru kusanza, kupweteka kwa mmimba, kutsegula komanso kuchepa kwa chilakolako cha chakudya. Izi zimawoneka mwa azimayi ochepa oyembekezela (mmodzi mwa amayi khumi ndi mmodzi). Zizindikilozi zimakhala zosawonekera ukayamba ndi mulingo ochepa wa mapilitsi a metformin kenako ndikumachulukitsa mulingo, monga mmene tidzakupemphereni kuti mupange. **Vuto lina lomwe limatha kubwera mukamamwa mapilitsiwa, koma osati kawiri kawiri ndi kuchulukana kwa asidi wa m'thupi. Mwa anthu okwana wani hundred thousand omwe akumwa mapilitsiwa kwa chaka, munthu mmodzi yekha ndiyemwe amatha kupezeka ndi vutoli. Zizindikiro zake zimakhala kutopa kwambiri, kuphwanya ndi kumangika kwa minofu, kutsegula mimba komanso kusanza.**

Mapilitsi ofananila ndi metformin alibe vuto lililonse. Chonde dziwani kuti ngakhale kumwa metformin muli oyembekezera ndi kovomelezeka ndi akatswiri ena (kuphatikizapo bungwe la UK National institute of health and care excellence), koma osati kulangizidwa ndi opanga mankhwalawa

Mukavomeleza kulowa nawo mukafukufukuyu ndipo mwapezana ndi mavuto ena monga kutsegula mmimba kopitilila muyeso ndikusanza, chonde siyani kumwa mankhwala anu mwansanga ndipo lumikizani ndi omwe akupangitsa kafukufukuyu. Adotolo kapena azamba anu adzakusinthilani mulingo wamapilitsi omwe mukumwa, ngati mungadzafunike mulingo ochepela.

Kupatula kumwa mapilitsi tsiku lililonse, tidzakutangwanitsaninso ndikukuyitanani kubwera ku chipatala kuposera mmene mukanabwelera musali mukafukufukuyu. Kuti tisadzakutangwanitseni ndikubwelabwela, tidzayesetsa kuphatikiza ulendo wobwela kukafukufuku ndi wa ku sikelo. **Tidzakuyesani mmene thupi lanu likuyendetsela shuga pa umodzi wa maulendo omwe mukutadzabwele: tidzakupemphani kuti musadye kuchokela usiku wa tsiku loti mawa mukubwela kuchipatala.** Kupatula kumwa kupweteka pang'ono potenga magari, zina zonse zochitika mukafukufukuyu ndizopanda chiopsyezo kwa inuyo ndi mwana wanu.

Tikuganiza kuti kutenga nawo mbali mukafukufukuyu kukutengelani nthawi yanu ina yomwe ili maola khumi amaulendo omwe muzibwela kudzapanga za kafukufukufuku. Kunyumba



kafukufukuyu azikutengelani phindi zisanu mu miyezi isanu ndi iwiri yomwe mutakhale mukumwa mapilitsi ndi kulemba mukabukhu kanu.

Simungatenge nawo mbali mukafukufukuyu ngati mukumwa mankhwala otchedwa (delutegravir), amenewa ndi mankhwala omwe amamwedwa pamodzi ndi mankhwala a HIV pakakhala zifukwa zina. Chonde adziwitseni azakafukufuku ngati mukumwa mankhwalawa. Simukuyenelaso kumwa zoledzeletsa pomwe mukumwa metformin. Kumwa zoledzeletsa ndikoletsedwa nthawi yomwe muli oyembekezela. Kupanda kutenga nawo mbali mu kafukufukuyu sikudzasintha chisamaliro chomwe mumalandila ku sikelo.

KODI CHIDZACHITIKE NDI CHIYANI NGATI SINDIDZAFUNA KUPITILIRA NAWO MUKAFUKUFUKU?

Mukhonza kusiya nthawi ina iliyonse. Izi sizidasokoneza chisamalilo chanu koma tidzakupemphani kuti titenge nawo mbiri yanu kuchokera ku chipatala kuno yokhudza moyo wanu ndi mwana. Tidzakambilana nanu ndipo tidzakufunsani ngati muli okondwa kuti tipitilize kutolera uthenga. Akafukufuku adzagwilitsa ntchito uthenga omwe adzatolere kufikira mpakana pa tsiku lomwe mudzasiyire. Tikupemphaso kuti tidzatolerenso uthenga okhudzana ndi uchembere wanu kuchokera mu bukhu lanu la kuchipatala. Ngati simukugwilizana nazo, chonde dziwitsani a zakafukufuku kapena mmodzi mwa madotolo anu. Tikukhulupilila kuti mbiri yanu idzatithandiza kumvetsetsa za mathandizo anu omwe mumalandila.

ZACHINSINSI: Tidzasunga mbiri yanu yomwe mwatipatsa mosamalitsa ndi motetezeka. Mbiriyi idzangogwilitsidwa ntchito ndi madotolo kapena gulu lakafukufukuyu polumikizana nanu. Ndichilolezo chanu tidzatolela mbiri ya tsiku lakubadwa kwanu, komwe mumakhala komanso mbiri yochokela kuchipatala cha mudera lanu yokhudza inu ndi ana anu.

Tidzatolela malo akomwe mumakhala ndicholinga choti tidzalumikizane nanu pamapeto akafukufukuyu ndi uthenga wazotsatila komanso ndi chilolezo chanu, tidzagwilitsanso ntchito polumikizana nanu mtsogolo muno kuti tidzawone mmene inu ndi mwana mulili. Uthenga onse omwe tatolela mu nthawi yakafukufukuyu udzasungidwa mwachinsinsi ndipo pali malamulo okhwima omwe amateteza zinsinsi zanu pa gawo lililonse. Komabe, ndi chilolezo chanu, tidzagawana ndi akafukufuku ena uthenga wanu mwachinsinsi, **mabungwe olamulira ndicholinga chofuna kuyang'anira zachitetezo. Uthenga wachinsinsiwu udzagwilitsidwa posindikiza mapepala ndikuyang'anira za chitetezo.**



KODI CHIDZACHITIKE NDI CHIYANI NDI MAGAZI OMWE MUDZATENGEDWE

Tidzakutengani magazi ndikuwatumiza kuti akayesedwe pamapeto pa kafukufukuyu. Inu ndi adotolo anu, simudzawuzidwa zotsatila zamagazi anu kufikila pamapeto pafukufukuyu. Tidzagwilitsa ntchito uthengawu kuti timvetsetse ngati thandizo la mankhwalawa lingadzathandize amai ena mtsogolo. Ndichilolezo chanu tikupemphanso kuti magazi anu adzasungidwe ku Malawi Epidemiology and Intervention Research Unit (MEIRU-Lilongwe). Magazi amenewa adzagwilitsidwa ntchito mukafukufuku yemweyu kapena makafukufuku ena mtsogolomu ndi azakafukufuku, pofuna kuyeza zina zomwe zimabwela kamba ka matenda a shuga komanso zina zomwe zimabwela mogwilizana ndi zotsatila zovuta za uchembere. Magazi amenewa adzasungidwa kwa zaka zisanu. Ngati simuli okonzeka kuti magazi anu adzasungidwe mogwilizana ndi ndondomeko ya kafukufuyu, chonde dziwani kuti simuli oloedwa kutenga nawo mbali mukafukufukuyu.

KODI CHIDZACHITIKE NDI CHIYANI NDI ZOTSATIRA ZA KAFUKUFUKU? Pamapeto akafukufukuyu, tidzakudziwitsani zotsatira mukadzafuna. Zotsatirazi zidzatsindikizidwa mumabuku a zaumoyo popanda chizindikiro chanu. Uthenga onse okhudzana ndi kafukufuku wa zaumoyo wa amayi oyembezeka umaungidwa mu malo otetezedwa ku Edinburgh kwa zaka zosachepela zisanu. Ku Malawi, udzasungidwa kwa zaka zosachepela zitatu.

KODI NDINGALUMIKIZANE NDI NDANI NDITAVULALA KAPENA OSASANGALALA NDI THANDIZOLI? Mukhoza kulumikizana ndi opeleka thandizo lakafukufukuyu (awa ndiomwe ali ndi udindo owonetsetsa kuti kafukufukuyu akuchitika motetezedwa kuti afotokoze ngati pali kuvulala kulikose kapena kudandaula pamene mwaphwanyilidwa ufulu wanu)

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CHITETEO CHA UTHENGA

Sukulu ya ukachenjede ya Edinburgh ndiyomwe ikupeleka thandizo la zachuma kukafukufukuyu. Sukuluyi ili ndi udindo onse oyang'anira mmene kafukufukuyu akuchitikila. Potsatira m'ndanda wa mmene dziko la UK limayendetsela chitetezo cha uthenga omwe



umapelekedwa mumakafukufuku, ndi udindo wathu kuti tikudziwitseni mmene tidzagwilitsile komanso kusunga uthenga okhudza inu omwe mutapeleke mu kafukufukuyu.

Ngati sukulu ya ukachenjede, timagwilitsa ntchito uthenga opelekedwa ndi anthu kuti tipange kafukufuku ndicholinga chofuna kusintha chisamaliro chomwe anthu amalandila muzipatala. Ngati mbali imodzi yopeza thandizo kuchokela kuboma, ndi udindo wathu kuwonetsetsa kuti ndizovomelezeka ndi anthu kugwilitsa ntchito uthenga omwe wapelekedwa ndi anthu omwe alola kutenga nawo mbali mu kafukufuku. Choncho mukavomela kutenga nawo mbali mukafukufukuyu, dziwani kuti uthenga omwe mutapeleke udzagwilitsidwa ntchito poyendetsa komaso kuwona zotsaila za kafukufukuyu.

Tidzagwilitsa ntchito uthenga omwe inu mwapeleka komanso omwe uli muziphaso zanu zakuchipatala kuti tipange kafukufukuyu. Opeleka thandizo la kafukufukuyu adzasunga uthenga omwe mwapeleka kwa zaka zisanu kuyambila nthawi yomwe kafukufuku wathela.

Sukulu ya ukachenjede ya Edinburgh ili ndi udindo oyang'anira uthenga onse omwe wapelekedwa komanso kagwilitsidwe ntchito kake.

Ufulu wanu oti muwone, kusintha komanso kuchotsa uthenga omwe mwapeleka ndiwochepa. Izi zili choncho kamba kofuna kusamalira uthengawu munjira yoyenera kuti kafukufukuyu akhale odalirika komanso olondola. Mutapezeka kuti mwasiya kutenga nawo mbali, ife tidzasunga uthenga omwe watoleledwa kufikila nthawi yomwe inu mwasiya. Poteteza ufulu wanu uthengawu udzasungidwa munjira yosawonetsa kuti wachokela kwa inu.

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SPONSOR CONTACT:



Address: University of Edinburgh, the Queens Medical Research Institute, 47 Little France Crescent, Edinburgh, EH16 4TJ



PO Box 46, Chilumba, Karonga District, Malawi.
Tel: + 265 1364 200/211/246, +265 999 971 860/1
Fax: +2651 364 256 E-mail: kpschilumba@lshtm.ac.uk



THE UNIVERSITY
of EDINBURGH



Telephone: + 44 131 242 9418



Email: ACCORD research governance (researchgovernance@ed.ac.uk)

NAME AND CONTACT DETAILS OF THE PRINCIPAL INVESTIGATOR



Address: Professor Mia Crampin

London School of Hygiene and Tropical Medicine

Malawi Epidemiology and Intervention Research Unit

Karonga Prevention Study
PO Box 148
Lilongwe Malawi



Telephone: +265999373980



Email: Mia.Crampin@lshtm.ac.uk

NHSRC CONTACTS



Telephone: +265995903514

STUDY APPROVAL

This study has been approved by



Address:



PO Box 46, Chilumba, Karonga District, Malawi.
Tel: +265 1364 200/211/246, +265 999 971 860/1
Fax: +2651 364 256 E-mail: kpschilumba@ishtm.ac.uk



THE UNIVERSITY
of EDINBURGH



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STUDY SITE

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Zikomo potenga nthawi yanu kuwelenga chikalatachi komanso polingalila kutenga nawo gawo mukafukufukuyu



PO Box 46, Chilumba, Karonga District, Malawi.
Tel: + 265 1364 200/211/246, +265 999 971 860/1
Fax: +2651 364 256 E-mail: kpschilumba@lshtm.ac.uk



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