

**Speech by KZN Health MEC Neliswa Nkonyeni on
the occasion of the World TB Day at Kwanobamba
at Zululand**

1 April 2008

All protocol observed

Masiqale ngokubheka umlayezo kaNobhala
Jikelele weNhlango yeZizwe umnu Ban Ki-Moon
awukhiphe nge World TB Day:

“World TB Day is an occasion to urge action to stop tuberculosis, a disease which still kills an appalling 4,000 people every day. The man-made multi-drug resistant strain and its even more lethal form, extensively drug-resistant TB, are both spreading. If

we are to prevent a virtually untreatable tuberculosis epidemic, we must tackle the roots of the problem: poor services, poor housing plans, poor personal hygiene and poor use of drugs.”

Lamazwi ngiwaphinda namhlanje njengoba esetshela ukuthi I TB sizokwazi ukuyinqoba uma sisonke singakwazi ukusebenza ngokubambisana kufaka lezinhlaka – NGOs, Faith Organisations, health care workers, volunteers, patients and family members.

Kuhle sicacise ukuthi thina njengoMnyango sikhathazekile ngesibalo esikhuphukayo sabantu abangenwa I Multi Drug Resistant TB ngoba loku kuyinto yamabomo –abantu bekhetha ukungawathathi amaphilisi ngendlela abalayelwe yona.

NjengoNgqongqoshe woMnyango wezeMpilo kulesifunda nginxusa ukuthi kube khona

ukubambisana okukhulu kuqedwa isifo sofuba ngoba ngempela siyakwazi ukulapheka siphela.

Ikhwelo lethu elithi **STOP TB...Because I can** ngifuna ukusho ukuthi alisona I slogan kodwa kufanele ukuba libe yisikhumbuzo ngezihlobo kanye nezingane zethu ezike zahlaselwa ilesisifo. Sithi leliphulo kufanele futhi kube indlela esibonga ngayo bonke abasebenzi bezempilo; odokotela; onesi ama community health workers kanye nalabo abasenza ucwaningo kubhekelelwa ukuqedwa kwalesisifo.

Kuhle sifundisane ukuthi I TB iyisifo esithathelanayo ngona ihamba ngomoya.

Kuhle sazi ukuthi uma sihlala nomuntu one TB futhi ongayelaphi, nathi sisengozini yokungenwa ilesisifo. Okuthusa kakhulu ukuthi umuntu une TB futhi ongayilaphi uyakwazi ukuthelela abantu abangafika eshumini nanhlanu.

Okunye okufanele siqwashisane ngako, udaba lobudlelwane phakathi kwe HIV kanye ne TB .

Masazi ukuthi igciwane le HIV liyayibulala I immune system ngakhoke kuba yingozi kakhulu ukungayilaphi I TB.

TB is a leading cause of death among people who are HIV-positive.

Imilayezo esiyikhiphayo nge TB ithi:

- Masishitshe ukucabanga, sisibhekisise lesisifo
Improve attitude towards the disease
- Masiphile ngezindlela ezifanele zempilo *Ensure positive and healthy living:*
 - Exercise
 - Stop smoking
 - Reduce alcohol intake
 - Relax
- Masidle ukudla okunomsoco *Eat food with Nutrition*

- TB is not infectious once treatment has been started
- Masazi ukuthi I TB iyelapheka *TB is curable.*

Usizo mayelana nokuxilonga kanye nokulapha I TB silukhipha mahhala. Sifuna amalunga omphakathi azi ukuthi zonke izikhungu zethu zinikeza lolusizo olulandelayo:

- Provide Free TB Testing and Diagnosis
- Provide Counselling and Advice
- Ensure prompt treatment and Referrals where necessary
- Provide TB health Education
- Ensure information dissemination
- Ensure distribution of pamphlets
- Ensure supervision of TB patients

Konke loku sikwenza ngoba I Tuberculosis iyisifo esidlondlobele ngobungozi kulesifunda. Iningi labantu abangeniswe esibhedlela kanye nalabo

abadlula emhlabeni basuke behlaselwe yiso lesisifo.

TB produces one of the highest burdens of morbidity, hospitalization and mortality in KZN.

SinguMnyango sizama konke ukuletha usizo eduze nalapho imiphakathi ikhona.

- Ekuqaleni usizo ngokuxilonga kanye nokulapha I Tuberculosis belutholakala ezibhedlela kodwa manje silulwehlesele ku Primary Health Care clinic level.
- Siyaqhubeka nokuqeqesha ama Health Community Workers ukuze azokwazi ukugceda ngolwazi mayelana nalesifo.
- Siyaqhubeka nohlelo lwe DOT support njengoba sifuba ukwehlisa isibalo sabantu abangayithathi iimithi yabo ngendlela
Reduction of defaulter rate

- Kumanje sesize saqhasha nama Tracer teams ukuze azohambela imiphakathi kubhekwa imindeni yalaba abaphathekile ukuthi ngabe bona abakahlaselwa yini ile TB.
- Zonke iziguli eziphathekile ngokwe TB kanye namalunga emindeni yazi bayafundiswa ngobungozi kanye nangokulashwa kwalesisifo. *All TB patients, and their families continue to be educated and counseled about the disease.*
- Izikhungo zokuhlola izikwehlela *microscopy services centers* sizandisile njengaloku sesinezingu 82 ezithe chithi saka nesifunda.
- Senza konke okusemandlelani ukugcina izibalo zalaba abadinga usizo *Improvement of case management*.

Namanje ukuhambela kwethu kulendawo kufanele kubonwe njengemizamo yokugxegxa amalunga

omphakathi kanye nabaholi babo ukuthi
makubanjiswane ekuqedweni kwe TB.

Nawe sithi faka olwakho usizo, uqaphele ukuthi
kungaba uwena okanye isihlobo sakho esine TB
uma kukhona lezimpawu ezilandelayo:

- Ukukhwehlela isikhathi esingaphezu
kwamasonto amabili
- Ukukhwehlela igazi
- Ukungakuthandi ukudla
- Izinhlungu esifubeni
- Ukukhathala noma ukuba buthakathaka
komzimba
- Ukujuluka ebusuku noma kubanda, kanye
- Nokuba nephika kalula

Yazi ukuthi i TB iyelapheka. Early detection saves
lives!

I thank you.