

## Ukuvuvuka Kwenhliziyo (Pericarditis)

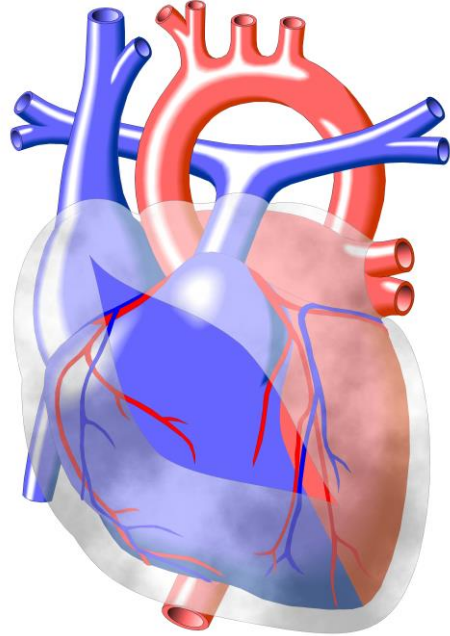
### Isihloko:

1. Isaka elizungeze inhliziyi (pericardial sac).

### Incazelo:

#### Kuyini lokhu na?

Kunento esasaka/isikhwama esizungeze inhliziyi ebizwa nge-pericardium. I-Pericarditis isho ukuhlaseleka/ukuvuvuka kwesaka/ untwentwesana olusasaka olwemboze inhliziyi. I-pericardium ifukamela, igxilise, bese ivikela izicubu zenhliziyi. Ukuhlaseleka/ukuvuvuka kungenzeka kubangelwe yizifo ezahlukene njengokuthelaleka, ukwelashwa ngemisebe (radiation therapy) imiphumela emibi edalwa ngeminye imithi, ukwehluleka kwezinsu, isifo sofuba (i-TB), izifo ezidalwa wukungasebenzi ngendlela kohlelo lokuzivikela komzimba noma ezinye izinhlobo zomdlavuza. Kwesinye isikhathi imbangela igcina ingatholalalanga.



#### Iyini imithelela na?

I-Pericarditis ibangela ubuhlungu besifuba maqondana nenhliziyi –uhlangothi lwesinxele lwesifuba. Lobu buhlungu bungezwakala futhi ehlombe, entanyeni noma kulo ingenhla lomhlane. Bumandla kakhulu uma uphefumula. Ukuvuka noma ukulala kungenza ngcono noma kuvuse ubuhlungu. Uma lesi sikhwama senhliziyo sinokuhlaseleka sivame ukuba namanzi. La manzi angaminyanisa inhliziyi, bese evimba ukuthi isebenze kahle, lokhu bese kudala ukukhathala nokuhafuzela.

Ngokuvamile, ukuvuvuka kwesikhwama senhliziyo, akusiyo ingozi enkulu, nokho kungaholela ekwandeni kwamanzi phakathi kwe-pericardium nezicubu zenhliziyi. Lokhu kungadala ubunzima ekuphefumuleni (dyspnea), kudale ingcindezi yomfutho emagumbini enhliziyi, kubangele ukuthi inhliziyi iphampe igazi kanzima iliyisa emaphashini nasezicutshini zomzimba. Ezigulini okusolwa ukuthi zine-pericarditis kuye kwenziwa uhlobo lokuhlola olubizwa nge-echocardiogram okuyilona olukhombisa ukuba khona kwamanzi amaningi esikheleni esiphakathi kwenhliziyo nesikhwama sayo (pericardial effusion).

#### Kwelashwa ngani na?

Eminye imithi ingasiza ukususa izinhlungu. Uma kutholakala imbangela kumele yelashwe. Uma kunamanzi amaningi azungeze inhliziyi, aminyanisa inhliziyi, kumele akhishwe, okungaba yisimo esiphuthumayo. Kushuthekwa ithumbu esikhwameni esizungeze inhliziyi, bese kumuncwa amanzi, lokhu bese kuyenza ingane izizwe ingcono. Amanzi athunyelwa lapho ezohlolwa khona ngezindlela ezinhlobonhlobo ukuzama ukuthola imbangela.