

# Ukwehluleka Kwenhliziyi Ukuphampa Igazi (Dilated Cardiomyopathy)

## Isihloko:

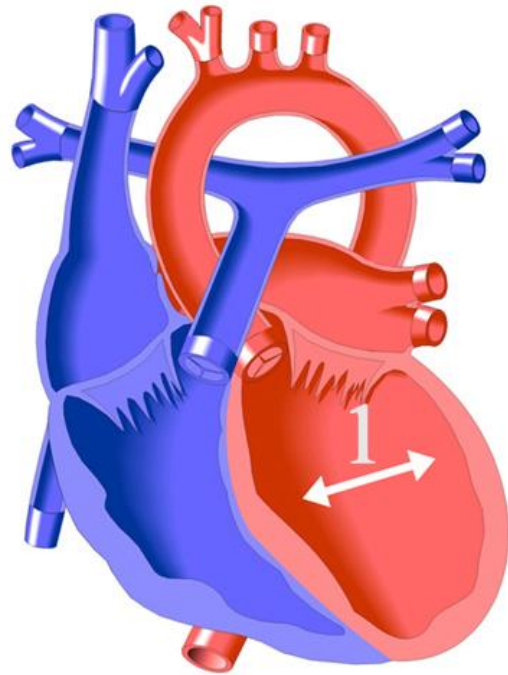
1. Ukwehluleka kwegumbi elingezansi langakwesokunxele ukuphampa igazi .

## Incazelo:

### Kuyini na?

Udonga lwezicubu ezakha igumbi lwesokunxele elingezansi (elimqoka ekuphampeni igazi) lubuthakathaka, bese lungaphampi ngokwenele igazi eliya emzimbeni. Ngenxa yalokho, igumbi lwesokunxele elingezansi noma inhliziyi kungavuvukala ngenxa yokwehluleka ukuphampa lonke igazi liphume.

Imbangela yalobu buthaka bezicubu zenhliziyi kuvame ukuba ingaziwa. Kwesinye isikhathi budalwa ukungenwa ligciwane elithile (myocarditis), kwesinye isikhathi kuba lufuzo. Kuningi okungaba izimbangela, ngakho kuba kuningi ukuhlola okwenziwayo ukuze kutholakale ukuthi iyini imbangela. Kuningi asikwazi ukuthola imbangela ngqo.



### Iyini imithelela yakho na?

Imithelela ingaba phansi noma ibe nzima kuye ngokuthi umonakalo ungakanani, nokuthi ibuthaka kangakanani inhliziyi. Kuvame ukuthi ingane ikhathale kalula, ingadlali noma ivocavoce umzimba njengoba beyenza ngaphambili, bese ihefuzela kalula. Kwesinye isikhathi iyahefuzela uma ilala phansi, bese kaningi ithanda ukusebenzisa imicamelon eminingi. Izingane ezindadlana zingaba nokuvuvuka emilenzeni. Kwezinye izimo, kungaba khona ukuba ngcono ekusebenzeni kwenhliziyi ngokuhamba kwesikhathi.

### Kwelashwa kanjani na?

Kuningi ukwelashwa ngemithi kuyasetshenziswa ukwelekelela inhliziyi. Eminye imithi yenza inhliziyi iphampe ngamandla, Okunye ukuzama ukuwenza ube lula umsebenzi wenhliziyi, wukwehlisa umsebenzi okumele iwenze.

Ezinye izingane ziba ngcono, bese izinhliziyi zazo zibuyele esimweni esijwayelekile, ezinye ezinezimo ezinzima zingahlala nenhliziyi ebuthaka impilo yazo yonke.