



World
PT Day
2026

ISIFO SENHLIZIYO NEMITHAMBO YEGAZI

Izifo zenhliziyoy nemithambo yegazi
ziyimbangela ehamba phambili
yokufa emhlabeni wonke



Abantu abayizigidi

ezingu-20.5 balahlekelwa
izimpilo zabo minyaka yonke
ngenxa yesifo senhliziyo
nemithambo yegazi (CVD)

U-30% wabo bonke abantu
abafayo emhlabeni
wonke budalwa yi-CVD

U-85% walokhu
kubangelwa ukuhlaselwa
yisifo senhliziyo noma
isifo sohlangothi

Ngaphezu kwezingxenywe
ezintathu kwezine zokufa
okubangelwa yi-CVD kwenzeka
emazweni **anomnotho ophansi**
nophakathi nendawo

Ukuvimbela

Izifo eziningi zenhliziyoy nemithambo yegazi zingavinjelwa ngokunciphisa
izinto ezandisa ubungozi, okubalwa:



Ukusebenzisa **ugwayi**.



Ukuphuza **utshwala**
ngokweqile.



Ukudla okungenampilo
nokukhuluphala ngokweqile.



Ukungcoliswa komoya.



Ukungazivocavoci.

Emhlabeni wonke, umfutho wegazi ophezulu
uyimbangela ehamba phambili eyandisa ingozi
yokuba nesifo senhliziyo nemithambo yegazi.

Siyini Isifo Senhliziyo Nemithambo Yegazi?

I-CVD yigama elijwayelekile elichaza izifo ezithinta inhliziyo
nemithambo yegazi. Lezi zifo zingenza kube nzima ukuthi igazi,
umoya-mpilo nezakhamzimba zihambe kahle emzimbeni.

Ngokuhamba kwesikhathi, imithambo yegazi
ingancipha, iqine noma ivaleke, okwenza inhliziyo
isebenze kanzima kunokujwayelekile. Lokhu
kunganciphisa ukugeleza kwegazi ezithweni
ezibalulekile ezifana nobuchopho, inhliziyo nemisipha,
okwandisa ingozi yokuhlaselwa yisifo senhliziyo noma
isifo sohlangothi(stroke).



Abaluli bemisipha namathambo bangasiza Kanjani Ukuvimbela I-CVD?

Odokotela bokwelapha ngokunyakaza komzimba (ama-Physiotherapist)
bayingxenywe ebalulekile yethimba lezempilo elihlinzeka ngokunakekelwa okugxile
esigulini. Bangakwazi:



Ukukhlonza abantu
abasengozini enkulu
yesifo senhliziyo,
njengabantu
abanomfutho wegazi
ophezulu, isifo
sikashukela,
ukukhuluphala
ngokweqile noma
abangazivocavoci, futhi
bahlale ukuthi umuntu
ukwazi kangakanani
ukunyakaza
nokuzivocavoca.



Ukukhlonza izinhlelo
zokuzivocavoca
eziphephile
nezihambisana
nezidingo zomuntu
ngamunye ukuze
kuthuthukiswe ukuqina
komzimba, kwehliswe
ingozi yesifo senhliziyo
futhi kusekelwe
izinguquko zokuphila
okunempilo,
njengokuzivocavoca
njalo nokulawula
isisindo



Ukukhuthaza
ukutholakala
kwezinkinga zempilo
kusesikhathi ukuthatha
izinyathelo ngokushesha,
ukubona izimpawu
ezijingozini nokudlulisela
isiguli kwabanye
ochwepheshe bezempilo
uma kudingeka



Abaluli bemisipha namathambo bangasiza Kanjani Abantu Abane-CVD?

Udokotela wokwelapha ngokunyakaza komzimba angasiza
abantu abane-CVD balawule isimo sabo futhi bancedise
amathuba okuba nezinye izigameko zenhliziyoy
(njengokuhlaselwa yisifo senhliziyo) ngokuthi:

- Asize ukubheka izinto eziyinhloko **ezibeka umuntu engcupheni** futhi
anikeze izeluleko zokwenza izinguquko ezihlala isikhathi eside zokuphila
okunempilo.
- Ahlele izinhlelo zokuzivocavoca ezihambisana nezidingo zomuntu
ngamunye futhi asize abantu **banqobe**
ukwesaba abangase babe nakho
ngokuzivocavoca.
- Afundise abantu izindlela ezingcono
zokuvimbela ezinye izinkinga zenhliziyoy.
- Athuthukise ukuqina komzimba ukuze
abantu **behlale bematasa** futhi
bajabulele impilo engcono.
- Anikeze izeluleko nokwesekwa ngendlela
yokuzinakekela nokulawula isimo sabo.



Izivocavoco ezinhle zempilo yenhliziyoy



Ukuzivocavoca kwe-Aerobic **Lolu hlobo**
lokuzivocavoca lugcina inhliziyo iphilile: Lwenza
imisebenzi yansuku zonke ibe lula ukuze
ungazizwa ukhathale noma uphelelwa umoya
kalula. Lungathuthukisa nesimo sengqondo,
lukusize ulale kangcono futhi lwehlise ingozi
yezinkinga zenhliziyoy.



Ukuziqeqesha **Ngamandla Kwakha amandla**
emisipha: Uma umzimba uqina, kuba lula ukwenza
imisebenzi yansuku zonke nokuzivocavoca
ngaphandle komzamo omkhulu.



Ukuzivocavoca Kokulinganisela **nokuzivocavoca**
ngokwekwelula imisipha kusiza ekunyakazeni
ngokuphephile: ukudonsa imisipha kwenza ukuba
ingaqini, lokhu kukusiza ekunyakazeni kalula.
Ukuzivocavoca kokulinganisela kusiza umuntu
ukuthi ame futhi ahambe ngokuzinza, kunciphise
amathuba okufa.



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8 kuMandulo
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