



OKUTEGEERA OBULWADDE BW'OBUKO

Akatabo ak'okwanjula

Bya Parkinson's Africa ne IPDGC-Africa

**Ali mu bwetaavu bw'akatabo kano, tukusaba
otuukirire:**

Parkinson's Africa

www.parkinsonsafrica.org

teamafrika@parkinsonsafrica.org

IPDGC – Africa

www.ipdgc-africa.com

Akatabo kano kafulumizidwa olw'ensonga ey'okusomesa yokka. Katwaalibwenga akawabuzi kukukebera, okujjanjaba n'okwelabirira byokka. Omusomi w'akatabo kano alina okulaba omusawo omukugu era talina kwesigama kubintu ebiri mu katabo kano byokka okusalawo okwejjanjaba. ababifulumya, abavujirizi, (abateekamu ensiimbi) n'abasansanya abutabo buno tebavunaanyizidwa kungeri gy'okozesamu akatabo kano okwejjanjaba.

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Ebiteekebwamu amaanyi!

Obulwadde bw'obuko mu Africa

Obulwadde bw'obuko ye nnamba bbiri obukyasinzze okukosa obusimu mu mubiri mu nsi (nga nnamba emu ye Alzheimer's) era nga kati bukula kumuwendu ogwawaggulu— era nga Africa esuubirizibwa okwongera mu muwendu gw'obulwadde mu biseera byamumaaso. Okuteebereza kuno kwekureeta obwetaavu mu kusomesa abantu n'okumenyawo okusosola mu bantu kubulwadde bwa Parkinson's mu Africa.

Akatabo kano kitundu kimu ku campaign ennene eya **S.E.E. Parkinson's**, eteeredwaawo aba Parkinson's Africa ne IPDGC-Africa okugema ebbula lyebikozesebwa n'amawulire agakwaata ku buko mu Africa. Okuyiga ebisingawo kukwegattakuno, oba okufuna obutabo buno mu nnimi ez'enjawulo, tukusaba okyaalire **www.parkinsonsafrica.org** oba **www.ipdgc-africa.com**.

Bw'oba olina obuko era nga oyagala kuyiga ebisingawo, akatabo kano kagattiddwa ku lulwo /kako. Okuzuulibwamu obuko tukitegeera nti kikosa omwooyo, oba n'okuleeta entiisa ebiseera ebimu, naye tukkiriza nti bw'ofuna amawulire amatuufu osobola okulwaana. Akatabo kano kekamu kubintu ebingi byetusansaanya okusobola okukuyamba okulwaananyisa obuko. Okumanya ebisingawo ku buko tukusaba okyalire **www.parkinsonsafrica.org**.

Obulwadde bw'obuko kyekki?

Obulwadde bwa Parkinson's oba bwe wandiyise obuko bwatuumibwa omusawo ayitibwa James Parkinson okuva e London mu mwaaka gwa 1817; obulwadde buno bukosa kubwongo bw'omuntu era nga bweyongera okubeera obubi mu buli bbanga eriyitawo.



Ekitundu ky'obwongo ekikosebwa bakiyita substantia nigra mu lulimi olungereezza, era kino kyekivunanyizibwa kukutambuza y'ebitundu by'omubiri nga engalo, amagulu, nektivunanyizibwa nekukwebaka, okulumizibwa, okujjukira. obuko buyinza okukosa no'kufuluma mu mubiri, amagumba n'amaaso



Parkinson's Si Buko
Eddwaaliro Iya Parkinson's mu Uganda

Kiki ekireeta obuko?

Obuko bukwaatibwa nga obutoffaali mu bwongo obuzaalala dopamine, buleker'awo okukola oburungi nebufa. Abanoonyreza tebakakasa ekiviirako kino, naye bateebereza kubuzibu mu nkulay'omuntu n'obutwa obutambulira mu mpewo ngakw'otadde n'okukaddiwa, bye biviirako obulwadde buno.

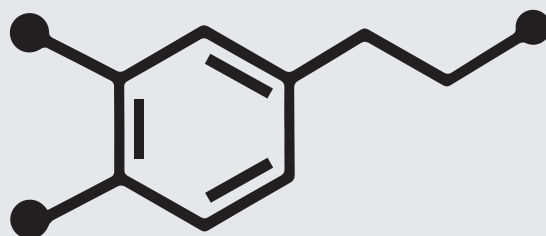
Obeng Amoako (Ghana)

Yakeberegwa ku
myaaka nkaaga 60



Ntegeera ntya nti nnina obulwadde bw'obuko?

Omulwaddewa w'obuko ayinza okufuna obubonero buno – okukankana, obukakanyavu mu nnyama, obutawunyirizabulungi oba n'obutawuniyirizaako ddala, obuzibu mu kufuna otulo, n'okuwandiika o b u n y u k u t a obutini—ngakw'otadden'obubonero obulala. Mu biseera by'akalwadde kano eby'olubelyebelye, obunero obusinga tebutera kwelagira ddala era oyinza n'obutategeera. Bw'oba weraliikirira nti gwe oba omwagalwa wo ayinza okuba alina obuko, kibeera kyamugaso nyo okwogera n'omusawo omukugu osobole okufuna okuwabulwa okuva ew'omukugu.



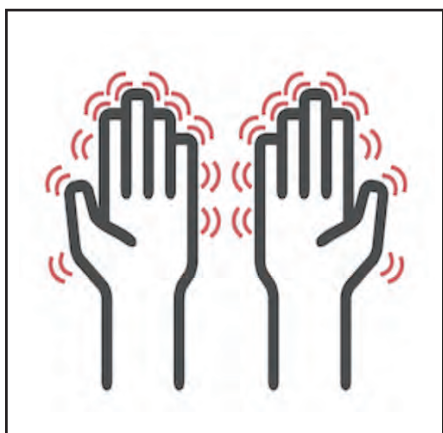
Dopamine

Obubonero bw'obuko bwebuliwa?

Obulwadde bw'obuko buleeta obubonero obusinga okweraga mu nnyingo nga kwotadde n'obulala obutali bwa mu nnyingo.

Obubonero mu nnyingo

Obubonero bw'obuko obusatu obusingiraddala okweragira mu nnyingo mulimu okukankana mu nnyingo, okutambula empola n'obukakanyavu mu nnyingo. Kya mugaso okujjukira nti si buli mulwadde w'obuko agenda kubeera n'obubonero buno.



**Okukankana
mu nnyingo**



Okusooba



**Obukakanyavu
mu nnyama**

Okukankana mu nnyingo:

Okweenyeeanya mu bifo by'omubiri eby'enjawulo okutali kugenderere, nga afuuyidwa empewo. Okukankana kusobola okubeera mu mikono, emba, emimwa oba amagulu. Okukankana kutandikila ku ludda lumu olw'omubiri nga omubiri guwumudde.

Okusooba:

Mu kabonero kano mulimu okukola ebintu empola enyo, nekikalubiriza omuntu okukola ebintu ebisinga nga okutambula n'okusiba obuguwa bw'engatto.

Obukakanyavu mu nnyama:

Kino kileetera omuntu okufuna obuzibu mu kuwuuba emikono oba okwekyuusa mu buliri.

Obubonero obw'ennyingo obulala

Obubonero bw'obuko obulala obukwaata ennyingo mulimu obutalabika bulungi mu maaso, okulumizibwa mu nnyingo oba ebinywa, okukyaama mu mugongo(omubiri guyinza okukakanyalilamu maaso, oba okukyama kuludda olumu mu mbiilizi), obutatambula bulungi nga okukulula ebigere, okwetengerera, okuwandiika ennyukuta entini.

Obubonero obulala

Obulwadde bw'obuko bulina obubonero obulala. Abanoonyereza bakizudde nti mu buno mulimu obutawunyiriza, obuzibu mukufuluma emmanju, era nga buno butera okujja amangu ddala nga obubonero obw'ennyingo tebunnaba kubweyungako. Obubonero buno obulala mulimu:

Okusooba kw'obwongo

Kuno kubeera kukalubizibwa mu kuteeka ebirowoozo ku kintu ekimu, okukola pulaani, okukola ebintu ebingi omulundi gumu, okutereeza, okuteekateeka n'okujjukira ebintu.

Okukyuukakyuuka mu mbeeray'omutima

Obutabeera nabwaagazi kukola kintu kyonna, okwerariikirira, okunakuwala, okunyiiga amangu. Obutaba mukakkamu, okutya.

Obuzibu mu kweebaka

Obukarubirivu mu kufuna otulo, okusumbuyibwa mu tulo, ebirooto ebikanga n'okwebaka enyo emisana.

Obubonero obulala

Obubonero obulala mulimu okulumizibwa, obukoowu, obukalubirivu mukufuluma, puleesay'omusaayi ekka nga oyimiridde, obutawunyiriza bulungi, obuzibu mu kufuuyisa, obuzibu mu kulaba, okulogootana/okulaba ebitaliwo (kitera okubeerawo nga obulwadde bukuze kulw'empeke ezimilibwa) mu bantu abalala empeke zibareetera obwaagazi bw'okusansaanya ssente kubintu eby'enjawulo, okuzanya zaala, okufuna amaanyi g'ekisenge).



Obubonero bw'obuko obusinga okulabika

Bw'oba olina obubonero buno obusinga (oba obumu), kyamugaso okulaba omusawo omukugu okkukebera ategeere oba buko oba bulwadde bwanjawulo obulina obubonero obweefananiriza obw'obuko.

Ani ayinza okufuna obuko?

Okukula mu myaaka kye kisingiraddala okuleeta obuko, era abantu ab'emyaaka 60 n'okusoba bebasinga okubufuna. Kino tekitegeeza nti obuko bulonda mu myaaka, era n'abato mu myaaka basobola okubufuna.

Obuko bulwaddde bwa kika?

Abantu abasing abalina "idiopathic" Parkinson's, ekitegeeza nti ensibuko temanyikidwa. Kisoboka (wadde nga sikyabulijjo) okubusikira naye okunoonyereza n'okukebera okumala ku nsonga enno tebinakakasibwa ku budde bunno.

Obulwaddde bw'obuko busobola okusiigibwa?

Nedda, obuko tebusiigibwa. Tosobola kufubuna nga oliraanye abulina.

Obulwaddde bw'obuko bukula butya?

Bukula mungeri yanjawulo eri buli omu, naye okutwaaliza awamu, bukula mpola mpola, nga obubonero bweyongera okubijja buli kiseera. Mukusooka nga bwakakwaata omuntu, asobola okukola emirimu gye nga bulijjo.

Obuko butta?

Obuko te butta, era tebukosa bulamu bw'abantu abasinga era tebukyuusa oba okusala ku buwaangaazi bwa bantu ababulina (bwebabeera bagoberera obujjanjabi bwebafuna). Lwakuba obubonero obumu buyinza okulemaza omulwaddde bw'aba teyefuddeko burungi.

Obuko buzuulibwa butya mu mubiri?



Omusawoatera okukebera n'okuzuula obuko ayitibwa neurologist (omusawo akola ku bwongo, obusimu n'amagumba mu mugongo) wamu ne geriatrician (omusawo alabirira abakadde) oba omusawo yenna omukugu. Newankubadde tewaliwo byuma eby'enjawulo ebikebera obuko, omusawo wo asobole okukozesa alizaati z'obulamu bwo ez'edda, obubonero bw'olina n'okukusaba okukola ebintu eby'enjawulo nga okukyusakyusa engalo zo, okuyimilira kuntebe, okutambula, okuwandiika oba okwogera.

Dr. Vida Obese

Musawo Omukugu
KATH, Kumasi, Ghana

Obubaka obuzaamu amanyi bwentera okuwa abalwadde bange benzijanjabu bugambanti, "Ebikutuukako sibye bilaga wala wa kyenkana ki wolaga mu bulamu, wabula kyokola nekyo ekikutuukako, ebikutuukako sibye bikola obulimubwo obw'omumaaso, nayeengerigyo okozesa ebikutuukako." Eyo yenjogree jentera okukaozesa okuzaamu abalwadde bange amaanyi.

- Dr. Obese

Waliyo eddagala eriwonya Obulwadde bw'obuko?

Tewali ddagala liwonya bulwadde bwa buko naye abanasaayansi bali kukola ekisoboka okufuna ekiwonya. Nga bwetulinda, waliwo obujjanjabi obw'enjawulo obusobola okuweweeza obubonero bw'obuko.



Kinetaagisa okumiraempeke z'obuko?

Iye, kiyinza okukwetaagisa. Naye kino tekitegeeza nti otandikirawo okumira empeke nga bakuzudde mu obulwadde. Abantu abasing basobola okubeerawo nga tebamira mpeke nga baakafuna obulwadde, naye kino tekikola eri buli omu. Okukola okusalawo kuno kitweetagisa okwebuuzako eri omusawo wo. Bw'otandika okumira empeke, olinakwewaaayo nga toyosa, nebw'oba tokyalaba bubonero. **Tolekeraawo kumira mpeke za buko nga omusawo wo tannaba kukukomya.**

Nzijanjaba ntya obuko obulungi?

Enzijanjaba esinga yakugatta okumira eddagala, okugenda mu therapy n'okukuuma empisa z'obulamu nga – okukola duyiro buli kaseera, okulya emmere erimu ebiriisa eby'enjawulo, okwebakira akadde akamala. Obubonero obusinga bwetaaga okukola therapy nga okwogera, okumira ne physiotherapy okuyamba mu nnyingo enkakanyavu nokutya okugwa



OAUTHC Parkinson's Support Group, Ile-Ife, Nigeria

Empeke zikosa omubiri?

Nga bwekiri kumpeke zonna, n'ezobuko zireeta okukyuukakyuuka okw'enjawulo mu mubiri. Sayidi effects zino olina okuzigoberera buli lunaku kuba ziyinza okuleeta obukosefu obulala. Bweziba zikwelalikiriza, osobola okwogerako n'omusawo wo. **Tolekeraawo kumira ddagala lyo kumulundi gumu kuba kiyinza okukosa omubiri gwo.**



Zino wammanga zezimu ku sayidi effects z'empeke z'obuko. Okuzitegeera kikugasa ne kikuyamba okwejjanjaba obulungi.

Sayidi effectsi z'empeke z'obuko

Dyskinesia:

Okukankana kwotasobola kuziyiza mu mikono, amagulu oba ebifo ebilala ku mubiri. Kino kibeerawo nga wayise ebbanga nga omira levodopa (ddagala ly'obuko).

Obuzibu mu kutambula:

Kino kibeerawo nga tosobola kutambula bulungi oba okukozesa emikono gyo obulungi. Kitera okubeerawo nga levodopa atandise okuggwaamu mu mubiri.

Okucamuka okungi:

Kino kibeerawo nga omuntu yeeyisa mungeri ey'enjawulo. Batera okukola empisa ezeddinganamu okusobola okukkakana.

Okulogootana n'okulaba ebintu ebitaliwo:

Si buli mulwadde afuna obunero buno era abatera okubufuna babeera baludde n'obuko.

Enkyukakyuuka mu tulo oba okweebaka:

Empeke z'obuko zireeta otulo otungi enyo nga teweetegese. Kirungi n'osoma kubuli mpeke z'omira.

Enkyuuka mu puleesa y'omusaayi:

Empeke z'obuko ezisinga zireetera puleesa y'omusaayi okukka, ekivirako kamunguluze n'okuzilika. Tukukubiriza okukebera puleesa y'omusaayi gwo buli kaseera.

Netaaga kulya ki?

Nga wakyaliwo okunoonyereza ku ndiisay'omulwaddewa w'obuko, kyekolakububonero n'enzijanja, tewali mmere oba kika kyabyakulya "ekituufu" kubulwadde bw'obuko. Kya mugaso okulya obulungi nga omuntu, n'emmere erimu ebiriisa eby'enjawulo.

Amateeka g'okugoberera endiisa ennungi gali:

- Okulya ebika by'emmere ebyenjawulo (ebiwaamaanyi, ebizimba omubiri, ebirimu vitamiini) okusobozesa omubirigwo okukolabulungi.
- Wegendereze omuwendo gw'emmere gwolya. Okulya enyo kireeta omugejjo ate okulya akatono kireeta okukogga; byombi bikosa obulimun'omubiri ekiyiinza okuleetera obulamu /omubiri okutataagana.
- Nywa amazzi agamala.



Nsobolaokulya supplements z'emmere?

Kisingako okufuna ebiriisabyo okuva mu mmere yennyini.

Bw'obang'owulira oyagala kulya supplements, webuzeko eri omusawo wo nga tonnaba kuzilya. Kyamugaso okujjukira nti okulya supplements zinno kiyinza okutataganya enyingiza y'eddagalalyo mu musaayi.



Emmere eyamba etya empeke zange?

Abalwadde b'obuko abamu, ebiriisa ebizimba omubiri (ebisangibwa mu nyama, eby'enyanya, amagi, ebijanjaalo ne cheese) bitataaganya enyigiza ya levodopa (amakerenda g'obuko) mu musaayi n'omubiri. N'olw'ensoga eyo kiyamba n'omira empeke eddakiika 30-60 nga tonnaba kulya mmere, oba saawabbiri Oluvannyuma lw'okulya emmere. Levodopa asobola okulwaaza abantu. Okulya obumpwancimpwanci (nga biscuits) nga omira empeke kiyambako.

Duyiro azannya kitundu ki mu buko?

Duyiro wamugaso Munene eri buly'omu. Duyiro wamuwendo munene nyo eri omulwadde w'obuko. Ebiseera ebimu obubonero obukwaata ennyingo z'omubiri, n'obubonero obulala bisobola okukulemesa okukola duyiro; nayekyamugaso okuntegeeranti duyiro era nga eddagala, ayambanyo okukendeeza kububonero buno era ayamba kukwebaka obulungi, okufuluma emmanju n'okukkakkanyala omubiri. Okunoonyereza kulaga nti essaawa 2.5 ezaduyiro ziyamba kinene.



Duyiro w'entebe
Parkinson's Support, Constantia Park, South Africa

Duyirokika ki gwen sobola okukola?

Tewali duyiro wanjawulo kumuntu. Kirungi okukola ebintu bye wenyumirizamu oba ebikwanguyira. Okusinziira ku busobozi bwo, osobole okutambula, okusotta gaali, okuwuga, okudduka, okukuba ebikonde, okuzina, okubuuka omuguwa, okusitula ebizitowa n'ebirala bingi.



OAUTHC Parkinson's Support Group, Ile-Ife Nigeria

Bwoba oludde n'obuko, oba nga obubonero bwo buzibu ko, osobola okukola ebintu ebikuyamba okukozesa e bitundu by'omubiri ebikose nga okulima, okwekyuusa, okwegolola, okutambulira kubugere, okuwuuba emikono.

Bw'oba okalubizibwa okuyimirira, osobole okubiko langaotudde.

Obulwadde gyebweyongera okukula, olina okusuubira enkyuukakyuuka mu bulamu bwo, n'obuyambi mu kusobola okukola ebintu eby'enjawulo. Bintu bingi ebisobola okugonza obulamu bwo. Kiyinza okkukalubiriza okweyambisa ebintu eby'enjawulo, naye oyinza okwesanga nga ebintu bino (nga okwekwaata kubyuuma oba okutambuza omuggo) bikuyamba okwekolera emirim ugyo bulungi wekka. Bintu bingi eby'enjawulo by'osobola okweyambisa bw'oba okalubirizibwa mu kukola ebintu nga okunaaba, okwooza, okulya, okunywa.

Abantu bangi abalina obuko basobodde okusigala nga basanyufu. Babeera tebekoza, naye bategeera obulwadde kyebukola n'engeri ey'okuyiga okola ebintu n'obulwadde buno. Kiyambako okwewa emirembe n'essanyu nga okola ebintu bino (nga okuwuliriza omuziki, okutambulamu, okuzina n'ebiralabingi). Ekirala ekiyambako kwekulowooza kubintu by'osobola okukola mukifo ky'ebintu by'otasobola kukola.



Wasswa Mohammed, Uganda
(Person living with Parkinson's)

Nsobola okuvuga nga nina obuko?

Okufuna obuko tekitegeeza nti olina okulekera okuvuga; naye omusawo wo waddembe okukwekenneny n'asalawo wamu naawe. Tukusaba ojjukire nti kamunguluuze n'otulo sayidieffects z'empeke z'obuko era oluusi zibeera zamaanyi. Bw'ofuna ekimu kubino ebibiri, tovuga motoka era tegeeza omusawo wo mu bunnambiro.



Nsobola okweyongera okukola n'obulwadde bw'obuko?

Iye! Okufuna obuko tekitegeeza nti olina okulekera okukola. Okukola kyamugaso nyo kubanga y'ensibuko y'ensimbi, era kikuwa obuvunaanyizibwa. Olina okwogera ne mukulu wo kumulimo gwo kuby'obulamubyo kuba era obubonero bujja kumala buveeyo.

Obuvunanyizibwa bwange bwe buliwa nga omujjanjabi?

Obuvunanyizibwa bwo nga omujjanjabi bulimu okusomesa eby'obulamu, okuwan'okutegeka obujjanjabi, okuyambako n'okulabirira, (nga okukuuma buyonjo bw'omubiri, okwambala) n'okubudaabuda abantu b'ovunanyizibwako. Obulwadde nga bweyongera okukula, abalwadde beyongera okwetaaga obuyambi mu kukola ebintu eby'enjawulo. Okutegeera obulwadde buno n'obubonero kiyamba omujjanjabi okulabirira omulwadde w'obuko.



Betty and Mike Anderson, Kenya
(Couple affected by Parkinson's)

Atte ebyetaago byange?

Okusomozebwa kw'abajjanjabi okusinsinga kwekwawula ebyetaago byaabwe kuby'abalwadde. Okutwaala obudde n'otambulamu kko, okukyaalan'okusaba obuyambi nga obwetaaze, bikuyamba obutakalubizibwanyo.

Bw'oba oyagala kwanguwa, genda wekka.

Bw'oba oyagala kutuuka wala, mugende mwembi.

– Olugero Olufirika

Ekigendererwa kyaffe kyakulaba nti buli omu mu kibinja kya Parkinson's asobole okweyimirira, naye tetusobola kukikola ffekka – tukwetaaga! Bw'oba olina obuko, oba olina gw'omanyi (mukwaano gwo, gw'okola naye, mulirwaana, ow'ekika) akwatidwako kulwa Parkinson's, oba olimusawo akola kubalwadde bw'obuko, tukulabanga ekitundu eky'omugaso mu kika kya Parkinson's.



**Okutambula kulw'ensansaanyay'ebikwaata ku buko
Parkinson's Si Buko, Uganda**

Twagala kugenda wala—wala nyo mu kusasaanya ebikwaata ku buko mu Africa yonna, okumenyawo obusosoze eri abalwadde b'obuko n'okwongerera omuwendo gw'abantu aboogera kubulwadde buno mu biffu byokunoonyereza , n'okufuna obujjanjabi eri abo ababwetaaga naye nga tebasobola kubufuna.

Tumanyi tetusobola kugenda wala ffekka, kyetuva tubasaba okutwegattako nga tuzimba olukungaana olw'abantu olunene. Tukusaba okyaalire **www.parkinsonsafrica.org** okufuna engeri y'okutwegattako.



**Okutambula kulw'ensansaanyay'ebikwaata ku buko
Parkinson's Si Buko, Uganda**

Tukusaba otuukirire teamafrica@parkinsonsafrica.org bwo'ba omanyi abayamba abantuba Parkinson's nga tebalabiseeko wammanga.

Cameroun (Yaoundé)

Parkinson Cameroun
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Akatabo kano kakoledwa Parkinson's Africa ne IPDGC-Africa. Twagala okwebaza n'okusiima:

- ★ UCL Grand Challenges ne UCL Global Engagement Office, abatadde ensimbi mu pulojekiti eno;
- ★ Parkinson's UK, kulw'okukkiriza okukozesa ebimu kubintu byabwe mukatabo kano;
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- Dr. Michael Temguoa

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- Dr. Olaitan Okunoye

- Dr. Yared Zenebe

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- Mr. Obeng Amoako

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