



## WHAT IS SICKLE CELL DISEASE?

Indwara ya Sickle cell (SCD) isigura imigwi y'indwara umuntu avukana mugihe imimerere yamaselile ateye nkumuhoro ari umurage uturuka kubabavyeyi bombi.

Ikimenyetso yamukuru ca SDC n'ugutea nabi kwamaselile yamaraso atukura nkumuhoro ahugutera nkamaselile asanzwe yamaraso atukura afise imiterere yuruziga. Ibi bigira ingaruka mbi ku bushobozi kubushobozi bwumubiri kujana ogisijeni mu mubiri hose gushika kubihimba vyingezi vyubuzima hamwe nugutemba kwa maraso mumubiri kubera imimerere yayo yo 'gufatana n'ugukomera'. Kubera izo mpamu, SCD itera ingorane zirimo amaraso make, kubabara, kubabara cane mugakiriza nokwangirika kwibihimba bitandukanye.

## HYDROXYUREA N'IKI?

Hydroxyurea, kandi yitwa Hydroxycarbamide, yatanguye gukoreshwa kuvura SCD kuva mu myaka ya 1980. Yemewe na TGA gukoreshwa ku bana n'ukubantu bakuze muri Australia. Irafise akamaro mukugerageza kurwanya SCD kubera ko iragabanya.



**Ikibano cabarwayi, abarezi n'inzobere mu vy'ubuvuzi baharanira uburenganzira bwabantu babaho bafise Indwara ya Sickle Cell muri Australia**

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**Udutabo twanditswe na ASCA dusubirwamo na Muganga w'umuhinga mu vyamaraso y'abakuru n'abana**

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**Australian Sickle Cell Advocacy**

# Hydroxyurea mu Kuvura Indwara ya Sickle Cell



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## UMUTI UKORA GUTE?

Hydroxyurea ifise uburyo bwinshi irwanya indwara ya sickle cell:

- Uyu muti uzana haemoglobin yuruyoya rutaravuka, irongera uko amaselile yamaraso atukura angana kandi iyagumisha ameze nkikiziga kandi akoroha. Kandi iragabanya ugukorwa kwamaselile yabasoda runaka nka neutrophils hamwe namaselile atukura yamaraso adakuze neza (reticulocytes) n'ama plaque. Ibi ningombwa, kubera amaselile yumweru ari hejuru basanze afise ajana nimpfu nyinshi mubarwayi ba sickle cell bafise amaraso make (anaemia)

- Neutrophils na reticulocytes bitera ukwugarwa kwimitsi ijana amaraso kubera ko yafashe kunkuta z'imitsi ujana amaraso. Kugabanya ukwibumbira hamwe kwaya maselile ningombwa kugabanya ukwibumba kwamaraso gufise ico gufana n'ingorane nyinshi mu SCD harimo stroke, ukwangirika kwibihimba n'ibihe vyububabare.

- Umuti wongera uburinganire bwuku amaselile yamaraso ari kuzenguruka angana. Ibi birafasha kugira amazi mumubiri kandi bikagabanya haemolysis hamwe nuguhinduka gusa numuhoro kwamaselile atukura yamaraso, bikatum amaraso atemba agashika kubihimba bihambaye.

## Inyungu kubarwayi ba Sickle Cell

Hydroxyurea igabanya ingorane ziterwa na SCD kandi yongera imisi yukubaho abantu bafise SCD bakeka bazogeraho.

Umuti ugabanya kubaho kwa:

- Ibihe vyukubabara cane mu
- gakiriza
- Guterwa amaratso mumitsi
- Kurara bubitaro
- Kwangirika kwigihimba
- Stroke

## Ivyago ningaruka mbi

Hydroxyurea nubuvuzi bufise umutekano, bwemewe gukoreswa mu bakuru no mubana na Therapeutic Goods Administration muri Australia hamwe na Federal Drug Administration muri USA.

Abantu bensi bafata hydroxyurea bafise ivyago Bike, mugabo zoroshe zishobora gushika. AKarorera:

- gutakaza imisatsi Mike canke kunanuka
- inzara zukuminwe zikirabura
- isesemi rike

Ingaruka mbi zikomeye ntizikunze kubaho. Nimba ugize ibimenyetso uhejeje gufata Hydroxyurea canke ufise amakenga kubijane n'ingene izogira ingaruka kubijanye nukurondoroka kwawe, baza muganga wawe.

Aho izikuru zituruka:

Stroke in Sickle Cell Disease. <https://sickle.bwh.harvard.edu/stroke.html>  
Stroke Foundation <https://strokefoundation.org.au/About-Stroke/Learn>  
Adetola et al. (2015). How I Treat And Manage Strokes in Sickle Cell Disease, Blood. <https://doi.org/10.1182/blood-2014-09-551564>  
Switzer et al. (2006). Pathophysiology and Treatment of Stroke in Sickle Cell Disease; Present and Future, Lancet Neurology doi: 10.1016/S1474-4422(06)70469-0  
Image credit: sicklecellanemianews.com

## Ninde ugomba gufata hydroxyurea?

Hydroxyurea ishobora kwongera kugergeza kurwanya uburyo butandukanye bwindwara ya sickle cell mu bantu. Ibi bikubiyemo abantu badafise ibimenyetso bikomeye.

Uburyo butandukanye bwa SCD bwifata kuburyo butandukanye kuri uyu muti. Kumpanuro kubijanye nubuvuzi bwiza bukwiye ubwoko bwawe bwa SCD, vugana na muganga wawe.

Abahinga baterinkunga hydroxyurea kubantu bafise:

- Indwara ya Sickled Cell ubwoko SS
- Ubwoko Sickled Beta Zero Thalassaemia

Ubushakashatsi bwinshi burerekana ko umuti urakora cane kubantu bafise aya moko abiri yindwara ya sickle cell.

## Gufata hydroxyurea

Kurikiza ivyo muganga wawe yanditse kuri ordonance, kandi ufate umuti buri munsi. Gushiraho alarm yukukwibutsa canke gushiraho akasanduku kibidonge bishobora kuba uburyo bwiza bwogukurikirana ingene ufata imiti yawe.

Baza muganga wawe canke umukozi wamuri faramasi mbere yuko ufata iyindi miti hamwe na hydroxyurea.

Suzuma amaraso yawe ukwanganza ubudahengesha kugira umenye ihinduka n'ingaruka zumuti. Ibi bipimo bizoraba aho haemoglobin igeze, uko amaselile atukura yamaraso angana na neutrophil yawe uko ingana.