



I-Adrenal Insufficiency

IYINI I-ADRENAL INSUFFICIENCY (I-AI)?

Izindlala ze-adrenal ezitholakala phezu kwezinsu, zikhqiza amahomoni abalulekile ekusebenzeni komzimba. Untwentweni olungaphandle (i-cortex) lwendlala i-adrenal lwenza izinhlobo ezintathu zama-steroid hormone. Uma une-adrenal insufficiency (i-AI), i-cortex ayenzi ama-steroid hormone anele.

Kunezinhlangotho ezimbili zama-AI:

- **I-primary AI**, iphinde yaziwe ngokuthi yi-Addison's disease. Kulesi sifo esingavamisile, izindlala ze-adrenal azisebenzi ngendlela efanele bese zingakwazi ukwenza i-cortisol (ihomoni "yengcindezi"). Ngokujwayelekile, kuba phansi nokukhiqizwa kwe-aldosterone okuyihomoni elawula ukuba nesilinganiso esifanele sikasawoti namanzi egazini—nama-androgen—amahomoni abhekelela ukwakheka komzimba womuntu wesilisa (okungamanye amahomoni enziwa yizindlala ze-adrenal).
- **I-secondary AI**. Loluhlobo lwe-AI olujwayeleke kakhulu olwenzeka uma indlala i-pituitary, okuyindlala encane eseduze kwengqondo, ingatsheli izindlala ze-adrenal ukuthi zenze i-cortisol.

Izindlala ze-adrenal aziwutholi "umbiko wokukhathala kwendlala i-adrenal (adrenal fatigue)" noma ziyeke ukusebenza ngenxa yengcindezi yangokomqondo noma emzimbeni. I-AI yoqobo iyisifo esingajwayelekile. Odokotela abasebenza ngezifo ezibangelwa ukungasebenzi kahle

AMA-ADRENAL STEROID HORMONE

Ihomoni	Inhloso
I-cortisol (i-glucocorticoid)	Isiza umzimba ukwazi ukumelana nengcindezi, ukugula nokulimala. Ilawula (yengamela) amazanga kashukela osegazini nawomfutho wegazi.
I-aldosterone (iyi-mineralocorticoid)	Isiza ukuthi kugcinwe amazanga afanele kasawoti namanzi emzimbeni. Ilawula inani legazi nomfutho wegazi.
Ama-adrenal androgen (amahomoni abantu besilisa abuthakathaka atholaka kubo bobubili ubulili)	Asiza ukulawula ukukhula kweziboya ezisezithweni zangasese nasemakhwapheni kubantu besifazane.

kwamahomoni (endocrinologist) kuphela abangayithola ngokusebenzisa ukuhlola okujwayelekile.

NGABE BEWAZI?

I-adrenal insufficiency iyisifo esikhona esingabonalakala kuphela ngokuhlolwa kwegazi, ayifani "nombiko wokukhathala kwendlala i-adrenal."

IBANGELWA YINI I-AI?

I-primary AI. I-AI ivamise ukubangelwa i-autoimmune disease, lokhu kuchaza ukuthi amasosha omzimba ahlasele bese ebulala izicubu zomzimba. Uma sekulimele izindlala ze-adrenal, angeke zisakwazi ukukhiqiza amahomoni. Ezinye izinto ezibangela i-primary AI zibandakanya ukopha kwezindlala, izifo, izifo ezizufuzo, nokuhlizelwa ukukhishwa izindlala ze-adrenal.

I-secondary AI. Izinkinga endlaleni i-pituitary zibangela i-secondary AI. Ngokujwayelekile indlala i-pituitary yenza ihomoni ebizwa nge-ACTH, etshela izindlala ze-adrenal ukuthi zenze i-cortisol. Kodwa ku-secondary AI, indlala i-pituitary ayithumeli i-ACTH ezindlaleni ze-adrenal. Ayikho i-cortisol eyenziwayo.

Ezinye izibangelwa kungenzeka zibe ezesikhashana, ezifana nokuthatha imithi eyalelwe ngudokotela efana ne-prednisone, i-hydrocortisone, noma i-dexamethasone. Ezinye izibangelwa kungenzeka zibe ngezingapheli. Lezi zibandakanya izinkinga zamahomoni ngesikhathi sokubeletha, izigaxa eziyizimila noma izifo ezihlasela i-pituitary, noma ukulimala kwe-pituitary ngesikhathi uhlizelwa noma ngesikhathi sokwelashwa ngemisebe yokukhanya.

ZIYINI IZIMPAWU ZE-AI?

Izimpawu (indlela ozizwa ngayo) ziqala kancane kancane. Zibandakanya ukukhathala, ukuba buthakathaka kwezicubu zomzimba, ukwehla kwezinga lokulangazelela ukudla, nokwehla kwesisindo somzimba. Abanye abantu bacanuzelwa inhliziyu, bayabuyisa bakhishwe nayisisu. Ezinye izimpawu zibandakanya

- Ubuhlungu ezicutshini nakumalunga omzimba
- Ukwehla kakhulu komfutho wegazi okuholela ekubeni nesiezezi uma umile

- Ukuhalela usawoti (ku-primary AI)
- Izimpawu zokungabikho kukashukela owanele egazini, ezifana nokujuluka
- Isikhumba esimnyama ebusweni, emqaleni nangemuva kwezandla (ku-primary AI)
- Ukungayi kahle esikhathini kubantu besifazane

Abanye abantu basuke bengazazi ukuthi bane-AI kuze kuvele izimpawu ezimandla kakhulu ezibizwa ngokuthi i-adrenal crisis.

IHLOLWA KANJANI I-AI?

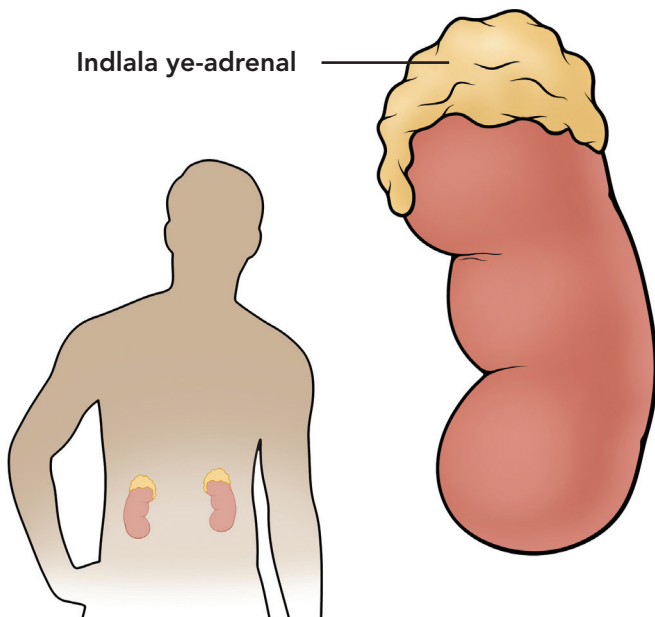
Odokotela bacubungula izimpawu isiguli esinazo nomlando wezempilo. Bathola amazinga asegazini e-cortisol, amanye amahomoni, usawoti, i-potassium noshukela ukuze bahlale ukuthi ikhona yini i-AI bese bethola nokuthi ibangelwe yini. Baphinde babheke indlala ye-adrenal noma ye-pituitary ngezinsiza zokuhlolwa ezikhipha izithombe, ezifana nama-x-ray, i-ultrasound, kanye nama-CT noma ama-MRI scan.

YELASHWA KANJANI I-AI?

Injongo yokwelapha wukuthi kuqinisekise ukuthi amazinga amahomoni osuku nosuku ahlale ekahle. Kungenzeka ukuthi udinge amahomoni azosebenza endaweni yamanye impilo yakho yonke. Uzothatha ama-glucocorticoid azosebenza endaweni ye-cortisol umzimba wakho ongasayenzi. Kungenzeka futhi udinge ama-mineralocorticoid uma umzimba wakho ungasayenzi i-aldosterone.

Kungenzeka udinge amanye ama-glucocorticoids ngesikhathi unengcindezi, efana nokugula kanye nokuhlizwa okubucayi. Udokotela wakho uzokunika izeluleko eziqondene nawe ngokuphathelele nokwenza izinguquko emithini ngenxa yengcindezi.

Ukuqonda isifo esikuphethe nokwazi ukuthi uyiguqula nini futhi kanjani imithi yakho kungakusiza ukuthi uphile kahle isikhathi eside ne-AI.



YAZI IZIMPAWU ZE-ADRENAL CRISIS

Ingcindezi emzimbeni ebangelwa ukugula, izifo, ukuhlizwa, noma ingozi kungavele kwenze izimpawu ziqhubekele phambili, isifo sangaphansi kwezimo eziphuthumayo sibizwa ngokuthi i-adrenal crisis. Uma ingelashwa, i-adrenal crisis ingabangela ukushona komuntu. I-adrenal crisis ivamise ukwenzeka kakhulu kubantu abane-primary AI.

Abantu abane-adrenal crisis badinga ukujovwa ngama-glucocorticoids (imithi esebenza endaweni ye-cortisol) ngaleso sikhathi. Badinga ukuya esibhedlela ukuze bathole okunye ukwelashwa. Uma une-AI, kumele wazi izimpawu ezikwexwayisa nge-adrenal crisis. Zibandakanya

- Ukuvele uphathwe ubuhlungu emhlanje, esiswini, noma emilenzeni
- Ukucanuzelwa inhliziyo nokubuyisa okumandla
- Ukukhishwa isisu
- Ukuphelelwa amanzi emzimbeni nokudideka komqondo
- Ukwehla komfutho wegazi nokuquleka

Kumele utshele futhi umndeni nabangani ukuthi kumele benze njani uma kwenzeka kuba nenkinga. Hlala ugqoke isongo noma i-tag echaza ukuthi uguliswa yini (medical alert bracelet or tag.)

Imibuzo okumele uyibuze udokotela wakho

- Nginaluphi uhlobo lwe-AI?
- Ngabe i-AI yami ingeyesikhashana noma ayisoze yaphela?
- Ngabe ngizodinga ukuthatha okuthile esikhundleni samahomoni?
- Uma ngine-adrenal crisis, ngingazijova kanjani nge-glucocorticoid?
- Ngabe ngiyadinga yini ukuyobonana nodokotela osebenza ngezifo ezibangelwa ukungasebenzi ngendlela efanele kwamahomoni (endocrinologist)?

IMITHOMBO

- Thola i-Endocrinologist: www.hormone.org noma ushayele ucingo ku-1-800-HORMONE (1-800-467-6663)
- Imininingwane ye-Hormone Health Network mayelana ne-adrenal gland kanye nezifo ezibangelwa ukungasebenzi kahle kwayo: Iya ku-www.hormone.org bese ubheka i-adrenal
- Ulwazi mayelana ne-AI ne-Addison's disease oluvela eziKhungweni zezeMpilo zikaZwelonke: www.endocrine.niddk.nih.gov/pubs/addison/addison.htm
- Ulwazi olumayela ne-AI evela kusizindalwazi i-UpToDate (bheka i-adrenal insufficiency): www.uptodate.com/patients
- IziKhungo zezeMpilo zikaZwelonke: www.cc.nih.gov/cc/patient_education/pepubs/mngadrins.pdf

ABAHLELI

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I-Hormone Health Network inikeza ngezinsiza zamahhala ngolwazi oluseqophelweni eliphezulu kakhulu ngokwelashwa ngokwesayensi oluthathwe ku-Endocrine Society (www.endocrine.org). Injongo ye-Network wukusiza iziguli ekubeni ngezifundisiwe zibe ngezizibandakanyayo, nezaziyo zibe ngeziyinxenye yokwelashwa kwazo kwezempilo. Iphepha lamaphuzo nalo liyatholakala isingisi lapha www.hormone.org.



**Hormone Health
NETWORK**

Gcina umzimba wakho
unakho konke ngokulinganayo