



*Out of ASPIRE, there is HOPE*

# **SARUDZO, KUSHANDISA NEMAZVO UYE KUTAURA ZVIRIPACHENA MUHOPE**



# HOPE

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## **SARUDZO MUTSVAKURUDZO YEHOPE**



**Chinangwa chetsvakurudzo yeHOPE ndechei?** Chinangwa chikuru chetsvakurudzo yeHOPE ndechekupa vari mutsvakurudzo mukana wekuwana ipapo ipapo nzira isina njodzi uye inoshanda yedapivirine ring yemukati menhengo yesikarudzi yomudzimai (“yering”) somukana wokudzivirira HIV. Tinoda kunzwisisa kuti sei vari mutsvakurudzo vanga sarudza ring senzira yokudzivirira nayo HIV kana kusaisarudza, uye kuti zvavanofarira zvinoshanduka nokufamba kwenguva here.

<b>HOPE ine mutsauko wakadini ne ASPIRE?</b>	
<b>ASPIRE</b>	<b>HOPE</b>
Chinangwa: Kuona kana ring yaishanda uye isina njodzi pakudzivirira HIV.	Chinangwa:Kunzwisisa kana madzimai achashandisa ring, kana vapiwa mukana.
Yakaongorora kushaya njodzi kwering	Tinoziva kuti ring haina njodzi chaizvo
Yakaongorora kana ring ichigona kudzivirira utachiwana hweHIV	Tinoziva kuti ring inogona kuderredza mukana womudzimai wekubatira utachiwana hweHIV
Chikamu chepakati chemadzimai chakawana maring ane mushonga wetsvakurudzo uye chikamu chepakati chakawana maring asina mushonga wetsvakurudzo	Maring ose ane mushonga wetsvakurudzo
Vose vaiva mutsvakurudzo vaifanira kubvuma kushandisa ring	Kushandisa ring isarudzo yeumwe-neumwe ari mutsvakurudzo!
...	...

***Saka muri kuti madzimai ane sarudzo yekushandisa ring muHOPE?*** Hongu. Madzimai anogona kupinda mutsvakurudzo kunyange vakasarudza ring senzira yokudzivirira kana kusasarudza. Vose vari mutsvakurudzo vanowana mibayiro yakafanana kubva mukupinda mutsvakurudzo, zvisinei nesarudzo yering. Nokuti vari mutsvakurudzo vane sarudzo, tinokumbira kuti vari mutsvakurudzo vatore ring chete kana vachida kuishandisa. Vari mutsvakurudzo vanogonazve kushandura pfungwa dzavo nezve kushandisa ring munguva yose yetsvakurudzo.

***Sezvo ASPIRE yakataridza kuti ring haina njodzi uye inoshanda, sei murikupa vari mutsvakurudzo yeHOPE sarudzo yekusaishandisa?*** HOPE ndeye kunzwisisa kana uye kuti madzimai achashandisa ring sei sezvo yava kuzivikanwa kuti haina njodzi uye inoshanda. Tinoziva kuti makondomu haana njodzi uye anoshanda, asi zvakadaro vanhu vazhinji vanosarudza kusaashandisa kana kuawona achinetsa kushandisa. Tinonzwisisa zvakanyanya nezvekuti sei vanhu vachishandisa kana kusashandisa makondomu uye tinoda kuunganidza umboo hwakafanana nezve ring. Vamwe vari mutsvakurudzo vanogona kusarudza kusashandisa ring, asi vachibatsira kutsvakurudzo nekukurukura zvinoita kuti ring iwome kuishandisa kana zvavasingafarire. Zvinodikanwa pakudzivirira HIV uye zvinofarirwa zvinogona zvekare kushanduka kune ari mutsvakurudzo nekufamba kwenguva.

***Pakupedzisira, tinoda mudzimai woga woga kuti anzwisise njodzi yake paHIV, nzira dzese dzokudzivirira nadzo HIV dziripo kwaari, uye sarudzo yenzira inoenderana kana dzinoenderana nemararamiro ake.***

Vashandi vepanzvimbo yeHOPE uye chikwata chemunharaunda vanogona kushanda nevari mutsvakurudzo kuvabatsira kuona uye kunzwisisa njodzi yavo kuHIV. Tinoda madzimai vave vakasununguka kusarudza ring kana kusasarudza, uye kushandura pfungwa dzavo pasina kupiwa mhosva kubva kuvashandi kana vamwe vari mutsvakurudzo.



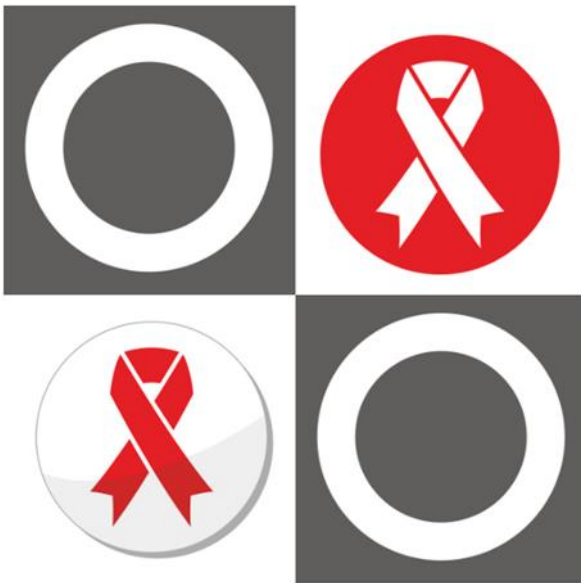
***Ko madzimai anopinda muHOPE asi voregera kusarudza ring vane chero chavanowedzera here kutsvakurudzo zvechokwadi?***  
Vose vari mutsvakurudzo vanopinda muHOPE vano pamhidzira humboo hwakakosha kutsvakurudzo, kunyange vakasarudza ring kana kusaisarudza. Zvinobva kuna vose vari mutsvakurudzo zvichabatsira kuwedzera kunzwisisa kwedu nezve ring uye kuti tingabatsira sei madzimai kuti vashandise ring zvinobudirira mune ramangwana.

# HOPE

HIV Open-label Prevention Extension

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## KUTEVEDZERA ZVAKATARWA UYE KUZVIDZIVIRIRA HIV MUHOPE



**Sei kutevedzera zvakatarwa kwakakosha kana ndikasarudza ring muHOPE?** Kutevedzera zvakatarwa zvakanyanya kwaive kwakakosha muASPIRE kuongorora kana dapivirine ring yaikwanisa kudzivirira madzimai kubva kuHIV. MuHOPE, kutevedzera zvakatarwa kwakanyanya kwakakosha nokuti kunobata kuzvidzivirira kwenyu kubva kuHIV pachezvenyu.

**Kana ndikashandisa ring nguva dzese, ndinowana muyero wekuzvidzivirira kwakadini?** Tinoziva kuti kudzivirira kubva kuHIV kwakakwira kusvikira kwekupedzisira kanaring ichishandiswa nguva dzose, uye kuti ring haidziviriri kana isina kushandiswa. Zvakakosha kuziva kuti kana uchipfeka ring nguva zhinji, asi isiri panzvimbo apo unenge uri panjodzi yekubatira HIV (somuenzaniso, unoiburitsa pakuita bonde), ungangova usina kudzivirirwa. Pakatanga vatsvakurudzi kupa ma results eASPIRE vakanga vasina kutarisa kuti kushandisa ring nemazvo sezvakatarwa kungava nechekuita nemashandiro ayo. Vakazowana nguva yokunzvera mubvunzo uyu. Umbowo hutsva kubva kuASPIRE hunoratidza kuti ring ikashandiswa nguva zhinji, kudzivirira HIV kunokwanisa kuva nezvikamu makumi manomwe nezvishanu kubva muzana (75%) kana kukwira, uye kana ikashandiswa nguva dzose kudzivirirwa kunokwanisa kupfuura zvikamu makumi mapfumbamwe kubva muzana (90%). Zvichabuda kubva muHOPE zvichabatsira vatsvakurudzi kunzwisisa zvakanyanya kujeka kuti ring inodzivirira zvakadii kana ikashandiswa nguva dzose.

**Sei kushandisa nemazvo kwakakosha kutsvakurudzo yeHOPE mushure mazvose?** Kushandisa nemazvo kwakakwirira mumadzimai vanosarudza ring zvichatibvumira kunzwisisa kwakawedzerwa pamusoro pekushanda kwering kana ichishandiswa nguva dzose. Umbowo uhu hwakakosha kuziva kuitira



kuziva kutangisa kuendesa ring munharaunda mune ramangwana.

**Chii chichaitika ndikaita matambudziko ekushandisa ring muHOPE?** Vashandi vetsvakurudzo yeHOPE vanoda kuti mugadzire hurongwa hwenyu hwekudzivirira HIV hunoenderana nemaramiro enyu. Kana mukasarudza ring asi moona kuti mune dambudziko rekuishandisa, vana chipangamazano vachakubatsirai kukunda matambudziko api zvawo. Kunyangwe mukasarudza kusashandisa ring, kana kusandura pfungwa dzenyu pamusoro pekushandisa ring, vana chipangamazano vachakubatsirai kutsigira chero hurongwa hwamasarudza pakuzvidzivirira HIV.

**Ko shamwari yangu kana mumwe wemumhuri achida kushandisa ring?** Parizvino, ring inowanikwa chete kune madzimai ari mutsvakurudzo yeHOPE. Zvakakosha kuti musagoverana ring kana kungopa. Madzimai asiri mutsvakurudzo vanogona kusawana kuongororwa HIV kana pamuviri nguva dzose, kana kuonekwa zvehutano nguva dzose. Kana vakashandisa ring uye vakaita matambudziko, vanogona kusawana rubatsiro rwavanoda. Ring inogona chete kukudzivirirai kubva kuHIV kana muchiishandisa nguva dzose, zvichireva kusaipa kune vamwe.

**Ko vaive mutsvakurudzo yeASPIRE uye vaive nekushandisa kwakaderera vanobvumidzwa here kupinda muHOPE?** Vese vaive muASPIRE vachapihwa mukana wekupinda muHOPE. Tinotenda vese vaive muASPIRE vakatibatsira kuratidza kuti ring yakanga isina njodzi uye inobatsira kuderedza njodzi yeHIV. Tinobvuma kuti vamwe vaive mutsvakurudzo vakasangana nematambudziko mukushandisa ring





kana kutosarudza kusaishandisa. MuHOPE tinoshuvira kuti vese vaive mutsvakurudzo vanokodzera ‘kutanga patsva’ nemukana wekuderedza njodzi yavo yeHIV napose panogoneka. Naizvozvo, tinoda kupa vose vaiva mutsvakurudzo mukana wekuwana ring uye mimwe mibairo yemutsvakurudzo.

**Ring inoshanda zvakaenzana here kumadzimai emazera ose?** Mu ASPIRE madzimai aiva nemakore ari pasi pe21 vakaiswa muboka redapivirine ring vakawana HIV nemwero mumwe chete semadzimai vakaiswa muboka rering yechiyereso. Zvisinei, tinoziva kuti chakanyanya kuita kuti ring yedapivirine isanyanyoshanda kumadzimai echidiki muASPIRE kusashandisa nemazvo nguva dzose. Vaongorori varikuita tsvakurudzo dzakanangana nekutsigira kana paine zvimwe zvingangove nechekuita nemashandiro ering kumadzimai echidiki. Zvakakosha kubata kuti madzimai ose vanga vari mutsvakurudzo ye ASPIRE vachange vakura kudarika makore 21 panguva yavachapinda mu HOPE. Zviri kwatiri sevashandi vetsvakurudzo, varimutsvakurudzo, uye vemunharaunda, kubatana nekutsigira madzimai echidiki munzira dzinonzwisika kuitira kuti vagone kuwana uye kushandisa nguva dzose nzira dzinoshanda dzekudzivirira HIV dzinoenderana nehupenyu hwavo.

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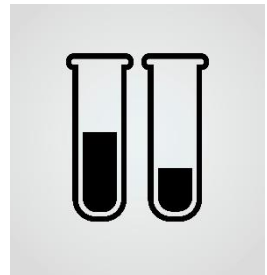
## KUTAURA ZVIRI PACHENA NEHOPE



**Chii chinoitika kana ndikasarudza ring uye ndikataura kuti handisi kuishandisa?** Hapana zvakaipa zvichaitika pakutaura pachena pamusoro pekushandisa ring, kunyangwe mukataura kuti makaita matambudziko kana kusarudza kusashandisa ring nguva dzose. Boka reHOPE riripo pano kukubatsirai kukunda matambudziko enyu pakushandisa ring, kana iri iyo nzira yamasarudza yekudzivirira HIV, kana kukutsigirai kusandura nzira dzekudzivirira nadzo, kana muchifunga chimwe zvakare chingashanda zviri nani.

***Ndedzipi ongororo dzamunenge muchiita dzokushandisa nemazvo uye zvichabuda izvi zvinorevei?***

Tichatora zvitorwa zvakanwanda kuyera kushandisa nemazvo uye kunzwisisa zviri nani kuti ring iri kushanda sei, zvichisanganisira maring akashandiswa, ropa, bvudzi, uye kandonje kanotorwa mvura dzekunhengo yesikarudzi. Kana mukasarudza ring tichagoverana nemi zvabuda zvinotarisa huwandu hwemushonga wetsvakurudzo (dapivirine) hwakabuda kubva muring. Chinangwa chekutora umbowo uhu hachisi chekukubvunzurudzai zvamunotiudza pamusoro pekushandisa kwenyu ring kana kuranga avo vasiri kushandisa nemazvo. Chinangwa chedu pakugoverana zvabuda nemi ndechekukupai ruzivo pamusoro pekuti mungangodzivirirwa zvakanwani kuHIV kubva kuring. Nezvakabuda izvi, munokwanisa kuita sarudzo dzine ruzivo rwakanyanya pamusoro pezvakanakisa kuzvidzivirira kuhutachiwana hweHIV.



***Zvakakosherei kwandiri kutaura pachena nezvekushandisa kwangu ring?*** Pasina kutaura pachena nezvekushandisa nemazvo, zvakaoma kunzwisisa kudzivirira kwechokwadi kubva muring nematambudziko anokwanisa kuwanikwa nekushandisa ring. Kunyange tichiita ongororo pazvitorwa uye tichiwana fungidziro yekushandisa nemazvo, umbowo hwakakoshesesa hwatingawana

pamusoro pekushandisa ring hunobva kune vari mutsvakurudzo pachezvavo. Zvamusangana nazvo nering zvichapa umbowo hwakakosha kutangisa kuendesa ring munharaunda muneramangwana.

**Ko kana ndikanzwa kusununguka kutaura nezvekushandisa kwangu ring nevashandi vetsvakurudzo?**

Munguva yeASPIRE, havasi vese madzimai vainzwa kusununguka kutaurira vashandi vetsvakurudzo apo waitadza kushandisa ring. Tinotarisa kuti kubvisa kunetsekana



nezingangoitika zvakaipa, kungabatsira iwe kuti unzwe kusungunuka kutaura pachena sarudzo yako yekuzvidzivirira ku HIV uye zvamakasangana nazvo pakushandisa ring kuvashandi ve tsvakurudzo. Boka re HOPE riripo kutsigira sarudzo dzenyu mukuzvivirira HIV, uye vana chipangamazano vedu uye navana mukoti varikuwana dzidziso yakapamidzirwa kukubatsirai kuti munzwe muine rutsigiro mune chero sarudzo yamunoita .

Kana muine mibvunzo kana kuda umwe umboo, ndapota svikai kukiriniki yeongororo:

