**Izigqibo ozenzayo zoNyaka omtsha ngempilo yakho:**

Kwakuqhashumba isivingco seshampeyini ukwamkela unyaka omtsha, uya kubeva abantu besenza izigqibo zabo zonyaka omtsha. Abanye bafuna ukuhlisa umzimba ngeli xesha abanye bafuna ukususa nto ithile kuluhlu lwezinto zabo okanye benze izifungo zokuba baya kuzama ukuba balungise iimeko zabo zezimali.

Izigqibo ezininzi zabantu zonyaka omtsha zithi unyaka ungekangeni nakwiveki yesibini zibe sezitshabalele. Ezinye zezo zigqiboo zigcinwa isithuba nje senyanga okanye ezimbini zisuke zicime pam. Kodwa ukuba uneenjongo ezithile ojolise kuzo ezinyanisekileyo, izigqibo zakho zonyaka omtsha zingafezeka kwaye zibe negalelo elihle ebomini bakho.

Kambe nakuba kunjalo, izigqibo ezilungele impilo yakho iyonke aziphelelanga nje kweziya zonyaka omtsha. Nayiphi na into elutshintsho olululo oyenzela impilo yakho ingawuphucula umgangatho wobomi yaye inganefuthe nasekubeni uphile ubomi obububo ngolonwabo.

**Nali iqaqobana lezigqibo zonyaka omtsha ezilungele impilo yakho ongazisebenzisa ngo-2016:**

1. **Ukulumkela ilanga**

Kubantu abaninzi, ixesha lasehlotyeni yinto enye nokubakho kwelanga, ibhitshi neholide. Kambe nakuba kunjalo, ukuzikhusela elangeni mayibe yeyona nto iphambili, kodwa oko kungenzeki nje ekuqaleni konyaka kuphela, koko kwenzeke nangexesha leenyanga ezibandayo. Ngokwequmrhu iCancer Association of South Africa (Cansa), umhlaza wesikhumba ngowona uxhaphakileyo kwiindidi zomhlaza ezikhoyo kwilizwe lethu. I-Cansa ixhobisa ngala macebiso okulumkela ilanga alandelayo:

* Kulumkele ukuba selangeni phakathi ko-10:00 no-15:00. Hlala emthunzini okanye uzisithe ngesambrela/ambrela.
* Nxiba iimpahla zokuzikhusela elangeni: iminqwazi elukiweyo enebrim esithayo, unxibe iimpahla engagqobhoziyo imitha yelanga kuzo (ultraviolet) okanye impahla yokuqubha enesikhuseli esiyi-UV.
* Nxiba iglasi zelanga ezinesikhuseli esiyi-UV ye-UV 400.
* Thambisa isanskrini (amafutha akhusela imitha yelanga) alungele uhlobo lwesikhumba sakho usebenzise isanskrini enesikhuseli kwimitha yelanga enomlinganiselo ongu-20 ukuya ku-50.
* Kulumkele ukucambalala ugcakamele ilanga, ukulumkele nokusebenzisa izibane ezivelisa imitha eshushu (sunbeds and sunlamps).

1. **Ukuyikhathalela ngokupheleleyo impilo yakho**

Yiya kwiklinikhi ekufuphi nawe okanye kugqirha wakho ukuze akuxilonge ngokupheleleyo akhangele impilo yakho ngokubanzi. Apho kuya kuhlolwa uxinzelelo lwegazi, iswekile/iglukhosi yegazi kunye nobungakanani besondli-gazi esiyi-iron kananjalo nokuhlolwa i-HIV – ngakumbi xa ungekasazi isimo sakho. Iiklinikhi zommandla zidla ngokuba neenkqubo zokuhlolwa kwempilo ngezinye intsuku apho abantu baye bahlolwe khona impilo yabo ngokubanzi ngaphandle kwentlawulo. Ungazinika ithuba uthabathe inxaxheba ngezi ntsuku ukuze wazi ngemeko yakho yempilo. Kufuneka ungalibali ukumana usiya kugqirha wamazinyo nakowamehlo, ngakumbi xa wawugqibele ukuya kugqirha wamazinyo kwisithuba esingaphezu kweenyanga ezintandathu, okanye wagqibela ukuhlolwa amehlo kwisithuba esingaphezu kweminyaka emibini eyadlulayo.

1. **Ukuzisikela ixesha lokufezekisa injongo ethile efanelekileyo yokuphila enye ubuncinane**

Kudla ngokuthatha iiveki ezintathu ukuba umntu afunde iindlela ezintsha zokwenza izinto, ingaziindlela ezintle okanye ezimbi. Ukuba ngaba uyaqinisekisa ngokumana uziqhelanisa kancinane kancinane neendlela ezintle nezakhayo, ingayinto ophila ngayo leyo ize ikuncede uhlale usempilweni entle. Umzekelo, ungayenza into yesiqhelo ukuflosa amazinyo (ukuwavungula ngesicoci esingena phakathi kwamazinyo sisuse intsalela yokutya), oko ukwenze yonke imihla okanye usele iiglasi ezimbini nezintathu zamanzi rhoqo ngemini, wongeze kwezo zinto zesiqhelo uhlala uzisela. Ukukunceda ukuziqhelanisa nendlela ethile, umzekelo, ungayibekela kwixesha elithile i-alam kwiselulafoni yakho ukuze ikukhumbuze ukuba wenze oko ubugqibe kuko. Kungekudala uya kuba sele uyiqhelile le ndlela intle yokujongana nesiqu sakho, kwaye iya kuba luncedo empilweni yakho ixesha elide.

1. **Yitya ngokusempilweni**

Esona sigqibo singathembekanga kukuzixelela ukuba uya kutya ngendlela efanelekileyo, nakuba nje ungakwenza oko ngokuzibekela ixesha elithile lokufezekisa injongo yakho. Ukuba ngaba ufuna ukwangeza okunye ukutya emva kokugqiba ukutya isidlo sakho, umzekelo, unokuphaka kube kanye ngexesha lesidlo. Okanye xa ungakuthandi kakhulu ukutya isidlo sakusasa, injongo yakho ungazama ukuyifezekisa ngokumana usitya izidlo ezincinane ngexesha, usengatya iyogathi encinci, njengesidlo sakusasa ngelo xesha uzibekele lona. Baxelele abosapho lwakho ngezigqibo ozithathileyo ukuze bakuxhase ngokumana bekukhumbuza ngeenjongo ojolise kuzo. Ukuba omnye wosapho lwakho, umzekelo, akasithandi isidlo sakusasa, kufuneka nikhumbuzane ukuba nitye isidlo sakusasa. Oku kuvakala ngathi yintetho nje, kodwa ungazama ukutya isidlo esinazo zonke izakha-mzimba ngokuthi utye intwana yesidlo ngasinye kwiindidi ezintlanu zokutya. Oku kuquka iziqhamo nemifuno, ukutya okunestatshi okufana nesonka, imveliso yobisi njengobisi neyogathi, iproteni enyameni, amafutha anempilo. Ukuba wenza isigqibo sokuba utye imifuno emininzi neziqhamo, ikwalicebo elilungileyo elo ukuzitya ezi zinto ngexesha lazo. Umzekelo, ixesha lee-orenji lelasebusika apho sidla ngokuba neengqele nemikhuhlane. Ii-orenji zinevithamini C esincedayo siphile kwizigulo esinazo.

Ukuba ngaba usisigulane esinesigulo esingapheliyo, yiya kwingcali yezondlo ukuze ufumane uncedo ngendlela echanekileyo emawutye ngayo elungele imeko yesigulo sakho. Umzekelo, ukuba uneswekile okanye une*high-high*, indlela elungele wena yokutya ingaluncedo ekulawuleni ukuhambela phambili kwesi sigulo.

Zininzi izinto onokuzenza ukuzigcina usempilweni entle, kwaye iya kuba yindlela oqhuba ngayo eya kwenza iinjongo zakho zifezeke zikusebenzele kananjalo. Zinike ithuba uqalise ubone ukuba ziziphi izigqibo, okanye iinjongo onazo zonyaka uze ke ngoko uboneukuba uya kuzifezekisa kanjani.

Ube nexesh’ elimnandi kulo nyaka mtsha!