

Ndondomeko zoyamba kuwululira ndi kuvomereza

Chinsinsi ichi chinayamba kulephereka kusungika pakupita kwa nthawi.

Patapita masiku asanu chipezekere ndi kachiroombo ka HIV, ndinali ku Blantyre kuyembekezera mwambo womalizitsa maphunziro athu pakusulu ya ukachenjede. Ndinatenga masiku angapo nditalandira zotsatira kumangolira ndekha kenaka ndikubweretsa nkhope yolimba mtima kuyesezera kumaonetsa ngati kuti zonse zinali bwino nthawi zonse.

Patapita masiku awiri, ndinakakamizika kuti ndimufotokozere Shaun ndipo anapsa mtima zedi: “Nchifukwa chiyani undifotokozera ina? Kodi ndi chifukwa choti ukufuna kumaloza chala ine? Kodi sunadzibweretsere wekha kachiroombo kameneka ndipo mwinanso kubweretsa kwa ine chifukwa chachimasomaso chako? Nchifukwa chiyani ukundiwumiriza kuti?”

Shaun kundifunsa ine mafunso onsewa ndi kumanyoza kuti ndinamupatsira kachiroombo ka HIV. Sindinathe kunena kuti ndinawonana ndi amuna angati pa nthawi imene tinasiyana ija:

Sindinalimba mtima kuwulula kuti ndinagonana ndi munthu wina ndipo sitimadziteteza nthawi ina ili yonse imene timagonana. Ndikuganiza kuti mau anandithera. Ine ndi chikristu change ndimadziweruza kuti

ndinatayirira ndipo ndimachita zosephana ndi chikhalidwe chogonana munthu wina ndisanalowe m’banja. “Ndinali dzira lovunda ndithu.” Ndimadziuza ndekha choncho.

Zoona zake ndi zakuti iyeno wakhala akuwonana ndi anthu ena ndipo msungwana wina anamupatsa mimba. Mmene HIV ndinayitengera sinalinso nkhani tsopano, ndinali kudzilankhulira ndekha: ndiri ndi matenda amenewa basi.

Kuyesetsa kufotokozera kuti munthu wina aliyense ali ndi mmene aliri zokhudzana ndi HIV ndipo kuti sungangonena kuti chifukwa wokonedwa wako ali ndi HIV choncho ndiye kuti iwenso uli nayo, ndiye zimakhala ngati ndikuwonjezera kuti akanene kwathunthu. Shaun anafotokoza kuti alibe chochita pa zonsezi ndipo kuti sakayezetsa za HIV. Ndinamuonerera ife kulefuka ndi kulira usiku onse atagona pogona pake. Ndinakhala naye usiku onse, popeza ndi machita mantha kuti zimene akhoza kudzychite ine ndikachokapo.

Tsiku lotsatira ndinalandira uthenga wabwino – kalata yochokera ku University of Malawi yondidziwitsa kuti ndinapamba malo amene ndinafunsira kuti ndikaphunzire za malamulo. Ndinayenera ndikaonekere kukalembanso mayeso a zamalamulo sabata lotsatira. Ndinakalemba mayeso ndipo ndinapambana ndipo ndinadzikonzekeketsa ndekha kuti ndikubwereranso ku sukulu. Ndinadzifotokozera ndekha kuti kupita ku sukulu yak ku Zomba pamodzi ndi maphunziro anga

zikhala zinthu zondisokoneza zabwino ku zovuta zimene ndinali kudutsamo mmoyo.

Zomvetsa chisoni chakuti matenda a ma genital warts sanathe mwachangu monga ine mmene ndimaganzira. Ndimasunga mankhwala pa malo obiska osaonekera komanso osafikiridwa ndi mnzanga amene ndimagawana naye chipinda chogona ndipo ndimapaka ndikaonetsetsa kuti wapiti kutali:

Chinsinsi ichi chinafika posabisikanso pakupita pa nthawi kuphatikiza kuvutika kubisa kuti ndinali ndi HIV ndipo posachedwa ndiyamba kumamwa mankhwala a ma ARV.

Nditapezeka ndi HIV ndinapangitsa chiwerengero cha chitetezo mthupi mwanga chimene chinasonyeza cha CD4 chimene chinasonyeza kuti chinali chowerengeka pa 288. Panthawi imene chinali chiwerengero cha pamwamba kuposa 200 chimene chinakhazikitsidwa ndi bungwe la World Health Organization (WHO) kuyimira nthawi yopezeka ndi AIDS ndi nthawi yoyamba kulandira thandizo la mankhwala.

Osataya nthawi, dokotala anandifotokozerwa muyeso wa mankhwala ama ARV mmene ndikhoza kumakamwera. Ndinazidwa kumakamwa mibulu iwiri pamodzi ya mankhwala yotchedwa Triomune ndidzikamwa kawiri patsiku nthawi yofanana kummawa ndi madzulo, pazikhala kusiyana ma ola 12 pakati pake:

Tinaphunzira kuti ndikuyenera kumwa mankhwala amenewa moyo wanga onse

osasiyiza. Poyamba, kukumbukira kokhako kunali kovuta zedi. Monga sindinafunse kuti kodi chingadzandichitikire ndi chiyani ngati nditalephera kumwa mulingo wa mankhwala waperekedwawo, ndinangoganizira kuti zikhoza kukhala zoopsa.

Choncho ndimayenda ndi mibullu ya mankhwala kwina kuli konse kumene ndingapite:

Ndinayenera kupeza zifukwa zimene ndikuyenera kumapitira ku Blantyre mwezi uli wonse.

Kunalibe ngakhale zipatala zazing'ono ku Zomba zoperekerwa mankhwala a ma ARV pa nthawi imeneyi ndipo ndi mayenera kumapita kumapita kuchipatala cha Queens ku Blantyre kukatenga mankhwala. Boma la Malawi silimadziwa panthawi imeneyo ngati likhoza kupiritiriza kupezeka ndi mankhwala amenewa mokhulupirika kwa nthawi yaitali, kotero sitimaloledwa kutenga mankhwala opitirila mwezi umodzi tikapita kotenga mankhwala. Mwezi uli wonse ndimapeza chifukwa chimene ndimayenera kuchokera ku sukulu, kumufotokozerwa mnzanga amene ndimagawana naye chipinda chogona nkhani zosiyanasiyana mwezi uli wonse ndikamapita:

“Mnzanga, ndikupita kukayendera msiweni wanga amene akudwala.”

“Mnzanga, ndikupita kukathandiza azakhali anga amene akundifuna kuti ndikathandize ntchito zina za pamtundu.”

“Mnzanga, ndikupita kukalongosola nkhani zina za pamtundu ku Blantyre.”

Izi zinapitirika mwakanthawi kufikira tsikulina ine ndi mnzanga uja tinakhala pansi tsiku lina ndi kumufotokozero mwakandanthawi za mmene ndinali zokudzana ndi:

Ndinamufotokozero kamba kofunitsitsa kudziwitsa munthu wina kuti adziwe chimene chimachitika mmoyo wanga. Ndimva mkati mwanga kuti ndikhoza kumwalira nthawi ina ili yonse ndipo ndimafuna ola liri lonse, masiku ndi moyo wanga padziko kukhala wowerengedwa pa chinthu china chake kwa wina wake.

Tinamanga mgwirizano wa umodzi, monga mmene ndinapezanso kuti mayi ake anali kudwala mtenda yosachira kwanthawi yaitali ndipo tinatha kupereka thandizo kwa wina ndi mnzake. Kukambirana uku kunandipangitsa kukhala womasuka ndipo ndinayamba kumamwa mankwa anga powoneka kuyambira nthawi imeneyo.

Patadutsa masabata asanu chipezekere ndi HIV, ndinazindikira kuti ndayamba kupwa kulemera kokwana makilo asanu. Nthawi zina ndimatha kudziyang'anira pa galasi ndi kumachita mantha zedi:

Ndimaganiza kuti mwina ndatsala ndi miyezi yochepa chabe yokhalira ndi moyo. Ndimaganira kuti ndidzaona kungokhala mafupa okhaokha ndipo kenaka kumwalira. Sizinandithandize

kuti nthawi imene sindimadziwa wina aliyense amene anali ndi HIV nthawi imeneyi. Ndipo kukhala pasukulu kumandionetsa kusalidwa kumene kumaonekera kuzokhomakhoma zoonetsa anthu amene anali ndi HIV ngati mahule ndipo azibambo wowonda ali ndi mabotolo a mowa mmanja mwawo. Ndinali kumadzifotokozero ndekha kuti sindiri ngati anthau amene amawonetsedwa pa zinthunzipa zokhomazokhoma ndipo sindinachite chiri chonse 'choipa'.

Ine ndinamira mu nkhwawa yaikulu zedi ndipo sindimapezeka kawiri kawiri ku kalasi kokaphunzira kapena kupita kunyumba yowerengera ndi kubwereka mabukhu. Mnzanga wina kwambiri, Brian, anawona kusintha mwa ine ndipo ndinaganizira kuti adziwe chinsinsi change chachikuluchi. Analonjeza kundithandiza azikandijambulira milundi ina ngati nditadumpha maphunziro ena ndipo anakhala maziko achitonthozo change amene ndimadalira tsopano.

Zomvetsa chisoni, Brian anali ndi maganizo ena mmoyo wake. Anagwanane mchikondi ndipo anafuna kuti tikhale pa ubwenzi wautali:

Ndinadziona ndekha kuti ndine woperewera mchikondi, kapena kudzikonda ndekha ndipo ndipo kunali kovuta kutindi ndidzipereke kwa iye kapane wina aliyense pa nkhani imeneyi.

Komanso, patapita miyezi yambiri yoyesera kuti mwina zinthu zikhoza kuyamba kuyenda, Shaun ndi ine tinagwirizana kuti basi tisayane mpakana



Kugawana ndi zinali zinthu zovuta poyamba: mchemwali wanga Rachel anal inane nthawi zonse.

kalekale. Ndikuganiza kuti amavutika zedi chifukwa cha HIV imene ndinali nayo. Sindimafuna kumamuona ngati chikumbutso cha moyo wanga wa kale umene ndimafunitsa nditawuyiwala. Kotero tinangokhala munthu ndi mnzake.

Patapita miyezi kugwiritsa ntchito mankhwala opaka aja, mauka (genital warts) anachoka. Ndimagzigwira ndi dzanja langa kumaliseche kwanga ndi kumapempherera mmawa uli wonse kuti zotupa zichoke. Ndipo mmawa tsiku lina ndinadzuka ndikupeza zotupa zonse zasowa zapita!

Ndinapereka maganizo anga pamaphunziro anga kwa chaka choyamba ndipo ndimasangalana ndi zovuta zimene umakumana nazo pophunzira za:

Ndinadziuza ndekha kuti ndichibadwidwe change kukhala liwo la anthu woponderezdwa ufulu ndi udino zimene zimaoneka kuti ndi zosagonjetsedwa ndipo ndikuyenera kuti ndipita matsolo ndi maphunziro a zamalamulowa.

Koma chimene chinachitika chotsatira, ndikukhulupirira kuti ndi chilinganizo chimene Mulungu anachikhazikitsa cha ine.