



Antiretroviral Treatment

By Bronner Gonçalves and Translated by Victor Otieno Into Dholuo.

Medruok mar yedhe mek ayaki miluongo ni antiretroviral therapy (ART) osebedo achiel kuom weche moko mang'eng e chiethruok. ART e mosebedo kitiyo go e chieth mar kute mek ayaki kata ayaki. En gima ber ka wang'eyo ni ART ok en yath mar ayaki; lakini oseloko medruok mar kute mek ayaki.

Nitie aina mopogore mek ART matiyo e yo mopogore e dongruok mar kute mek ayaki. Tinde ajuoga tiyo gi yethe ariyo mopogore kata mang'eng' e chietho tuo ni. Gi momiyo ajuoga miyoga jotuo aina mopogore mek yethe gi en nikech kute mek ayaki lokore piyo, to maye miyo onyalo hingo teko mek yethe gi piyo ka oti kodgi kendgi. Nyaka sani oselos aina piera ariyo (20) mopogore oseme lesen.

Anyisa mar ART en kopim ng'ato e osiptal, kwan mar kute mek ayaki kod kwan mek CD4+. Anyisa adek gi nyiso ka chieth mar ART onego ochak kata ka podi. En gima tek kuom jokmoko mondo owinj ni ok en ng'ato mora mora mani gi kute mek ayaki maduaro chieth mar ART. E lwedo mamoro, jotuo moko moluoro ayaki be oluoro ART. Giparo ni seche ma gichako tiyo gi yethe mek ART, en nikech gichiegni tho. Mano ok en adier. Jotuo moko paro ni seche ma gitiyo kod ART, ok gidhi nyalo tiyo to gibo dhi e osiptal e ndalo mang'eng' ka ichwo gi sindan. Ma ok en adiera. Yethe mek ARTs imuonyo to jotuo matiyo kodgi dak e ngima machalre kod ngima machon ka nene pok gichako tiyo kod ARTs.

Ang'o manyalo miyo jatuo olok yethe mek ARTS? En gima timore pile ka pile ne ji maromo 50% matuore e higa mokuongo mar tiyo kod yethe gi. Gimomiyo mae timore en nikech: yethe nyalo hinyo dend ng'ato(kaka seche ma ng'ato diewo, ka ionge remo), ka chieth mar kute mek ayaki ok ti kod kethruok mar dend ng'ato.

Kata ka ART ne oloko chieth mar kute mek ayaki kod ayaki, medo ngima mar jok ma ni kutegi, bech chiethruok e pinje mapodi eka dongo podi tek. Kaluore gi UNAIDS, e higa mar 2006, ji million 39.5 nene oyudo kute mek ayaki e piny mangima, ng'eng' jogi odak e pinje ma yuto margi podi ni piny. En mana ji matin kuom jok mani gi kute mek ayaki ema tiyo kod ART. Ritruok maber ka ng'ato ni gi kute mek ayaki kata ayaki wuon duarore ni ART oti go. Ka jotuo mani gi kute mek ayaki kata ayaki ok nyal yudo ART, ngima margi nyalo bedo machiek.