Albinism in Malawi: information for children (Chichewa version)

Lund, P., Massah, B., & Lynch, P.

AIMZ: Albinism in Malawi & Zambia

Published version deposited in CURVE June 2013

Original citation & hyperlink:
Lund, P., Massah, B., & Lynch, P. (2012). Albinism in Malawi: information for children (Chichewa version). Blantyre, Malawi: The Albino Association of Malawi (TAAM).

Additional note: This leaflet is also available in English at http://curve.coventry.ac.uk/open/items/9379ca14-5b0b-0725-2ef7-e84f37a1bc5a/1/.

Development of this information pamphlet was co-sponsored by: Coventry University (UK) http://wwwm.coventry.ac.uk/
The Commonwealth Secretariat (UK) http://www.thecommonwealth.org/ Sightsavers (Malawi) http://www.sightsavers.org/
University of Birmingham (UK) http://www.birmingham.ac.uk/

This pamphlet can be used free of charge for any non-commercial purpose providing that the above acknowledgement of the sponsors is given.

CURVE is the Institutional Repository for Coventry University
http://curve.coventry.ac.uk/open

Kukhala Alubino Ku Malawi:
Uthenga Kwa Ana Ndi Achinyamata

Ana abanja limodzi: Wina ali ndI khungu lakuda wina ndi a alubino

Supported in Malawi by:
Ministry of Education, Science and Technology

FEDOMA: Federation of Disability Organisation in Malawi
TAAM: The Albino Association of Malawi
Sightsavers Malawi

Kodi Ndine Wosiyana Bwanji Ndi Anthu Ena?

Munthu amene ali alubino amakhala ndi khungu loyera chifukwa amakhala kuti alibe utoto umene umapangitsa kuti munthu akhale ndi khungu lakuda. Utoto umenewu umatchedwa melanini. Kuchepa kwa utoto umenewu mthupi umapangitsa ngakhale khungu, maso ndi tsitsi kuti zikhale zoyera.

Munthu amene ndi alubino ali ngati wina aliyense. Mnyamata kapena Mtsikana onse akhoza kubadwa alubino sizitengera kuti ndiwe wa mkazi kapena wa mwamuna.

Mnyamata kapena Mtsikana onse akhoza kubadwa alubino sizitengera kuti ndiwe wa mkazi kapena wa mamuna.

Kodi Ualubino umachokera Kuti?

Makolo Anga Ndi Akuda, Ndichifukwa Chiyani Ndili Osiyana Nawo?

Munthu kuti ubadwe alubino umatengera kwa makolo ako. Nthawi zina m'mbanja mutha kukhala munthu m´modzi yekha amene ndi alubino kapena kuposera apo.

Munthu aliyense ali ndi zigawo ziwiri zomwe timatengela kuchokera kwa mayi ndi bambo zotchedwa jini. Zigawo zochokera kumakolo awiriwa ndi zimene zimapangitsa kuti munthu abadwe alubino kapena wakuda.

Makolo anga mmthupi mwawo ali ndi gawo limodzi la jini lomwe limawapangitsa kuti khungu lawo likhale lakuda. Gawo linalo la jini linasokonezeka, pachifukwa ich silitha kupanga utoto wakuda omwe umapangitsa kuti khungu likhale lakuda.

Amayi ndi abambo akakhalila limodzi ngati banja aliyense amapereka gawo limodza la jini losokonekeralo kwa mwana, ndichifukwa chake mwanayo amabadwa woyera khungu koma makolo akuda khungu lawo.

Kodi Ualubino Umachokera Kuti?

Kukumana kwa dzira kuchokera kwa mai (a) ndi umuna kuchokera kwa bambo (a) komwe kumapangitsa mwana kubadwa alubino (aa)

Pachithuzipa umuna kuchokera kwa bambo komanso dzira kuchokera kwa mai zili ndi gawo la jini losokonekela (a). Ndichifukwa chake mwana amene abadwe kwa makolo amenewa amakhala alubino khungu, tsitsi ndi maso sizitha kupanga utoto wakuda.

Munthu amabadwa alubino chifukwa chakuti alibe jini imene imapangitsa thupi kupanga utoto wakuda.

Achimwene Ndi Achemwali Anga Ali Ndi Khungu Lakuda Kodi Izi Chifukwa Chani?

Achimwene ndi achemwali anga obadwa kwa mai ndi bambo mmodzi ali ndi khungu lakuda pamene ine ndi alubino, izi zili chomwechi chifukwa chakuti abale angawo anabadwa nawo utoto umene umapangitsa kuti khungu likhale lakuda.

Mabanja ena amakhala ali ndi ana ena amene ali ndi khungu lakuda pamene ena ali ndi khungu loyera (ndi ma alubino), mmene zilili pachithuzipa.

Kawonedwe

Kodi Kawonedwe Kanga Ndi Kosiyana Ndi Athu Ena?

Kaonedwe ka munthu amene ali alubino ndi kosiyana ndi anthu ena, chifukwa maso ake alibe utoto kapena utoto wake ndi ochepa choncho maso amagwedera kapena kuti amayendayenda kwambiri.
Kuyendayenda kwa masoku kumapangitsa kuti ukamayang´ana zinthu uziziona movutikira, makamaka pamene pali dzuwa lambiri chifukwa maso anga amadana ndi dzuwa lambiri.

Kodi Kaonedwe Kanga Ndi Kosiyana Bwanji?

Iweyo ndi alubino umaona zinthu pang'onopang'ono ndi movutikira, zimakuvuta kuti uzindikire zinthu zomwe zikuyenda ndi mmene zikufulumilira. Mwachitsanzo, galimoto ikamabwera kutsogolo kwako kapena munthu akakuponyera mpira.

Chifukwa Chiyani Mchemwali Wanga Amenenso Ndi Alubino Amaonako Bwino Kusiyana Ndi Ineyo?

Anthu onse omwe ali alubino amaona pang´ono pang´ono komanso movutikira. Izi zimatengera munthu ndi munthu monga momwenso mmene alili munthu wina aliyense yemwe asali alubino.

Tebulo ili limangwiritsidwa ntchito kuyeselapo kaonedwe kamaso ka munthu. Amene ali ndikaonedwe kamaso kabwino amatha kuwerenga malembo amene ali ang´onoangóno pa tebuloli pamene alubino sangathe kapena amavutika kuwona.

Munthu amene ali alubino amavutika kuwerenga malembo amene ali patali, mongo kuwelenga pa bolodi.

Kodi Kaonedwe Kanga Kangasinthe Ndikamakula?

Kaonedwe ka munthu amene ndi alubino kamasintha akamakula ngati munthu wina aliyense koma sizikutanthauza kuti amasiyiratu kuona.

Kodi nditha Kudzakhala Munthu Wosaonelatu Chifukwa Choti ndine Alubino?

Ayi, munthu amene ali alubino amaona muvutikira koma izi sizikutanthauza kuti ndi munthu osaona.

Kodi Ndikuyenera Kuphunzira Bulero (Maphunziro a Anthu Osaona)?

Ayi, siwoyenera kuphunzira bulero. Munthu amene ali alubino amaona ngati bukhu kapena chinthu wachigwira pafupi ndi maso ake, choncho sakuyenera kuphunzira maphunziro a anthu osaona chifukwa amaona.

Zindikirani kapena kumbukirani kuti munthu amene ndi alubino amaona movutikira chabe osati kuti ndi wosawoneratu.

Ndingakwanitse Bwanji Kuchita Zinthu Ndi Kaonedwe Kanga Kovutikiraka?

Zina mwa zinthu zomwe mungachite:

- Kugwiritsa ntchito mawonekedwe, mtundu, makhalidwe azinthu pofuna kupeza zinthu
- Kuwafunsa anthu kuti ayankhule ndi cholinga choti uzindikire mau awo ndikutinso uthe kumatsatira zomwe zikuphunzutsidwa mkalasi
- Kumapangiratu zinthu zina m´mawa usanatope monga kuwelenga
- Anthu ena amene ali alubino maso awo amayendayenda pang'ono akakhala kuti apendeketsa mutu wawo pang'ono kuti awone bwino.

Banja la Achimodzi, Virginia ndi alubino pamene mayi ndi azakhali ake ndi akuda.

Virginia atayamba sukulu amaona ngati mwana wina aliyense m'kalasimo samaona bwinobwino pa bulaki bolodi ngati iyeyo. Samazindikira kapena kudziwa kuti anzake amaona bwinobwino koma iyeyo samaonetsetsa. Iye anafunsa kwa aphunzitsi kuti amuthandize moti panopa Virginia nayenso ndi mphunzitsi.

Kodi Chilipo Chinthu Chimene Chingandithandize Kuti Ndiziona Bwino?

Magalasi akuchipatala akhozakukuthandiza powelenga.

Kagalasi kothandiza kuti malembo azikula. Kagalasika ukakagwira m´manja ndikukayika pa malembo kapena manambala kamapangitsa kuti zikule. Mabungwe othandiza akhoza kupereka magalasi amenewa.

Kumbukirani kuti chofunika kwambiri ndi kugwiritsa ntchito kaonedwe kako kamene ulinako.

Anawa avala zipewa mkalasi ndi cholinga choti achepetse kuwala kwa dzuwa lomwe likuoneka mkalasi. Anawa aweramira pafupi ndi mapepala awo kuti athe kujambula bwino bwino.

Chifukwa Chiyani Dzuwa limandisowetsa mtendere pa khungu ndi maso anga?

Iweyo ndi alubino umakhala ulibe utoto wakuda kapena ulinawo ochepa. Utoto wakudawo ndi umene umathandiza kuteteza maso ndi khungu lako ku dzuwa kuti zisaonongeke.

Nyamatayu ndi alubino, wawelama kuti ayandikire pepala lake pamene akujambula chithuzi.
Pa nkhungu pake pakuwoneka zizindikilo zakupsa ndi dzuwa.

Kodi Ndingadziteteze Bwanji Ku Dzuwa?

- Povala chipewa cha khonde lalikulu komanso lozungulira kapena kufunda ambulera (mwafuli) tsiku ndi tsiku kuti maso ndi khungu zitetezedwe ku dzuwa
- Povala zovala za manja atali monga shati, buluku kapena siketi yayitali ndi magalasi adzuwa
- Pogula zovala kumagula zovala zomwe ukayang'anitsa ku dzuwa ndizosamaonekera ndi cholinga choti dzuwa lisamalowe m´malaya
- Pokhala pa m'thunzi kapena m'nyumba makamaka masana.

Mtsikana amene ndi alubino wavala magalasi oteteza maso ku dzuwa, ndiponso wakhala pa mthunzi.

Mtsikanayu wavala chipewa cha nsalu yokhuthala komanso cha nkhonde kutchinjiriza maso ake ku kuwala mnyumba. Waweramira kwambiri ku pepala lomwe akujambulapo.

Kodi Khungu Langa Lingade Nditakhala Pa Dzuwa?

Ayi, khungu lako silingade ukakhala pa dzuwa. Khungu lako limagofiira ndi kupsa ndipo umatuluka matuza, kenaka matuzawa amafundula.

Izi zimawawa chifukwa chake umayenera kukhala pa mthunzi kawirikawiri.

Ukakhala kuti uli ndi zilonda zomwe sizikupola umayenela kupita ku chipatala mwansanga.

Kodi Dzuwa Limaonoga Bwanji Khungu Langa?

- Pali mitundu iwiri ya mphamvu ya dzuwa, mtundu woyamba ndi mphamvu ya dzuwa imene imapangitsa kuti khungu lako lizikhakhala komanso kukalamba
- Mtundu wa chiwiri umapangitsa khungu lako lidzifiira komanso kupsa kumene
- Mphamvu zonsezi zimawononga khungu ndiponso zimapangitsa zilonda.

Kodi Mafuta Oteteza Ku Dzuwa Amateteza Bwanji Khungu Langa?

Mafutawa amakhala ndi mphamvu yomwe imateteza khungu lako ku dzuwa kuti lisapse. Zindikirani kuti mafutawa satathauza kuti ukadzola ndikukhala padzuwa ndiye kuti sungapse ndi dzuwa.

Kodi Ndingagwiritse ntchito Mafuta ati Kuteteza Khungu langa Ku Dzuwa?

- Utha kugwiritsa ntchito mafutawa ngati ungakwanitse kugula kapena ngati uli nawo. Mafutawa amayenera kukhala ndi chitetezo chosachepera mulingo wa 15 (SPF 15).

Kudzitetza Kudzuwa

- Mafuta amenewa umayenera kudzola malo amene zovala sizinaphimbe kapena kuti malo amene ali pa mtunda monga manja, miyendo ndi pa nkhope
- Mafutawa umayenera kudzola pa thupi louma mamawa tsiku lililonse
- Madzulo utha kudzola mafuta a mtundu uli wonse kuti khungu lako lizifewa.

Mafuta ali pa mbaliwa ndi ena mwa mafuta amene amateteza khungu lako ku dzuwa. Ali ndi mphamvu zokwana khumi ndi zitatu (SPF 30) zoteteza khungu ku dzuwa.

Iwe ndi alubino ukuyenera kumavalabe zovala zodziteteza tsiku lililonse ngakhale utadzola mafutawa.

Kodi Ndi Nthawi Yanji Yomwe Ndikuyenera Kuteteza Khungu Langa Ku Dzuwa?

Iwe ndi alubino ukuyenera kudziteteza ku dzuwa, tsiku ndi tsiku komanso chaka chonse ngakhale nthawi yomwe kuli mitambo.
Mphamvu ya dzuwa yomwe imapangitsa kuti khungu lako likalambe ndi kukhakhala ndiponso kuti lipse limaomba pamadzi, pamchenga, pasimenti ndi pakalilore.
Izi ndizomwe zimapangitsa kuti khungu lako lipse ngakhale pamene uli m´madzi ngati m´nyanja ngakhale utavala chipewa.

Kodi Ndikuyenera Kumadya Zakudya Zosiyana Ndi Anthu Ena?

Ayi, utha kudya chakudya chomwe wina aliyense angadye.

Ndimafiira Ndikasamba Madzi Otentha, Kodi Ndikuyenera Kusamba Madzi Ozizira?

Kufiira kwa khungu ukasamba madzi otentha kumangokhala kwa kanthawi kochepa sikufanana ndi kufiira komwe kumapangika ukakhala pa dzuwa ndi kupsa ndi dzuwa. Utha kusamba madzi otentha ndipo palibe vuto lilonse.

Kodi Anzanga Angandithandize Bwanji?

- Anzanga akuyenera kumasewera nane pa mthunzi kapena mnyumba kusiyana ndi pa dzuwa.

Anzanga kusewera nane mnyumba masana.

- Anzanga akuyenera kumandithandiza powoloka pa msewu komanso ku sukulu ndi ku nyumba.

Ana a banja limodzi, awiri ndi alubino pamene awiri amene ali ndi khungu lakuda. Awiri amene ali ndi khungu lakuda ndipo amaona bwinobwino amathandiza awiri enawo popanga zinthu.

- Pokuyitana dzina akakuona ndi cholinga chakuti uthe kuwazindikira pamene ali patali nawe
- Pokuwerengera zinthu mokweza
- Pokuthandiza kukopa notsi kuchokera pabolodi kapenanso kukubwereka notsi zawo akamaliza kukopa notsi zawozo.

Kodi Akufuna Kwa Bwino Angandithandize Bwanji?

- Pondigulira chipewa cha khonde lalikulu kapena lozungulira, masiketi ataliatali, mabuluku ndi mashati amanja atali
- Pondigulira magalasi oteteza ku dzuwa.

Kodi Anthu Ena Angandithandize Bwanji?

Kugula zipewa ku msika.

Kuvala chipewa, magalasi oteteza ku dzuwa ndi Malaya manja atali.

- Kukugulira mafuta oteteza khungu ku dzuwa (ngakhale mafutawa ali a mtengo okwera ndiponso samapezeka mwaulere ku Malawi kuno)
- Kukugulira kagalasi kamene kamathandizira kuti malembo azioneka akuluakulu kuti azithakuona malembo ndi manambala mosavutikira
- Kuwauza kapena kuwaphunzitsa anthu ena zokhuza anthu amene ali malubino m´dera lanulo.

Kodi Aphunzitsi Anga Angandithandize Bwanji?

- Pondikhazika pa mzere wa patsogolo m'kalasi komanso pakatikati kuti ndizitha kuona bwinobwino
- Pondiloreza kuvala chipewa mu mkalasi kuti maso anga azikhala mumnthuzi cholinga choti ndiziwona bwinobwino
- Pondilola kupita pafupi ndi bolodi ndi cholinga choti ndiziona bwino bwino zomwe zalembedwa pabolodipo
- Aphunzitsi kumandipatsa bukhu langalanga tikamawelenga ndi cholinga choti ndiziligwira pafupi ndi maso kuti ndithe kuwelenga bwinobwino
- Aphunzitsi akuyenera kumalemba malembo aakulu bwino kuti ndizitha kuona zomwe zalemebdwa pa bolodi bwinobwino
- Aphunzitsi akuyenera kumandipatsa mayeso omwe alembedwa malembo akuluakulu
- Aphunzitsi akuyenera kundithandiza kuti ndizipewa kukhala pa dzuwa kawirikawiri
- Aphunzitsi akuyenera kumandipatsa zilango ndi ntchito za pamthunzi
- Kuwafotokozera anzanga m'kalasi chifukwa chimene amapangira zinthu mosiyana ndi iwowo monga kundikhazika kutsogolo ndi cholinga choti udziona bwino bwino.

Onetsani kabukuka kwa aphunzitsi anu.

Konzekerani Tsiku Lanu

Konzekerani tsiku lanu kuti mupewe dzuwa.
Onetsetsani kuti mwavala zovala zotchinga bwino khungu lanu.

- Onetsetsani kuti mwavala zovala zokutchinjirizani ku dzuwa ndiponso mwavala chipewa kapena ambulera (mwafuli) musanachoke pakhomo
- Uwelenge ndi kuphunzira m´mawa pamene maso ako asanatope
- Konzekerani zochitika tsiku limenelo makamaka za panja monga majowajowa, ntchito za kudimba ndi kumunda m´mawa kapena madzulo dzuwa lilibe mphamvu kwambiri.

Kodi Kukhala Alubino Kumapangitsa Kuti Ukhale Ndi Mphamvu Zapadera?

Ayi, uli ngati wina aliyense, kuthekera kwako popanga zinthu ndikofanana ndi winaaliyense.

Zinthunzi zajambulidwa ndi Blessings amene ndi alubino ndipo ali ndi luso lojambula.

Kumbukirani kuti mwana wina aliyense ali ndi ufulu wa maphunziro abwino.

Kodi Ndingapeze Kuti Uphungu Ndi Zambiri Za Anthu Amene Ndi Alubino

The Albino Association of Malawi (TAAM)
FEDOMA, P.O. Box 797, Blantyre, Malawi.
Tel: 01 840 547
Web: www.fedomamw.net
E.mail: fedoma@malawi.net
albinismassociationmw@gmail.com

Booklet written by Dr. Patricia Lund (Coventry University, UK)
p.lund@coventry.ac.uk with
Boniface Massah (TAAM: The Albino Association of Malawi)
bonmassah@gmail.com
Dr. Paul Lynch (University of Birmingham)
p.lynch@bham.ac.uk

Supported by Coventry University (UK),
The Commonwealth Secretariat and Sightsavers (Malawi)

Tikuthokoza kwa onse omwe anatenga nawo mbali polemba bukhu ili makamaka mabanja omwe ali ndi ma alubino