WANAWAKE NA POMBE

HUDUMA LA AFYA YA WANAWAKE Gippsland

Kituo cha Pombe na Madawa ya Kulevya cha Turning Point

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Wanawake na Pombe

Utangulizi

Hadi miaka (60) sitini iliyopita, wanawake wachache katika jamii walikunywa pombe. Tangu miaka ya Elfu moja arubaini na, unywaji pombe wa wanawake umeongezeka kwa uthabiti[1]. Katika muktadha wa jamii kadhaa, kunywa pombe ni utaratibu wa tabia za waume, kwa hivyo nyakati wanawake wanapoonekana wakinywa pombe, hasa kwa

Tofauti za Ujinsia

Wanawake huwa na miumbile tofauti, huwa na utofauti wa na , na kwa hivyo wao huwa na tofauti kwa madawa ya kulevya mojawapo pombe. Maumbile ya wake ni tofauti na ya waume.

Tofauti hizi huathari jinsi wanawake wanavyoathiriwa na pombe. Huathiri kiasi ambacho wanawake wanaweza kunywa na jinsi pombe inavyoathiri afya yao, sasa hivi na hata majira ya baadaye. Kulingana na waume, wake kwa jumla huwa na:

- mwili mdogo ulio na maji machache kabisa mwilini[2]. Pombe hukusanyika ndani ya maji ya mwili, basi mkusanyiko wa pombe katika maji mwilini huwa juu zaidi kwa kipenyo sawa
- ini lidogo, basi wakawa wanaathirika zaidi kwa ini kuharibika, kama vile, cirrhosis[3]
- kimiminiko cha tumbo kilicho na juhudi kidogo ambacho huvunjavunja pombe[4].

Kwa sababu ya tofauti hizi, wanawake huweza kudhuriwa zaidi na madhara ya pombe[4]

Tena:

- Ukolezi wa homoni huathiri metaboli, na kwa hivyo, mzunguko hedhi wa wanawake waweza kuathiri metaboli na ufyonzaji a pombe[5].
- Unywaji wa pombe wakati za ujauzito yaweza kusababisha matata , kwani pombe hupitia plasenta na yaweza kudhuru ukuaji wa kijusi[6].

Ushawishi wa Ujinsia

Kujumlisha tofauti za kujamiiana, tofauti za ujinsia,ambazo huunganisha muktadha wa ushirikiano, uko kwa kuzingatia pombe.

- Kiasi cha kunywa kati ya wanawake wachanga inaongezeka na katika viwango vinginevyo inazidi zile za waume wachanga[7].
- Matumizi mabaya ya Watu wengineo huleta taabu kwa wanawake. Yasemekana kuwa shehena kuu ya wanawake kutokana na kunywa pombe ni unywaji pombe wa waume wao[8].
- Mara kwa mara wanawake huwatunza wanaokunywa pombe kwenye jamii, na/au watoto wao[9].
- Unywaji pombe kwa wanawake hukubalika kidogo zaidi ya waume, na kwa hivyo ushirikiano usiohusika na jamii na uoga wa matokeo humaanisha wanawake husita zaidi kuitikia kuwa unywaji pombe huleta matata na kuomba usaidizi[9].
- Wanawake walio asili huwa hawapendelei kunywa pombe kama wanawake wasio asili, lakini wanaokunywa pombe hunywa katika hatari[10].
- Wanapolewa wanawake huwa:
    - wanapendelea zaidi kujamiiana bila ya kujikinga kutokana na magonjwa ya vinaa vya uambukizaji na ujauzito usio na mpango[11]
    - katika hatari kuu kutokana na vurugu pamoja na shambulio katika kujamiiana[12].

Vidokezi kwa siku za Baadaye

Utafiti wa baadaye unahitaji kujizatiti katika tofauti zilizopo katika kujamiiana na ujinsia katika uhusiano wa:

- mpangilio wa utumizi na matokeo ya pombe kwa afya ya wanawake[9]
- sababu katika muktadha wa maisha ya wanawake, ambayo huvutia unywaji wa pombe na matumizi mabaya katika miaka yote
- muungano kati ya homoni na metaboli ya pombe huhusu athari za kutumia kinzamimba na matibabu ya homoni[13].

Hiari za matibabu ambayo yanalenga uhalisi na hali ya anuai katika maisha ya wanawake yafaa iendelezwe, pamoja na vipindi vinavyohusu ujinsia katika uimarishaji wa afya na elimu.

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