

# Dr Helena Ndume

## 'Ndokotola woikumwifilonga' ta twikulula ovanhu

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**I**tatu dulu okuliifana oshiwana sha xuma komesho ngeenge otu na natango ovanhu tava twikifwa kokataract (keenhe dokomesho)!"

Oo omadiladilo omundokotola womesho Dr Helena Ndume, oo a ninga omunedina moNamibia omolwoilonga oyo a longa yokutwikulula ovakulupe Ovanamibia omayovi, ovo va twikifwa kokataract.

Etwikululo – olo la shiivikila unene moikumwifilonga oyo kwa li hai longwa kuJesus mOmbibeli – osho oshitukulwa shoilonga yaDr Ndume yefiku keshe. Kuvahapu ovo ha hakula efiku keshe, okwa talika ko 'ondokotola yoikumwifilonga'. Odula ashike ei manga, oukilinika vaye vomesho mOshakati, koKatima Mulilo, kEngela, koGobabis nokOnandjokwe, ovo va etelela eendokotola dovaliyambi da dja mounyuni aushe di uye di longwe naye – ova twikulula ovanhu ve dule peyovi limwe.

### Omadeulo aye pefimbo loupongekwa

Dr Ndume, okwa dja kOshomeva ndee ta i moupongekwa ofimbo kwa li e na omido 15, okwa li a kekelwa aha ka ninge omunduluki woikutu yoshinanena shimha a mane ofikola yopombada moGambia, komukulunhufikola wavo, Nahas Angula, oo paife eli Omupilima waNamibia; Dr. Liberthine Amadhila, oo a li ndokotola wopaunamiti meekamba, nokuHelmut Angula, oo a li omulongi waNdume woshilongwa shOunongononi noku li paife Minista wOilonga nOmakwatafano. Ove mu twa omukumo a twikile nelihongo laye mounamiti, nongeenge te shi diladila paife ohe va pandula nohe va tale ko "ongovaengeli ovawiliki".

Ondi wete kutya nafye twa pumbwa oku va pandula, shaashi ngeno Dr Ndume ka li po, ngeno shiimba ovanhu ve dule pomayovi omulongo, ovo va twikululwa kuDr Ndume paife moule weedula ashike omulongo nambali odo da dja ko, ngeno shiimba natango ihava mono ko.

Dr Ndume ounamiti okwe u lihongela moUnivesiti yaLeipzig moNdowishi, nokwa indilwa kuDr Amadhila a shune ko ye e ke lihongele oushiivinawa momikifi domesho, konima eshi a mana elideulo laye lopakafimbo lopaunamiti moshipangelo shaKatutura momudo 1990/1. Konima eshi a mana elihongo laye moikwamesho, okwa kala eemwedi hamano moIndia, omo e lihonga nokwa hakula ovanhu omayovi ovo va li tava hepekwa komikifi odo hadi hange ovanhu ovo hava kala moitukulwa oyo ya pupyala neenghono mounyuni ou wa putuka. Nena, oye umwe womeendokotola hamano odo de lihongela omikifi domesho moNamibia.

Tony Figueira

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## Oha longo 'oikumwifalanga'

Dr Ndume okwa shiivika nawa molwoukilinika vaye ovo hava findana omapapa, ovo, mekwafelo leendokotola dimwe hadi di mounyuni aushe nohadi liyambe di uye di longe naye 'metumo lokuninga oikumwifalanga', eshi a twikulula ovanhu omayovi ovo kwa li va twikifwa kokataracts (eenhe dokeisho).

Omunhu oho kala nee to lipula mbela kutya omunhu oha kala e udite ngahelipi mokutala umwe womovadali vaye kwa li iha mono ko omolwokataract ndee paife oku wete ko vali konima yomido dihapu a kala ehe wete ko. KuDr. Ndume, 'omapandulo makumwifa' aa ha mono kovanaudu vaye oo tae mu kumike a twikile noilonga yaye.

"Vamwe ova hovela okwiimba nokundanisha, tava nhuka, vamwe otava lili, ofimbo vamwe tava popi kombinga yoimaliwa yavo yopendjela oyo tava dulu okumona nomesho avo paife," osho a popya. Nokombinga yeelopota de litwikila tadi popi kombinga yomahepeko ovakulupe noimaliwa yavo yopendjela oyo hava kwata, ohatu dulu okutengeneka kutya ove udite ngahelipi eshi paife tava dulu okukwata nawa okamaliwa kavu oko hava mono vo vene.

Nonande okulongekida okapangelo komesho ohaku kwata efimbo lile – ou ta tangwa neenghono kuDr Ndume omuyakuli waye wopaunamiti, Flashman Anyolo, oo a kala ta longo nawa okudja eshi oukilinika va yeululwa moRundu mo1997 – nota popi kutya okutwikulula ovanhu oshinima sha fimana neenghono. "Oilonga ei oikenyananeka, nefimbo limwe omunhu oho kala ashike wa hala nokweefa nokuli, ashike shimha wa diladila omukulupe e li omutumba komukunda, iha mono ko nonande ota dulu okutwikululwa oho likumike ashike u longe. Oto diladila omunhu ta li oshi e i kufa omakiya ehe wete eshi ta ningi. Oto diladila omukulupe oo ta

dulu okumona vali outekulu vaye konima yeedula dihapu da pita po iha mono ko."

## Efiku limwe...

Ngee handi mu tale ta di moshitandelo, ta popi nokulonga novanaudu vakwao vahapu osho yo ovanailonga pamwe naye, ohashi yelege nge kutya monghalamwenyo yaDr Ndume kamu na efiku lokuya kopaaka (koshikunino shomiti dokufuwila). Sha hala kutya ke na efiku le likalekelwa ha kala ehe li moukilinika vaye vomesho, ta tande ovanauudu, ta talele po ovanauudu meesaala, ile ta yandje omauhaku manini oo haa ningilwa ashike mokiliniika.

Sho vene eshi sha etifa Dr Ndume a longe e lipaka mo neenghono, okutala ovanauudu tava twika ofimbo kwa li tava dulu okukwafelwa. Ounghundi womesho oo ha shakeneke unene ongaashi oglaucoma, allergic conjunctivitis nokataract. Omaupyakadi a tya ngaho ngeenge okwa didilikwa diva ohaa dulu okuhakulwa.

Kataract (onhe) kombinga imwe ohai etwa koukulupe, nohai dulu okuhakulwa mokupingena po olens (ondada yeisho) ei yopashito naai yopaunongononi, nohai dulu okukala tai longo nawa fiyo eedula nhano konima yokutwikululwa. Eshi osho ye nongudu yovayambididi vaye ovo hava di kondje yoilonga hava ningi poukilinika vomesho.

## Ekwafo lomeendelelo kombinga yomikifi dipe

Dr Ndume okwa ti kutya omikifi domesho odo hadi etwa koudu wofyuuka otadi ende tadi hapupala moNamibia, unene tuu kovanhu veedula dopokati ovo omaludi oikulya ei hava li tai lunduluka. "Ope na omhumbwe ya kula yokuudifa ko ovakwashiwana kombinga yomikifi domesho edi hadi dulu okukelelwa naadi ihadi dulu okukelelwa," osho a weda ko ta holola oluhodi laye koshiningwanima sha ningilwa okakadona oko a shakeneke, ka twika nale keisho lako

lokolumosho koupyakadi oo kwa li tau dulu okukelelwa. "Paife otu na okukendabala tu amene omesho. Osho osho oshiningwanima shimwe osho tashi dulu okulongifwa ongoshihopaenenwa shokuudifa ko oshiwana kombinga yokutwika oku taku dulu okukelelwa – ngeno okaana oka kwafelwe diva. Otwa pumbwa yo okupatulula oupangelo vahapu vomesho moitukulwa, nokudeula ovayakuli veendokotola domesho vahapu. Otwa pumbwa yo oilongifo ihapu nomashina," ta weda ko ye ta tumbaleke epangelo neekiliniika omolweyambidido lavo, noku va lombwela kutya natango oku na shihapu osho sha pumbwa okuningwa.

## 'Xulifeni po omauxwapindi'

Dr Ndume oku na vali oinakuwanifwa imwe ya wedwa poilonga yaye, nota yandje etumwalaka lomunguda kovanyasha. "Ovanyasha nava kale ve shi okulikaleka kokule nomalodu, shaashi omauxwapindi oo haa dulu okweetifwa kelongifo loikolifa omanene unene," osho e va londwela. Ye naye omudali wokaana kokamati. Okwa weda ko vali ta ti, "Ngeno okwa li tashi shiiva omalodu a kale haa tulwa momakende eenailona shaashi oiponga ei hai dilile mokudengafana nomakende oinene unene. Otu na ovanauudu vahapu ovo omesho avo a kufwa mo molwomalwoodi haa etifwa koukolwe.

## Okuninga po eyooloko

Kape na omalimbililo kutya oilonga yaDr Ndume oya fika pomufika wopashiwana nowopaiwana. Hanale unene eshi kwa li a findana epapa lokuyandja omakwafo kovanhu, olo a pewa kEhangano IOMushiyakano Mutilyana (Red Cross Society). Epapa olo okwe li findana omolwelitulemo lovanailonga pamwe naye, molwokulonga kwaye noudinini nomolwovayambididi va pyokoka ovo ha longo navo, molwovapangi nomolwoipangelo, molwovayambididi vokiliniika yaye paimaliwa nomolwaaveshe ovo ve litula mo mokukelela oupofi, osho yo molwookaume nomolwofamili yaye.

Ashike konima yetwikululo lovakulupe Ovanamibia omayovi nokonima yetwomukulo lovanyasha Ovanamibia, oku na Dr Helena Ndume, Ondokotola yomesho, omulongwanhu, omudali, omuhombolwa, omutwimukumo, 'nondokotola yoikumwifalanga'. ♀

Enyanyangido lotete lehokololo eli ola nyanyangidilwe moshifo shoThe Namibian, 7 Oktoba 2009.