Isolezwe

NGEMPELASONTO

Ongoti namasu okunakekela izinja esezikhulile kwabazifuyile

SIMANGALISO NTSHANGASE

ONGOTI ababhekelele impilo yezilwane, ikakhulu izinja, sebehlabe ikhwelo kwabazifuyile ukuthi baqaphele indlela abazinaka nabazinikeza ngayo ukudla uma sezikhule ngokweqile.

Lokho kuhambisana nokuthi uNovemba uyinyanga yomkhankaso waminyaka yonke wezilwane zasekhaya obizwa nge-Senior Pet Health Month. Inhloso yalo mkhankaso ukuqhakambisa izindlela okumele zisetshenziswe ukunakekela izinja namakati asegugile kulabo abafuye lezi zilwane emakhaya.

INhloko yoPhiko lwezokuSebenza lwe-Park Leader, uNksz Sonja Maricevic, ithe nakuba izinja ezindala zingabi nawo umdlandla futhi zingadingi kangako ukudla okunempilo kodwa kusemqoka ukuqinisekisa ukuthi zidla okunika amandla nokunempilo ngendlela efanele ukuzisiza ukuthi ziqhubeke zibe nomdlandla futhi zikwazi nokuhamba.

"Kuyinkolelo engelona iqiniso ukuthi inja esindala ayidingi lutho olutheni ngoba nakuba izinja ezinjalo zisuke zingasakudingi kangako ukudla kodwa kusemqoka ukuthi zigcinwe zisesimweni esifanele, ikakhulu ukudla okunika amandla," kucebisa uNksz Maricevic.

Yinja enjani esingathi isindala?

Awukho unyaka oqondile lapho inja ethile isuke isigugile khona kodwa isilinganiso somzimba nendlela ezala ngayo kuba nomthelela kulokho. Nokho kuvame ukuthi kugqame ukukhula kwenja uma isineminyaka eyisikhombisa nangaphezulu.

Ukukhula kwenja kuhambisana nokuthi iphundleke amandla emisipheni ekubeni inonophala futhi emzimbeni. Iphelelwa wumfutho kanti futhi izinguquko ezenzeka endleleni ezihogela nezinambitha ngayo kuba nomthelela ezintweni ezihalelayo nengazihaleli, okungenza ukuthi ukudla ebijwayele ukukudla ingabe isakukhathalela kangako.

"Ukuguga kwenja kuthatha isikhathi futhi nezinguquko okuhambisana nazo kuyenzeka ukuthi zingabi sobala ngokushesha ngakho abanikazi bazo kudingeka ukuthi banake futhi baqaphele izinto eziningi okungaba yisimo somzimba, ukuthanda nokungathandi ukudla okuthile, yindlela yokuhamba nendlela inja eziphatha ngayo. Konke lokho kuyasiza ukuthi kudwebeleke isithombe sokuthi inja yakho ikusiphi isigaba sempilo," kusho uNksz Maricevic.

Okunye futhi okusemqoka okudingwa ukuqashelwa ngenja esindala wukuqinisekisa ukuthi ihlale inemisipha enamandla okusiza ukuthi nayo ibe namandla, umfutho futhi ikwazi ukuzihambela kahle nangendlela ejwayelekile.

Njengabantu, izinja nazo ziphelelwa wumdlandla namandla emisipheni uma sezindala ngakho kubaluleke kakhulu ukuzinakekela ngokudla okunika amandla ukuze zihlale zinempilo efanele.

"Ukwehla ngokweqile emzimbeni kwenja kuyigqilaza kakhulu emalungeni omzimba nokungenza ukuthi ingakwazi ukuhamba kahle, ikakhulu ezinjeni ezibhekene nezinye izimo ezihambisana nokukhula njengesifo samathambo. Yingakho kusemqoka ukuqikelela ukuthi ziba sesimweni esihle emzimbeni zikhathi zonke. Inhloso wukuthi inja ibe namandla nomfutho okudingekayo emzimbeni," kucebisa uNksz Maricevic.

Ukudla okunenyama nokuthakwe ngezakhi ezinika amandla kungaba wusizo enjeni yakho. Ufishi noma u-fish oil, kanjalo nezithelo namaveji nakho kungasiza kakhulu ukubuyisa amandla nempilo. Inja yakho ayidle kabili noma kathathu ngosuku ukuze izohlale iphilile. Uma kwenzeka ukuthi inja yakho ikhombe ukungakhuthaleli ukudla okuthile, kusuke kuyisixwayiso sokubhekisisa ukuthi uyinika ukudla okuyifanele ngempela yini. Kusemqoka futhi nokuthi ihlale iphuza amanzi anempilo ngokwanele, ikakhulu njalo emva kokudla.

Ukuhlanzeka kwenja yakho emazinyweni nangaphakathi emlonyeni nakho akuyona into okumele ukuthi uyibukele phansi. Iphunga elibi eliphuma emlonyeni, wukubuyisa ukudla noma ukungakwazi ukukuhlafuna kahle kungaba yizinkomba zenkinga edinga ukulungiswa. Amagciwane ahlala emazinyweni nasezinsinini angaba yingozi enjeni yakho njengoba engagcina eba nomthelela omubi enhliziyweni, ezinsweni nasesibindini sayo.

Ngakho-ke ukusiza inja yakho esikhulile ukuba nempilo akupheleli ekutheni iphile isikhathi eside kuphela kepha kusiza nangokuthi ibe nempilo ecolekile kuleyo minyaka, ihlale inomfutho namandla futhi ikuthokozele ukuba yilungu lomndeni wakho elikhethekile.



ONGOTI bezempilo ababhekelele ezezilwane sebekhiphe amasu angasiza abafuye izinja ukuzinakekela kahle uma sezindala

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