

(ibisi) utarashika aho wategerezwa kwururukira kugirango ahasigaye uhagende n'amaguru.

- Rorera imboneshakure (TV) gake gashoboka, kandi uyive iruhande mugihe hageze ko berekana ibidandazwa.
- Hagarika imodoka ku ruhadade runyuranye n'urwo ugiye gusumiramwo.
- Genda n'amaguru gushika iyo ugiye gusumira canke ugiye gukora ivyo ukeneye muyindi micungararo.

KWAMA URIKO URAKORA UDUKORWA BIGUFASHA:

- Kugabanura impanuka z'ugufatwa n'indwara y'umutima, indwara y'ubwonko hamwe n'ingwara y'igisukari
- Gutuma ingingo z'umubiri zikomera
- Kwongereza n'ukunonora imitsi
- Kuguma unonotse naho imyaka y'ubusaza iguma yiyongera
- Kwikingira indwara y'amagufa hamwe n'ivunika ry'amagufa
- Kwongerereza ukumererwa neza, nk'ukugabanya ibimenyetso canke ibintu bigutera ubwoba, akabonge hamwe n'uguhahamuka (ukwiyumvira ko ataco wimariye)
- Kwishigikira no kwiryohera
- Kugabanya imyitwarariko ya cane.

CONTACT INFORMATION:

riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

Aka gatabo kanditswe gakurikijwe inyanditsi za:

American Heart Association
www.americanheart.org

American Diabetes Association
www.diabetes.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

Medline Plus
www.medlineplus.gov



Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na :

The Centers for Disease Control and Prevention (CDC)

The U.S. Department of Agriculture

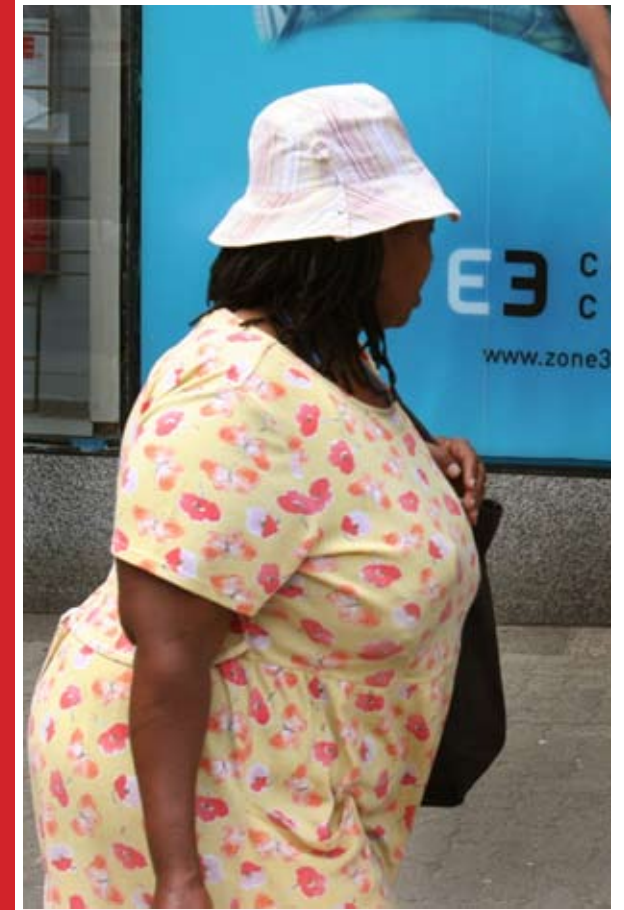
American Heart Association

American Obesity Association

American Diabetes Association

Georgia State University, Department of Geography and Anthropology

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement



Kuvyibuha birengje urugero bivuga iki?



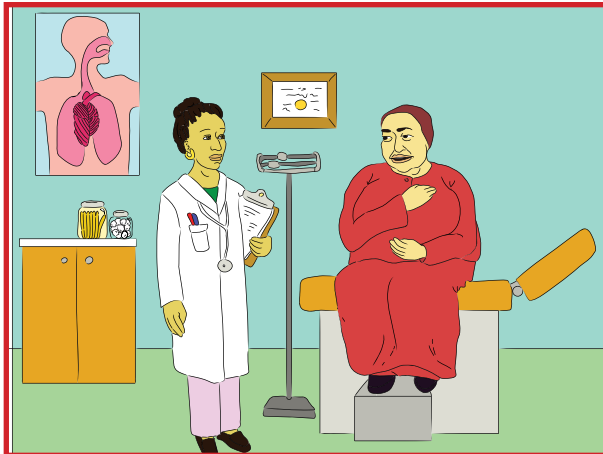
www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

KUBAHO UFISE AMAGARA MEZA: KUVYIBUHA BIRENGEJE URUGERO BIVUGA IKI?

Indwara y'ubuvyibuhe burenze urugero ni indwara ifata umuntu afise ibinure vyinshi cane birenze urugero akongera akaba apima n'ibiro vyinshi. Ibitera iyo ndwara ni ukurya vyinshi cane hanyuma ntugire imyimenyerezo yo kunonora imitsi canke ibikorwa vy'inguvu. Impunzi zirashobora gufatwa niyo ndwara iyo zivanywe mu kibanza zahora zibamwo zikajanywe ahandi, hanyuma zigaca zihindura ingene zahora zifungura. Ubwo buvuyibuhe burashobora gutuma umuntu afatwa n'ingwara y'umutima, iy'amahaha, iy'ihuriro ry'amagufa hamwe n'iy'amagufa nyene. Ubuvyibuhe burengeye urugero burashobora gutuma amagufa n'ingingo bikomereka, bukanashobora kandi kugabanya imisi yo kubaho. Ubuvyibuhe bwa cane buragabanura ubushobozi bwo gutembera, kwiyunguruzwa, bukanakwega mbere n'intambamyi zikomeye z'amagara nk'izi zikurikira:

- Ivumbuka ry'umirindi w'amaraso
- Indwara y'igisukari
- Indwara z'umutima
- Indwara y'ubwonko
- Ingorane z'uguhema



TWOKWINGIRA GUTE INDWARA Y'UBUVYIBUHE BURENZE URUGERO:

- Kukora ibikorwa vy'inguvu n'imiburuburi gatatu mu ndwi mu mwanya utari munsu y'iminota mirongo itatu (30). Woshobora kwongereza ibikorwa vy'inguvu mu gutembera n'amaguru, mu gukina inkino zitandukanye, gukora ibikorwa vyo mu rupangu, kuduga no kumanuka ingazi zo munzu.
- Kuhagarika gutumura itabi. Kunywa itabi bituma umubiri umaze gufatwa n'ubuvyibuhe bwa cane umererwa nabi gusumba.
- Kufungura imboga n'ivyamwa vyinshi.
- Kwigerera mugihe unywa inzoga.

NGUCIRE AGACE K'UBURYO BWO GUFUNGURA IBIFUNGURWA NGIRAKAMARO MU MUBIRI:

- Gufungura ibifungurwa bitandukanye birimwo n'insanganyangaburo (vitamine n'ivyunyonyu) umubiri ukeneye kugira ukure kandi ugire amagara meza.
- Gufungura gake canke gufata igipimo gitoyi c'ibifungurwa bikurikira: ifiriri zumye z'ibiraya, ibisuguti, udukate dusosa, imbombo, amavuta, amavuta yo mu bigopo bita maragarine, amagi akubise agacangwa n'amata bita "mayoneze", umunyu, ibarafu zikozwe mu mata n'ibisukari vyinshi, imfungugwa zitetswe mu mavuta gusa, hamwe n'inyobwa atari umutobe ukanywe mu vyamwa (bita soda).
- Gufungura ibifungugwa bike cane bikaranze mu mavuta canke birimwo ibinure vyinshi (imikate ikozwe n'isukari hamwe n'amata, ibisuguti, hamwe n'ibindi bisosa).

UBUNDI BURYO BWOGUTEGURA IBIFURWA NKOMEZAMUBIRI:

- Gerageza ufungure imikate ikozwe mu bufu buvuye mu ntete nk'akarorero imikate ikozwe mw'ifu y'ingano, hamwe n'ukurya umuceri utera cane.
- Gufungura ivyamwa n'imboga vyinshi.
- Koresha ku rugero rutoya cane rushoboka, ibinure, amavuta asanzwe, n'amavuta y'ibinure igihe uriko urateka.
- Koresha amavuta bapompa (canke bamemera) ku ndya ava mubiterwa, hako ukoresha aya y'amazi, ibinure canke maragarine.
- Gerageza guteka canke kwotsa mw'ifuru, gutekesha amazi, kwotsa k'umucanwa usanzwe, gutekesha umuhisha, hagutekesha amavuta.
- Ufungure inyama zirimwo ibinure bike nk'inkoko ishishuye urushato, ikanga canke umusoso w'inka utagira ibinure.
- Ukoreshe amata bakuyemwo amavuta yose canke ayarimwo igice kimwe kw'ijana (1%) c'amavuta, iforomaji n'ikivuguto bitarenza igice kimwe kw'ijana (1%) c'ibinure.

NGUCIRE AGACE K'IVYO WOGIRA KUGIRA WAME UNONOKEWE:

- Tembera n'amaguru! Utembere nk'iminota 15, kabiri ku munsu.
- Genda gutamba (kuvyina).
- Kina n'abana bawe.
- Koresha ingazi mu magorofa, hakuja muri vya vyuma biduza canke bikamanura abantu mu magorofa.
- Ururuka imodoka yunguruza abantu

