

na kanseri yo mu kanwa, iyo mu muhogo w'impemu, iyo mu muhogo ucamwo imfungurwa, iyo mu ruhongo, iyo mu mafyigo n'urwagasha biragabanuka; n'impanuka yo gufatwa n'igisebe co mu mushishito biragabanuka.

Inyuma y'imyaka icumi n'itanu, gufatwa n'indwara z'umutima biba ari nka co kimwe no kubatigeze banywa itabi, kandi ingorane zirekeye gupfa vuba zikwegwa no kunywa itabi zica zihava ugasubira kumera nk'uwutigeze anywa itabi.

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Niwashaka ayandi makuru yerekeye kunywa itabi telefona:

Toll-free National Quitline:

1-800-QUIT-NOW

Inomero ifasha guheba itabi:

1-800-QUIT-NOW

Ishirahamwe ry'Abanyamerika riraba Kanseri:

1-800-ACS-2345

Ikigo co kugenzura indwara no kuzikingira abantu

1-800-CDC-1311

Cosmetic Executive Women Cancer Information Service: (Ishirahamwe ry'Abagore riraba Kanseri

1-800-4-CANCER

Inomero y'Ishirahamwe ry'Abanyamerika riraba

ivy'ingwara y'umutima: 1-800-AHA-USA1

Niwashaka ayandi makuru yerekeye kunywa itabi, ruba kuri internet:

Leta ya Amerika

www.smokefree.gov

Ishule rikurikirana ivyereke Kanseri

www.cancer.gov

Ishirahamwe ry'Amerika rikurikirana ivyerekeye

amahaha - www.lungusa.org

Ishirahamwe ry'Abanyamerika rikurikirana ivyerekeye Kanseri

www.cancer.org

Ishirahamwe ry'Abanyamerika rikurikirana

ivyerekeye ingwara y'umutima

www.americanheart.org

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

World Health Organization (WHO)

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

American Lung Association

American Cancer Society

American Heart Association

Campaign for Tobacco-Free Kids

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

CONTACT INFORMATION:

riht@uscrdc.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



Kunywa itabi



www.refugees.org

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

KUBAHO UFISE AMAGARA MEZA

GIRA UBUZIMA BUREBURE: HAGARIKA KUNYWA ITABI!

Kunywa itabi biratera indwara idakira ya kanseri y'amahaha. Umwotsi witabi ugizwe n'ibice 4800. Muri ivyo bice, 69 ni uburozi butera iyo kanseri. Vyongeye gutumura itabi bifise ingaruka mbi ku bihimba nka vyose vy'umubiri hamwe n'ingene umubiri ukoresha ivyo bihimba. Ishirahamwe rijejwe amagara y'abantu kw'isi rimenyeshya ko uko imisengonda itandatu n'igice iheze, harapfa umuntu yishwe n'ingaruka mbi z'itabi.

Umuganga mukuru w'Ishirahamwe ry'abaganga bo muri Amerika amenyeshya ko gutumura itabi bishobora gutera ingorane z'amagara zikurikira:

- Ukuziba kw'imitsi mikuru yo mu nda itwara amaraso
- Ubwoko bumwe bwa kanseri y'amaraso
- Indwara y'amaso (uruhumyi)
- Kanseri yo mu gitereko
- Kanseri y'amafyigo
- Kanseri y'urwagasha
- Indwara y'umusonga wo mu mahaha
- Indwara y'ibinyigishi
- Kanseri y'umushishito
- Kanseri yo mu ruhongo (vessie)
- Kanseri yo mu muhogo ucamwo indya
- Kanseri yo mu muhogo, aho ijwi riva
- Kanseri y'amahaha
- Kanseri yo mu kanwa
- Kanseri zo mu muhogo ucamwo impemu
- Indwara zidakira z'amahaha
- Indwara z'umutima n'imitsi mikuru
- Ingorane zijanye n'irondeka, nko kutaba umuntu agishobora kuvyara
- Indwara ituma abana bapfa gaturumbuka.

IKIGUZI C'ITABI

Mu mwaka w'i 2006, bagereranya ko ipaki y'itabi yagurwa amatorari y'abanyamerika agera kuri 4 n'ibice 35 (\$4.35). Turavye ico kiguzi rero, umuntu atumura ipaki y'itabi ku

musi yo koresha amatorari igihumbi n'amajana atandatu (\$1,600) ku mwaka, kw'itabi gusa. Uwo muntu atumura ipaki y'itabi ku musi yo koresha amatorari ibihumbi mirongo itatu na bibiri (\$32,000) mu kiringo c'imyaka mirongo ibiri.

Buri mwaka, gutumura itabi gutuma muri Leta zunze ubumwe z'Amerika hakoreshwa ama miriyaridi 160 kuvyerekeye ivura ry' abantu.

UGUTUMURA ITABI KW'ABAKENYEZI

Ivyirwa vyakozwe vyerekanye ko gutumura itabi bituma abakenyezi bagira ingorane zo gusama imbanyi. Abakenyezi batumura itabi imbere yo gusama imbanyi bagira ingorane iyo bibungenze kurusha abakenyezi batanywa itabi. Abana bavuka ku bavyeyi banywa itabi bibungenze, bavukana ibiro bidakwiye (kikaba ari igituma ca mbere mu vyica abana muri Leta zunze ubumwe z'Amerika), bakavuka bamaze gupfa canke bagapfa bakiri bato.

GUHEMA UMWOTSI W'ITABI UVUYE KUBARINYWA

Umuntu arashobora guhema umwotsi w'itabi awutumuriweko n'uwurinywa canke ari mu nzu bariko bararinyweramwo, canke agahema umwotsi uvuye kw'isonga ry'isigareti ridometswe, isigara canke imbindi (inkono) y'itabi iriko iraka. Guhema umwotsi w'itabi bifise ingaruka mbi cane. Ku mwaka mu gihugu ca Leta zunze ubumwe z'Amerika abantu ibihumbi bitatu barapfa bishwe na kanseri y'amahaha, abandi ibihumbi mirongo itanu bakicwa n'izindi ndwara ziturutse ku guhema umwotsi w'itabi kandi batarinywa. Guhema umwotsi w'itabi biratera ingorane z'amaso, zo mu mazuru, zo mu mihogo, iz'amahaha hamwe n'inkorora.

Guhema umwotsi w'itabi ni bibi cane ku bana bakiri bato.

Abana bahema umwotsi w'itabi:

- Bagira indwara nyinshi zo mu matwi
- Bakarirwa n'indwara zo mu mahaha (indwara y'imiringoti icamwo impemu, umusonga wo mu mahaha, n'izindi ndwara z'amahaha)
- Bakanirwa n'indwara ya hasima (inkorora y'akanira), n'inkurizi zayo zo kufatwa nayo kenshi.

INYUNGU ZEREKEYE GUHEBA ITABI

Mu minota mirongo ibiri umuntu ahejeje gutumura itabi rya nyuma, hahindagurika ibintu vyinshi mu mubiri wiwe .

Inyuma y'amasaha abiri gushika kuri ane uheve itabi:

- Indihagizi y'umutima iragabanuka

Hagati y'indwi zibiri n'amezi atatu uhagaritse kunwa itabi:

- Amaraso aratembera neza gusumba,
- Gutambuka bikoroha gusumba
- Amahaha aroroherwa mu gukora neza gusumba

Hagati y'ukwezi n'amezi icenda uheve itabi:

- Gukorora, ingorane z'uguhema, uburuhe, kubura impwemu biragabanuka

Inyuma y'umwaka:

- Ingorane z'indwara y'umutima ziragabanuka gushika ku ca kabiri ugereranije n'uwuba akinywa itabi.

INYUNGU ZO GUHEBA ITABI IGIHE KIREKIRE

Inyuma y'imyaka itanu gushika kuri icumi n'itanu umuntu ahagaritse itabi, amera nk'uwutigeze arinywa kuvyerekeye impanuka y'indwara y'umutima n'iy'iziba ry'imitsi igaburira ubwonko.

Inyuma y'imyaka icumi, gufatwa na kanseri y'amahaha biragabanuka gushika ku ca kabiri ufatiye ku rugero rw'abakirinywa; gufatwa