

kuri wewe no k'umwana wawe

- Kwirinda ibinyobwa birimwo ikawa (icayi c'ikawa, ikoka n'icayi gisanzwe)
- Kwirinda imiti isukura; yica imikorobi (nkiyo bapompa canke basukuza amazu)
- Gukwirikirana inyigisho zingene wokwifata wibungenze, hageze kwibaruka n'ingene wobandanya ubungabunga amagara yawe wamaze kwibaruka.
- Gufata amavitamine harimwo "acide folic"

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Niba ushaka amakuru irabana n'imibere ho myiza y'abapfasoni telefona:

The National Women's Health Information Center (NWHIC)
1-800-994-9662

The Planned Parenthood Federation of America
1-800-230-7526

Niba ushaka andi makuru arabanye na n'okwi pimisha kw'abapfasoni raba internet:

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

The U.S. Department of Health and Human Services
www.womenshealth.gov

The U.S. Department of Health and Human Services Office of Minority Health
www.omhrc.org

Amavuriro ari hafi y'aho utuye aho ushobora kwi suzumisha urwinjiriro rw'igitereko Kubuntu cyankwa kumahera make raba internet:

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

Planned Parenthood Federation of America
www.plannedparenthood.org

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

The Office of Women's Health and Office of Minority Health at U.S. Department of Health and Human Services

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe 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



Photo credit: Rose McNulty

Ugupimisha bisanzwe amagara y'abakenyezi



www.refugees.org

Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911

KUBAHO UFISE AMAGARA MEZA

GUSUZUMISHA URWINJIRIRO RW'IGITEREKO

Gusuzumisha urwinjiriro rw'igitereko birasanzwe. Mu gusuzuma umuganga canke umuforoma akoresha uburoso butoyi case kugira akure muri urwo rwinjiriro ivyo aza gupima. N'aho ukwo kwipimisha gutera ubuyega, kurafasha gusuzuma indwara ya kanseri yo mu gitereko ishobora kwaduka. Abakenyezi bose barenza imyaka 18 bategerezwa kugirisha ico gipimo rimwe mu mwaka. Iyo umukenyezi yatanguye kugira amabanga mpuza bitsina imbere y'imyaka 18, ategerezwa kugirisha ico gipimo rimwe mu mwaka.

Iyo rero uriko uripimisha, usabwa gukura impuzo zose zo hepfo n'ukuryama ugaramye ku meza. Ibirenge vyawe urabiduzura. Umuganga canke umuforoma yicara hagati y'amaguru yawe afise umuco (ikimuri) n'ibikoresho akoresha mu gupima.

Urashobora gusaba ko haza uwundi mu foroma aza kugusanga mu cumba. Umuganga canke umuforoma araraba mubihimba vy'irondeka vyawe, akijinza intoke imbere ngo yumvirize, agaca rero akorasha ico gipimo. Ivyo ni nkenerwa kugira bamenye ko igisabo n'urwinjiriro bw'igitereko vyawe bitarwaye.

Kugira ico gipimo kigende neza, inyishu ivuyemwo ari yo koko, imisi itatu imbere yo kwipimisha, wirinde:

- Kwoza igisabo
- Gukoresha ipampa (bakoresha mu gihe co kuja mu kwezi)
- Gukoresha amavuta basiga mu gisabo
- Imiti bafata bacishije mu mifutu canke mu gisaba
- Abaganga benshi bavuga batugira inama bavuga ati abapfasoni nti bokoze igisabo

cyabo. Umubiri w'apfasoni uriyuhagira wonyine. Uwuhagiye bishobora guterira mwo ko uwandura izindi ndwara. Kwoza igisabo cyawe ntabwe bikubuza gutwara inda.

- Gukoresha imiti yo gupompa mu gisabo canke ifu (poudre)
- Kurangura amabanga mpuza bitsina

GUPIMISHA (GUSUNZUMISHA) AMABERE

Udushunduri mu mabere y'umukenyezi dushobora kuba ikimenyetso c'irndwara ikomeye yobangamira ubuzima bwiwe. Umukenyezi ategerezwa gupimwa amabere n'umuganga canke umuforma igihe agihe agiye ku gipimo ca rimwe mu mwaka. Amabere yiwe bayapima udushunduri, uguhumberana, canke gutukuriza. Umukenyezi wese yokwisuzuma amabere yiwe kugira arabe ko ata dushunduri turimwo, ata guhumberana canke gutukuriza, ko ata mazi ava mu moko canke ko ata bindi bimenyetso atahorana vyadutse, akabigira ku kwezi ku kwezi. Udushunduri tumwe turasanzwe, ariko ni vyiza gupimwa na muganga canke umuforma kugira ngo asuzume udushunduri dushasha canke kuvyimba kudasanzwe mu mabere.

Ni nkenerwa gusuzuma amabere yawe rimwe mu kwezi kugirango umenye ingene amabere yawe asanzwe ameze n'ukuraba ko atahindutse.

GUSUZUMISHA AMABERE IMISHWARARA (X)

Iryo suzuma rikoreswa imishwarara X, kugira basuzume indwara ya kanseri. Abakenyezi barenza imyaka 40, bategerezwa gukora iryo sunzuma rimwe mu mwaka canke mu myaka ibiri. Mugusuzuma muganga canke umuforoma ashira ibere ryawe hagati

y'udusahane tubiri (raba igicapo ca 3). Imashini rero ica yugara. Kugira ironke igicapo ciza c'ibere ryawe. Ushobora kugira ubuyega mugabo iro suzuma rimara hafi umunuta umwe gusa. Gusuzuma amabere bisanzwe canke hakoreshejwe imishwarara ni ngobwa kugira babone hakiri kare indwara ya kanseri y'ibere.

GUSUZUMISHA IMBANYI

Bifasha ko zo kwibaruka umwana akomeye, afise amagara meza. Umekenyezi wese yibungenze ategerezwa gupimwa hakiri kare kandi kenshi. Ni ngombwa kandi ngo ukurikize ibisabwa na muganga bikaba ari:

- Gufura ivyamwa n'imboga nyinshi
- Kwirinda kunywa itabi, inzoga n'urumogi
- Kubandanya ukora udukorwa twa misi yose; imyimenyerezo yoroshe ni myiza

