

Kugira amagara meza iyo wibungenze Kw'ibungenga n'igihe gikomeye mubuzima bw'umugore. Aka kanyamakuru gafise inyigisho zukungene ushobora kugira amagara meza mugihe w'ibungenze, kumenya hakiri kare yuko w'ibungenze nukuntu uvyifatamwo, kandi ningene utegerezwa kurya ivyokurya ngirakamaro.



### **KUKI BAVUGA KO UTAHUZA YUKO WASAMYE?**

Kumenya hakiri kare yuko wasamye ni vyiza. Bizogufasha gutangura kwigenza neza ufungura neza kugira ngo umwana aze akure neza.

### **UZOKORA IKI MUGIHE WIYUMVIRA YUKO UFISE IMBANYI?**

Niba ufise ibimenyetso vyerekana yuko wasamye, urashobora kugenda mumangazini kugura igipimo kugira ngo urabe ko arivyoko, ntarupapuro gwa muganga ukeneye. Ico gipimo nikikwereka yuko koko ufise imbanyu urazoheza uce unyarukira kwa muganga. Muganga wawe niwe azotanga gihama koko yuko iyo mbanyu ariyo akoze ibindi bipimo. Bitegetswe yuko ugenda kuraba muganga muri amezi abiri y'ambere. Muganga wawe azoheza yishure ibibazo vyose uzoba ufise bijanye n'ukwibungenga. Usabwe kugenda kuraba muganga ningoga na ningoga kugira ngo akurikirane iyo mbanyu yawe.

### **KUBERA IKI BAVUGA KO UKURIKIRANWA NA MUGANGA?**

Gukurikiranwa na muganga ni ngobwa kugira ngo uhabwe inyigisho zose mugihe ufise imbanyu. Usabwe lero kwitaho uwo mwana kandi nawe ukiyitaho ibi nivyo bikenewe:



- Gukurikiranwa na muganga hakiri kare
- Gusuzumwa kenshi na kenshi. Muganga wawe azokubarira isango uzogirako kumuraba mugihe ufise imbanyu. Ntukagire nimwe ucererwa!
- Gukurikira impanuro muganga yaguhaye Iryo kurikiranwa rya muganga harimwo kugenda kw'ipimisha muri laboratwari, kugenda bagakoresha ivyuma vy'ubuhanga kugira ngo barabe kandi mumvirize yuko umwana ahema neza, eka hamwe n'ibindi vyinshi. Ivyo vyose nukugirango bakurikirane amagara yawe n'ingene umwana ariko arakura mugihe cose uzoba ugifise iyo mbanyu.

### **KUBERA IKI NKENEYE KO MUGANGA ANKURIKIRANA?**

Nukubera yuko bituma muganga wawe amenya yuko wewe n'uwo mwana mufise amagara meza. Abana n'abavyeyi bakurikiranwa na muganga ibiharuro vyerekana yuko umuvyeyi azovyara umwana akuze kandi afise ibiro vyukuri kandi akazovyara ashikanye igihe. Abaganga barashobora gutora hakiri kare ingwara iyo baza kuraba muganga buri rimwe canke amezi abiri. Mugihe hariho ingorane, barashobora kurinda ingorane. Baza urya mukozi ashinzwe umuryango wawe akubarire umuganga utegerezwa kuja kuraba canke akuronderere abagusobanurira mugihe utumva ururimi.

### **NI GUTE NOGIRA AMAGARA MEZA MUGIHE MFISE IMBANYI?**

Kuguma uri muzima mugihe cose ufise imbanyu utegerezwa:

- kunywa ibirahure umunani vyamazi canke vy'imitobe, hamwe n'amata ku munsu,
- gufata za vitamine zirimwo "folic acid", "iron" hamwe na "kalisium"
- kunanura imitsi mugufata akayira ukagenda genda hanze,
- mujukoresha uko ushoboye ukaryama ugasinzira,
- mukubaza muganga wawe nimbi imiti baguhaye ngo ufate ari myiza ku mwana wawe,
- kugenda ugategwa urukingo mugihe c'imbeho itera giripe
- hanyuma Ukirinda kwiyumvira ingorane woba ufise

Kugirango uze wibaruke  
umwana ameze neza kandi  
akomeye utegerezwa  
gufungura ku munsu ibi  
bikurikira:

- ivyokurya vyintente  
(umuceri, umukate, kusikusi  
canke ibigori)
- imboga z'ivyatsi,
- ivyamwa,
- amata, ikivuguto, canke  
iforomaji hamwe
- N'inyama n'ibiharage.



Urwo ruyoya ufise munda rurashobora  
kumererwa nabi mugihe woba wegera cane  
ibintu binuka nabi.

Nyamuna uraja kure y'ibi bikurikira:

- imiti yica udukoko, arya masabuni canke  
ibikoresho vyoza mumaza, amarangi yo gusiga  
inzu,
- umwuka w'ama tabi,
- ziriya nzoga zose (ibiyeri, imivinyu hamwe na  
za likeri arizo ziriya nzoga zikomakomeye
- Kunwa ibikombe vyinshi vyi kawa, icayi canke  
arya masoda.

Inzoga zikaze zirashobora gutuma uvyara  
umwana afise indwara zitari nke, ashobora  
kugira ingorane mu bwonko, canke ukavyara  
umwana yapfuye. Akamoto k'itabi karashobora  
gutuma umwana avuka atarageza igihe kandi  
akavuka ada komeye nagatoya.

### **NIHEHE NOSHOBORA KUJA KUGIRA NGO NDONKE UMUGANGA ANYITAHU KUMAFARANGA MAKE?**

Urashobora kuronka aho ukurikiranwa  
bakakurihira amahera y'abaganga. Ico kigo  
kirashobora kugufasha ukazovyara umwana  
akomeye. Muri buri ntara hariho ibigo bifise  
izomfashanyo. Kugira ngo umenye aho izo  
mfashanyo ziboneka urashobora gutelefona kuri  
: 1-800-311-2229, canke ukabaza umukozi  
ashinzwe kwitaho umuryango  
wawe izindi mpanuron'ubundi buryo.

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