REKA TUVUGE KURI

KANSERI Y'AMARA MANINI

ibimenyetso byo kwitondera

Kumva amara adaseseye neza nyuma yo kwituma

Impiswi cyangwa impatwe bidasobanutse

Umusarane usa umukara cyangwa urimo amaraso

Imyuka cyangwa ububabare budasanzwe mu nda yo hasi

Kugabanyuka ku ibiro bitateganijwe

Jya kwa muganga ako kanya niba ubonye kimwe muri ibi bimenyetso

ibintu byongera ibyago n'uburyo bwo kwirinda

Ibi bintu bishobora kongera ibyago byo kurwara kanseri y'amara manini:

- Izabukuru
- Umubyibuho ukabije
- Indyo idafite fibre nyinshi kandi irimo ibinure byinshi
- Kuba hari uyirwaye mu muryango

Kanseri y'amara manini **iravurwa** iyo imenyekanye kare

Ushobora gufata izi ngamba kugira ngo ugabanye ibyago byo kurwara kanseri y'amara manini:

- Rya indyo irimo imboga, imbuto, n'ibinyampeke
- Irinde kugira umubyibuho ukabije
- Irinde itabi kandi unywe inzoga mu rugero
- Kora imyitozo ngororamubiri kenshi
- Ibuka kw'ipimisha

RCMDO
Rwanda Christian medical and dental Organization
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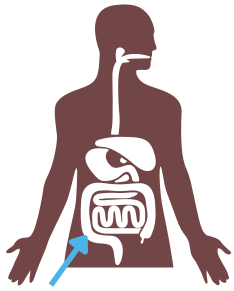
Let's talk about CANCER
LEARN. FIGHT. HOPE.

KANSERI Y'AMARA MANINI

ibibazo bikunze kubazwa

Kanseri y'amara manini ni iki?



- Kanseri itangirira mu mara yawe yitwa kanseri y'amara manini
- Kanseri y'amara manini ntiyandura kandi ntabwo ishobora gukwirakwira hagati y'abantu

"Gupima" bivuze iki?

- Gupima ni igihe muganga wawe asuzuma indwara mbere yuko ugira ibimenyetso
- Gupima bishobora kugaragaza kanseri y'amara manini hakiri kare, bigishoboka ko yavurwa cyangwa mbere yuko kanseri ikura cyane
- Kwipimisha ntibikumira kanseri

WARI UZI KO?

Ugomba kuvugana na muganga wawe ku bintu bishobora kongera ibyago byo kurwara Kanseri y'amara manini umaze kuzuza imyaka **40**!

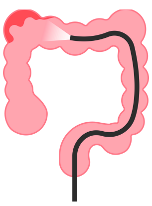
Ni gute umuntu apimwa kanseri y'amara manini?

- Vugana na muganga wawe umusabe ko upimwa
- Baza muganga wawe inshuro ugomba gupimwa ugendeye ku byago ufite byo kuyirwara

Ni iki wakwitega mu gihe ugiye gupimwa?

Bitewe n'ibintu bishobora gutera kanseri y'amara manini, muganga wawe ashobora kukugira inama yo gupima ibintu bitandukanye. Ibizamini bikunze gupimwa cyane ni ibi bikurikira:

- **Gupima amaraso mu musarane:** muganga azafata ibizamini by'umusarane wawe , abyohereze mu cyumba cy'isuzuma aho bazasuzumamo niba harimo amaraso
- **Ikizamini cyo kureba mu mara:** Muganga wawe azakoresha umuyoboro muto kandi woroshye ufite kamera ku mpera kugira ngo asuzume amara yawe imbere mu bice bishobora kubamo kanseri. Hari uburyo bubiri bwo kubikora:



  - **Colonoscopy:** Ubu buryo bukoreshwa mu gusuzuma amara yose. Igihe cyo gusuzuma kigeze, abaganga bazakoresha ikinya kugira ngo ugume usinziriye mu gihe colonoscopy ikorwa
  - **Flexible Sigmoidoscopy:** Ubu buryo bukoreshwa mu gusuzuma igice cyo hasi cy'amara gusa. Nta kinya gisabwa

Niba muganga abonye igice kidasanzwe ku mara mu gihe asuzuma amara yawe, ashobora gukuraho agace gato kugira ngo hakorerwe isuzuma ryisumbuyeho hifashishijwe mikorosikopi. Ibi byitwa biopsy.