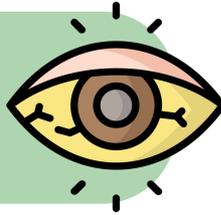


## KANSERI Y'UMWIJIMA

— ibimenyetso byo gushaka —  
1,2,3Kugabanuka  
kw'ibiro  
bitateganijweIsesemi, kuruka,  
kubura ubushake  
bwo kuryaKumererwa nabi  
mu nda cyangwa  
kubyimbaKwishima  
bihorahoGuhinduka umuhondo  
ku gice cyera cy'amaso  
n'uruhuJya kwa muganga  
ako kanya niba  
ubonye ibi  
bimenyetsoibintu byongera ibyago n'uburyo  
bwo kwirinda  
4,5,6,7,8Ibi bintu bishobora kongera  
ibyago byo kurwara kanseri  
y'umwijima:

- Kwandura indwara ya Hepatite B cyangwa C
- Kunywa inzoga nyinshi
- Diyabete yo mu bwoko bwa 2
- Umubyibuho ukabije
- Gufata ibintu bimwe na bimwe by'uburozi

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

- Fata urukingo rwa hepatitis B, cyangwa ujye kwisuzumisha buri gihe niba usanzwe ufite hepatitis
- Jya kwa muganga wawe niba warigeze guhura n'indwara ya hepatitis C
- Gabanya inzoga kandi ukomeze kugira ibiro biringaniye

Kubaho **ubuzima bwiza**  
bugabanya ibyago byo  
kurwara kanseri  
y'umwijima

# GUSUZUMA KANSERI Y'UMWIJIMA

## ibibazo bikunze kubazwa

8, 9, 10, 11, 12, 13

### "Gupima kanseri y'umwijima" bivuze iki?

- Gupima ni igihe muganga wawe agusuzuma mbere yuko ugira ibimenyetso
- Gupima kanseri y'umwijima bishobora kugaragaza kanseri mbere yuko ikwirakwira, igihe ikiri mu ntangiriro kandi ishobora kuvurwa
- Gupima ntibikumira kanseri



### Ni gute umuntu apimwa kanseri y'umwijima?

- Vugana na muganga wawe umusabe ko upimwa
- Baza muganga wawe inshuro ugomba gupimwa

### Ni iki nkwiye kwitega igihe nzasuzumwa?

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



- **Ultrasound:** Muganga wawe ashobora kukugira inama yo gupima kugira ngo amenye ubuzima bw'umwijima wawe. Ultrasound iroroshye kandi ntisaba kubaga. Abafite ibyago byinshi byo kurwara kanseri y'umwijima bashobora gukorerwa ultrasound buri gihe kugira ngo barebe impinduka zishobora kubaho mu mwijima.
- **Ibizamini by'amaraso bya Alpha-fetoprotein (AFP):** Ikizamini cy'amaraso gishobora gupima ingano ya poroteyine runaka mu maraso y'umurwayi. Urugero rwo hejuru rwa AFP rushobora kugaragaza kanseri y'umwijima.

1- <https://www.nhs.uk/conditions/liver-cancer/symptoms/>

2- <https://www.cancer.gov/types/liver/what-is-liver-cancer>

3- <https://www.cancer.org/cancer/types/liver-cancer/detection-diagnosis-staging/signs-symptoms.html>

4- <https://www.cancer.org/cancer/types/liver-cancer/causes-risks-prevention/risk-factors.html>

5- <https://www.cancer.gov/types/liver/what-is-liver-cancer/causes-risk-factors>

6- <https://www.nature.com/articles/s41586-023-06991-9>

7- <https://www.diabetes.co.uk/diabetes-complications/liver-cancer.html>

8- <https://www.cdc.gov/liver-cancer/about/index.html>

9- <https://www.cancer.org/cancer/types/liver-cancer/causes-risks-prevention/prevention.html>

10- <https://www.nhs.uk/conditions/liver-cancer/causes/>

11- <https://www.cancer.org/cancer/types/liver-cancer/detection-diagnosis-staging/detection.html>

12- <https://www.cancer.gov/types/liver/what-is-liver-cancer/screening>

13- <https://www.cancer.org/cancer/types/liver-cancer/detection-diagnosis-staging/detection.htm>