

# REKA TUVUGE KURI KANSERI Y'ABANA

— ibimenyetso byo kwitondera —



Umuriro ugaruka  
cyangwa  
udahagarara



Kubabara umutwe  
bidakira cyangwa  
isereri bidashira

Ububabare, kubyimba,  
cyangwa ikibyimba  
gikomeye ku nda



Ikibyimba mu ijosi, ku  
nda, mu gatuza,  
cyangwa mu kwaha  
kw'umwana

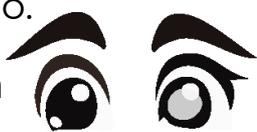


Isesemi cyangwa  
kuruka bidashira



Uruhu rweruruka ku  
ntoki, iminwa, ishinya,  
ururimi, cyangwa  
munsi y'inzara

Akabara k'umweru mu jisho.  
imboni y'ijisho ibyimbye,  
cyangwa gutangira kureba  
bidasanzwe (umurari)



Kubyimba ishinya, amenyo  
ajegajega cyangwa agoramye;  
kubyimba amagufa cyangwa  
mu ngingo/ kubabara



Kumva unaniwe  
cyangwa ufite intege  
nke



Ibibazo byo  
kubona, kumva,  
cyangwa kuvuga

Kugabanuka  
kw'ibiro  
bitateganijwe



Gukomereka/ kuva  
amaraso byoroshye  
cyangwa kwandura  
infegisiyo



Jya kwa muganga ako  
kanya niba ubonye  
umwana wawe afite  
kimwe muri ibi  
bimenyetso

Kanseri y'abana **ishobora**  
**kuvurwa** iyo  
imenyekanye kare!