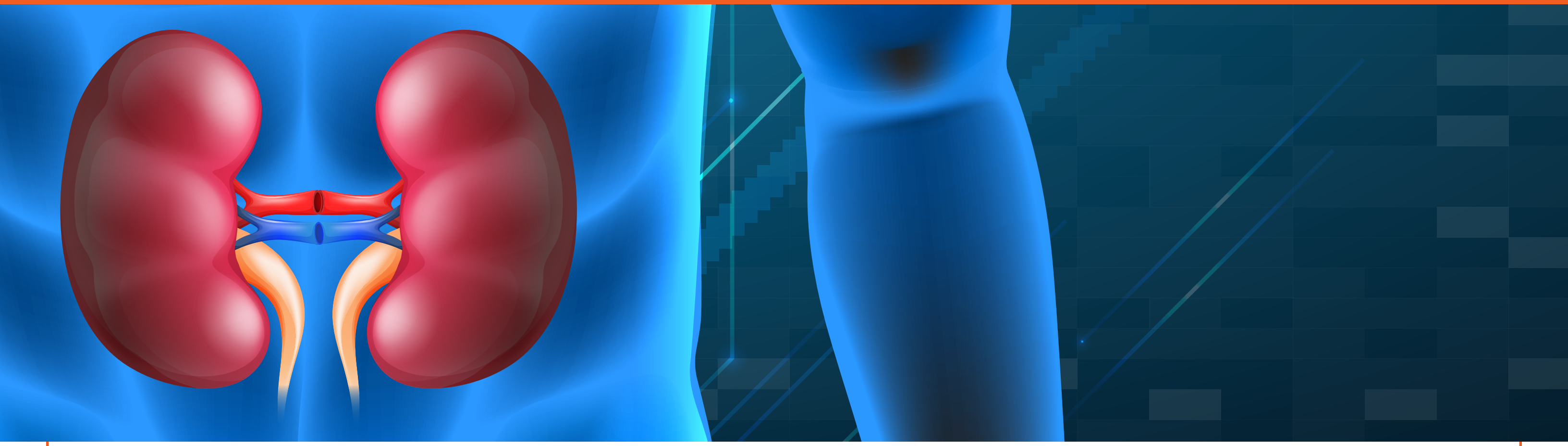
NATIONAL KIDNEY FOUNDATION®

KWIRINDA

UBURYO BUTANU BUTANGAJE USHOBORA KUBA URI KWANGIZAMO IMPYIKO ZAWE



Impyiko zawe zikora amasaha 24 kuri 24, iminsi 7 kuri 7 kugira ngo zitume umubiri wawe ukomeza kugira ubuzima bwiza ziyungururura ibirimo ubumara n'ibisukika by'umurengera no kugenzura umuvuduko w'amaraso. Kwangirika kw'izo ngingo z'umubiri z'ingenzi bishobora kutagira igaruriro kandi abantu benshi bashobora kutabona ko bari kuzangiza. Ibikurikira ni uburyo butanu butangaje ushobora kuba uri kwangizamo impyiko zawe:

Gukoresha igihe kirekire imiti itarimo siteroyide irwanya uburibwe (imiti igabanya uburibwe utandikiwe na muganga, izwi nka NSAID)

- Ibyinshi mu bibazo bishya kuva kuri 3% kugera kuri 5% by'uburwayi bw'impyiko bw'akarande buri mwaka bushobora guterwa no gukoresha birenze imiti igabanya uburibwe
- Kuyikoresha igihe kirekire, by'umwihariko doze nini bifite ingaruka zo kwangiza uruhu rw'impyiko n'imiterere yazo
- Iyo miti ishobora no kugabanya itembera ry'amaraso agana ku mpyiko

Kunywa itabi

Abantu banywa itabi birashoboka cyane ko:

- » Bagira poroteyine mu nkari, bikaba ari ikimenyetso cy'uko impyiko zangiritse
- » Bakenera ubuvuzi bw'impyiko cyangwa guhabwa impyiko.

Guhura n'umuti ukunda gukoreshwa mu gikorwa cyo kunyura mu cyuma kizwi nka angiogram cyangwa CT scan

Rimwe na rimwe uwo muti ushobora gutuma ugira ibibazo bikomeye ku mpyiko byitwa kugabanya imikorere y'impyiko (CIN).

- CIN ni uburwayi budakunze kugaragara kandi bushobora kwirindwa
- Ganiriza muganga impungenge zose ushobora kuba ufite mbere yo kunyuzwa mu cyuma

Kurya umunyu mwinshi

Indyo irimo sodiyumu nyinshi yongera umuvuduko w'amaraso bikaba:

- Byangiza impyiko uko igihe gishira
- Ni yo mpamvu nyamukuru ituma impyiko zidakora neza

Kunywa ingano nyinshi y'ibinyobwa bidasembuye birimo koka kola

Ubushakashatsi bwagaragaje ko kunywa koka kola ebyiri cyangwa zirenga ku munsi; za diet cyangwa zisanzwe, bifite aho bihuriye n'ibyago byinshi byo kugira uburwayi bw'impyiko bw'akarande.

Ku yandi makuru, vugisha Umuryango wo ku rwego rw'igihugu wita ku bafite uburwayi bw'impyiko

Umurongo wa telefone utishyurwa: **855.NKF.CARES** cyangwa imeyiri: **nkfcares@kidney.org**

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Ibikubiye muri iyi nyandiko bitangwa nk'amakuru gusa kandi ntabwo bigamije gutanga inama z'ubuvuzi cyangwa ngo bisimbure inama z'ubuvuzi zitangwa n'umuganga.

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