

Abantu benshi bagira impyiko ebyiri buri imwe iba ifite ingano nk'iy'igipfunsi cy'umuntu mukuru, ziba ku mpande zombi z'urutirigongo munsu y'imbavu. Nubwo ari nto, impyiko zawu zikora imirimo ikomeye cyane kandi y'ingenzi ituma umubiri wawe ukomeza gukora neza.

Urugero: Impyiko:



Zifasha kuvana imyanda n'ibisukika by'umurengera



Kuyungurura amaraso, zigasigarana ibintu bimwe mu gihe zivanamo ibindi



Kugenzura ikorwa ry'insoro zitukura z'amaraso



Gukora vitamini zigenzura imikurire

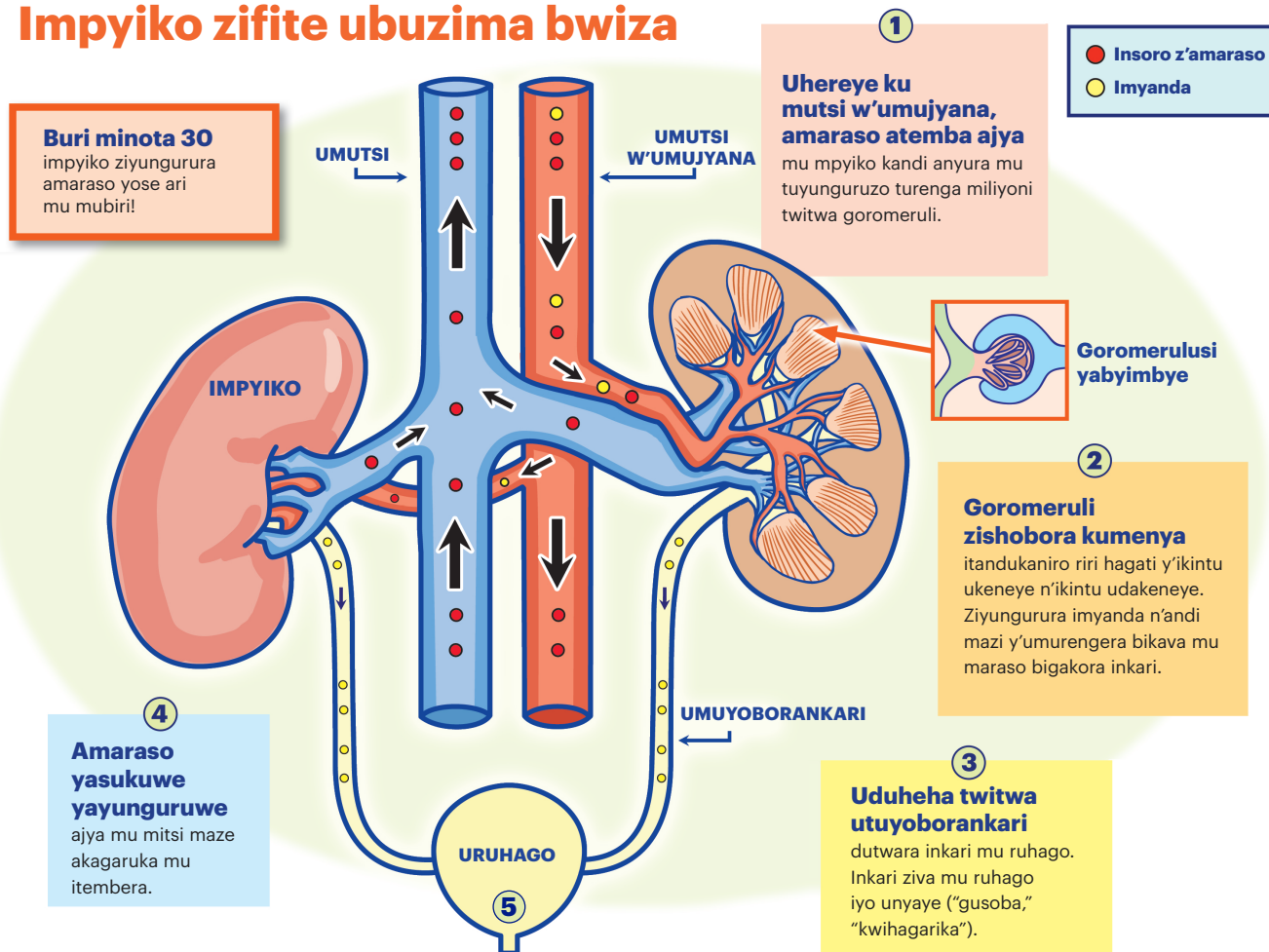


Gusohora imisemburo igenzura umuvuduko w'amaraso



Gufasha mu kugenzura umuvuduko w'amaraso, insoro zitukura z'amaraso n'ingano y'intungamubiri zimwe na zimwe mu mubiri nka karisiyumu na potasiyumu

Impyiko zifite ubuzima bwiza



Dore uko impyiko zikora akazi kazo k'ingenzi:

1. Amaraso yinjira mu mpyiko anyuze mu mitsi y'imijyana ivuye ku mutima
2. Amaraso asukurwa anyuze mu tuyunguruzo tw'amaraso turenga za miliyoni
3. Imyanda inyura mu muyoboro w'inkari maze ikabikwa mu ruhago yabaye inkari
4. Amaraso yasukuwe asubira mu maraso atembera mu mubiri anyuze mu mitsi
5. Uruhago ruruzura maze inkari zigasohoka mu mubiri zinyuze mu muyoboro w'inkari

Impyiko zikora akazi gasigasira ubuzima ko kuyungurura no gusubiza amaraso mu maraso atembera mu mubiri hafi litiro 189 mu masaha 24. Hafi litiro 1,89 zikurwa mu mubiri ari inkari, mu gihe izisigaye hafi litiro 187 ziguma mu mubiri. Inkari dusohora ziba zabitswe mu ruhago kuva ku isaha imwe kugera ku masaha 8 ugereranyije.

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**