NATIONAL KIDNEY FOUNDATION.

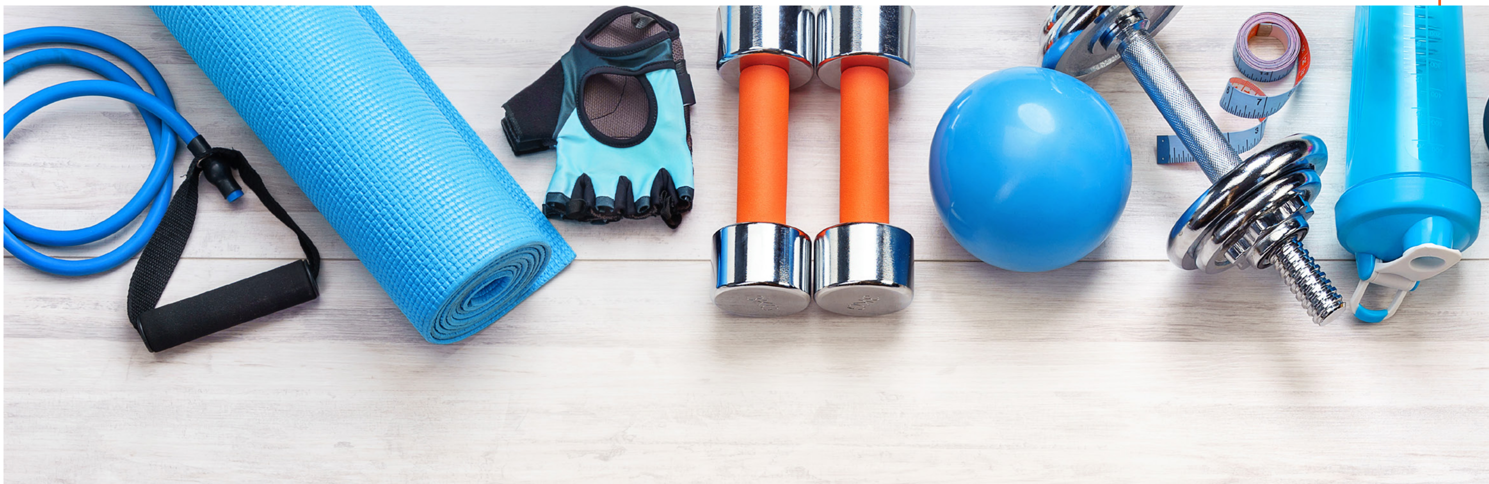
KWIRINDA

GUHITAMO NEZA KUGIRA NGO WOWE N'IMPYIKO ZAWE MUGIRE UBUZIMA BWIZA

Ni gute wafasha umubiri wawe kugira imbaraga n'ubuzima bwiza?

Indyo n'imirire

Ibiribwa urya n'ibinyobwa unywa bishobora kugufasha cyangwa kwangiza umubiri wawe. Kora ku buryo urya indyo ikungahaye ku ntungamubiri igizwe n'imbuto, imboga, imigati, inyama n'ibikomoka ku mata. Niba urwaye impyiko, hari amafunguro n'ibinyobwa bimwe na bimwe ugomba kwirinda. Impyiko zawe zigufasha gukomeza kugira ingano ikwiye y'intungamubiri mu mubiri wawe nk'umunyu na karisiyumu. Kurya umunyu ukabije kuba mwinshi bishobora kuba bibi ku mubiri wawe n'impyiko zawe. Vugana n'umuganga ukuvura cyangwa inzobere mu mirire igwa neza impyiko ibyerekeye amafunguro akubereye.



Imyitozo ngororamubiri

Umubiri wawe ukunda kwiruka, gusimbuka no gukina. Imyitozo ngororamubiri igufasha gutuma umubiri wawe umera neza! Gukora imyitozo ngororamubiri ni ingenzi kandi bifasha umubiri wawe kuguma ufite imbaraga imbere n'inyuma.

Imiti

Imiti wandikiwe na muganga gusa ni yo iba itekanye kuri wowe. Abaganga bazi ubwoko bw'imiti ishobora gufasha umubiri wawe. NTUZIGERE usangiza imiti undi muntu uwo ari we wese. Nta mubiri w'umuntu n'umwe umeze nk'uw'undi muntu. Abaganga batanga imiti itandukanye ku bantu batandukanye. Kora ku buryo ufata imiti yawe uko wabibwirijwe na muganga.

Inzoga n'ibiyobyabwenge

Ibiyobyabwenge n'inzoga bishobora kwangiza umubiri wawe. Iyo urwaye impyiko ugomba kwitwararika kurushaho ku byerekeye ibyo ushyira mu mubiri wawe. Iyo impyiko zawe zangiritse, ntabwo zibasha kuyungurura amaraso yawe uko bikwiye. Ibuka ko ntacyo bitwaye kwanga gukoresha ibiyobyabwenge no kunywa inzoga.

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

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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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