



Gusuzumwa bagasanga urwaye urwaye indwara y'impyiko y'akarande (CKD) bishobora kuba ari igihe kigoye kandi gikomeye kuri buri wese bireba, umurwayi, umuryango we n'inshuti ze. Ariko amakuru ashobora kugira uruhare runini mu kugufasha kubona uko ugenzura ikibazo ufite. Umurwayi uzi ibigiye kumubaho, ibyo agomba kwirinda n'ubuvuzi buhari niba impyiko ze zidakora neza ashobora gufata ibyemezo afite ubumenyi ku byerekeye ubuzima bwe.



Icya mbere, vugana n'umuganga ukuvura ku byerekeye uburwayi wasuzumwe kugira ngo urebe imikorere y'impyiko zawe mu kugufasha gutegura uko uvurwa. Bizamini birakorwa kugira ngo hamenyekane icyiciro ugezeho n'ubwoko bw'uburwayi bw'impyiko urwaye, ingano y'impyiko n'uko zamaze kwangirika. Nyuma yo guhabwa ibyo bisubizo, umuganga ukuvura na we muba mugomba kwicara maze mugashyiraho gahunda y'ibikorwa.



Abantu barwaye impyiko banafite ibyago byinshi byo kugira ibibazo by'umutima. Kimwe mu bintu wakora ukimara gusuzumwa bagasanga urwaye impyiko ni ukugenzura ibindi bibazo by'ubuzima ushobora kuba ufite, harimo diyabete, umuvuduko w'amaraso n'indwara yo kubura amaraso.



Niba urwaye diyabete, ugomba kugenzura isukari yo mu maraso yawe, ugakurikiza indyo yihariye no kugenzura imiti wategetswe na muganga.



Niba ufite umuvuduko ukabije w'amaraso, umuganga ukuvura ashobora kukugira inama yo gutakaza ibiro, kugabanya umunyu mu mafunguro ufata no gufata imiti wandikiwe. Kubura amaraso (kugira amaraso macye) binashobora gutuma umutima wangirika bikaba byagenzurwa no gufata umusemburo witwa EPO n'imiti yongera fer. Ugomba kugira ingano nziza ya koresiterore kandi ukaba utanywa itabi.



Iyo uburwayi bw'impiko bwawe n'izindi ndwara z'ubuzima bigenzurwa, ni ngombwa gukurikirana aho ugeze. Igipimo cy'iyungurura rya gumerulari (GFR) kigomba kugenzurwa ku buryo buhoraho kugira ngo hagaragare neza aho uburwayi bw'impiko bwawe bugeze. Kandi, ingano ya poroteyine mu nkari zawe igomba kugenzurwa mu bihe bitandukanye kugira ngo ukore ku buryo impyiko zawe ziri gukora akazi neza.s



Icya nyuma, ibizamini by'imirire bishobora gukorwa kugira ngo wizere neza ko uri kubona poroteyine na karori bihagije mu gutuma ugira ubuzima bwiza muri rusange. Umuganga ashobora kukurangira inzobere mu by'imirire y'abafite uburwayi bw'impiko wagufasha gutegura gahunda y'imirire yawe kugira ngo urye amafunguro akwiye mu ngano zikwiye

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

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