

## **Kuba Imbata ni iki?**

Kuba imbata ni igihe umuntu adashobora guhagarika kunywa ibinyobwa bisembuye cyangwa ibiyobyabwenge kabone n'aho yaba abyifuza. Ni ukuvuga ko kunywa agasembuye cyangwa ikiyobyabwenge biba bifite ingufu zirenze ngo abitsinde kabone n'aho yaba azi ko icyo kiyobyabwenge kirimo kumwangiza no kumwangiriza umuryango.

Iyo abantu batangira kunywa agasembuye cyangwa ibiyobyabwenge, ntibaba bateganya kuzaba imbata yabyo. Bo bakunda uko bituma biyumva. Baba bumva bafite ubushobozi bwo kugena ingano n'inshuro bafata agasembuye cyangwa ikiyobyabwenge. Ariko, ibiyobyabwenge bihindura ubwonko. Abakoresha ibiyobyabwenge batangira gukenera ikiyobyabwenge kugira ngo bumve ari abasanzwe, gutyo kuba imbata bigatwara ubuzima bwabo.

Kuba imbata ni indwara y'ubwonko.

- Ibiyobyabwenge bihindura imikorere y'ubwonko.
- Izo mpinduka zo mu bwonko zishobora kumara igihe kirekire.
- Izo mpinduka zo mu bwonko zishobora gutera ibibazo nko guhindura imyitwarire, kwibagirwa, kunanirwa gutekereza no gufata ibyemezo.

Kuba imbata ni indwara, nk'uko diyabete na kanseri nazo ari indwara. Kuba imbata si ukugira intege nkeya gusa. Abantu b'ibyiciro byose, abakire n'abakene, bose bashobora kuba imbata. Kuba imbata byaza ku myaka iyo ari yo yose, ariko akenshi bitagira umuntu akiri muto.

Iyo umuntu yabaye imbata y'ibiyobyabwenge cyangwa agasembuye, gufata ikiyobyabwenge cyangwa kunywa agasembuye nibyo biba igikorwa cy'ingenzi mu buzima bwe, kurusha kurya cyangwa gusinzira. Kubona no gukoresha ikiyobyabwenge bikaba bisimbura gahunda za buri gihe cy'ubuzima bwe. icyagize umuntu imbata gisimbura ibindi byose yahoze akunda. Umuntu wagizwe imbata ntacyo atakora - kubeshya, kwiba, cyangwa gukomeretsa abantu- kugira ngo agume anywe cyangwa yifatire ku kiyobyabwenge. Ibi byatuma afatwa agafungwa. Ku ruhande rumwe, icyamugize imbata kiraryoha ku buryo aba ashaka gufata cyinshi kurushaho. Ku rundi ruhande, kuba imbata bibyarira ingaruka mbi nyirabyo.

**Abantu bahagarika ibiyobyabwenge cyangwa ibisindisha iyo bamaze guhura n'ingaruka mbi cyane igihe kirekire.** Iyo wamaze kubabara no kwicuza bihagije, uba witeguye guhagarika.

Niba ukeneye ubufasha cyangwa uzi umuntu waba akeneye gufashwa kubera yabaye imbata, ushobora guhamagara Minisiteri y'Ubuzima n'Imibereho y'Abaturage ya Leta Zunze Ubumwe z'Amerika(U.S. Department of Health and

Human Services), Ishami Rishinzwe Imikoreshereze Itemewe y'Imiti n'Ibiyobyabwenge n'Ubuzima bwo mu Mutwe (SAMHSA: Substance Abuse and Mental Health Services Administration), kuri telefone itishyurwa 1-800-662-HELP (4357) y'amakuru/ikurikiranwa ry'ibinyobwa bisembuye n'ibiyoyabwenge. Ushobora kandi kuranga ahari serivisi zo gukurikirana ubuzima bw'imyitwarire hafi yawe ugiye kuri: <https://findtreatment.samhsa.gov>

Aho byavuye: Ikigo cy'Igihugu Gishinzwe Imikoreshereze Itemewe'Imiti n'Ibiyobyabwenge (NIDA: National Institute on Drug Abuse)