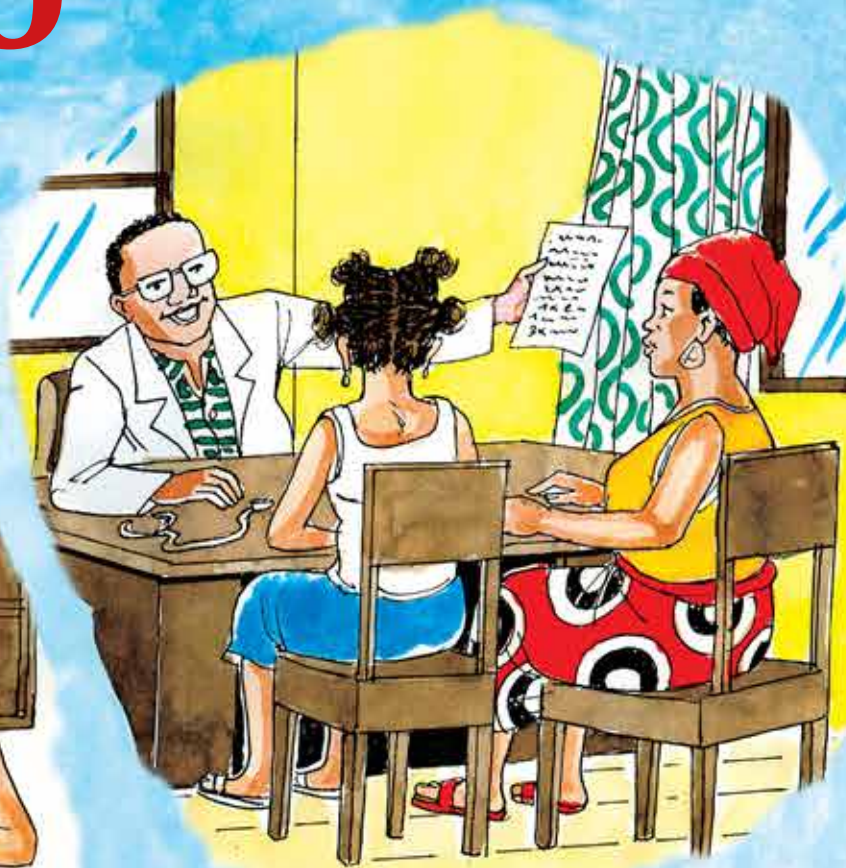


Rusaro

n'Inshuti Ze



Mu Buryo Bwo
Kubaho Neza
Bafite Diyabete



Rusaro noneho ari gusohoka ajya kwituma kenshi ku muni .Ntiyishimye na gato.

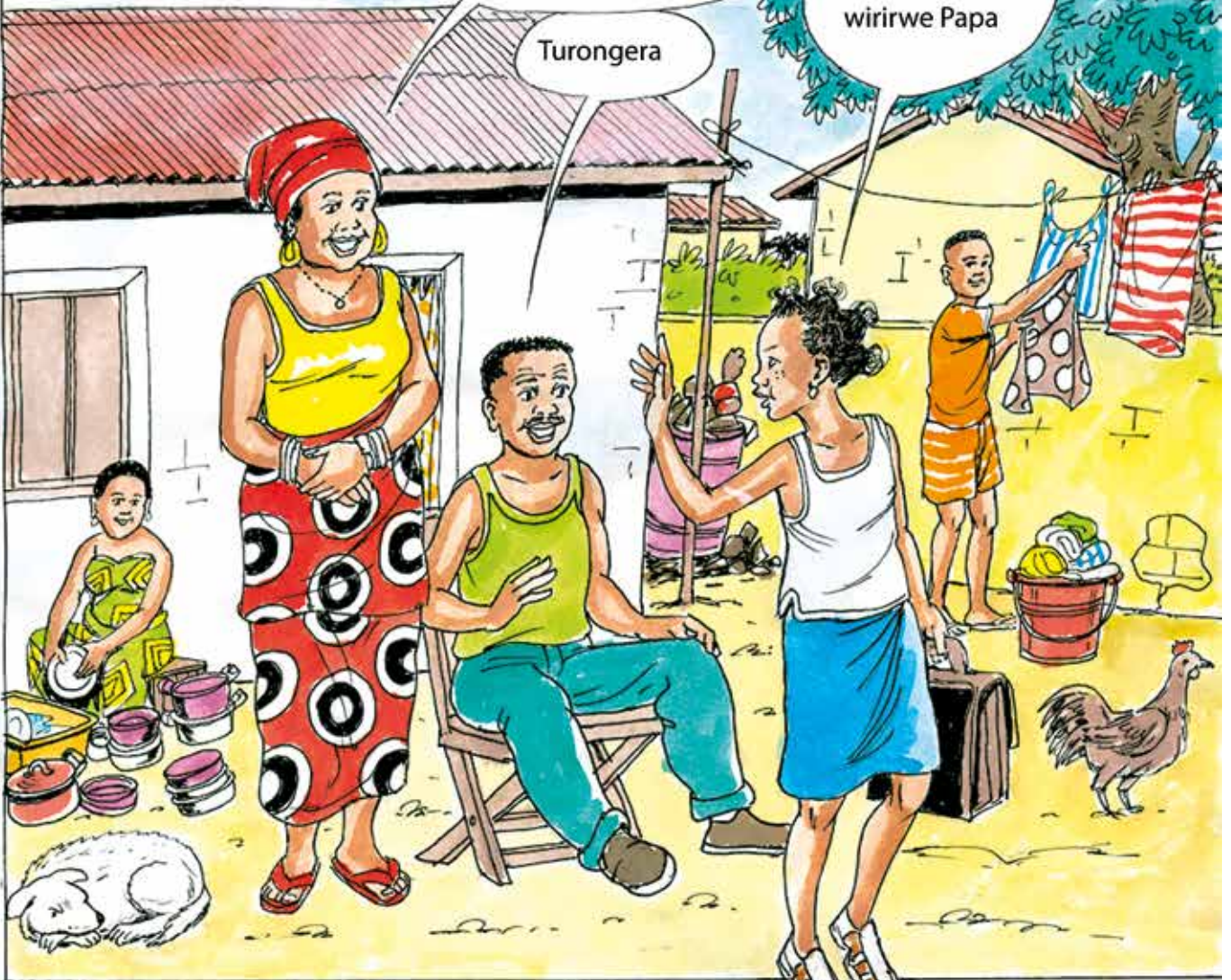


Mu gitondo kare Rusaro aritegura kujya ku ishuri

Wirirwe ho nshuti yanjye, wige cyane ku ishuri!

Turongera

Wirirwe Mama, wirirwe Papa



Nsona, ntubona ko Rusaro arimo gutakaza ibiro kandi umugaburira ibiryo byiza ?!

?!

Nsona, ntubona ko Rusaro arimo gutakaza ibiro kandi umugaburira ibiryo byiza ?!

Nyamara birampan-gayitse!



Amasomo arangiye, mu nzira ataha, Rusaro arumva afite intege nke cyane



Rusaro noneho arimo kuruka

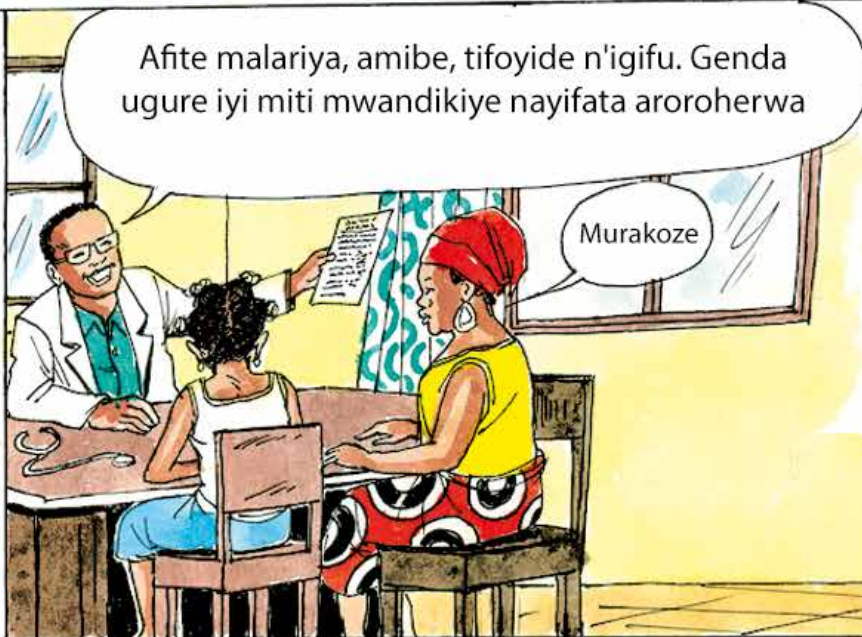


Rusaro na Mama we bagiye ku kavuriro kigenga kabegereye

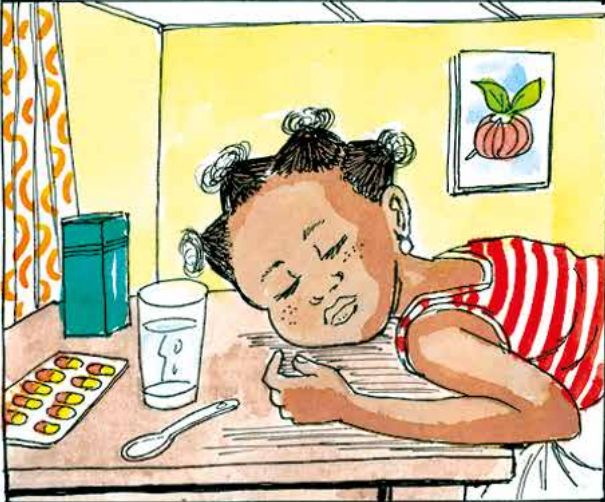


Afite malariya, amibe, tifyoyide n'igifu. Genda ugure iyi miti mwandikiye nayifata aroroherwa

Kuri ako kavuriro, umufasha wa muganga asuzuma Rusaro



Rusaro afashe ya miti ariko akomeje kumva atoroherwa



Mama we amusanze hafi yo kugwa muri koma



Bigenze gute Nsona?

Ngwino banguka



Reka tujye ku bitaro byo ku karere

Mana yanjye we!



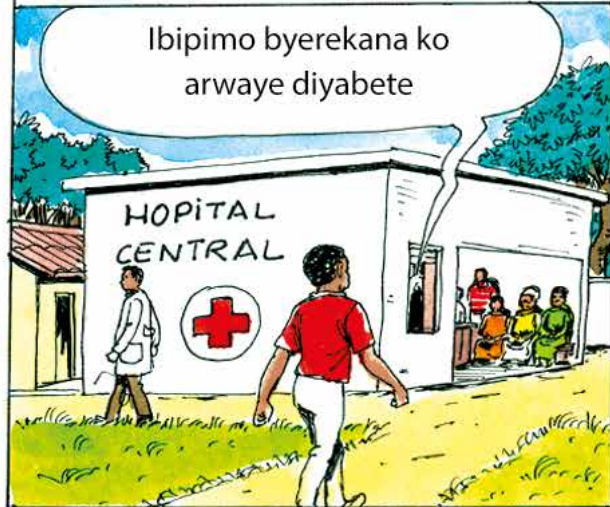
Bageze ku bitaro

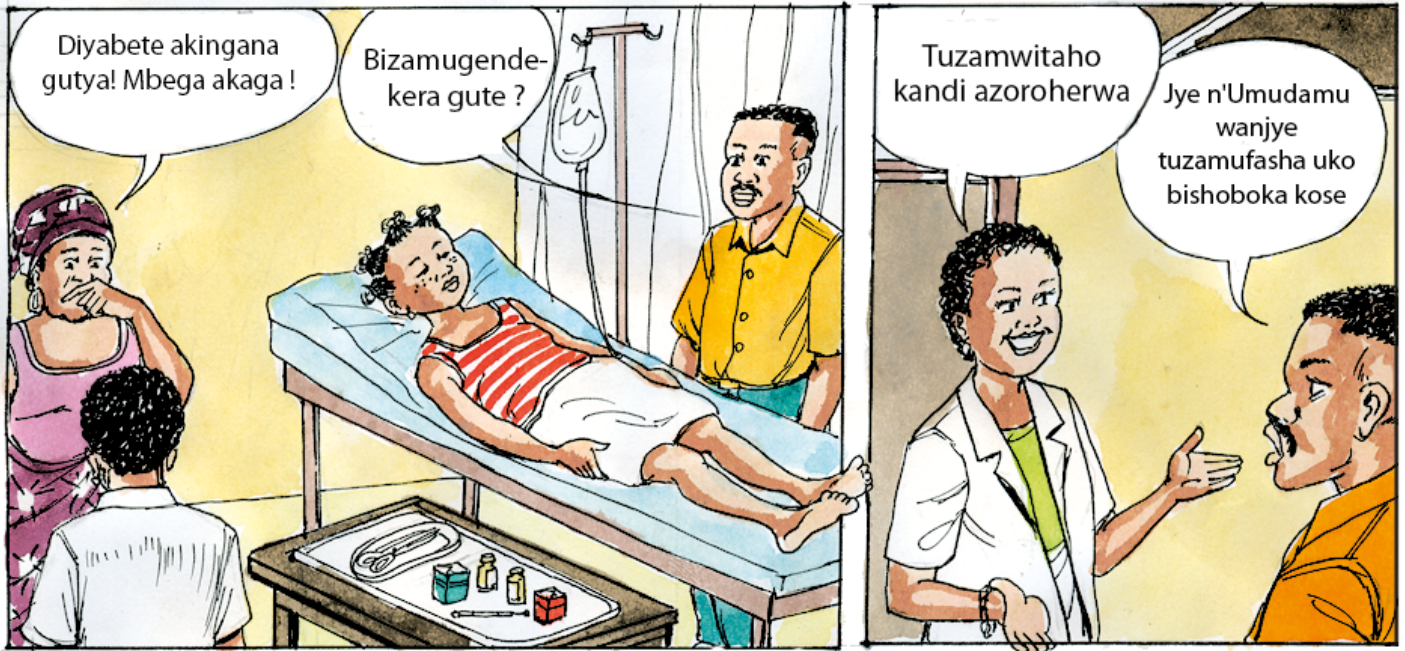
Nyabuneka nimudufashe! Yaba ari malariya?



Umuforomo urimo kwita kuri Rusaro abona ko ari kunyara kenshi, ahita apima inkari ze

Ibipimo byerekana ko arwaye diyabete

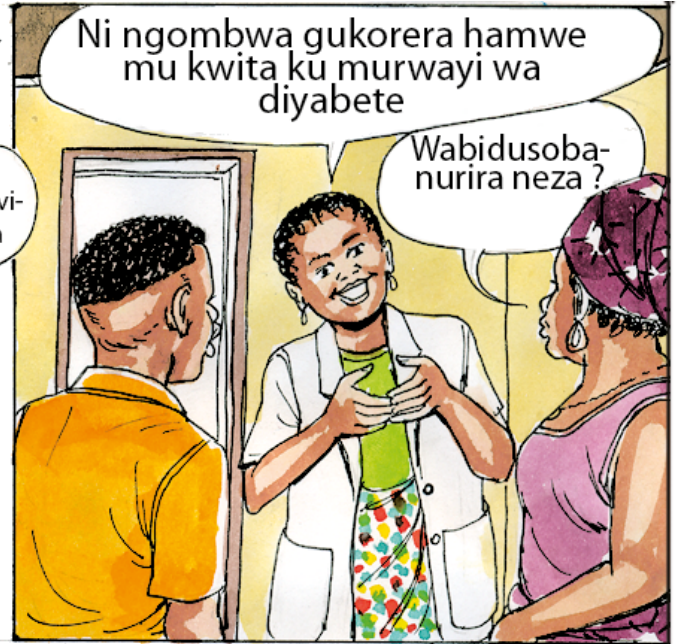






Twizeye inkunga yanyu

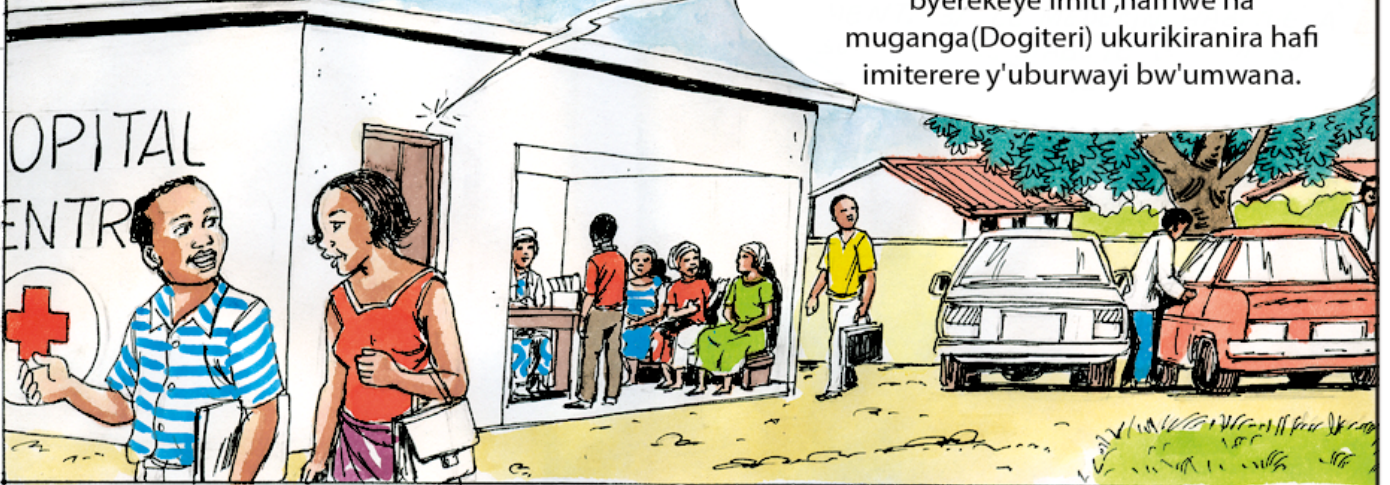
Birumvikanaga



Ni ngombwa gukorera hamwe mu kwita ku murwayi wa diyabete

Wabidusobanurira neza?

Ikipe igizwe n'umurwayi ubwe wizeye ubushobozi bw'abamwitaho, umuforomo ubagira inama akanabafasha ku byerekeye imiti, hamwe na muganga (Dogiteri) ukurikiranira hafi imiterere y'uburwayi bw'umwana.



Hanyuma kandi igizwe cyane cyane n'umuryango we wose. Iyo umwe mu bagize iri tsinda abuze, ibintu bishobora kuba nabi.



Twiteguye gufasha umukobwa wacu kandi tuzakurikiza inama zanyu uko bikwiye.

Reka rero dufatanye.



Rusaro ashyizwe mu bitaro. Ahawe ubuvuzi bukwiye none ari kumva ameze neza.

Ibintu byose biri kugenda neza. Noneho rero ugomba kwitabira "Inyigisho za Diyabete"

Yego

Muganga, urumva izo nyigisho ari ngombwa ?



Nibyo ningombwa, kuko niho ikipe y'abaganga n'abaforomo bazigisha umwana wanyu uburyo bwo kwiwitaho

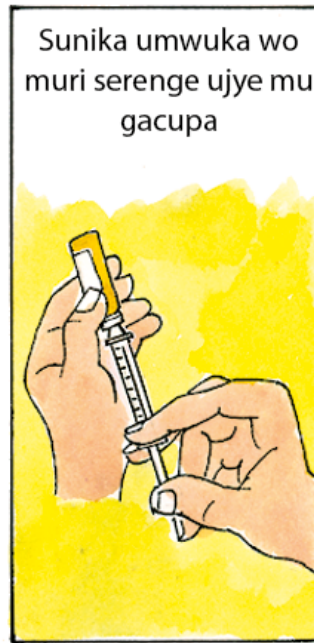
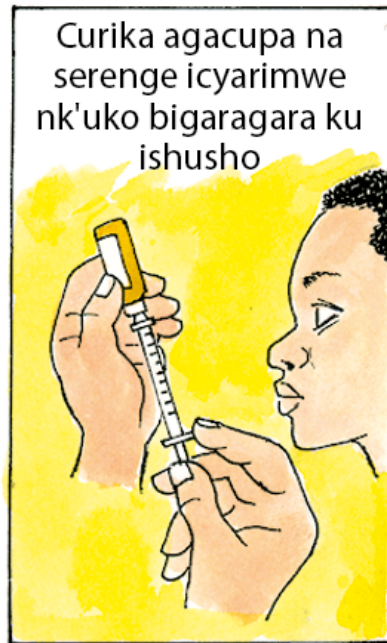
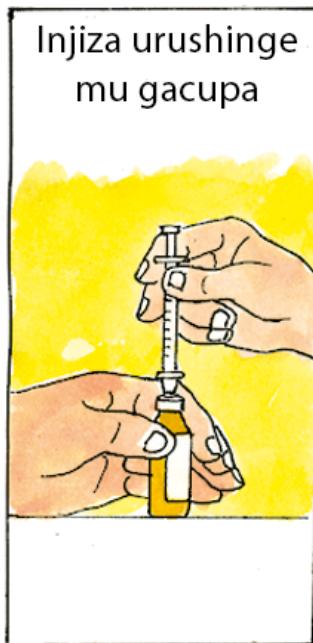
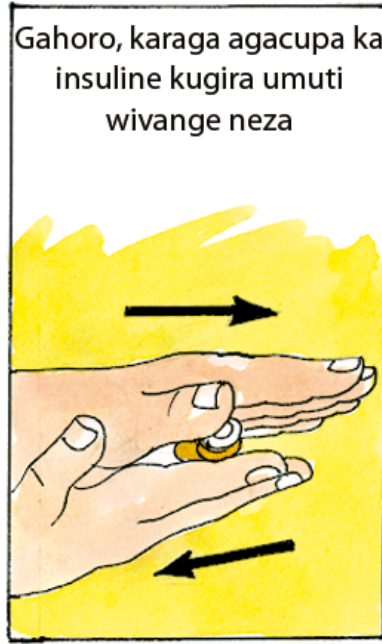


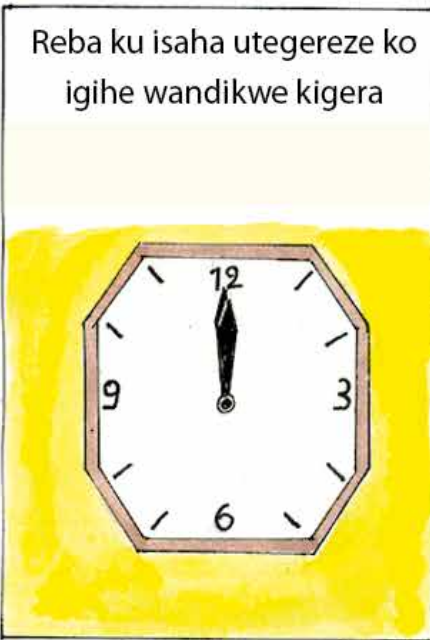
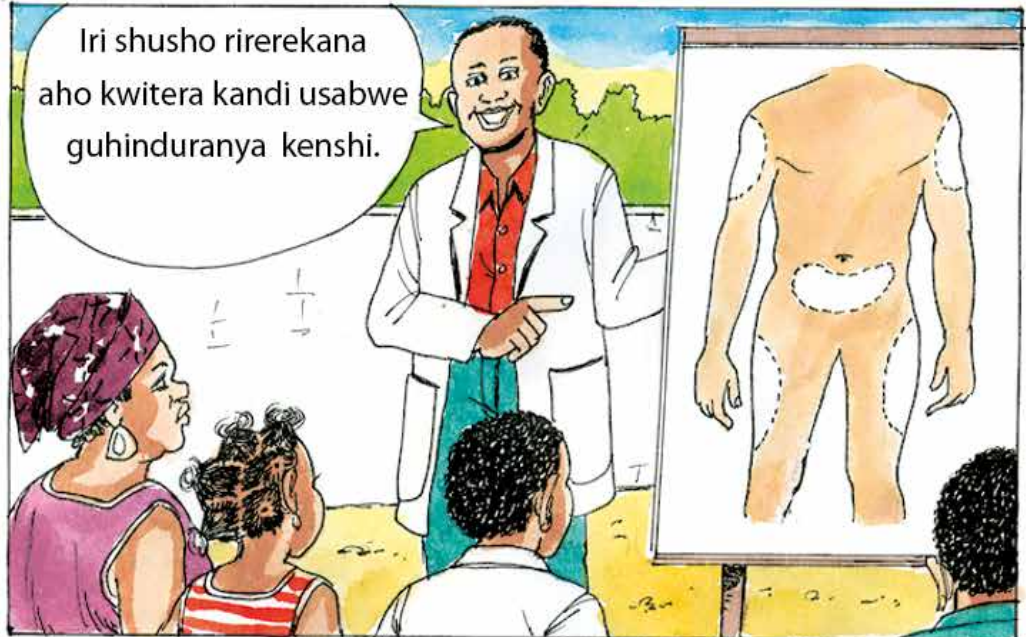
Rusaro noneho ari kumva ameze neza cyane, arishimye kandi na Mama we nuko.

Nsona n'umukobwa we bari gukurikira inyigisho kugira ngo bazabashye kwita kuri diyabete ya Rusaro

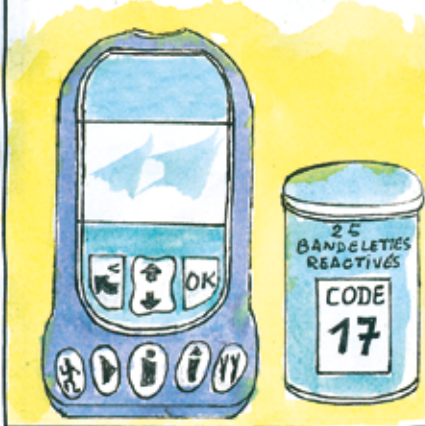


Uku niko batera insuline, uko bapima isukari mu maraso n'ibyo ugomba kurya.

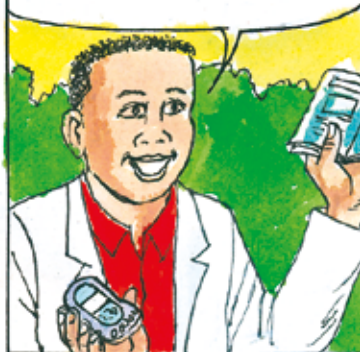




Uzakenera akamashini na strip (ni utuntu tumeze nk'udupapuro dukase neza). strips zigomba kuba zihuje n'akamashini ufite



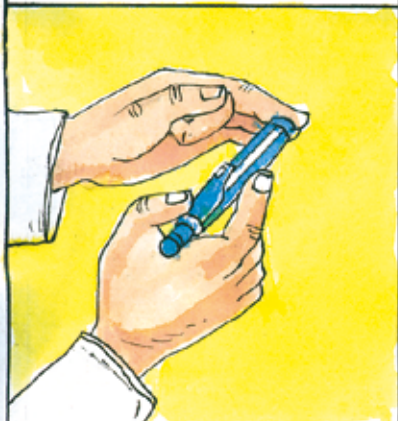
Banza usome imikoreshereze witonze. Reba umubare ngenga (nimero) niba ari ngombwa Suzuma ko amabuye ari gukora, uko strips zibitse kandi ko n'akamashini gasukuye.



Niba nimero itandukanye na nimero yanditse ku gacupa ka strips, hindura. Karaba intoki n' amazi n'isabune. Ushyire strip ku munwa w'akamashini Akamashini karitangiza ubwako.



Tobora urutoki ahagana ku mpera ku ruhande



Kurura agatonyanga k'amaraso, wegereza strip hafi y'aho watoboye. Akamashini gahita gatangira gukora kakaguha igisubizo nko mu masegonda 5.



Reba ibisubizo mu ngero nka mg/100 ml cyangwa mmol/L

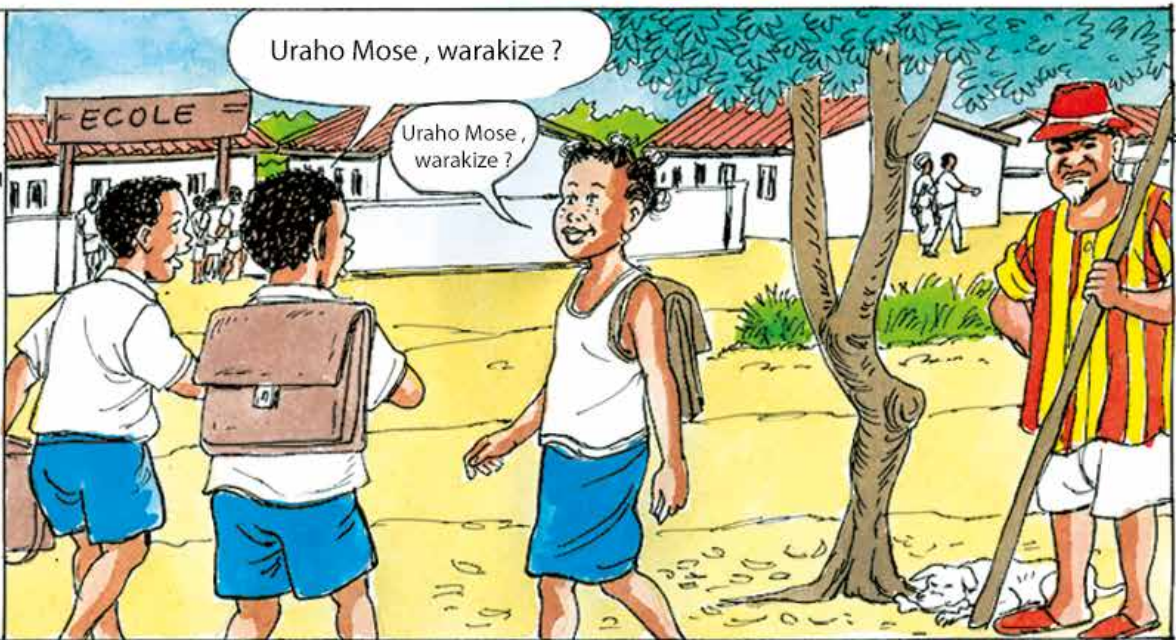


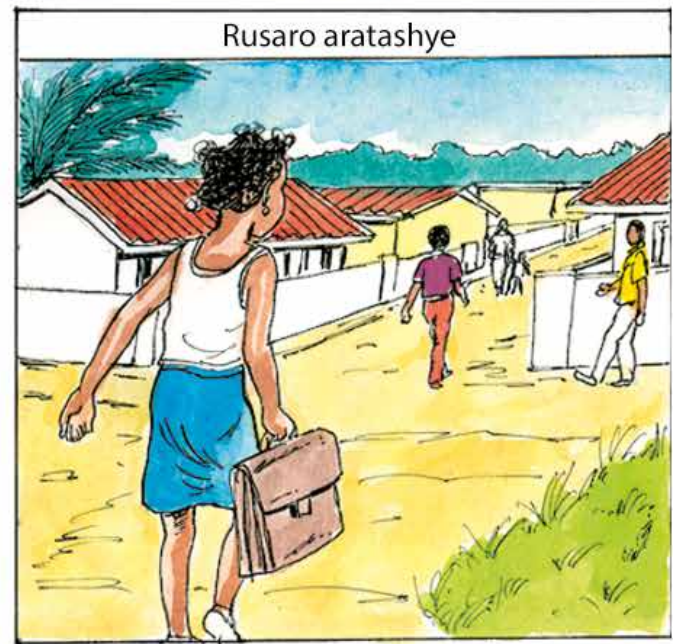
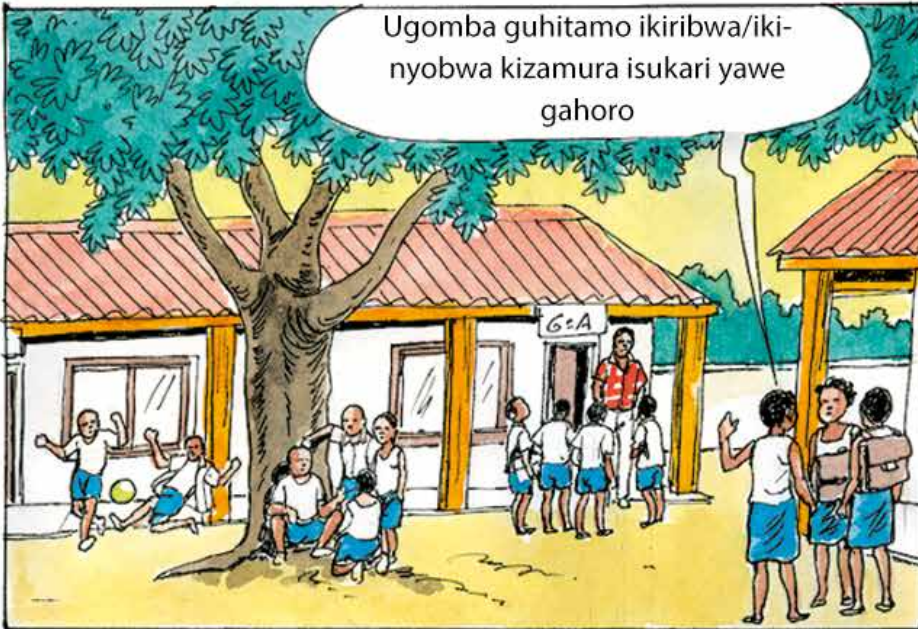
Andika ibisubizo ubonye mu gatabo kawe. Niba ari byinshi cyangwa bikeya cyane, ni ngombwa kubaza ukuvura akakugira inama yo kubyitaho.





Amaze kuva mu bitaro, Rusaro noneho amaze neza none asubiye ku ishuri.







Saa sita ahindura ifunguro , ikijumba cyangwa
ikirayi n'imboga hamwe n'ifi cyangwa
brochette



Mu ma saa kumi, afata
imbuto , ibisuguti
cyangwa irindazi



Ni mugoroba,
arongera
aritera
mbere yo
gufungurira
hamwe
n'umuryango
we

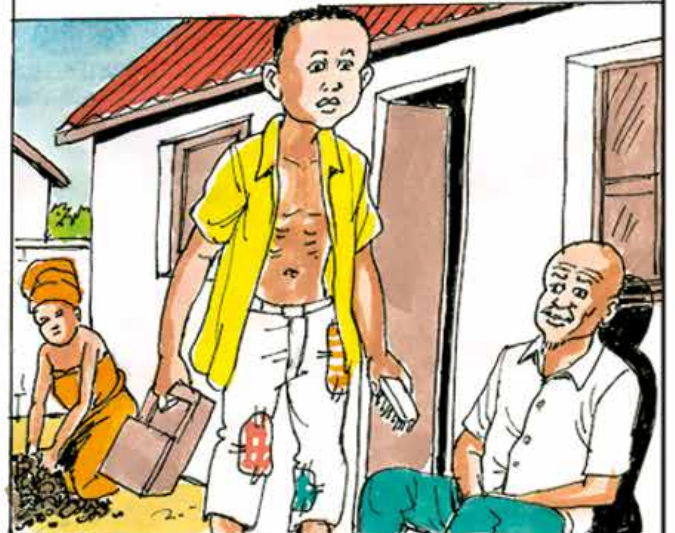


Ni byiza gufungura neza nshuti,
ibiryo na insuline bizagufasha

Mugisha atuye hafi y'iwabo wa Rusaro. Akora
akazi ko guhanagura inkweto mu mug



Papa we nta kazi agira naho Mama acuruza
amakara ngo abone ikibatunga





Ngiye guhanagura inkweto za Papa wa Rusaro hano hirya y'umuhanda.

Buri gitondo, Mugisha abanza guhanagura inkweto za Papa wa Rusaro, uyu mubyeyi nawe amugirira impuhwe akamwishyura menshi.



Mugisha, ngizi inkweto zo guhanagura.



Nukuri numva mugiriye impuhwe.



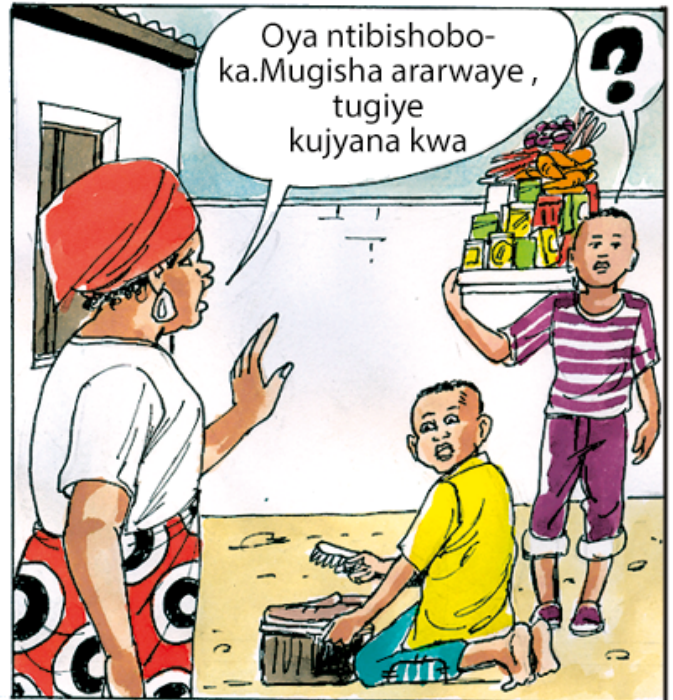
Mugisha aragaragara nk'umurwayi, ari guta ibiro kandi nta mbaraga akigira.



Nanjye nari ngiye kubikubwira, afitse ibimenyetso bimwe n'ibyo umukobwa wacu. Ishobora kuba ari diyabete nawe afitse.



Mugisha, ngwino tujyane mu mughi.



Oya ntibishoboka. Mugisha ararwaye, tugiye kujyana kwa



Bageze kwa muganga. Nsona noneho arahamenyereye.



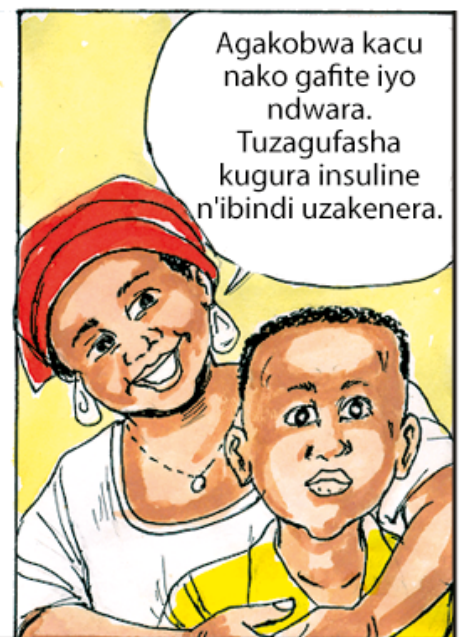
Ngwino sha, wigira ubwoba.

Ibipimo byo mu maraso no mu nkari byerekana ko Mugisha afite diyabete.

Komera nshuti, n'ufata insuline ugakurikiza imirire neza, uzaba umeze neza mu minsi ya vuba.



Agakobwa kacu nako gafite iyo ndwara. Tuzagufasha kugura insuline n'ibindi uzakenera.

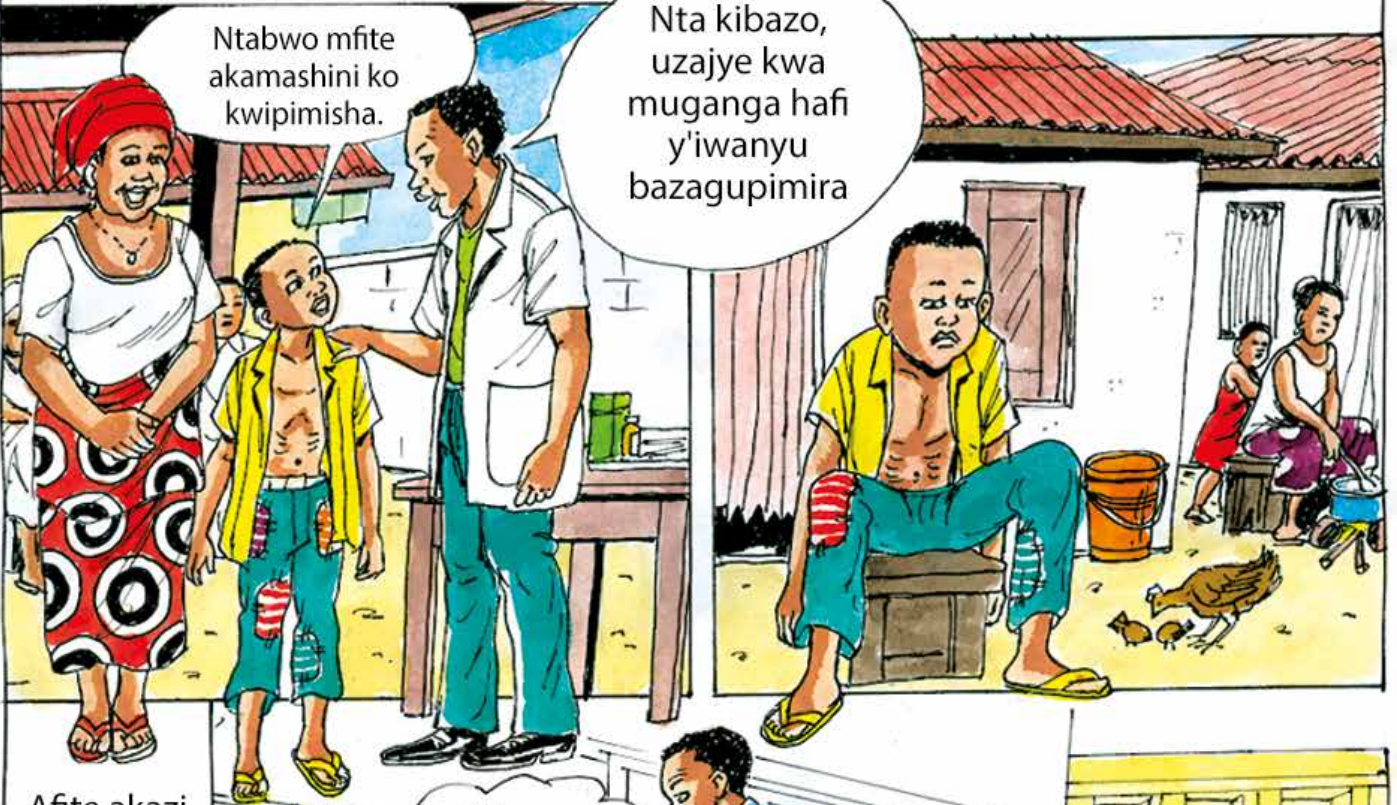


Mugisha nawe ari gukurikira "Inyigisho za Diyabete" aho yiga uburyo bwo kwitwera no gupima inkari.

Ariko Mugisha afite ikibazo cyo kubona ibyo kurya bihagije mu gihe cyo gufata insuline.

Ntabwo mfite akamashini ko kwipimisha.

Nta kibazo, uzajye kwa muganga hafi y'iwanyu bazagupimira



Afite akazi mu mugwi aho agomba gukorera udufaranga ngo agure ibyo kurya.

Ndumva nshonje.



Yishimye mu ma saa sita

Imana ishimwe ko nshoboye kubona icyo ngura umugati n'ubunyobwa.



Mugisha yitera insuline nyuma afata ifunguro rya saa sita



Mu ma saa kumi , Mugisha atashye ashonje cyane ariko ifunguro ntiraboneka



Mama, ndashaka utwo kurya.

Nibwo nkigera mu rugo, ibiryo ntibiraboneka, genda ube utegereje nk'abandi.



Ku bw'amahirwe, Mugisha abonye agafashanyo ka Mama wa Rusaro.



Akira agakombe k'amata n'irindazi

Nimugoroba, Mama wa Mugisha abiza amazi agiye gutegura ifunguro.



Mugisha akaraba intoki ,yitera insuline nyuma asangira n'umuryango we.

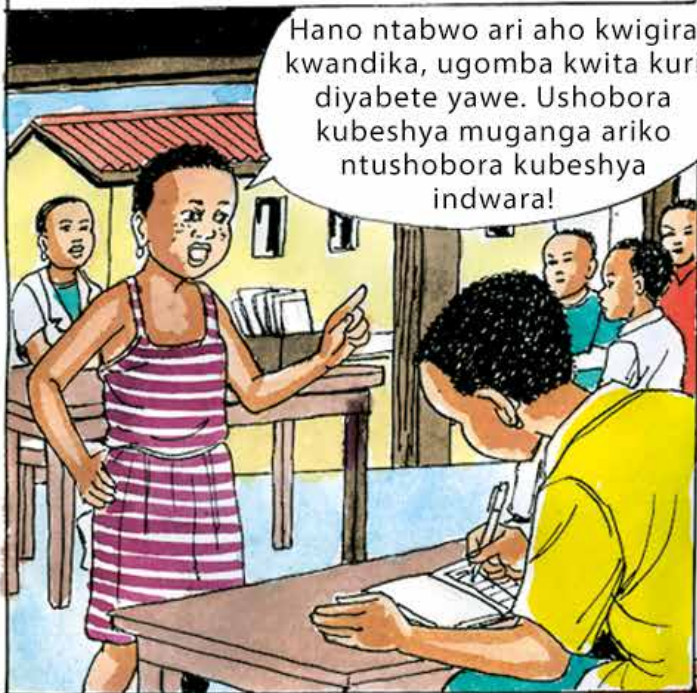


Rusaro na Mugisha babaye inshuti, basigaye bajyana kwa muganga kwipimisha.



Rusaro atanga agatabo ke kanditsemo neza ariko Mugisha we yibagiwe kwandika imiti n'ibipimo bye. Yicara hasi atangira guhimba ibyo yakoze mugihe cy'ibyumweru 2 ariko Rusaro ahita amubuza.

Umunsi umwe, Mugisha arabyuka abura icyo gufungura none.....



Mugisha arumva ashonje kandi anarwaye cyane.

Ari kubira icyuya cyane kandi hadashyushye cyane, afite isereri akanatigita



Ako kanya aba yituye hasi.



Arasambagurika ariko nako imbaga y'abantu imwuzuraho.



Abantu baba benshi vuba vuba.

Kano gahungu kataye ubwenge kandi ndakazi.

Ababyeyi ba Mugisha babimeneshejwe.



Papa wa Mugisha aza amasigama-

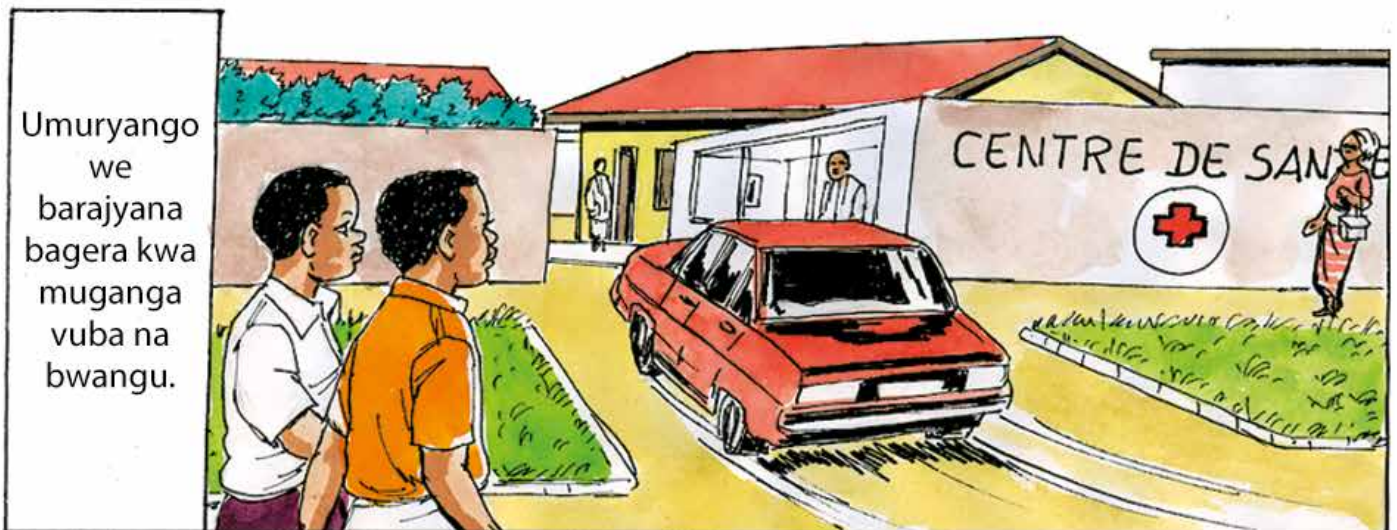
na
Mugisha yaguye hasi mu nzira. Ngo ashobora kuba atagihumeka.



Oya Mada, ntumbwire ko umuhungu wanjye yapfuye. Ibyo sinabyemera!

Reka tuge kureba uko byagenze.

Mugisha wanjye we, Oya, Oya, Mana yanjye koko, Oya!



Kwa muganga, umuforomo abona agatabo ka Mugisha ahita asobanurira umuryango we ko afite diyabete akaba ari kuri insuline. Umuforomo ahita apima ngo arebe ko atari isukari nke.



Reka tumutere 50% ya gilikoze mu mutsi. Mugisha ahita azanzamuka mu minota



Abari bari aho bose baratungurwa, barishima bariyamira



Ugomba kutongera kwibagirwa kurya igihe cyose witeye insuline.

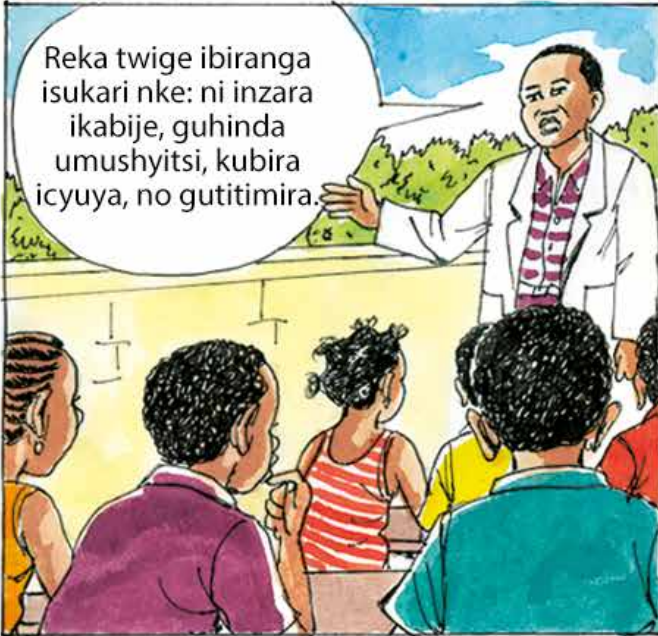
Naho ubundi isukari yawe ishobora kukubana nkeya cyane bikaba byagushyira mu kaga ndetse no kugwa muri koma.



Ibyumweru bitatu bishize, haba ibirori bihuza abana barwaye diyabete.



Reka twige ibiranga isukari nke: ni inzara ikabije, guhinda umushyitsi, kubira icyuya, no gutitimira.



Naho rero ibiranga isukari nyinshi: Kumagana umunwa, inyota nyinshi, no guta ibiro.



Rusaro na Mugisha sibo bonyine barwaye. Abakuru babasobanurira ko bamaze imyaka biyitaho Bamaze igihe barashinze umuryango w'abarwaye diyabete Ababyeyi nabo barafashanya kenshi.



Rusaro n'Inshuti Ze bamaze kumenya buryo ki diyabete ishobora guhindura ubuzima bwabo n'uburyo bwo kuyitaho.

Abana n'ababyeyi babo babanje kugira ubwoba. Ariko gahoro gahoro bamenye kujya bafatira ifunguro igihe, banagira ubutwari bwo kwitera insuline, n'ubwenge bwo kwipima.

Ikipe y'abaganga n'abaforomo bazabafasha gusubira mu buzima busanzwe, bamaze kwizera ko bazi kwita kuri diyabete yabo.

Twizeye ko abana bafite diyabete n'ababyeyi, inshuti n'abari-mu babo bazasoma kano gatabo bakazagira icyo bunguka ku kwita ku muntu urwaye diyabete.

Hafi ya buri gihugu gifite umuryango w'abarwaye diyabete, bityo turagushishikariza kuba umunyamuryango ufatanye n'abandi kwifasha.

Aka gatabo kateguriwe muri Repubulika Iharanira Demokarasi ya Kongo - guymbenza@yahoo.fr; mdcdiabrdc@yahoo.fr.

Artwork: Lepa and Bijou LOMBOTO ITOFU/00 243 815113220 blomboto@yahoo.fr.

Bisabwe na Association Rwandaise des Diabetiques, aka gatabo kongeye gusohorwa mu Kinyarwanda na International Diabetes Federation Life for a Child Programme (www.lifeforachild.org), byemewe na Dogiteri M.DeClerk, Lepa na Bijou Lomboto Itofo.

Kahinduwe mu Kinyarwanda na Laurien Sibomana wo kuri Kaminuza ya Pittsburgh. Mu gutegura ireme ry'aka gatabo hifashishijwe Lorenzo Piemonte, IDF.

Ukeneye andi makopi wabariza kuri lifeforachild@idf.org.