# WOWE N'INDWARA YA KANSERI

Global Oncology THE MEME

Iyi nyandiko yatunganyijwe ku bufatanye hagati y' Ikigo cya Global Oncology hamwe na THE MEME

# IBIBAZO BYIBAZWA KU **NDWARA YA KANSERI**

## IBIBAZO USHOBORA KUBA UFITE KU BURWAYI BW'INDWARA YA KANSERI

Aka gatabo gakubiyemo ibyo ugomba kwitegura kubona nk'ibimenyetso cyangwa uburwayi mu gihe ufite indwara ya kanseri n'ibyo ugomba gukora mu gihe urimo gufata imiti ya kanseri mu kuvura uburwayi ufite.

### » Kanseri ni iki?

Kanseri ni uburwayi buturuka kuri bimwe mu bice bigize umubiri w'umuntu bikura ku buryo bwihuse cyane ndetse kugeza aho bidashobora kugenzurwa n'umubiri. Mu gihe itavuwe, kanseri ishobora guteza uburwayi bukomeye bushobora no gukurizamo urupfu.

### » Imiti ya kanseri ni Iki?

Chemotherapy ni umuti ukoreshwa mu kuvura indwara ya Kanseri. Ufasha mu kuganza iyi ndwara.iyi miti ushobora kuyifata hifashishijwe uburyo bw' urushinge,cyangwa ibinini byo gucisha mukanwa.

### » Uzahabwa imiti ryari?

Iyi miti uzayihabwa igihe umuganga cyangwa umuforomo bakumenyesheje kuza kuyifata.

### » Havugwa indwara ya Kanseri bitewe n'igice cy'umubiri kirwaye; urugero Kanseri y'amaraso, kanseri y'uruhu,...

ni bumwe mu bwoko bwa kanseri,ubundi bwoko bwa kanseri bwigaragagaza cyane ni; kanseri zo mumihogo, kanseri y'ibere, kanseri y'inkondo y'umura, kanseri y'ibihaha, kanseri ya prostate.

### » Ese imiti ya kanseri yaba igira izindi ngaruka mbi ?

Iyi miti ya kanseri igira imbaraga nyinshi cyane kuburyo ishobora gutuma uremba cyane mugihe gikurikiye kuyihabwa.Nubwo biba bigoye gutyo, ntabwo ugomba guhagarika guhabwa iyo miti, ibyinshi muribyo bibazo ushobora guhura nabyo bigenda bishira mugihe urangije gufata imiti.

### » Ese kanseri irandura?

Oya, ntabwo kanseri yandura. Ndetse nta ngaruka zakugeraho kwegerana n'umuntu ufite uburwayi bwa kanseri kuko kanseri ari indwara itandura.

### Ese umuntu urwaye kanseri yakomeza gukora imibonano mpuzabitsina?

Ushobora gukomeza gukora imibonano mpuzabitisina ariko ni ngombwa cyane ko ukoresha uburyo bwo kurinda gusama no kwandura izindi ndwara zandurira mu mibonano nka virusi y'agakoko gatera sida. Ingero z'uburyo bwiza muraza kuzisobanurirwa: Agakingirizo, ibinini,...


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# IBYO USHOBORA KUBONA NYUMA YO GUHABWA **IMITI IVURA INDWARA YA KANSERI**

## ICYITONDERWA: NTABWO IMITI YOSE ITERA INGARUKA ZIGARAGARIRA KURI IBI IBISHUSHANYO ARIKO IMYINSHI ITERA IZI NGARUKA ZIGARAGARA KU BISHUSHANYO.

Imiti ya kanseri ni imiti ikomeye cyane ishobora no gutuma wumva urembye. Ni imiti ikomeye cyane ariko ni ngombwa ko utagomba guhagarika kuyifata. Ibibazo hafi ya byose ushobara kugira kubera iyi miti bizahagarara ubwo uzaba ushoje kuyifata.

**Gupfuka imisatsi**

**Kugira umunaniro ukabije**

**Kuruka**

**Kugira iseseme**

**Kunanirwa kwituma ibikomeye cyangwa kwituma impatwe**

**Gucibwamo**



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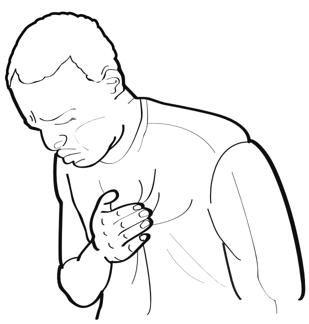
# NI RYARI **UGOMBA KUJYA KWIVUZA MUGIHE UFATA IMITI YA KANSERI?**

## IHUTIRE KUJYA KWA MUGANGA NYUMA YO KUGIRA KIMWE MURI IBI BIMENYETSO.

Hari ibibazo bisanzwe bishobora kugaragara nyuma yo gufata imiti ya Kanseri ariko bimwe muri ibyo bibazo nibyo kwitondera. Bibwire muganga cyangwa umuforomo wawe mu gihe ugize kimwe muri ibi bibazo, cyane cyane mu gihe wumva urembye.



**Kubabara mu gatuza**

**Guhera umwuka cyangwa kwitsa nabi**

**Kuraba ukitura hasi kubera uburwayi**

**Guhinda umuriro mwinshi**



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# AHO BANDIKA IBIBAZO BYAGARAGAYE BIKOMOKA KU GUFATA UMUTI

## AMABWIRIZA YOBORA

Shyira uruziga kukimenyetso kigaragaza uko wumvisye umerewe nyuma ya buri kiciro cyimiti.

| Itariki | Kugira umunaniro ukabije | Kuruka | Kunanirwa kwituma ibikomeye cyangwa kwituma impatwe | Gucibwamo |
|---|---|---|---|---|
| ICYICIRO CYA 1 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 2 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 3 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 4 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 5 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 6 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 7 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |
| ICYICIRO CYA 8 | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ | ☺ 😐 ☹ |

**Izindi ngaruka mbi waba waragize:** ____________________


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# **KWITA KU BARWAYI** BARWAYE KANSERI

### Kuruhuka

Imiti ufata ya Kanseri izaguca intege. Ugomba gufata umwanya wo kuryama no kuruhuka. Ugomba gusaba abo mu muryango wawe kugufasha imirimo yo mu rugo mu gihe umaze guhabwa imiti.

### Gutwikira umutwe wawe

Mu gihe ugize ibimenyetso byo gutakaza umusatsi wo ku mutwe, ugomba gushaka uburyo bwo gutwikira umutwe wifashishije igitambaro cyangwa ingofero.

### Kurya neza indyo yuzuye

Irinde ibiryo birimo ibirungo by'urusenda ndetse n'ibiryo bacuruza ku mihanda. Rya ibiryo bike bitagira/ bitarimo ibirungo, bitetse neza. Geregeza uhindure indyo yawe kandi urye ibiryo by'amoko atandukanye

### Kunywa amazi meza

Kunywa amazi meza:teka cyangwa ushyire umuti  wica udukoko two mumaziari wo witwa  sur eau mbere yo kuyanywa

### Kwita ku bisebe Byo mu Kanwa

Ku birebana n'ibisebe byo mu kanwa, vanga umunyu n'amazi y'akazuyazi mu gakombe gato cyangwa icupa. Wiyunyuguze mu kanwa n'aya mazi arimo umunyu buri mbere yo kurya na nyuma yo kurya ndetse na mbere yo kuryama nijoro.

### Koga intoki

Buri gihe karaba intoki n'isabune n'amazi , cyane cyane mu gihe urimo gutunganya ifunguro cyangwa mu gihe wakoze ku matungo ayo ari ya yose.

**Izindi nama n'amabwiriza bya muganga:** ______________________

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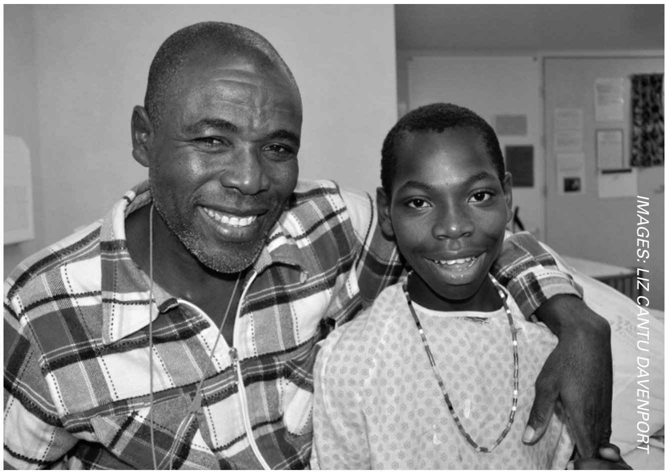
# **KWITA KU BARWAYI** BARWAYE KANSERI



### » Ugomba Kwitwararika

Ugomba kwirinda kwegerana n'abantu barwaye. Irinde ahantu hari abantu benshi ndetse no kuba ahantu hafunganye kandi hacucitse. Impamvu nuko ushobora kugira ibyago byinshi byo kwandura izindi ndwara nk'igituntu, malariya, ibicurane mu gihe uzaba urimo ufata imiti yawe.

### » Ibibazo waba ufite ku birebana n'imiti

Mu gihe waba ufite ikibazo icyo aricyo cyose ku birebana n'ibyo abantu barwaye Kanseri bagomba gukora mu gihe bari gufata imiti, usabwe kwegera muganga cyangwa umuforomo wawe akaguha ibisobanuro byimbitse.

### » Kwisuzumisha

Ugomba gusubira kwa muganga mu gihe ufite umuriro mwinshi cyangwa igihe cyose waba wumva utamerewe neza mumubiri. Komeza ufate imiti yawe y'izindi ndwara nk'iya virusi y'Agakoko gatera Sida, Igituntu cyangwa Diyabeti.

### » Inama zigirwa abarwaza b'umurwayi wa kanseri

Ni byiza kuba hafi y'abantu barwaye Kanseri kubera ko udashobora kwandura indwara ya Kanseri uyandujwe n'uyirwaye. Abakozi bo mu buvuzi ndetse n'abaganga bazagufasha kumva umerewe neza. Abarwayi bafite indwara ya kanseri bakeneye urukundo n'ubufasha bw'imiryango yabo.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# AMAKURU **AJYANYE NO KWIYANDIKISHA K'UMURWAYI**

## AMABWIRIZA

Nyabuna itwaze aka gatabo igihe cyose uje kwa muganga.Kereke umuganga wese ubona.

| Amazina y'umurwayi | |
|---|---|
| | |
| **Nimero ya telefoni y'umurwayi (#)** | |
| | |
| **Imyaka** | **Igitsina** |
| | |
| **Ubwoko bwa kanseri arwaye** | |
| | |
| **Izina ry'ibitaro** | |
| | |
| **Imiti ahabwa** | |
| | |

| Amatariki yikiciro ariho | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |


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