

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Ibirebana n'Ubuvuzi/Ubwiteganyirize bw'Ubuzima – 6

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 6

KINYARWANDA

<p>Umugore wa Li n'uwa Ba kandi bajya no kureba umubyaza n'ushinzwe indwara z'abagore. Niba uri umugore ushobora koherezwa kuri umwe muri abo baganga bazobereye mu kwita ku bibazo by'abagore.</p> <p>Abo baganga bagufasha utwite bakakwitaho muri icyo gihe utegereje kubyara. Ibyo ni byiza niba wifuza kubyara. Uzabyara umwana ufite ubuzima bwiza niba warisuzumishije.</p>	<p>Mrs. Li and Mrs. Ba also go to an obstetrician or gynecologist. If you are a woman, you may be referred to one of these doctors. They are experts in taking care of women.</p> <p>These doctors can help you when you are pregnant, providing prenatal care. This is very important if you are going to have a baby. Your baby will be healthier if you have prenatal care.</p>
<p>Abo baganga kandi bafasha mu bindi bibazo by'abagore byerekeranye n'imihango y'ukwezi no mu gihe cya menopoze ariko guca imbyaro.</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>Abo bose n'abandi baganga bashobora kugufasha mu byo kuringaniza imbyaro twita ONAPO. Kuringaniza imbyaro ni ngombwa kuko bituma ubyara wabyiteguye kandi ukabyara umubare w'abana <i>ushaka</i>.</p>	<p>These health professionals, and other doctors and nurses, can help you with family planning. Family planning is important so you will only get pregnant when you are ready, and can have only the number of children that you <i>want</i> to have.</p>
<p>Umugore wa Li yahisemo kubyara abana babiri gusa bityo akoresha uburyo bwo kuringaniza imbyaro afashijwe na muganga we.</p> <p>Ushobora guhitamo umubare w'abana ushaka. Igihe ushaka kuruhuka mbere y'uko utwita undi mwana na byo ni ku bushake bwawe. Vugana n'umuganga wawe cyangwa se umuforomo aguhugure mu byo kuringaniza imbyaro.</p>	<p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.</p> <p>How many children you have is <i>your</i> decision. You have a choice about how much time to wait between one child and your next pregnancy. Talk to your doctor or nurse any time you want information about family planning.</p>