

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Ibirebana n'Ubuvuzi/Ubwiteganyirize bw'Ubuzima – 7

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 7

KINYARWANDA

<p>Undi muganga ashobora <i>kukwohereza</i> ku muganga w'abana. Abaganga bavura abana baba barazobereye mu kuvura indwara z'abana.</p> <p>Ni ngombwa ko abana babona abaganga babo kenshi kugirango bakurane ubuzima bwiza n'imbaraga.</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>Ujye wibuka kuzana impapuro zerekana uko wagiye uvuza umwana, uzereke muganga niba ari ubwa mbere umwivurijeho.</p>	<p>Remember to bring all of your child's medical records to the first visit with the pediatrician.</p>
<p>Umugabo Ba ajya kwa muganga kenshi kwivuza rubagimpande. Bashobora kukohereza kwa muganga ushinzwe uburwayi <i>budakira</i>. Bene izo ndwara zifata igihe kirekire, zirimo indwara ziterwa n'umuvuduko w'amaraso udakwiriye, diyabeti na rubagimpande. Zigomba gusuzumwa na muganga kenshi.</p> <p>Niba urwaye imwe muri izo ndwara ni ngombwa ko ubona umuganga wawe kenshi kugirango agukurikirane.</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.</p>
<p>Ibyo urya n'imiti ufata byose bigira ingaruka ku buzima bwawe. Bwira muganga ibyo urya, ibyo unywa n'imiti ufata –<i>birimo na</i> vitamini n'imiti y'ibyatsi byunganira intungamubiri n'ibindi byose waba warafashe mu rugo. Baba bakeneye kandi kumenya niba unywa inzoga cyangwa itabi n'urugero rwabyo.</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take— <i>including</i> any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>