rero kugira umenye ko uzohava urwara canke woba umaze gufatwa n'iyo ndwara y' ivumbuka ry'umurindi w'amaraso.

IKINURE NZIBIRAMITSI BITA "KOLESTEROLE" KIMEZE GUTE?

Ikinure nzibiramitsi bita "kolesterole'' ni ikinure coroshe dusanga mu maraso. Ni ibisanzwe kugira ivyo binure kolesterole kuko bifasha mu kubumba uduhimba dutoduto twitanguriro turemye umubiri wacu. Ariko iyo ivyo binure bibaye vyinshi mu mubiri, bica bitera indwara y'umutima canke indwara iziba imitsi ijana amaraso mu bwonko.
Irwirirana ry'ibinure ''kolesterole'' ni kimwe mu bitera indwara y'umutima. Iyo hari ivyo binure kolesterole vyinshi mu maraso yawe, biraheza bikiyungiranya bikavurira imbere mu mpome z'imitsi mikuru itwara amaraso mu mutima. Haciye igihe ufise ivyo binure, bituma imitsi itimba, hanyuma igakongatara, hanyuma umurindi w'amaraso mu mubiri ukagabanuka canke bikazibira iyo mitsi. Ivyo rero bishobora gutera indwara y'umutima.

IBIMENYETSO VY'IGWIRIRANA RY'IBINURE NZIBIRAMITSI "KOLESTEROLE"

Irwirirana ry'ibinure nzibiramitsi "kolesterole" ntabimenyetso biboneka ryerekana, nico gituma bigoye kumenya ko uyigwaye utipimishije amaraso. Abantu bafise imyaka irenga 40 bategerezwa kuza baripimisha igipimo ca "kolesterole" kurugero muganga wabo yabahaye.

GUKINGIRA INDWARA Z'UMUTIMA

Indwara y'umutima irashobora gukingigwa! Muguhindura imfunguro wahora ufata no kugira imyimenyerezo, urashobora kugabanya ibihetangabo vyo gufatwa n'ingwara y'umutima.

- Kwongereza ibikorwa vy'inguvu, imyimenyerezo 'naho yoba ari ugutambuka gusa) nk'iminota mirongo itatu n'imiburiburi gatatu mu ndwi. Irinde kunywa itabi n'ukwegera abarinywa.
- Gabanya gushavura. Igerer mu binyobwa. Wirinde kuvyibuha cane. Fungura ivyamwa bibisi n'imboga.

Niba ushaka kumenya andi makuru raba internet y'ibigo bi kurikira:

American Heart Association
www.americanheart.org

National Stroke Association
www.stroke.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

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Amakuru ari muri aka gatabo aturuka ku makuru atangwa na:

The Centers for Disease Control and Prevention (CDC)

The U.S. Department of Agriculture (USDA)

American Heart Association

National Stroke Association

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement

CONTACT INFORMATION:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

Indwara y'umutima imeze gute?

(Heart Disease - Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org
Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

KUBAHO UFISE AMAGARA MEZA

Indwara y'umutima ifata umuntu iyo amaraso atwara ingaburo hamwe n'impemu nziza duhema agomewe ntashobore gushika mu mutima. Ivyo bituma umuntu afatwa n'indwara y'umutima, indwara yiziba ry'imitsi ijana amaraso mu bwonko canke mbere n'urupfu.

INDWARA Y'UMUTIMA IFATA GUTE?

Umutima uguma ukora igihe cose, haba ku mutaga canke mw'ijoro (amasaha mirongo ibiri n'ane ku munsi), upompa amaraso arimwo umwuka mwiza duhema (oxygène) n'ivyangombwa nkenerwa mu mubiri. Amaraso ashika mu mutima aciye mu mitsi mikuru. Iyo abantu barya kenshi canke barya imfungurwa zirenze urugero zuzuye ibinure canke isukari nyinshi, hanyuma ntibagire imyimenyerezo yo kunonora imitsi, ibinure biraheza bikagwirirana mu mitsi mikuru. Iyo rero vyagwiriranye, birameneka bigaca bituma haba igipfunda c'amaraso. Ico gipfunda gituma amaraso atembera nabi nabi mu mitsi hanyuma ntashike mu mutima, akaba arivyo rero bitera indwara y'umutima yamaze abantu.

IBIMENYETSO VY'INDWARA Y'UMUTIMA:

- Ububabare hagati mu gikiriza bumara umwanya muto canke buza bugenda bwongera bugaruka.
- Ububabare mu kuboko kumwe canke mu maboko yose, mu mugongo, kw'izosi, mu musaya canke mu mushishito.
- Guhema udashikana (ingorane mu guhema, canke mugusama impemu) ubabara canke utababara mu gikiriza
- Gufatwa bukumbi n'intuguta y'icuya gikonje, kugira iseseme canke kwumva uyamira nk'uwuzunguriwe.

Ivyo bimenyetso bishikira abagore n'abagabo co kimwe. Ariko hari ibindi bimenyetso vy'iyo ndwara bikunda gushikira abagore gusumba abagabo nko guhema udashikana, gusesemwa, kuyorwa, kubabara mu mugongo no mu misaya.

WOKORA IKI WIKETSE KO UFASHWE N' INDWARA Y'UMUTIMA?

Hamagara (telefona) inumero 911 buno nyene. Nturindire. Rondera ingene woshika kwa muganga ubwonyene. Umaze gufatwa n'indwara y'umutima kirazira kunyonga imodoka wijana wenyene ku bitaro.

INDWARA Y'IZIBA RY'IMITSI ITWARA AMARASO MU BWONKO CANKE INDWARA Y'UBWONKO IMEZE GUTE?

Indwara y'iziba ry'imitsi itwara amaraso mu bwonko ifata umuntu iyo umutsi mukuru utwara amaraso mu bwonko uturitse canke uzivye kubera igipfunda c'amaraso canke ibinure. Iyo kimwe muri ivyo bishitse, igice c'ubwonko ntigiheza ngo kironke umwuka mwiza n'amaraso meza gikeneye. Ico rero nico gitera indwara y'ubwonko. Iyo umwuka mwiza udashitse mu bwonko, udutsi duto duto tw'ubwonko duca dupfa ningoga. Ubwonko buca bupfa ubutagikira. Ibihimba vy'umubiri bikoreshwa nico gice c'ubwonko bwapfuye navyo nyene ntibisubira gukora.

IBIMENYETSO VY'INDWARA Y'UBWONKO ITERWA N'IZIBA RY'IMITSI ITWARA AMARASO MU BWONKO:

- Uruhande rumwe ry'umubiri, ukuguru kumwe, ukuboko kumwe, uruhande rw'umunwa hamwe n'ijisho rimwe rihereye kuri urwo ruhande birapfa
- Ingorane yo kuvuga no gutegera ibivuzwe
- Ingorane yo kubonesha ijisho rimwe canke yose.
- Ingorane yo gutambuka, kuzungurirwa, hamwe no gushobora guhagarara neza udahenuka
- Ukumeneka /ukubabara mu mutwe bishika giturumbuka, ata mpamvu zizwi zihari.

WOKORA IKI WIKETSE KO UFASHWE N'INDWARA ITERWA N'IZIBA RY'IMITSI ITWARA AMARASO MU BWONKO?

Hamagara (telefona) inomero 911 buno nyene. Nturindire. Rondera ingene ushika ku bitaro ubwonyene canke udatevye. Ufashwe n'iyo ndwara, kirazira kunyonga imodokari wijana wenyene kwa muganga. Ca wandika igihe n'isaha ibimenyetso vya mbere vy'iyo ndwara bigufatiye. Gufata umuti w'iyo ndwara y'ubwonko, bishobora kugabanya ingaruka mbi z'iyo ndwara.

IVUMBUKA RY'UMURINDI W'AMARASO

IVUMBUKA RY'UMURINDI W'AMARASO RIMEZE GUTE?

Umwanya wose umutima uteye, urungika amaraso mu mitsi minini. Ivumbuka ry'umurindi w'amaraso, ni iyo amaraso atera n'inguvu nyinshi, bikerekana rero ko umutima wawe uriko urakora cane birengeye urugero. Ntushobora kwumva ko umutima wawe uriko urakora bidasanzwe, ariko ivumbuka ry'umurindi w'amaraso n'ingwara ihambaye kandi yica. Utivuje, ivumbuka ry'umurindi w'amaraso rishobora gutera:

- ihagarara ry'umutima
- ubumuga bw'amafyigo
- indwara y'umutima
- indwara y'ubwonko
- kutabona neza hamwe n'uruhumyi.

IBIMENYETSO VY'IVUMBUKA RY'UMURINDI W'AMARASO

Nta bimenyetso vy'ibonekeza kuri iyo ndwara. Nico gituma bayitazira" RWICA RUHOZE.'' Ivumbuka ry'umurindi w'amaraso rivurwa canke baryirinda mu gufungura imfungurwa z'ingirakamaro kandi uko wabitegetswe na muganga hamwe n'ukugira imyimenyerezo yo kunonora imitsi ya minsi yose. Ni ukwipimisha