Susan G. Komen®

Inyigisho zo gukangurira umuntu kwitaho ubuzima bw'amabere yiwe

1. Menya ibishobora gutuma urwara

- ☐ Vugana n'abo ku mpande zose mu muryango wawe kugira umenye kahise kabo mu vyerekeye indwara bagwara kenshi
- ☐ Vugana n'umuganga kuvyerekeye ingene ushobora kubangamirwa n'indwara ya kanseri ifatiye ku mabere

2. Ipimishe

- ☐ Vugana n'umuganga wawe kugira umenye ubwoko bw'ibipimo bigukwiriye bafatiye ku magara yawe nimba ubangamiwe cane
- ☐ Koresha igipimo citwa mamogarame gifasha kumenya ingene amagara y'amabere yifashe, uko umwaka utashe, kuva ku myaka 40 nimba urugezo rwo kubangamirwa ruri hagati na hagati
- ☐ Kuva ku myaka 25 ipimishe amabere n'imiburiburi uko imyaka itatu iheze, hanyuma rimwe rimwe mu mwaka kuva ku myaka 40
- ☐ Iyandikishe kuri komen.org/reminder kugira tuze turakwibutsa kwipimisha

3. Menya ibintu bisanzwe kuri wewe

- ☐ Raba umuganga wawe mu gihe wibonyeko ku mabere yawe icahindutse na kimwe muri ibi bikurikira:
  - Ikivyimba mw'ibere canke mu kwaha
  - Ibere rivyimba, rigira umururumbo, ryahindutse rigasa n'agahama canke rikirabura
  - Ibere ryabaye ririni uko bitahora
  - Utunogo canke iminkanyanya ku rukoba
  - Imisonga, ibiherehere kw'imoko
  - Uburibwe, umusonga no gufurutira kw'imoko canke mu bindi bihimba vy'ibere
  - Uruzira ruva mw'imoko rwiyadukije
  - Umusonga mushasha uguma ahantu hamwe udatezura

4. Fata ingendo yo kubaho ubuzima butuma ugira amagara meza

- ☐ Baho ufise ibiro bituma ugira amagara meza
- ☐ Ongereza imyimenyerezo ku karashishi wari usanzwe ukora
- ☐ Gabanya inzoga unywa
- ☐ Gabanya imiti ufata ubitewe nuko waciye
- ☐ Onsa mu gihe bishoboka

Ugomba kumenya vyinshi rabira ku muhora ngurukana bumenyi wacu canke uduterefone ku murongo babarizako imfashanyo ku bijanye n'amagara meza y'amabere:

www.komen.org 1-877 GO KOMEN (1-877-465-6636)

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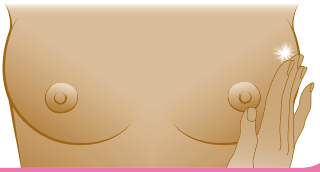
Menya ibintu bisanzwe kuri wewe

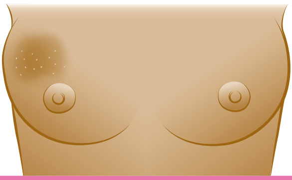
Ibimenyetso vya kanseri yo mw'ibere si bimwe ku bagore bose. Ni nkenerwa kumenya ingene mu bisanzwe amabere yawe angana n'ingene yiyumva. Ubonye hari ikintu na kimwe cahindutse, raba umuganga.

Ivyahindutse woshobora kumubwira ni nk'ibi:

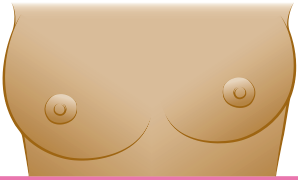
- Ikivyimba mw'ibere canke mu kwaha



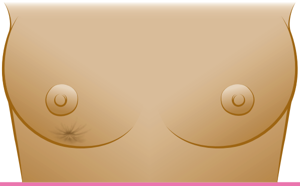
- Ibere rivyimba, rigira umururumbo, ryahindutse rigasa n'agahama canke rikirabura



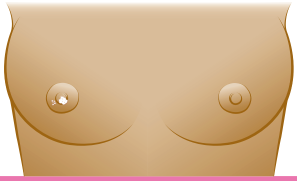
- Ibere ryabaye ririni uko bitahora



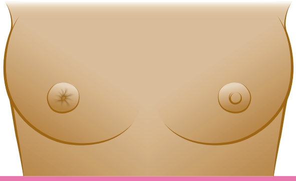
- Utunogo canke iminkanyanya ku rukoba



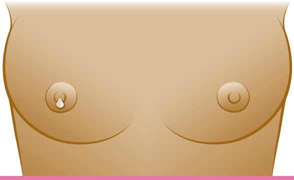
- Imisonga, ibiherehere kw'imoko



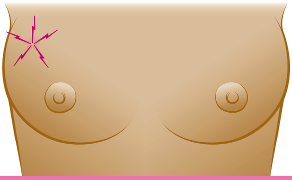
- Uburibwe, umusonga no gufurutira kw'imoko canke mu bindi bihimba vy'ibere



- Uruzira ruva mw'imoko rwiyadukije



- Umusonga mushasha uguma ahantu hamwe udatezura



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