

Oku ori kubaasa Kutuura oyine Ekookoro

AKATABO K'ABARWEIRE B'EKOOKORO



RUNYAKITARA



 **UCS** Uganda
Cancer Society

Okwebaza

Akatabo ka abarweire aka kakatebekanisibwa aba, “The Johns Hopkins Center for Communication Programs” obwo nibakorera hamwe n’ebitongore ebindi ebibari kukwatanisa nabyo omurimo, ebyahaire obuhabuzi obw’omutaano n’okworekyerera kurugirira okukishemereire: Ab’ekitongore Ky’eby’amagara omuri Uganda (*Ministry of Health, Uganda*), Eitendekyero ry’oburweire bw’ekookoro omuri Uganda (*Uganda Cancer Institute*), Abajwekyerwa kuruga omu bitongore by’ekookoro omuri Uganda obwe byebembeirwe ekitongore ekiri kujunanzibwa aha by’ekookoro omuri Uganda ekiri kumanywa nka Uganda Cancer Society.

Ebiri omu katabo aka bikihwa omu bitabo ebimwe ebyatebekanisiibwe ab’ekitongore ky’eby’ekookoro ekya Amerika (The American Cancer Society) kandi byemereire aha mutindo gw’okucondooza okwakoziwe omu barweire b’ekookoro hamwe naabo abari ku bareeberera omuri Uganda. Bikyeho aha biri omu katabo aka, bikihwa omu kitongole ekya MacMillan Cancer Support, hamwe n’omu Eitendekyero ry’oburweire bw’ekookoro omuri Amerika (The U.S. National Cancer Institute). Ekitongore ekiri kumanywa nka “DESIGNiT., Uganda nikyo kyabaire nikijunanzibwa ahabw’ebishushani hamwe n’eby’okureeberaho ebiri kushangwa omu katabo aka. Aba ekitongore Ky’eby’amagara na Eky’eby’oburweire bw’ekookoro nibo baayebembeire okuhitsya omu bantu obutabo obu omu Eihanga hamwe n’emishomo y’omuringo gwa okukozesa akatabo aka.

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“Ntwire ndi emponoka
y’ekookoro y’amabeere
kumara emyaka eikumi na
mukaaga (16) kandi...
nkaabaire nafiire kuri
ntarabeire emanzi
nkashemezibwa kandi
nkatunga n’okuragurirwa.”

Omukozi ori kuhika haihi naimwe, Uganda Women’s
Cancer Support Organisation

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1.

Eby'okwanjuura

Okumanya ngu oyine ekookoro nikibaasa kureeta empindahinduka nyingi kandi nobaasa kwebuuzo ebibuuzo bingi . Aha, nitugarukamu ebibuuzo bingi aha kookoro n'okugiragurira. Twine amatsiko ngu ebi nibiza kukuhwera n'eka yaawe. Ebi tibiri kuhindura obuhabuzi bw'omushaho waawe. Okugamba n'abashaho baawe nigwo muringo gwonka gw'okumanya ebiri kufa aha magara gaawe, n'okuragura okukurakore.

2.

Ekookoro niki?

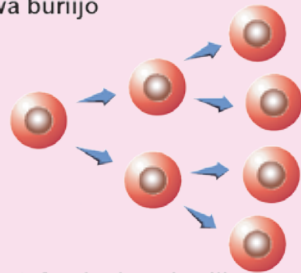
Ekookoro n'endwara ahu ori kushanga obutafaari bw'omubiri buri kukurira kandi bukazaara buteine kiri kubwemereza. Eki nikireetera omubiri kuremwa kukora nk'okugwakubeire nigukora.

Obutafaari bw'omubiri nikimanyisaki?

Omubiri gw'omuntu gukozirwe obutafaari bukye kandi bwingi. Obutafaari obw'obutoosha nibukura haza bwecwamu, kukora obutafaari butsy ahabwokuba omubiri niguba nigubwenda.

Obutoosha obutafaari kuburi kukura nari bwasisikara bufa. Obutafaari obutsya nibutwara omwanya gw'obukuru.

Okwebaganisamu kw'obutafaari okwa buriijo

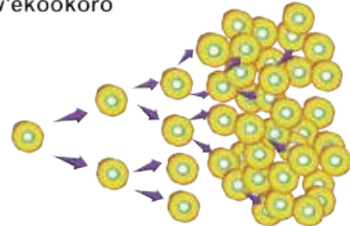


Obutafaari obwa buriijo

Obutafaari bw'ekookoro tibwabutoosha

Nibugumizamu nibukura kandi bwebaganisamu okuhitsya bwaba bwingi munonga. Obutafaari bw'ekookoro nibwerundaana kukira obutafaari obwo'butoosha. Eki nikireeta ebizibu bingi aha kicweeka ky'omubiri ahu ekookoro eri kutandikira. Obutafaari bw'ekookoro hoona nabwo nibuza omubindi bicweeka by'omubiri, eki obutafaari obwa butoosha butari kukora.

Okwebaganisamu kw'obutafaari bw'ekookoro



obutafaari bw'ekookoro

3.

Emiringo y'ekookoro

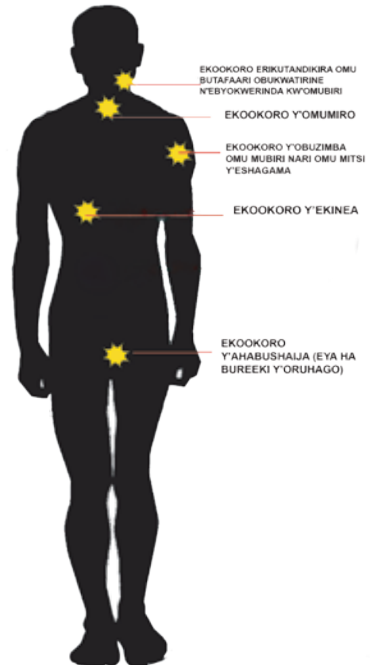
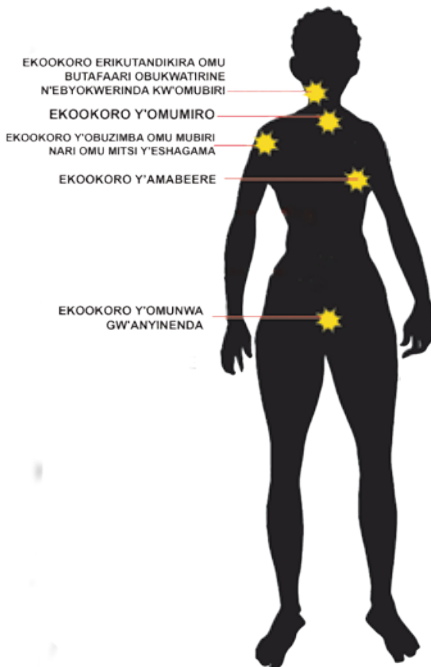
Obutafaari bw'ekookoro nibubaasa kutandikira omu kicweeka kyoona eky'omubiri. Kandi nibubaasa kuza omu bicweeka ebindi eby'omubiri bukurireyo. Omuringo gw'ekookoro nigwetwa eizina kurugirira omwanya ahu eri kutandikira. Ekookoro kw'eri kutandikira omw'ibeere, neyeta ekookoro y'eibeere.

Hariho emiringo mingi y'ekookoro. Ekookoro ezimwe nizikura kandi zijanjaara aho naaho.

Omuntu ku ari kuba arweire ekookoro, omushaho naija kwenda kumanya omuringo gw'ekookoro eyi ari kuba arweire.

Emiringo y'ekookoro eri kukira kushangwa omu bakazi omu eihanga ryaitu Uganda n'etaano, kandi niyo egi

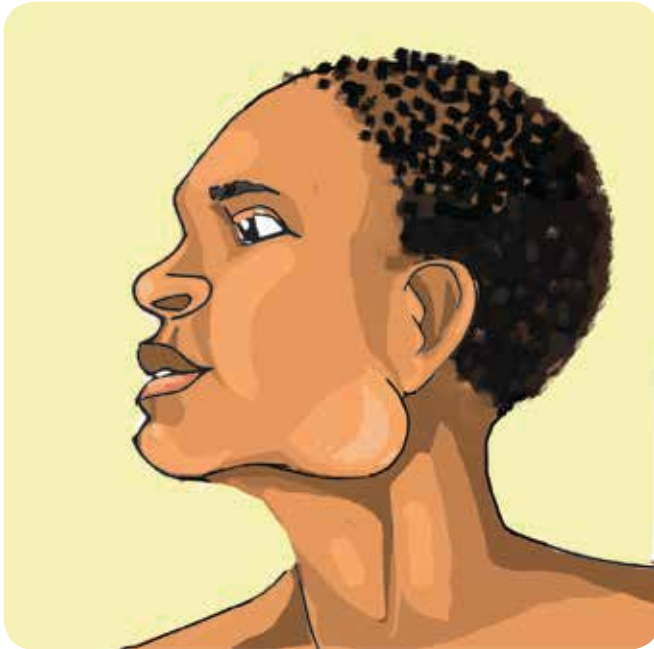
Emiringo y'ekookoro eri kukira kushangwa omu bashaija n'etaano, kandi niyo egi



Ekizimba nikimanyisaki?

Ekizimba n'ekintu ekiri kuza aha mubiri kikagumaho kityo nari kikecyongyera kuzimba. Ekookoro enyingi nizireeta obuzimba. Kwonka tibuzimba bwoona ngu n'ekookoro. Obuzimba obutari bw'ekookoro (benign) tiburi kutinisa.

Obuzimba obw'ekookoro nibwe bwakabi (malignant). Hariho ekookoro nk'eyomushagama (Leukemia), ekookoro ezitari kureeta buzimba. Nizikurira omu shagama ninga omu bicweeka ebindi eby'omubiri.



4. Niki ekiri kureeta ekookoro?

Tihariho ekintu kimwe ekiri kureeta ekookoro. Kwonka hariho enshonga ezakabi eziri kwongyerera omuntu emigisha y'okukwatwa ekookoro. Omuri ezi harimu:

- ◆ Emwe aha miringo y'oburweire nka Sirimu (HIV) hamwe n'akakooko ka *Papillomavirus* (HPV).



- ◆ Okwitsya omwika gw'etaabe, oguri kuruga omu kwotsya obuveera, nari okwitsya omwika oguri kuruga omu ingini eziri kukozeza amajuta ga dizero.



- ◆ Okurya eby'okurya otaririreho ebijuma n'emboga biri kumara, kandi hamwe n'okuhanguha munonga.



- ◆ Okukaikura. Ahu emibiri yeitu eri kukoma kukura, niho emigisha y'okukwatwa ekookoro eri kukoma kweyongyera.



Ekookoro teri kureetwa amarogo nari amaani agatari kwetegyerezibwa. Ekookoro n'endwara eri kubaasa kukwata buri omwe, buri hamwe, buri eihanga obwire bwoona.

5. Ekookoro neturirwa?

Ekookoro teri kuturira. Teri kuruga ahamuntu kuza ahandiijo . Tori kutunga ekookoro waba noreeberera ogirweire, waba notuura nawe, nari norya nawe.

Ekookoro ezimwe nizibaasa kureetwa obukooko obutari kutambwa n'obundi oburi kutambwa oburi kuruga ahamuntu kuza ahandiijo.

Kwonka nabwo ekookoro ezirikureetwa obukooko obu, tiziri kuturira kuruga aha muntu kuza aha ndiijo.



6. Ekookoro nehugurwa?

Omukookoro ezimwe, obutafaari obutari bwabutoosha nibubaasa kutungwa kuruga omubazeire. Omu maka nkaago, omuntu ari kurenga aha ri omwe abaasa kutunga ekookoro ey'omuringo gumwe. Kwonka ekookoro teri kutungwa kuruga aha muzeire kuza aha nk'oku kiri aha buringwa, erangi y'amaisho nari Sirimu okukarikuturira.

Ekookoro nereetwa empinduka n'oburyo bw'obutafaari buri kwebaganisamu. Empinduka ezi nizekura kubaho obunaku obw'omuntu ari kuhikwaho akabi k'okunukirwa omwika gw'etaabe nari bayotsya obuveera.



7. Nahabwenki niinye?

Abantu abeine ekookoro obumwe nibebuuza, "Ahabwenki ari nyowe?" Nkakora kibiki kutunga ekookoro? Abamwe nibeikiriza ngu n'ekiheneso ahabwebibakozire nari ebibatarakozire enyimaho.

Ebyo waba nobyehuriramu, tori wenka. Entekateeka hamwe n'enyikiriza nk'ezo zigumire nizikanya omu bantu abaine ekookoro. Oshemeriere kumanya ngu ekookoro ti muceeno gw'ebintu eby'otarakozire. Orekye kwecwera orubanja, nari ogyezeho kureeba ngu ebiri kureeta ekookoro wabyehara, obwo hati noba wagitanga, watandika kwerebereragye.



8.

Omushaho namanya ata ngu nyine ekookoro?

Nobaasa kuba wagyenzire kureeba omushaho bwanyima y'okutunga oburemeezi. Omushaho nawe acebera obubonero buri kureeta ekookoro.

Omukozi w'eby'amagara yatekateeka ngu oyine ekookoro, naija kukushaba ngu bakwiheho akanyama ahamubiri gwaawe kwenda kuhanya ngu oyine oburweire obu obw'ekookoro.

Nibabaasa kukushaba ngu oterwe ebisushani by'amashanyarazi (X-Rays), okuza omu ka Tivi (Scans), kandi bacebera n'eshagama. Nibakira kwenda ngu otungye okuceberwa kukurenga hamurundi gumwe.



Okucebera Ekookoro y'amabeere hamwe n'ey'omunwa gw'anyinenda

Obumwe n'obumwe, nikyanguha kushanga oyine ekookoro otakatungire obubonero bwayo. Ekitongore ky'eby'amagara nikimanyisa abakazi ngu bagume bacebeze ekookoro y'amabeere hamwe n'eyomunwa gwa nyinenda n'obubaraabe bateine bubonero. Eki nikibahwera kumanya ekookoro bukirikare, ekiri kurugamu okugiragurira n'okugikiza.

Obubonero Bw'ekookoro oburi kukira Kuba Obw'obutoosha

Hariho obubonero obu oshemereire kuba nocebeza . Otakayerarikirira ku oratungye obubonero oburi kuba bucebeirwe omushaho w'eby'amagara. Okwori kwemanya bukiri kare ngu oyine ekookoro, nikwo eri kwanguha kubaasa kukira. Nooba otari kushiisha obweire bwaawe. Obubonero obw'obutoosha nibwo obu:



Okuhururuka okutari kushobororwa



Ebizimba



Okujwa eshagama okutari kwa buriijo



Obusaasi obutari kushobororwa



Ebironda nari okuhinduka kw'omubiri okutari kworeka kugyenda juba

Obubonero obu nibubaasa kureetwa ekindi kintu etari ekookoro. Beitu nikirungi obutoosha kucebeza ahamushaho w'ebyamagara ahonaaho nkokukiri kubasika.

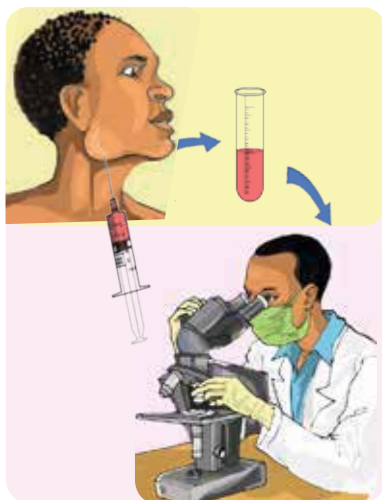
Hariho obundi bubonero bwingi bw'ekookoro, obutahandiikwa aha, wayehuriramu empinduka yoona y'amaani omu mubiri gwaawe, nari omumikorere yagwo, na munonga kyamara omwanya muraingwa, nari wayeyongyera kuba kubi, ocebeze ahamushaho w'ebyamagara.

9.

Okwiha aha muntu akanyama kokucebera nikimanyisa ki?

Ogu nigwo muringo gwonka gw'okuhanya ku ekookoro eruho. Omushaho nakwihaho akanyama kaky'e k'okucebera omu kyoma ky'ekitangaaza (Microscope). Obumwe nibakozesa empitirizo, omushaho nakuha okuragurirwa kugira ngu otahurira obusaasi yaaba nakwihaho akanyama k'okucebera.

Kuharabe harimu obutafaari bw'ekookoro, omushaho naza kukugambira eidaara ry'ekookoro.



- ◆ Okukwihaho akanyama k'okucebera tikiri kuturiza ekookoro omubindi bicweeka by'omubiri.
- ◆ Okwihwaho akanyama k'okucebera tikiri kurekaho ekironda kihango. Nibaihaho akanyama kaky'e munonga

10.

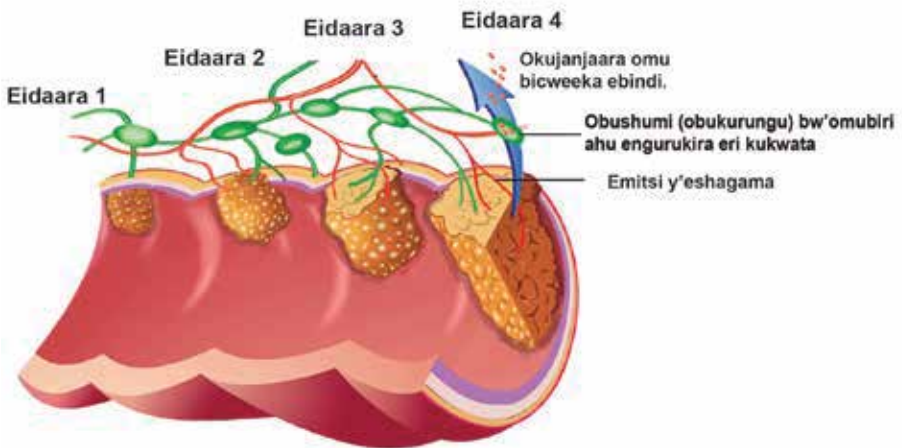
Amadaara g'ekookoro erikurabamu nigahi?

Ku orikumara kuceberwa ekookoro, omushaho niwe ari kusharamu kurugiririra aha buhango bw'ekizimba yaaba ekookoro yabugire omu bicweka ebindi eby'omubiri. Eki nikyeta okukura kw'ekookoro. Okumanya okukura kw'ekookoro nikireetera omushaho kucwamu omuringo gw'ekookoro hamwe n'obujanjaabi obwarakuhe nangwa nikyo kimwe ekiri kumureetera okumanya aha by'okukira kw'omurweire.

Ekookoro Enyingi Zeine Amadaara Ana(4)

Eidaara ry'okubanza nari eryakabiri, nirimanyisa ngu ekookoro tekurugire omukicweka kuza omubindi bicweka by'omubiri kandi nebaasa kurahuka kutambirwa. Eidaara ry'akashatu nirimanyisa ngu yaatandikire kujanjaara kandi kigumire kugiragurira.

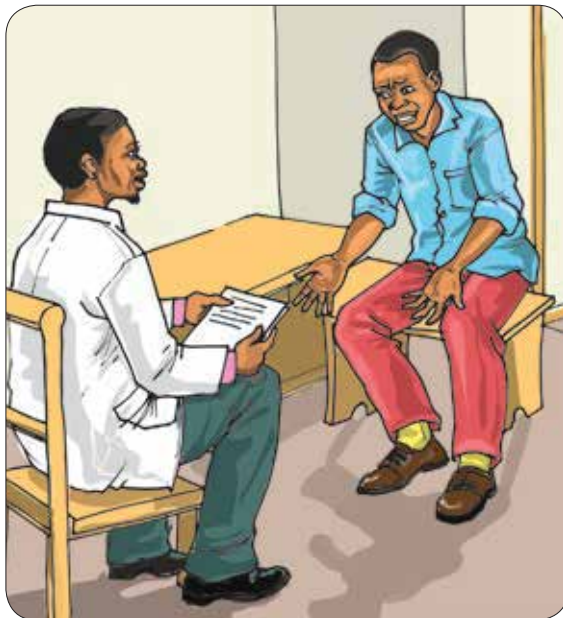
Eidaara rya kana(4) nirimanyisa ngu ekookoro yajanjare omu bindi bicweka by'omubiri kandi tekitambirwa. Obuuzi omushaho waawe akushoborore, Eidaara ry'ekookoro yaawe ne'ki kirikumanyisa aha murweire.



11. Ninyija kwitwa ekookoro?

Okutunga ekookoro tikiri kumanyisa ngu niyo erakwite. Ku oratandikye kandi wamara n'okuragurirwa bukiri kare, emigisha ey'okuhonoka neeba eri mingi. N'ebintu bingi ebiri kubaho bikatuma omuntu yahangaara bwanyima y'okutunga ekookoro. Ebi harumu:

- ◆ Omuringo gw'ekookoro hamwe naheri kuba ari omumubiri gwaawe
- ◆ Eitembezo ry'ekookoro
- ◆ Ekookoro yaawe yaaba nerahuka nari netuuraho kukura
- ◆ Obukuru bwaawe hamwe noku amagara gaawe gabeire gari otakatungire ekookoro
- ◆ Oku okuragurirwa kurakutwaze



12. Ekookoro neragurirwa eta?

Emiringo y’okuragurirwa ey’omushaho arakuhandikire nerugirira aha muringo gw’ekookoro eyori kuba oyine, eitembezo eryerikuba erimu, emyaka yaawe, nangwa n’amagara goona okutwariza hamwe.

Emigasho Y’okuragurirwa

Omugasho gw’okuragurirwa nigubaasa kuba okutamba, okuzibira nari kuraguririra oburemeezi obu eri kureeta. Oshemereire kubuza omushaho waawe omugasho gw’okuragurirwa kwaawe.

Emiringo Y’okuragurirwa

Emiringo eri kukira kuragurira ekookoro n’okushemeza, kutunga omubazi gw’okwita obutafaari bw’ekookoro ninga okucendeeza okukura kwo’butafaari bw’ekookoro, hamwe n’okurabya omu mashanyarazi kuzibira obutafaari bw’ekookoro kukura nari okubwita.

Enshashura y’okuragurirwa

Enshasura y’okuragurirwa nerugirira aha muringo gw’ekookoro hamwe n’obwire obu eri kumara. Bwanyima y’okuragurirwa, ekookoro nebaasa kugaruka kandi eyetenge okuragurirwa omurundi ogundi. Waba notuura hare n’eirwariro oshemereire kuba oyeteekatekire kushashura esente z’orugyendo, eby’okurya hamwe n’oburaaro. Ebitongore ebimwe ebihandikirwe enyima y’akatabo aka, nibihereza obuhwezi abarweire b’ekookoro baaba nibaraguza.

Okushemeza

Okushemeza nikubaasa kwejunisibwa kwihamu ekookoro. Omushaho nabaasa kwihamu bimwe nari ebicweeka byona eby'omubiri ebiri kuba bisisirwe ekookoro. Aha kookoro y'amabeere, akacweeka nari eibeere ryona nibabaasa kurihaho. Aha kokoro y'obushaija, obushaija nabwo nibabaasa kubwihaho. Okushemeza nikubaasa kukozeesibwa kutamba ekookoro, kugirinda hamwe n'okuragurira ebizibu ebyeri kureeta. Okushemeza tikuri kukora aha miringo yoona ey'ekookokoro. Eky'okureeberaho, ekookoro y'omushagama (Luekemia) nekira kuragurirwa n'emibazi.



Okuragurira Ekookoro n'omubazi (Chemo)

Eki nikimanyisa okutunga omubazi oguri kwita obutafaari bw'ekookoro nari okuceendeza ahakukura kwayo. Okuragurirwa okumwe nikuhebwa kurabira omu cupa z'amaizi (omushaho ari kukozeza empitirizo obwo ari kuzitatsya omu mitsi), kandi ebindi n'ebijuma by'okumira. Ahakuba okuragurira ekookoro ori kumira emibazi nikibaasa kuhika omumubiri gwona, n'ekyomugasho aha kokooro eyajanjaire. Okuragura kw'okumira emibazi nikubaasa kuhebwa kutamba ekookoro, kugirinda hamwe n'okutamba ebizibu ebi eri kureeta.



Okushanyaraza

Okushanyaraza nakwo nikukozesibwa kwita nari kuceendeza okukura kw'obutafaari bw'ekookoro. Ekyoma ky'omutaano nikikozesibwa kwohereza amaani maingi g'okushanyaraza n'okwita obutafaari n'obw'ekookoro omumubiri. Okushanyaraza nikubaasa kushiisha obutafaari obw'obutoosha oburi haihi n'obw'ekookoro. Kwonka obutafaari bw'obutoosha nibubaasa kugaruka nibweyombeka kwonka obw'ekookoro tiburikubaasa. Okushanyaraza tikurikwotsya kandi tikuri kushaasha. Nikubaasa kukozesibwa kwonka, nari okushemeza nari okumira emibazi. Okushanyaraza nikubaasa kukozesibwa kutamba ekookoro, kuceendeza okukura kwaayo nari kuhereza omurweire obugwage.



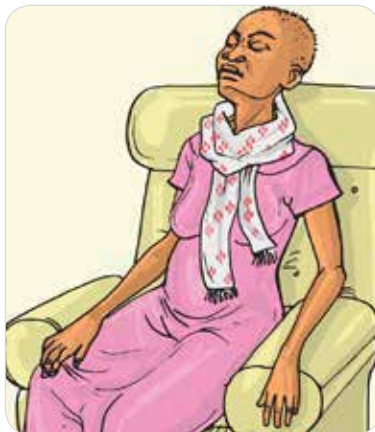
13.

Nimpinduka ki eziri kuruga omukuragurirwa?

Okushemeza , okushanyaraza n’okuragurira ekookoro, n’emibazi nibibaasa kugira ebintu bitari by’obutoosha omu magara. Kigumire kuteebereza ebintu bitari by’obutoosha ebi omuntu ari kubaasa kutunga . N’obu abantu bari kutunga okuragurirwa kuri kushushana, nibabaasa kugira ebintu bitari kushushana omu mubiri. Bimwe nibibaasa kuba eby’amaani, kandi ebindi bibe ebya mpora. Abantu abamwe nibatuunga okugumirwa omukuragurira ekookoro, kwonka abandi nibabanguhirwa. Kandi ebintu ebitari by’obutoosha nibibaasa kutambirwa. Ebintu ebitari by’obutoosha ebi omuntu ari kubaasa kutunga ahanyima y’okushemezebwa nibitaana kurugirira ahamuringo ogu omuntu arikuba ashemezeibwemu.

Ebiri kubaho omu magara G’omuntu Bwanyima Y’okushanyaraza:

Okuragura okw’okushanyaraza tikuri kushaasha, kwonkwa nikubaasa kureeta obuzimba nainga okusyoka(oruhere), kuhurira otari kwenda eby’okurya hamwe n’okuruha munonga. Okuruha nikukira kumara esande nyingi bwanyima y’okuraguza. Ebintu ebindi ebitari by’obutoosha omu magara g’omuntu nibibaasa kubaho, kurugirira ahacicweeka ky’omubiri ekiri kuba nikiragurirwa.



Ebintu ebitari By'obutoosha ebiri kuretwa Okuragurira Ekookoro:

Ebintu ebitari by'obutoosha ebiri kuhika aha murweire yaaba natunga omubazi gw'ekookoro nibibaasa kutambirwa. Omuri ebi harimu:



Okugira
esheshemi
hamwe
n'okutanaka



Okujwa hamwe
n'okuzimba
bwanyima
y'obuhuta bukye



Okuhurira otari
kwenda kurya



Okuruha
munonga



Okukuuka
kweishokye
ahamutwe



Okwirukana nari
okunia empato



Oburonda
bwo'mukanwa



Omushwaja



Okurwarwa
rwara



Okuhurira obusaasi
omungaro nari
omubigyere

Ebintu ebitari bya buriijo nibihwaho wamara okuraguza. Ekyokureeberaho n'okukuuka eishokye; niryeyija rigaruka rikura bwanyima y'okuraguza. Omu bwire obu, abarweire bingi nibabaasa kukozeza amashokye ag'okujwara(wigs), obwenda bw'okwefubika omubitsya(Scarves) nari enkofiira, kwenda kutagatsya nainga kurinda emitwe yaabo.

14. Ninyija kutunga obusaasi?

Abarweire bingi niberarikirira ahabw'obusaasi oburi kuruga omu kucebera, okuragura hamwe n'ekookoro yenyine.

Abashaho nibahereza abarweire emibazi kutunga obusaasi batakandikire kubakoraho. Nahabw'ekyo emiringo egi teri kukira kushaasha.

Okushanyaraza n'okuragurira ekookoro ori kukozeza emibazi tikuri kushaasha. Obusaasi oburi kuruga omu kookoro nibubaasa kutangwa n'okumira emibazi.

Otakateekateka ngu obusaasi n'ekicweeka ky'obutoosha eky'ekookoro. Abantu baingi nibatekateeka ngu nibabaasa kukwatirwa omu kumanyiira emibazi y'obusaasi.

Eki tikyamazima kurugirira aha miringo y'emibazi eri kukozezesibwa omuri Uganda. Waba ori omu busaasi, gambira omushaho waawe reero abaase kukuhereza emibazi y'obusaasi.



15.

Okureeberera n'okufayo aha murweire nikimanyisa ki?

Okufayo aha murweire n'okwegyendesereza nikikwata munonga aha kushohoza obusaasi, okwerarikirira n'okugubwa kubi ebiri kuretwa ekookoro. Eki tikiri kozesibwa kutamba oburweire. Abantu abamwe nibatekateeka ngu okufayo aha murweire n'okw'abantu abari kuba nibaza kufa – ekitahikire. Okufayo aha murweire kushemereire kukorwa hamwe n'okuragurirwa.



16.

Okutuzamu nikimanyisa ki?

Bwanyima y'okuraguza, abarweire abamwe nibatunga obugwagye, kandi abamwe bakira. Okutuzamu nikimanyisa ngu obubonero n'obumanyiso bw'ekookoro nibuba bukyendeire. Okutuzamu nibubaasa kuba obw'obwire bukye nari shi buraingwa. Okutuzamu bwoona, obubonero hamwe n'obumanyiso bw'ekookoro nibuhwaho. Wamara emyaka etaano omu kutuzamu nari shi okukiraho, omushaho waawe nabaasa kukumanyisa ngu okizire. Okukira nikimanyisa ngu tihariho ahu ekookoro eri kuba esigaire omu mubiri bwanyima y'okuragurirwa.



17.

Ninyija kumanyiira nta embeera egi?

Abantu nibamanyiira oburweire obu obw'ekookoro nk'okubari kumanyiira ebizibu ebindi omu magara g'ensi egi. Buri muntu nakikora omu muringo gwe. Ku hari kuhwaho obwire, abantu abingi nibatunga emiringo y'okugumizamu n'emirimo, eby'okweshemeza hamwe n'abanyamikago baabo. Nibatunga emiringo mitsya nari shi ey'omutaano ey'okutuuramu. Waaba n'oronda omuringo gw'okumanyiira oguri kukukorera, n'obaasa kugyezaho aha miringo egi; obu:

Yega munonga ekiri kubaasika aha kookoro yaawe hamwe n'okugiraguriza.

Abantu abamwe nibashanga ngu okwega aha kookoro yaabo n'okugiraguriza nikibahereza oburyo bw'okugitangiza.



Yereberere or Wereberere gye.

Reberera kurungi omubiri gwaawe hamwe n'ebitekateeko byaawe. Rya eby'okurya ebikuragiirwe kandi obyame gye. Kora durwiiro eza buriijo. Tunga akaire okore ekintu eki ori kukunda reero oshemererweho. Mara akaire n'omunyamukago nari shi omukundwa, wecumitirize, yeheyo kuyamba abandi, nainga shi ohurikirize ebyeshongoro ebi ori kukira kukunda nainga rediyo.



Hikaho aha bandi.

Kigumire munonga omurweire w'ekookoro kubaho hamwe n'okwefaho we wenka. OKwegeita omu kibiina ky'abarweire b'ekookoro nikibaasa kuyamba. Kuturi kugambaho n'abarweire b'ekookoro nitubaasa kuhaana amagyezi n'oburyo aha kuraguriza kw'oburweire obu. Eki nikija kutuhwera kumanya ngu tituri twenka abaine ekizibu eki. Abantu aba nibabaasa kukuyamba obutahirira nk'oriwenka.



18.

Okugambaho n'abeeka yaawe hamwe N'abanyamikago

N'ekyomuhendo munonga kugambaho n'abakundwa baawe ngu oyine ekookoro babaase kureeba oku bari kubaasa kukuyamba omu busaasi bwaawe. Kigumire munonga kumanyiira obusaasi bw'ekookoro. Kandi, okushereka ekookoro yaawe nikibaasa kukugumira kutunga obujanjaabi hamwe n'okukuratira endagiriro z'omushaho waawe.

Abarweire bingi nibatiina ngu ab'amaka gaabo hamwe n'abanyamikago nibaija kubaanga nari babashoroore bwanyima y'okumanya ngu beine ekookoro. Omu mazima eki tikwo kiri.

Abakundwa baawe nabo nibabaasa kutunga okuremesibwa aha kugamba aha kookoro. Nibabaasa kutamanya eky'okugamba kukuyamba nari shi okureetaho obugwage.



Ebimwe aha Buryo Bw'okukuyamba ab'eka yaawe hamwe n'abakundwa baawe kubaasa kutuura n'ekookoro nibyo ebi:

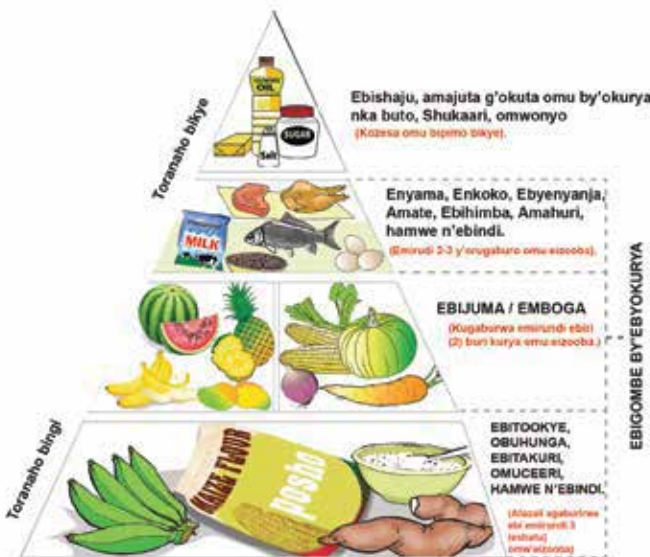
- ◆ Gambira ab'eka yaawe n'abanyamikago aha kookoro yaawe waheza kuhurira ogiine. Omu kanya kakye nari shi bwanyima, nibaija boona kumanya ngu oyine ekookoro. Nibabaasa kuhurira bashaasha nari kwikirizibwa baaba batakihurire kuruga ahari iwe.
- ◆ Ku oragambeho nabo, gyezaho kubashobororera omuringo gw'ekookoro ey'ori kuba oyine n'okubaragurire gye. Reka bamanye ngu tihaine ori kubaasa kutunga ekookoro kuruga ahariwe.
- ◆ Ikiriza abanyamikago hamwe nab'eka yaawe, kandi okuyamba obagambire ekika ky'obuyambi obwori kwetenga.
- ◆ Gambira abantu abakuri haihi hamwe n'abanyamikago oku ori kwehurira. Eki nikibaasa kukugumira, kwonka nikibaasa kuba eky'omugasho ahari iwe kutunga obuyambi ahu ori kubwetagira hoon.
- ◆ Nobaasa obutakora ebintu ebiwabaire okora otakatungire ekookoro. Ago gaaba gari amazima, reka ab'eka yaawe n'abanyamikago bakimanye.
- ◆ Nikirungi munonga ab'eka yaawe n'abanyamikago kugumizamu nibakora ebintu ebibabaire nibakora otakatungire ekookoro. Tibashemereire kuhurira nibefuza baaba nibakora batyo.
- ◆ Wahurire oyine ekiniga nainga okwerarikirira, nikirungi kugambaho n'omushaho waawe narishi omwebembezi w'ediini.

19. Okuguma oyine amagara marungi

Okuryagye, okukora ebisasaizi n’okwetantara ebintu ebiri kushisha amagara gaawe nk’okuretsa narishi okunywa amarwa mingi nikibaasa kukureetera wahurira kurungi kandi waguma n’amaani.

Eby’okurya Eby’emiringo Yoona: Okurya ebyokurya eby’emiringo yoona, otakarweire kandi nawaheza kuraguza nikibaasa kukuhwera kuguma n’oburemeezi burungi bw’omubiri, kukora aha bintu ebitari eby’obutoosha omu mubiri kandi okiririre kimwe juba.

Eby’okurya eby’emiringo yoona nikimanyisa okurya ebyihuro bishatu hakiri buri eizooba biri kuruga omu miringo eshatu eye byokurya eyorekirwe aha. Oyine kurya kakyе ahaby’okurya ebyorekirwe aharuguru eby’ebishaju kandi orye bingi ahari ebiri kwerekwa ahaifo, nibyo ebiri kwombeka omubiri, bikarwanisa endwara hamwe n’okuheereza amaani. Kyendeza obwingi bw’ebishaju, omwonyo, na shukaari ey’ebyo’okurya ahabwokuba byaba bingi n’ebyakabi aha magara gaawe.



Omubwire obu ori kuba n'oraguzza nobaasa kuremwa kurya n'okunywa. Kwonka nabwo oshemereire kurya eby'okurya by'emiringo mingi. Waba oyine esheshemi ogyezeho kurya kakye kakye. Orye ebi ori kwenda . Waba otari kubaasa ogyezeho kunywa eshande y'ebijuma, amate, nari omucuuzi.

Amaizi n'eb'okunywa ebindi n'eb'omugasho aha magara. Ogyezeho kunywa hakiri egiraasi munaana(8) z'amaizi buri eizooba. Noiija kwetenga ebyokunywa bingi waba noyirukana, notanaka, nari otarikurya munonga. Oshemereire kwetantara ebyokunywa ebiri kunuririra ebikozirwe nka soda hamwe n'amaarwa.

Okukozesa amagara gaawe, ebiri kugumya, n'okukuha amaani (ebisasaizi):

Okukozesa amagara emirimo nikikuretera kuguma oyine amaani. Nikibaasa n'okukuhwera kucendeeza ebitekateeko bibi, oburuhe, esheshemi, n'okugomererwa. Nabwo nikibaasa kukuretera kwenda kurya. Waba otamanyiriire kukozesa amagara gaawe burijjo, Kandi omushaho waawe akaizoora , nobaasa kutandika mpora (edakiika 5 – 10 buri eizooba). Waba wabaire nokozesa amagara gaawe burijjo otakamanyire ngu oyine ekookoro, reero omushaho waawe akakizoora, gumizamu nokozesa amagara gaawe nk'okuwabaire nogakozesa.



Wahurira omubiri gwaawe guri kwenda kuhumuraho ohumureho.

- ◆ Gambaho n'omushaho waawe otakandikire entekateeka y'okukora ebisasaizi.
- ◆ Tandika mpora mpora.
- ◆ Gyezaho okukozesa abwire bugufu kandi ohumureho.
- ◆ Ohendere akaire kawe k'ebisasaizi ori kwenanuura engingo zoon.

Aha Hariho emiringo emwe , Eyi ori kwongyera Aha Kukozeza Amagara Gaawe, Omu bintu Ebi ori kukozeza Buri Eizooba.

- ◆ Otaayayireho bataahi baawe waheza kurya eby'okurya omumwebazyo.
- ◆ Oze omu myanya y'okushemererwamu na banywani baawe nari ozinire omuka yaawe.
- ◆ Oyeyerere kandi oboneze eka yaawe.
- ◆ Ozeho omu misiri yaawe.
- ◆ Ogume ogyendeho akanya kakye buri eizooba waruga omu motoka nari ahari Piki.
- ◆ Nari haba hatari hare omu mwanya gw'okutemba emotoka narishi okuza ahari Piki Piki (Boda Boda) ogyendeho.



Okutuura Namagara Marungi:

Okutuura n'amagara marungi tikiri kumanyisa ngu n'okuryagye hame n'okukora ebisasaizi byonka. Hoona nikimanyisa okuhindura aha mitwarize erikushiisha amagara gaawe. Emitwarize mikuru ebiri eyokuhinduka ni okuretsa n'okunywa amarwa mingi.

Tihariho ekika kirungi ky'etaabe.

Waba noresa sigara, shiisha, enyungu nari orikurya etaabe obirekye, ogambe abantu abari kukukozesa abakwetoriire babirugyeho. Okwitsya omwiika gw'etaabe yaba niwe ori kureesa nari ondijjo muntu, nigumushiisha ebihaha, omutima n'ebicweeka ebindi eby'omubiri gwaawe.

Omwiika gw'etaabe nigwongyera kureetera abantu kurwaara ekookoro nari abantu abari kuba babari haihi.



Waba nonywa amara, kyendeza aha minyweere yaawe.

Amarwa n'obutwa oburi kureeta okwehuriramu enaku, okareeba abantu bakutsigireho kandi gakareeta n'ebizibu aha magara, waganywa omu bwingi. Aha barweire b'ekookoro, okunywa amara mingi nikireeta emibazi yarema kukora. Nikibaasa kukureetera okweyanga kandi nikibaasa kukwiriza hare n'eka yaawe.



Ekookoro neshiisha eta amaani gangye g'ekishiija nari amaani gangye g'ekikazi?

Ekookoro nebaasa kuhindura okwetenga kwaawe kw'okuterana. Abarweire abamwe ab'ekookoro nibahindukaho kakye nari tibiari kuhinduka omu kwetenga okuterana. Eki nikireetwa okwerarikirira, okuhurira oruhire, n'ebintu ebiri kuruga omu kuragurirwa.

Emiringo emwe ay'ekookoro ya nyinenda ninga oruhago, n'ebaasa kureta okujwa omubicweeka by'ekihama. Okujwa kwarengana wamara kuteerana, gambaho n'omushaho waawe.

Wamara kushemezibwa buuza omushaho obworagarukye okuteerana. Ekookoro teri kuturira. Omukundwa waawe takagikwihaho. Kandi tokagiturira omweerere waawe wamara kutunga enda.

21.

Ekookoro neija kumbuza oruzaro?

Okugira enda, nikibaasika waba n’otunga okuragirirwa ekookoro ori kukozeza emibazi nari okushanyaraza. Kwihaho okushanyaraza n’okuraguza kw’emibazi nibibaasa kureetaho obuzibu omu kuzaara. Reero abashaija n’abakazi baine kwetantara kutunga enda bari kukozeza embaririra y’oruzaro omu bwire bw’orukuraguza, n’obwire bukya waheza kuraguza. Abakazi bashemereire kugambira abashaho baabo baba baine enda.

Abakazi nibabasa kushanga okwejwisa kwaba okwa buri kaire nari kwayemerera baba nibaraguza; eki tikiri kumanyisa ngu nibarekyeraho okugira enda.

Omu bashaija, okuraguza nikubaasa kucendeeza nginga kushiishe amaani g’ekishaija. Kyaba kiri kityo, abashaija nibagaruka babona amaani g’ekishaija okuraguza kwaheza kuhwa. Okushanyaraza n’okuragurirwa kw’okumire emibazi kw’ebicweeka by’ekishaija hamwe n’ebicweeka by’ekikazi nikibaasa kubuza ruzaaro ebiro by’amagara gaawe goona. Okushemezibwa kw’emiringo endiijo ey’ekookoro nikubaasa kubuza oruzaro. Okushemeza kwazamu okwihaho ebicweeka byaawe by’ekihama n’obaasa obutagaruka kuzaara.



N’ekya butoosha kwerarikirira empinduka erabeho omu magara. Gambaho n’omushaho waawe okuraguza kutakatandikire ahari ebyo ebiri kukukwataho.

Ah'okushanga obuhereza oburi kukwata aha kookoro hamwe n'eby'okumanyisa

Obuhereza bw'okujaanjaaba ekookoro

Uganda cancer Institute (UCI): Old Mulago Road, Uganda Institute Campus, Kampala: Enamba y'esimu; 0414 540410; baine obuhereza bw'okucebera kumanya ekookoro yaaba erimu, okusharamu aha mbeera y'omurweire , okuragurirwa okw'okukozesa emibazi hamwe n'okushanyaraza, obujanjaabi obw'omutaano, hamwe n'okugaruzibwa omu mbeera.

St. Francis Hospital Nsambya: Plot 57 Nsambya Road, Kampala; esimu: 0414267012; baine obuhereza bw'okutamba ekookoro okurabira ori kukozesa emibazi hamwe n'okuragurirwa ah'okwiha obuyambi aha by'okushanyaraza.

Case Hospital: Plot 669/71 Buganda Road, Kampala; esimu: 0414250362;0701250362; nibatamba ekookoro, otwareiremu n'okukozesa emibazi (chemo), okushemeza , hamwe n'okuragurirwa ah'okwiha obuyambi aha by'okushanyaraza.

Nakasero Hospital: Plot 14A Akii Bua Road, Nakasero, Kampala; esimu: 0392346152; 0392346153;0312531400; baine obuhereza bw'okucebera kumanya ekookoro yaaba erimu n'okuragurirwa, harimu n'okukozesa emibazi, okushemeza, obujanjaabi obw'omutaano hamwe n'emiringo y'okugaruzibwa omu mbeera.

International Hospital Kampala: Plot 4686 St. Barnabas Road, Kisugu – Namuwongo, Kamapala; esimu: 0312200400; 0414309800;0772200400;0712200400; baine obuhereza bw'okucebera kumanya ekookoro yaaba erimu, okusharamu aha mbeera y'omurweire, okukozesa emibazi, okushemeza, n'obujanjaabi obw'omutaano kandi na puroguramu z'okugaruzibwa omu mbeera.

Obuhereza bw'okuhwera abarweire ekookoro:

Uganda Women's Cancer Support Organization (UWOCASO): Plot M3 Suuna Road Ntinda Stretcher, Kampala; esimu: 0414590897; nibahereza amabeere agatari ga buriijo/obureega aha bakazi abari kuba bahunire oburweire bw'ekookoro, entambura kuza UCI ahabwa nyinenda hamwe n'abarweire b'ekookoro y'amabeere, kandi n'okwegyesa abarweire aha bikwatirine n'ekookoro y'amabeere hamwe n'eya nyinenda.

Uganda Women Health Initiative: Bethel House, Mildmay Center, Lweza, Entebbe Road, Uganda; esimu: 0772501700; Okuceberwa okwa busha hamwe n'okuragurirwa ahabw'ekookoro ya nyinenda ahari buri mukazi weena.

Cancer Charity Foundation/Haven Hostel: LRV 1428, Folio 12 Landa Kyadondo Block 273, Plot 1021, Namasuba, Kampala; esimu: 0312111467; 0702970749; Nibaha oburaaro bw'abusha aha barweire abari kuba nibaruga hare omubwire bw'okuragurirwa.

Women's Hostel at Mulago: P.O. Box 3935, Kampala; esimu: 074761064; 0705907078; Nibaha oburaaro bwa busha aha barweire b'ekookoro ya nyinenda hamwe n'ekookoro y'amabeere omubwire bw'okukozesa emibazi n'okushanyaraza.

Bless A Child Foundation Uganda: P.O. Box 36152, Kampala; esimu: 0200905945; Nibahereza ebiri kukira kwetengwa n'obuyonjo, oburaaro, emyenda, ahokuraara baaba nibaragurirwa, hamwe n'okureeberera kw'encuro ahabw'abaana abaine ekookoro kandi n'amaka gaabo.

Obujanjaabi bw'omutaano:

Kagando Mission Hospital (KARUDEC): ahari Fort Portal - Mpondwe Road, Kasese; 0772425150; baine obuhereza bw'okucebera ekookoro yaaba erimu ahabwa abarweire b'ekookoro.

Kawempe Home Care: Erisa Zone, Kyebando, ahari Gaya Road, Kawempe Division, Kampala; esimu: 0414530414; baine omwanya murungu ahu

bari kureeberera abarweire b'akakonko (TB), Sirimu (HIV/AIDS) hamwe n'ekookoro. Nibahereza entambura, eby'okurya hamwe n'oburaaro ahabw'abarweire b'ekookoro.

Hospice Africa Uganda (HAU): 130 Mobutu Road, Makindye, Kampala; esimu: 0414266867;0704161130/1/3; nibaha obujanjaabi obw'omutaano obuhikire gye aha barweire b'ekookoro.

Makerere Palliative Care Unit (MPCU): Mulago Hospital, Kampala; esimu: 0772595672; nibaha a obujanjaabi obw'omutaano hamwe n'oku omurwire arikubaasa embeera aha barweire boona abari kushangwa omweirwariro erya Mulago, Uganda Cancer Institute hamwe na Women's Hostel eya Mulago.

St. Francis Nagarama Hospital: Nagarama, Mukono – Kayunga Road, Mukono; esimu: 0772593665; nibahereza obujanjaabi obw'omutaano ahabw'abarweire b'ekookoro.

Kitovu Hospital Mobile: P.O Box 270, Masaka; esimu: 0481420113; nibaha obujanjaabi obw'omutaano obuhikire gye aha barweire b'ekookoro.

Hospice Tororo: An old Administration offices at Tororo General Hospital, Tororo; esimu: 0703916997; nibahereza obujanjaabi obw'omutaano aha barweire b'ekookoro.

Rays of Hope , Hospice Jinja: Jinja;esimu: 0774485099; nibaha obujanjaabi obw'omutaano aha barweire b'ekookoro omu kicweeka eki ekya Busoga.

Christian Outreach Mission and Evangelism (COME): Mulago Hospital, Kampala;esimu: 0414389116; baine abantu abari kuyambaho omu kureeberera abarweire b'ekookoro abatari kubaasa kweyamba: babanaabisa, babarisa, babahereza emyenda hamwe n'ebyokweshweka, kandi babarondera abanyabuzaare baabo.

Joy Hospice Mbale: Buwansunguyi Clinic, Mbale; nibaha obujanjaabi obw'omutaano ahabw'ekookoro hamwe n'eidaara ry'aha muheru omu

barweire ba Sirimu (AIDS)

Little Hospice Hoima: 2A Kijungu Hill, Hoima, 430; esimu:0362260000; nibareeberera abarweire b'ekookoro, Sirimu (HIV) nari (AIDS) kurabira omu kubaragurira omu maka gaabo. Emirimo yaabo erimu okucendeeza obusaasi, obuhabuzi aha ndya nungi, obuyambi bw'esente, okubagaruramu amaani hamwe n'okukwatanisa nabo omu busaasi.

Patient Relief Mission: Plot 1408 Kawempe Mbogo, Mumyuka Road Block 208; esimu: 0392943221/0753848986; nibaha oburaaro, eby'okurya, hamwe n'entambura aha bakazi abari kuba barweire ekookoro omu bwire bw'okuragurirwa.

Okweyongyera kumanya ebiri kukwata aha kookoro, kyebera aha intaneti:

Uganda Cancer Society: <http://ugandacancer society.org/>

American Society: <http://www.cancer.org/>

MacMillan Cancer Support: <http://www.macmillan.org.uk/>

National Cancer Institute (USA): <http://www.cancer.gov/>



Okuvunura akatabo aka akari kwegyesa aha by'ekookoro kukatibwamu sente aba Centenary Bank okwenda ngu buri muntu wena omuri Uganda abaase kumanya ebikuru aha biri kukwata aha burwiire bw'ekookoro.

American Cancer Society (Ekitongore kya eby'ekookoro omuri Amerika) hamwe n'aba Uganda Cancer Society (ab'ekitongore kya eby'ekookoro omuri Uganda) ti by'amagoba nahabw'ekyo ti bari kubunzya nari okuhagira eby'obuguzi nari obuhereza bw'ebitongore by'amagoba. Okwikiriza omuganda tikiri kumanyisa ngu n'omuringo gw'okuhagira eby'obuguzi nari obuhereza bw'ebitongore by'amagoba.