

# Okureeberera Abarweire B'ekookoro

AKATABO K'ABARI KUREEBERERA ABANTU ABAINA  
OBURWEIRE BW'EKOOKORO



RUNYAKITARA



**UCS** | Uganda  
Cancer Society

# Okwebaza

Akatabo ka abari kureeberera 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 kujunanizibwa 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 nikijunanizibwa 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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# 1.

## Eby'okwanjuura

Ku oraabe nohwera omuntu oyine ekookoro, ekitabo eki neiwe kihandiikirwe. Nikigarukamu ebibuuzo bingi aha bikwatiriine n'oburweire bw'ekookoro hamwe n'oku ori kubaasa kureeberera abakundwa baawe.

Nikibagana aha ntekateeka ezegamiirwe okuhwera omuntu oyine ekookoro okuruga obu bari kubanza kwega aha ndwara zaabo, omu kurwara kwabo kandi na bwanyima y'okuraguririrwa.

## 2.

# Ekookoro nikimanyisa ki?

Ekookoro n'endwara eri kureetwa okukura hamwe n'okweyongyera munonga kw'obutafaari bw'omubiri.

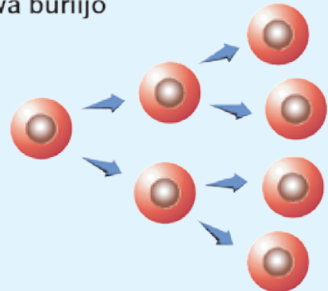
Eki kukiri kubaho kireetera omubiri obuzibu kukora nk'oku gwakubaire nigukora buriijo.

### Obutafaari bw'omubiri nikimanyisa ki?

Omubiri gw'omuntu gwombekirwe n'obukaikuru bw'obutafaari bukye munonga.

Obutafaari obwa buriijo nibukura kandi bwabaganisamu kukora obutsya okurugiriira oku omubiri guri kuba nigubwetenga. Butoosha, obutafaari obu ku buri kukura nari shi bwasisikara, nibufa. Na bwanyima obutafaari obutsya bwaija.

Okwebaganisamu kw'obutafaari okwa buriijo

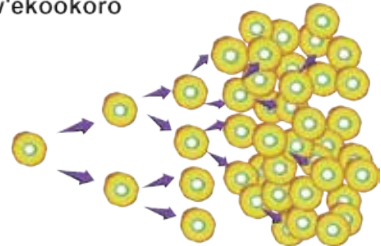


Obutafaari obwa buriijo

### Obutafaari bw'ekookoro tiburi nk'obwa butoosha

Nibugumizamu bukura kandi bwabaganisamu okuhitsya obu buri kuba bwingi. Eki nikireetaho obuzibu obutafaari obu nibuba bwingyi kukira obutafaari obwa buriijo omu kicweka ky'omubiri ahu ekookoro yabandiize. Obutafaari bw'ekookoro nibuhika n'omu bicweka ebindi eby'omubiri, eki akatafaari aka buriijo katari kubaasa kukora.

Okwebaganisamu kw'obutafaari bw'ekookoro



obutafaari bw'ekookoro

### 3.

## Emiringo y'ekookoro

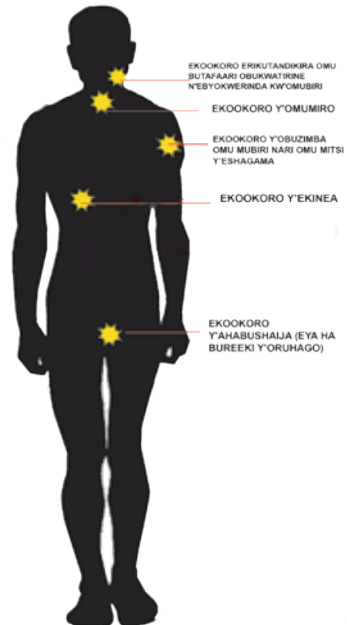
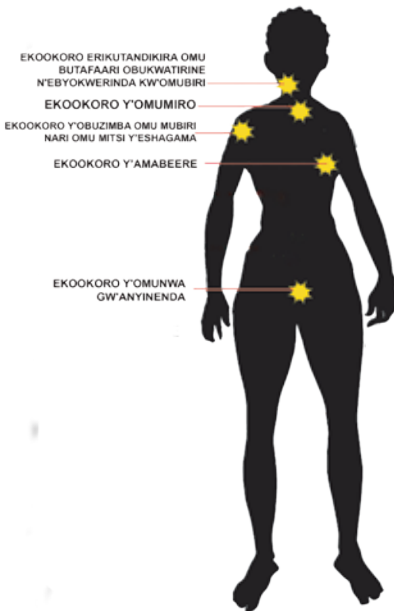
Obutafaari bw'ekookoro nibubaasa kutandikira omu kicweeka kyoona eky'omubiri. Kandi nibubaasa kuza omu bicweeka ebindi eby'omubiri bukurireyo. Omuringo gw'ekookoro nigwetwa eizina kurugira omwanya ahu eri kutandikira. Ekookoro kw'erikutandikira omw'ibeere, neyeta ekookoro y'eibeere.

Hariho emiringo mingi y'ekookoro. Ekookoro ezimwe nizikura kandi zijanjaara aho naaho ezindi ekookoro nizikura mpora kandi nizanguha kuragurirwa omu miringo etari emwe.

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

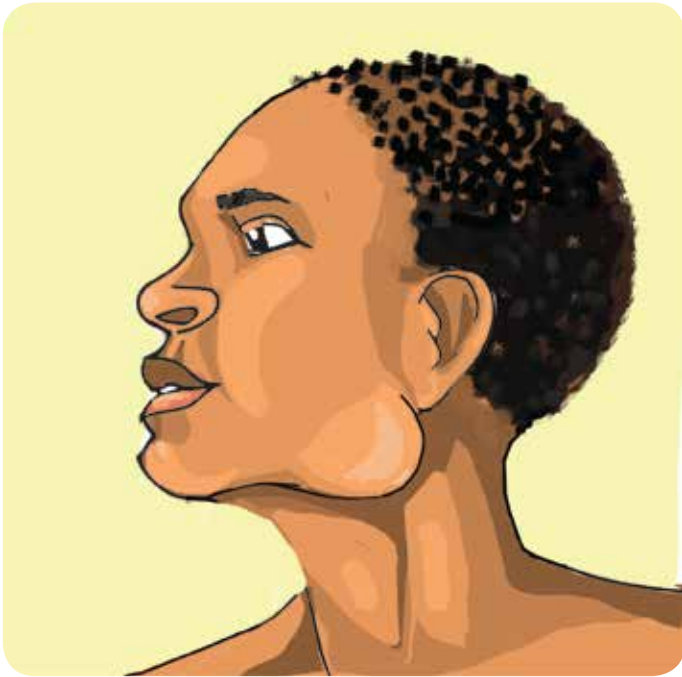
**Emiringo y'ekookoro eri kukira kushangwa omu bakazi omu eihanga ryaitu Uganda n'etaano , kandi niyo egi**

**Emiringo y'ekookoro eri kukira kushangwa omu bashaija n'etaano**



## Ekizimba nikimanyisaki?

Ekookoro eziri kukira obwingi nizireeta ebizimba. Kwonka ebizimba byoona ti kookoro. Hariho ekookoro ezimwe, nka Leukemia(ekookoro y'omushagama), etari kureeta bizimba. Omu mwanya gw'ebizimba, n'ekurira omu butafaari bw'omu shagama nari omu butafaari oburi omu bicweeka ebindi eby'omubiri.



**Eky'okuhabura abari kureeberera abarwaire:** Reeba ngu omurweire nayetegyereza ekookoro nikimanyisa ki nari eki kitari kumanyisa. Kigambeho butunu, kandi obuuze omukozi w'eb'amagara ebibuuzo.

## 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 ebyokurya otaririreho ebijuma n'emboga biri kumara, kandi hamwe n'okugomoka munonga.



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



Ekookoro TERI KUREETWA oburogo nari omukyeno. Ti kibonerezo ahabw'ekintu omurweire w'ekookoro arikuba akozire.

# 5.

## Ekookoro neturirwa?

Ekookoro teri kuturirwa. Teri kujanjaazibwa kuruga aha muntu kuza aha muntu ndiijo nka sirimu(HIV).

Tori kubaasa kurwara ekookoro ahabw'okureeberera ogirweire, okumara obweire ori nabo nari okurya nabo.

Ekookoro ezimwe nizibaasa kureetwa obukooko oburi kujanjaazibwa kuruga aha muntu kuza aha ndiijo. Kureka, ekookoro eziri kureetwa obukooko obu tiziri kubaasa kujanjaara kuruga aha muntu kuza aha ndiijo.



## 6. Ekookoro nebaasa kuhungurwa?

Ekookoro ezimwe nizibaasa kujanjaara omu maka, kwonka ekookoro teri kubaasa kuhungurwa kuruga aha muzeire ekaza aha mwanawe nk'oburingwa. Omu muringo nigwe gumwe ekookoro teri kubaasa kuhungurwa kuruga ahari nyina w'omwana nka oku sirimu nari munywenje (HIV) eri kuhungurwa.

Ekookoro nereetwaho empinduka okurugirira oku obutafaari buri kwebaganisamu. Empinduka ezi nizikira kubaho omu magara g'omuntu kurugirira aha bintu ebiri kwongyera emigisha y'okukwatwa oburweire nka omwika gw'etaabe, nari oguri kuruga omu kwotsya obuveera.



## 7.

# Ni bumanyiso ki, oburi kworeka ekookoro?

Hariho obumanyiso obumwe obw'ekookoro. Obu tibushemereire kutatekatekwaho, n'okukira bwaba bumazire obwire buraingwa nari shi bwaba nibweyongyera kuba kubi. Obumanyiso oburi kukira kworeka ngu omuntu aine ekookoro burimu:



Okuhururuka



Okujwa eshagama okutari kwa buriijo



Ebironda nari okuhinduka kw'omubiri okutari kworeka kugyenda juba



Ebizimba



Obusaasi obutari kubaasa kushobororwa

Obubonero obu nibubaasa kureetwaho ekindi kintu kitari kookoro. Kwihaho, ni kirungi buriijo kuceberwa n'omukozi w'eby'amagara aho naho.

Hariho obumanyiso obundi bwingi obw'ekookoro obutaagambwaho aha. Kuwa kuhurira empinduka yona okurugirira oku omubiri gwawe guri kukora, nari okw'ori kwehurira kwoona – na munonga kyatwara obweire buraingwa nari wahurira noyeyongyera kuba kubi – gyezaho kwecebeza n'omukozi w'eby'amagara.

## 8.

# Ekookoro nekyeberwa eta?

Butoosha, omurweire nabanza yatayaayira omukozi w'eby'amagara ahabw'okuba baine obubonero bw'ekookoro. Obundi, ekookoro neboneka habaho okucebera.

### Okucebera ekookoro nikimanyisa ki?

Obumwe nikibaasika kushanga ekookoro obubonero butakareebekire. Ekitongore ky'eby'amagara nikisiima okuceberwa hamwe n'okugyeyesibwa kw'ekookoro y'omunwa gw'anyinenda hamwe n'ekookoro y'amabeere ahabw'abakazi nobu baakuba bataine bubonero. Eki nikihwera kumanya ekookoro ezi bukiri kare, obubonero butakatandikire.

**Eky'okuhabura abari kureeberera abarwaire:** kworaabe otakakyeberwahoga nyinenda nari ekookoro y'amabeere, obu nibwo bweire burungi bw'okucebeza. Nobaasa kugabanaho amakuru aga nab'omuka yaawe.

Omukozi w'eby'amagara ku yakutekateeka ngu omurweire aine ekookoro, nibaija kubashaba okusharwaho akanyama k'okucebera **(biopsy)** okwenda kukihamy. Nibabaasa kubashaba kuteeza ebishushani by'omukyoma ky'okwokyereza **(X-rays)**, okuza omuri ka Tivi **(scans)** hamwe nokuceberwa. Buriijo nibakira kubashaba ngu baceberwe omu miringo erengire ahari gumwe.

## 9.

## Okusharwaho akanyama k'okucebera (biopsy) nikimanyisa ki ?

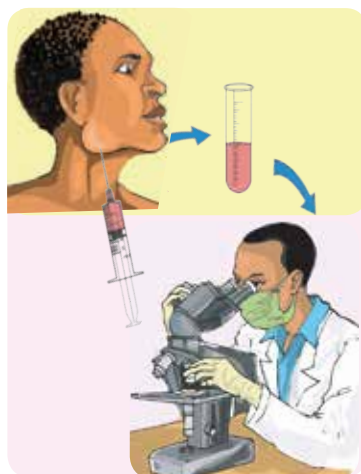
Ogu nigwe muringo gwoka ogw'okumanya waaba oyine ekookoro ninga otagiine. Omu bweire obu, omushaho nashara akacweka kakye k'omubiri kuruga aha kizimba akacebera obwo ari kwejunisa ekyoma ky'okuhangutsya (microscope). Obundi nikikorwa empitirizo. Kandi obundi omushaho nashara aha kizimba akacweeka. Omushaho nahereza omurweire emibazi kwenda ngu atakahurira obusaasi yaaba namukoraho.

Kuharikuba hariho obutafaari bw'ekookoro, omushaho naronda omuringo gwayo hamwe n'obweire obu erikutwara kukura.

- ⚙ Okusharwaho akanyama k'okucebera (Biopsies) tiky'o kiri kureetera ekookoro kubuga omu bicweka ebindi eby'omubiri.
- ⚙ Okusharwaho akanyama k'okucebera tikiri kusigaho bironda bihango. Nakacweka kakye k'ekizimba akubari kwihaho.

### Eky'okuhabura abari kureeberera abarweire b'ekookoro:

Emirundi mingi, abarweire nibagyezaho kwehara okutunga biopsies (okusharwaho akanyama k'okucebera) ahabw'okugira obwoba. Okucerererwa kugira biopsies (okusharwaho akanyama k'okucebera) nikureetaho okucerererwa kutandika kuragurirwa. Ekookoro ku eri kugumizamu yakura nebaasa kubuga omu bicweka ebindi eby'omubiri. Gambaho n'omurweire aha nshonga y'okugira obwoba n'okutiina. Buuza omukozi w'eb'y'amagara akushobororere kurungi oku biospsy (okusharwaho akanyama k'okucebera) erikwija kukorwa, kandi ogarukemu ebibuuzo byoona eby'omurweire arakubuuzze.



## Ekookoro nebaasa kukizibwa?

Okugira ekookoro tikiri kumanyisa okufa. Omurweire ku ari kutandika kandi akaheza okuragurirwa bukiri kare, emigisha ni mingi ngu nibabaasa kukira.

N'enshonga nyingi eziri kusharamu obwire obu omuntu ari kumara bwanyima y'okutungira oburweire obu. Omuri ezi harimu:

- ⚙ Omuringo gw'ekookoro hamwe n'aheri kushangwa omu mubiri
- ⚙ Eidaara ry'ekookoro
- ⚙ Yaaba ekookoro neyeyongyera kukura aho naho nainga mpora
- ⚙ Bukuru y'omurweire hamwe n'amagara agu babaire baine batakatungire ekookoro
- ⚙ Okubari kwakiira okuragurirwa.

Buza omushaho w'eby'amagara amatsiko agu omurweirwe arikuba aine.

# 11.

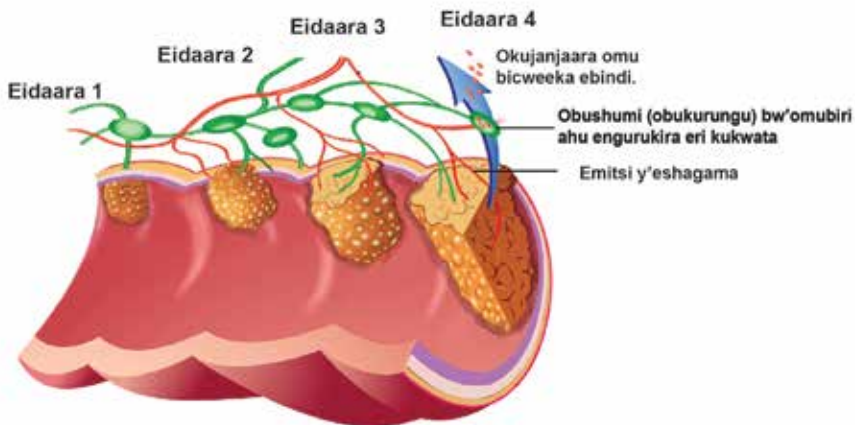
## Amadaara g'ekookoro

Omurweire kw'arikuheza kuceberwa ekookoro, omushaho niwe ari kusharamu kurugirira aha buhango bw'ekironda nari ekizimba yaaba ekookoro yabugire omu bicweka ebindi eby'omubiri. Eki nikyo kiri kwetwa eidaara ry'ekookoro. Okumanya eidaara ry'ekookoro nikhwera omushaho kusharamu aha by'okuragurirwa okuhikire, kandi nikhwera nokumanya aha by'okukira kw'omurweire.

### Ekookoro eziri kukira obwingi, ziine amadaara ana:

- ⚙ Eidaara ery'okubanza nari eryakabiri nikimanyisa ngu ekookoro tekabugire omu bicweka ebindi eby'omubiri, kandi nebaasa kutambwa.
- ⚙ Eidaara eryakashatu nirimanyisa ngu yatandikire kubuga omu bicweka ebindi, kandi terikwija kurahuka kutambwa.
- ⚙ Eidaara eryakana nirimanyisa ngu ekookoro yaherize kubuga omu myanya endiijo omu mubiri kandi nebaasa nobutatambwa.

Omurweire ashemereire kubuuza omushaho w'ebyamagara eidaara rya kokooro kandi n'eki ririkumanyisa.



## 12. Emiringo y'okuragurirwa

Emiringo y'okuragurirwa eyi abashaho bari kukozeza neyija kurugirira aha muringo gw'ekookoro, eidaara ry'ekookoro, hamwe na bukuru y'omuntu n'amagara ge okutwariza hamwe.

### Ekigyendererwa ky'okuragurirwa

Ekigyendererwa ky'okuragurirwa nikibaasa kuba okukiza ekookoro, okugizibira kujanjaara omu bicweka ebindi by'omubiri, nari shi okujanjaaba ebicweka ebi erikuba eresiremu obuzibu. Oshemereire kubuuza omushaho omugasho gw'okuragurirwa.

### Emiringo y'okuragurirwa

Emiringo eri kumanywa munonga n'okushemezibwa, okukozeza emibazi (chemotherapy), hamwe n'okwokwereza n'amaranzi (radiotherapy). Omuntu oyine ekookoro nabaasa hoona kutunga nari kutambirwa endwara ezindi.

### Omuhendo gw'okuragurirwa

Omuhendo gw'okuragurirwa nigurugirira aha muringo gw'ekookoro hamwe na obwire obu erikuba emazire. Bwanyima y'okutambirwa, ekookoro egi nebaasa kugaruka omurundi ogundi kandi eyetengyese obujanjaabi obw'omutaano. Omurweire ku yakuba naruga hare nahu ari kutungira obujanjaabi, nibaba nibetenga kwetebekanisiza eby'orugyendo, ebyokurya, hamwe n'oburaaro. Ebitongore ebimwe ebihandikirwe aha muheru gw'akatabo aka nibiheereza obuyambi abarweire b'ekookoro baaba nibatunga obujanjaabi.

### Eky'okuhabura abari kureeberera abarwaire:

Obuuze abarweire baaba nibetenga kugyenda neiwe baaba nibaza kutunga ebirikuba birugire omukuceberwa okw'okusharaho akanyama aha kizimba (biospsy). Obweire obwingi abantu abamwe nibakangarana baheza kuhurira ngu beine ekookoro. Nikibaasa kugumira omurweire kuhurira nari kwijuka ekintu kyoona bwanyima y'amakuru ag'omuringo nkogu. Nahabwekyo noyetenga kuhurikiza oteireho omutima eki omushaho arikukugambira. Nobaasa kwenda kuhandiika eki omushaho arakugambire. Nabwanyima, nobaasa kwenda kwijutsya omurweire eki omushaho arikuba amugambiire.

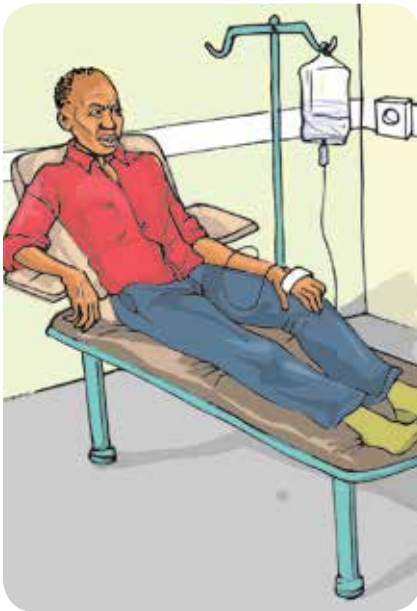
## Okushemeza

Okushemeza nikubaasa kwihamu ekookoro. Omushaho nabaasa kwenda kutwara akacweka k'omubiri nari shi ekicweka kyona ekiri kuba kikwatsire oburweire obu obw'ekookoro. Ahabw'ekookoro y'amabeere akacweka nari eibeere ryona niribaasa kuba niryo baihaho, Ahabw'ekookoro y'aha bushaija bureeki y'oruhago (*prostate gland*) nebaasa kuba niyo baihamu. Okushemeza tikuri kwejunisibwa omu miringo yoona ey'ekookoro. Eky'okureeberaho, ekookoro ez'omu shagama, nka Lukemiya nizikira kuragurirwa n'emibazi. Okushemeza nikubaasa kwejunisibwa kukiza ekookoro, okugitwara, nari shi oku tambira enshonga eziri kugireeta.



## Okujanjabisa emibazi (Chemotherapy)

Chemo (Okukozesa emibazi) n'omubazi oguri kukoze sibwa kwita obutafaari bw'ekookoro nari okukyendeeza aha kujanjaara kwayo. Omubazi ogumwe niguheebwa nk'amatondo omu shagama n'omu mitsi kurabira omu mpitirizo (duripu nari hacupa), kandi emibazi endiijo neheebwa omu muringo gw'ebijuma by'okumira. Ahabw'okuba omubazi ogu nighika haihi omuri buri kicweka ky'omubiri, n'eky'omugasho ahari ab'ekookoro erikuba yaherize kujanjaara. Omubazi ogu nigubaasa kukiza ekookoro, kugikyendeza, nari shi okutambira enshonga eziri kugireeta.



## Okwokyereza n'amaranzi (Radiotherapy)

Okurabwamu amaranzi nagwo muringo ogukozesibwa kwita nari kucendeeza aha kukura kw'obutafaari bw'ekookoro. Eby'okukozesibwa eby'omutaano nibyohereza doozi ezekika ky'aheiguru ky'amaranzi okwita obutafaari bw'ekookoro omu kicweeka ky'omubiri. Okwokyereza nikubaasa kushiisha obutafaari obw'omugasho oburi kuba buri haihi n'obw'ekookoro. Kwonka obutafaari obw'aburijjo nibubaasa kugaruka bukure, kandi obw'ekookoro bwo tiburi kubaasa. Eki nikubaasa kukozesibwa kyonka, nari okushemezibwa hamwe n'omubazi ogwa Chemo. Omuringo ogw'okushanyaraza nigubaasa kukiza ekookoro, kukyendeeza ahakukura kwayo, narishi kureetaho obuteeka omu mubiri gw'omurweire.



# 13.

## Nimpinduka ki eziri kureetwa okuragurirwa oku?

Okushemeza, okwokyereza (*radiotherapy*), hamwe n'okukozesa emibazi (Chemo) nebaasa kugira empinduka ezi yareetaho omu magara g'omurweire. Kandi nobu abantu bari kutunga okuragurirwa okw'omuringo gumwe, nibabaasa kugira ebyarugamu ebitari kushushana. Ebiri kuruga omu kurwara ekookoro ebiri kukira obwingi nibibaasa kutambwa. Ebiri kuruga omu kushemezibwa nibibaasa obuta shushana kurugiriira aha muringo gw'okushemezibwa.

### **Empinduka eri kuruga omu kwokyereza (Radiotherapy):**

Okuragurirwa okw'okwokyereza burijjo tikuri kureetera omurweire obusaasi, kwonka nikubaasa kumureetera ebironda aha mubiri, nari shi amabara hamwe n'oburuhe bwingi. Oburuhe obu nibubaasa kumara esande nyingi bwanyima y'okutambirwa. Ebindi ebiri kuba aha murweire nibirugirira aha kicweeka ky'omubiri ekiri kuba kiraguriirwe.



## Empinduka eri kuruga omu kukozeza omubazi (Chemo):

Ebiri kuruga omu kukozeza omubazi, butoosha nibibaho omurweire yaaba natunga omubazi ogu kandi nibibaasa kutambirwa. Ebiri kureetwa omubazi ogu birimu:



Okugira esheshemi hamwe n'okutanaka



Okujwa eshagama munonga bwanyima yokugira eky'a kushara



Okuhurira otari kwenda kintu kyoonna eky'okurya



Oburuhe bwingi omu mubiri



Okucweka eishokye aha mutwe



Ebironda by'omukanwa



Akabi kahaiguru k'okukwatwa endwara ezindi



Okwirukana nari okunia empato



Obusaasi bw'omungaro hamwe n'omubigyere



Omushwija

Ebiri kukira kubaho ahabw'okukozeza omubazi nibigyenda mpora bwanyima y'okutambirwa. Eky'okureeberaho, eishokye eriri kuba ricwekire aha mutwe nirigarukaho bwanyima y'okukira. Omu bweire obwo, abarweire baingi nibeyambisa amashokye agatari ga buriijo (Wigs), sikafu/akenda, nari enkofiira kusaangira nari kushweeka emitwe yaabo.

## Okujanjaaba ebironda by'omu kanwa

Ebironda by'omukanwa n'ekookoro y'omu munwa. Ebironda ebi nibibaasa kuba nibitukura, nari shi biine ebiremu birikwera ahagati. Nibibaasa kujwa. Ebironda by'omu kanwa nibibaasa kureetaho obusaasi bwingi ebirikuremesa n'omurweire kurya nainga kunywa ekintu kyoona.

### Eki abahwezi bari kubaasa kukora

- ⚙ Okukozesa tooki n'okucebera ebironda omu kanwa k'omurweire nari ebiremu ebiri kwera, ebiri kurugamu ebironda.
- ⚙ Okuheereza omurweire eby'okunywa ori kukozeza orushekye, ekiri kubaasa kuhwera kubirabya omu kanwa.
- ⚙ Okumuheereza eby'okurya. Eby'okurya ebicebire kumubaasisa kubirya.
- ⚙ Okushaba omushaho omubazi oguri kubaasa kubobeeza ebironda omurweire atakariire hamwe na yaaba narya.
- ⚙ Okumuheereza emibazi y'obusaasi omu dakiika 30 (makumi ashatu) atakariire.

## 14. Okutuzamu nikimanyisa ki?

Bwanyima y'obujanjaabi, abarweire abamwe nibatuzamu mu baruga aha mibazi, kandi abandi bakiririra kimwe. Okutuzamu nikimanyisa ngu obubonero bw'ekookoro nibukyendeire. Okutuzamu nikibaasa kuba omu bicweeka nainga okutuura kimwe. Omu kutuura kimwe, obubonero bwoona ob'ekookoro nibuhweraho kimwe. Omurweire ku ari kuguma omu mbeera egi kumara emyaka etaano nari okukiraho, omushaho nabaasa kugira ngu omurweire akizire. Okukira nikimanyisa ngu omuntu torikubaasa kumushangamu ekintu kyoona ekirikworeka ekookoro bwanyima y'okutambirwa.



# 15.

## Endeberera ey'omutaano hamwe n'okucendeza obusaasi

Endeberera ey'omutaano n'eyorekyerera okukyendeza obusaasi, situresi, hamwe n'okutabagye ebiri kureetwa ekookoro. Endeberera ey'omutaano eshemereire kuheebwa hamwe n'okuragurirwa. Endeberera ey'omutaano teri kugyenderera kukiza oburweire.

Obusaasi nibuba buri hamwe n'ekookoro obutoosha. Kwonka nibubaasa kukyendezibwa emibazi.

Abantu baingi nibatekateeka ngu nibabaasa kumanyiira emibazi. Eki tikihihire okurugirira aha doози hamwe n'emiringo y'emibazi eri omuri Uganda. Omurweire ku arikuba ari omu busaasi, noba oyine kugambira omukozi w'eb' amagara nikwo abaase kukurondera omubazi nari shi kukuhindirira aha mibazi ey'orikuba nokozeza.



## Oku orikubaasa kuhwera omurweire orikutuura n’obusaasi

- ⚙ Gambaho n’omushaho (dokitari nari omu nansi) obaase kwetegyereza ni mibazi ki ey’okucendeeza obusaasi n’oku oragikozese.
- ⚙ Gambaho na dokitari nari nansi otakahonzeire nari okunywengyebereza ebijuma by’okucendeeza obusaasi kwenda ngu byanguhe kumira. Ebijuma ebimwe nibibaasa kureeta akabi k’okumira ekirengire doozi wabicwanyagura.
- ⚙ Yamba omurweire kwijuka obu ashemereire kumira emibazi y’obusaasi.
- ⚙ Guma n’oreeba omurweire ahabw’obubonero bw’okushaasha, otwareiremu okuhiririmba aha maisho ahabw’obusaasi, okuhorogoma, Okuremesibwa nari shi obuta kunda kwehindura omu kitanda.
- ⚙ Reeba obubonero oburi kworeka ngu omurweire namira emibazi y’obusaasi mingi nka: okugwejegyera munonga, hamwe n’obuzibu omu kwimuka.
- ⚙ Gyezaho kunaaba amaizi agari kutagata nari kozesaho akenda k’okunaabisa akari kutagata ah’orikuba nohurira obusaasi, konka oyetantare emyanya ahari bayokyereize n’amaranzi. Okunyiga mpora mpora nakyo nikibaasa kuhwera aha miring emwe ey’obusaasi.
- ⚙ Heereza ebikorwa ebiri kushemeza okwebesa omurweire obusaasi.
- ⚙ Muheereze amaizi mingi g’okunywa.
- ⚙ Reeba ngu emibazi y’obusaasi wagibiika hare, n’okukira munonga hare na abaana hamwe n’enyamaishwa ez’omumaka.

## 16. Okureeberera abarweire

Abarweire b'ekookoro nibetenga okureebererwa okw'omutaano okurugirira aha eidaara ery'endwara eyi bari kuba barweire. Abo abari kuba baherize kwetegyereza ngu beine ekookoro nibaba beine ebyetengo bingi bitari kushushana n'eby'omurweire ori aha mibazi, nari ogwo ori aha eidaara ry'aha muheru gw'amagara gye.



### Bwanyima y'okuceberwa

Abarweire nibakiira amakuru g'oburweire bw'ekookoro n'okukangarana kw'amaani, okugubwa kubi, ekiniga hamwe n'okutikiriza. Obumwe omurweire natwara ekiniga kye ahab'omuka ye, banywani be, nari shi buri omwe ori kuba ari haihi nawe omu bwire obwo. Nk'omuhwezi, noyetenga kugumisiriza kandi n'okutatwara ekiniga kye nk'omuntu. Ekiniga eki nikija kigyenda bwanyima y'obwire.

Abarweire abamwe nibanga kwikiriza ngu beine ekookoro, n'obubari kuba bagambirwe abakozi b'eby'amagara. Abarweire abatari kwikiriza ngu beine oburweire obu nibabaasa kutanguha kukorangana nabo ahabw'okuba tibari kukuratira kuhaburwa kw'abashaho, nari shi okuganiraho nab'eka yaabo ahaburweire obu. Nk'omuheereza wabo, noyetenga okubaijutsya mpora ebi omushaho arikuba abagambiire, hamwe n'oku bari kuba beine kusharramu.

## **Okubaasa ekiniga hamwe n’okutikiriza.**

Nobaasa kuhwera omurweire kwikiriza ngu aine ekookoro kandi ateho entekateeka oku arabeho. Buuza omurweire ku araabe nabaasa kugyenda nawe kureeba omushaho. Hurikiriza n’omutima eky’omukozi w’eby’amagra ari kugamba, kandi obuuzze waba otetegyerize. Gyezaho kwetegyereza eidaara eri ekookoro erikuba erimu emigisha ey’omurweire arikuba ayine ey’okukira hamwe n’okubaho ari kukozeza emiringo y’okuragurirwa eri kuba eriho. Bwanyiya noiya kuba nobaasa kwahura ebintu by’omurweire, kandi omwijutsye eki omushaho arikuba amugambiire.

## **Okutoreza amagara amarungi.**

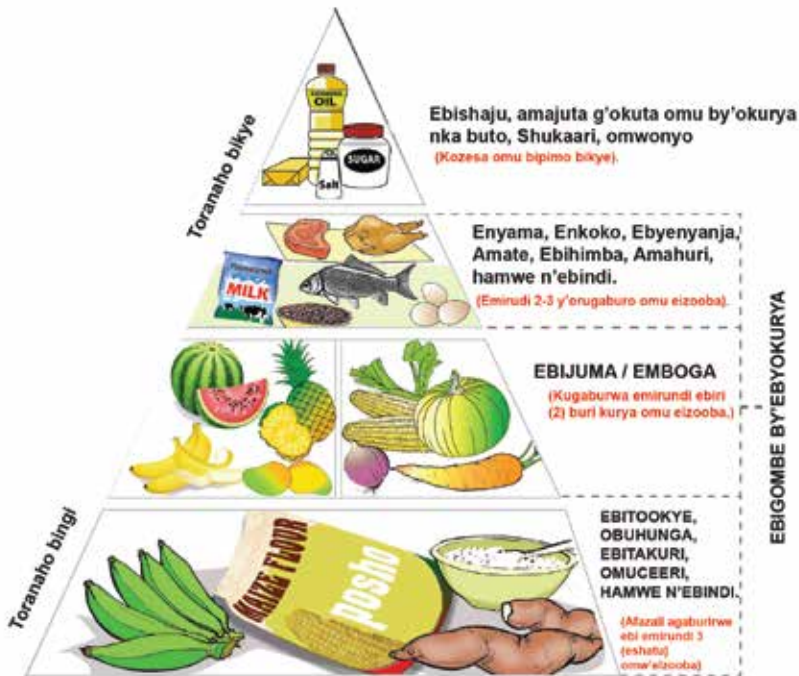
Nobaasa kuhwera omurweire kuguma aine amaani, kandi akongyera naha migisha y’okuhona oburweire obu yaaba arikutongoza endya ehikire (narya ebyokurya eby’omugasho), okukozeza omubiri gwe (okukora ebisasayizi), kandi n’okwetantara amarwa n’okuretsa.

## Eby'endya.

Abarweire b'ekookoro basharaho kurya eby'okurya ebeine omugasho omu kutandika, nikaija kubahwera munonga. oburweire obu bwaba nibugumizamu kandi bari n'aha kutambirwa. Nk'omuhwezi, nobaasa kutebekanisa ekyehuro ekirimu emiringo mingi y'ebyokurya, kandi ohereze obuyambi bw'eby'okurya buri kumara kuhwera omurweire kukuuma omubiri gwe.

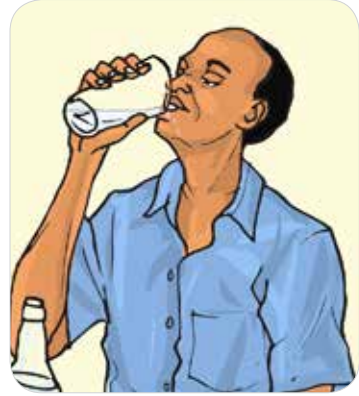
Okurya kurungi nikimanyisa okurya eby'okurya kuruga omu bigombe by'eby'okurya emirundi nk'esahatu buri eizooba.

Akashushani aka ahaifo nikoreka omuhendo gw'ebyokurya gumwe ogu omurweire ashemereire kurya buri eizooba. Abantu bashemerire kurya eby'okurya bikye ebiri kworekwa aha mutwe hamwe n'ebiri ahansi yakashushani. Amajuta (obuuto), ebishaju, omwonyo, hamwe na shukaari nibibaasa kuba ebyakabi aha murweire yaaba nabikozesa omu bwingi, nahabw'ekyo omurweire tashaemereire kubikozesa munonga.



## ***Amaizi.***

Ohereze omurweire amaizi hamwe n'ebiyokunywa eby'amagara nkeshande, buriijo. Abantu nibeetenga kunywa egiraasi empango nka munaana buri eizooba. Nibetenga eby'okunywa bingi baaba nibatanaka, beine ekirukano, narishi baaba batarikurya eby'okurya ebiri kubahazyza. Bashemeriere kwehara okunywa amarwa hamwe na za sooda.



## ***Okukukozesa omubiri ebisasayizi (Durwiro).***

Ebi omurweire arikukozesa omubiri (ebisasayizi) nibibaasa kumuhwera kugira amaani, bikyendeeze n'ahabizibu, oburuhe, esheshemi, hamwe n'okunia empato (constipation). Nikibaasa n'okumwendesa kuguma nayenda eby'okurya.

Omurweire kuyakuba atari kukozesa mubiri gwe, kandi obwo omushaho yaaba yaherize kukisiima, gumya, nari shi hangaana abarweire baawe kutandika kukozesa emibiri yaabo okumara edakiika nk'eitaano nari eikumi buri eizooba. Ku bari kukozesa emibiri yaabo buriijo batajumbwire ngu beine ekookoro, kandi n'omushaho wabo yasiima, bahangaane kugumizamu nibakora ebisasayize. Gambaho n'omushaho wabo abatakatandikireho enteekateeka egi.



## Omu bwire bw'okuragurirwa

Abarweire bamwe okuragurirwa nikubakora gye, kandi abandi kubareetera oburemeezi. Nobaasa kuhwera abarweire kwemera ebiri kuruga omu kuragurirwa oku, kandi betegyereze obu bari kuba nibetenga obuhwezi bw'omushaho. Ebiri kuruga omu burweire obu nibabaasa kukorwaho.

Emirundi emingi, abantu nibahurira batari kwenda kurya baaba bari kuragurirwa. Nibabaasa kurya kakye nari obutarya ky'okurya kyona. Ebi nibimwe aha bintu ebiri kubaasa kuhwera omurweire kurya.

- ☀ Okugyemesereza omurweire okurya okuruga aha mirundi mukaaga kuhika ahari munaana buri eizooba
- ☀ Muheereze eby'okurya ebiri kugaruramu amaani, nk'obuhunga, emoondi, chapatti,enkoko, enyama,eby'enyanya, obushaza nari ebihimba.
- ☀ Muheereze eby'okunywa nk'eshande y'ebijuma, kyayi y'amate, nari omucuuzi yaaba atari kwenda kurya.
- ☀ Biika eby'okunywa ebiri kufukirira ah'omurweire arikubaasa kubyehisya.
- ☀ Gyezaho ehuuma ezapulasitika hame nemisyo omurweire yaba nateganisibwa ebyoma.
- ☀ Otakayeyomesereza omurweire yayanga kurya nainga okunywa.
- ☀ Muhangaane, kwonka otamurwanisa ahabw'obutarya.

## Bwanyima y'okushemezibwa

Abarweire abari kuba bashemezibwe nibabaasa kwerarikirira oku baraabe nibareebeka bwanyima. Abarweire ab'ekookoro y'amabeere abari kuba bashemezibwe eki nikibakwataho munonga. Nikibaasa kuhwera kubuuza omwe aha bakozi ab'ekigombe ky'obuhwezi aha beine ekookoro (Uganda Women's Cancer Support Organization(UWOCASO) kugambaho n'abarweire baawe. Ekitongore eki nikiheereza amabeere agatari nka aga buriijo aha bakazi abari kuba bashemezibwe ekookoro.

## Okureeberera omu bwire bw'aha muheru bw'amagara gaabo

Abarweire bamwe ab'ekookoro abari kuba batakibaasa kutambirwa nibaba b'orekyereire okufa aho naho. Eki nikitiniisa aha muntu orikuba arweire hamwe n'abo abari kuba bari haihi nawe. Omurweire w'ekookoro nabaasa kuba aine obusaasi, nabaasa kuba ari n'aha kitanda, nabaasa kutamburaho kake, kwonka ashobangirirwe.

### Okuhwera abarweire kurya:

Abarweire obutoosha nibehurira batari kwenda kurya oburweire bwaguma nibweyongyera. Gyezaho kubaheereza eby'okurya bikye. Omurweire ku ari kuba atari kubaasa kwegaburira, noba ori ow'okumuhwera. Reeba ngu omurweire ashutami gye kwenda ngu ataka nigwa eby'okurya. Kozesa akajiiko akakye, kandi omuheereze obwire kufutana eby'okurya hamwe n'okubimira otakamwongyeire ebindi.



### Oku muhwera n'ebyo buyonjo:

Omurweire ku ari kugyenda nahwamu amaani, noyija kwenda kumuhwera kunaaba omubiri, okuhindura eby'okweshweka bye, hamwe n'emyenda. Omurweire ku yakubaasa kweyimusya omukitanda, nikiba kiri kirungi kumureka akashutamaho. Ku yakuba atari kubaasa kuruga omu kitanda, muyambe okuhindura orubaju. Gyezaho kureeba ngu omurweire tiyaguma abyamiire orubaju rumwe okumara obwire buraingwa.

## Okufeerwa hamwe n’obusaasi:

Omurweire waawe yaaba naburayo kakye kufa, nimubaasa mwembiri kugira ekiniga, kugubwa kubi, kandi muhurire mwatiina. N’obu kyakuba kiri kityo, nikikuru kureeba ngu waguma n’omurweire w’ekookoro. Eky’okuguma nawe kandi oriku muhurikiriza n’ensheko, nari oku mukwata kurungi nikyoreka ngu nomufaho. Abarweire abamwe nibaba nibenda kugamba aha kufa.

Nibabaasa kukubuuza amatsiko agubari kuba beine. Okufa nikwija kuba nikushaasha kuta? Nikija kutwara bwireki kufa? Omurweire nabaasa kukubuuza, “Ahabweki eki nikiba aharinye?” N’ekintu kigumire kuhurira ebibuuzo nk’ebi ahabw’okuba noba oteine eky’okugarukamu. Nobaasa kumugarukamu oti, “Tindikumanya.” Obwo okwatsire omukono gw’omurweire waawe, kandi ori kumureka kurira nari kugamba aha kugubwa kubi n’okwefuza nikyo ekiri kukirayongurungi.



## 17. Okwefaho wenka

Okufa aha murweire w'ekookoro nikibaasa ku kurutsya, kikwerarikirize, ogubwe kubi kandi ohurire wasigara nk'oriwenka. Toshemereire kushiisha edakiika yona ori kutekateeka nk'oku oraabe oyine omurweire waawe. Noyetenga okuhumura okaguma otebekeine kandi oyine amaani kubaasa kuhwera omurweire w'ekookoro.

### Okushaba obuhwezi hamwe n'okuhumuraho

Tekateeka obwire bwaawe. Shaba banywani baawe hamwe n'abandi abantu ab'omuka yanyu ku kuhweraho. Bagambire eki ori kuba noyenda bakore ku kuhwera. Eki nikibaasa ku kwihaho okumigwa n'oku kuha obwire bw'okwefaho.



### Eky'okuhabura abari kureeberera abarwaire:

Ronda oku wakubaasa kuhwera. Kora omushororongo gw'oku orikwenda kuhwera. Giraho enkiiko n'abeka yaawe mugume nimwijustyana. Omurweire nawe omubariremu. Buuza ab'eka yaawe hamwe n'abaywani baawe obu bari kubaasa ku kuhwera, hamwe n'omurimo ugu bari kubaasa kukora. Bamanyise gye eky'orikuba noyenda.

## Guma oyine amagara marungi:

Koresa omubiri gwaawe ebisasayizi (Durwiiro), gyezaho kurya gye, otungye n'okuhumura okuri kumara. Reeba ngu warya emirundi eshatu omu eizooba eby'okurya by'emiringo eshatu. Koresa omubiri gwaawe ebisasayizi kandi oyegyendesereze kuhanguha munonga. Oyetantare okunywa amarwa mingi.

## Yerinde hamwe n'eka yaawe oburweire bw'ekookoro:

Kyebeza ekookoro y'amabeere hamwe na nyinenda. Kw'oraabe oyine obubonero bw'ekookoro, reeba omushaho akucebere. Gabanaho eky'ori kumanya aha kookoro, oku eri kwentantarwa, kandi n'obubonero bwayo iwe nabanywani baawe hamwe n'abeka yaawe.



# Ahokuza kutunga eby'okwongyera kumanyisa aha burweire hamwe n'obuhereza

## Obuhereza bw'okujanjaaba 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 kukozeza emibazi hamwe n'okuragirirwa 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'okuragirirwa 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'okuragirirwa, 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;071 2200400; 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 nk’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 murungi 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 omweirwaro 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 kicweka 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://ugandacancersociety.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.