



INDWARA YITWA 'SICKLE CELL DISEASE' SICKLE CELL DISEASE

N'iki bita 'sickle cells'?

- Uturingoti tw'amaraso atukura nitwo dukwiza umwuka bita 'oxygen' mu mubiri wose. Uturingoti tw'amarason atukura dusanzwe dufise ishusho ryiburungushuye kandi tukagira akabiri koroshe, bigatuma amaraso atemba neza mu mubiri. Dufise ishusho rimeze uku: 
- Abantu bamwe bafise ahantu amaraso akomoka hakomeye kandi hameze nk'umukasi, kandi hameze nk'umukasi canke ukwezi: 
- Iyo mibiri ifise iforoma riteye nk'ukwezi irashobora gufatana hanyuma igaca izibira uturingoti duto twa maraso, iyo umuntu yanduye indwara, aca ya ma akanye cane canke akenye amazi mu mubiri. Iyo uturingoti tw'amaraso tuzivye, ntampwemu zikwiye zishikira ivyo bice vy'umubiri. Uturingoti tw'amaraso tuzivye turashobora gutuma umuntu aronka ububabare, akandura indwara canke bigatuma haba ibice vy'umubiri vyononekara. Ibi bishobora gutera ingorane zikomeye iyo amahaha n'ubwonko bishikiriwe.

Ibiranga imitsi irwaye n'indwara y'imitsi

- Ibituma umuntu ashobora kurwara mu mitsi biva ku bavyeyi boba barigeze kuba bafise iyo ndwara igaca iwirikirana abana babo; co kimwe abana ubona basa n'abavyeyi.
- Abantu bafise mu mubiri imitsi itukura kandi ifise iforoma yiburungushuye canke imeze bwa mukasi bafise ico bita "sickle cell trait" (biteye nk'umukasi). Bafise amagara meza.
- Abantu bafise mu mubiri imitsi ifise amabara atukura ifise iforoma ry'umukasi gusa baba bafise indwara bita "sickle cell disease". Abo bashobora kugira ingorane z'amagara.

Iyo abavyeyi bose bafise ico bita "sickle cell trait" (biteye nk'umukasi) abana bashobora kuronka:

- Imitsi isanzwe ijana amaraso atukura, canke
- Iteye nk'umukasi (uturingoti tw'amaraso atukura twiburungushuye canke tumeze nk'imikasi, canke
- Indwara y'imitsi (ifise uturingoti tw'amaraso dufise iforoma y'umukasi).

Iyo ndwara y'imitsi bayandura gute?

Ikipimo gisanzwe c'amaraso gishobora kukubarira k'ufise ibiranga imitsi irwaye canke ko ufise indwara y'imitsi.

N'izihe ngorane z'amagara zijana n'iyo ndwara y'imitsi?

Ingorane z'amagara zijana n'iyo ndwara y'imitsi n' inkizi zikwirikira:

- Gukama amaraso, harya umuntu asa n'uwukamvutse mu maso, akabura ingoga, kandi ashobora kuba afise umutima wiruka bidasanzwe
- Indwara ubenjuka, harya umubiri n'amaso bihinduka bigasa n'umuhondo, hanyuma kenshi ukaribwa mu nda
- Kuribwa, kenshi mu biganza, ku maboko, ku maguru, mu gikiriza no munda
- Ububabare bwo mu gikiriza, agakorora, n'uguhemuka nabi
- Kwama wanduye uturwara twosi
- Kubura akayabagu hanyuma ukazingama kandi amagara agatera aba mabi
- Ububare bwinshi mu bihimba vyirondoka bishobora no gushikira abana b'abahungu bato kandi bikamara igihe kinini

KIRUNDI

- Kugira ingorane z'ukubona
- Kumeneka umutwe, gufatwa b'ukumbi, gucika inkokora, umuntu akagira ingorane zo kuvuga, ukama wijiriwe, kandi ugata ubwenge, iyo amaraso yo mutwe abaye make.

Iyo ndwara y'imitsi bayivura gute?

Nta muti w'iyi ndwara baratora, kandi umurwayi azofata imiti ubuzima bwiwe bwose. Abantu barwaye iyo ndwara bazofata imiti iminsi yose, naho uzoba wumvako umeze neza. Muvyo bavuzwa harimwo:

- Gucandarwa ngo bakurinde indwara zimwe zimwe
- Imiti yo kwirinda indwara
- Ingaburiramubiri (vitamine) kugira uronke amaraso menshi.

Gukwirakirana umuntu arwaye iyo ndwara y'imitsi

Abantu barwaye iyo ndwara bazomererwa neza iyo :

- Birinze imbeho nyinshi canke ubushuhe bwinshi
- Bakanywa amazi menshi – gushika ku birahuri 8 k'umunsi
- Bagafungura neza
- Bakaruhuka cane kandi bagasinzira neza
- Bakama bisuzumishije kwa muganga.

Abantu bakuze barwaye iyo ndwara bashobora kuronka mitende iyo:

- Birinze kwanywa inzoga zikaze nyinshi
- Bahevyeye kunywa itabi
- Kuraba muganga asanzwe abavura iyo ugomba gahanuza ibijanye n'ukuvyara ku rugero.

Ni ryari umurwayi yoja mu bitaro bita "Emergency Department" (bijejwe kubona muganga vyihutirwa)

Abantu barwaye iyo ndwara bategerezwa kujanwa mu bitaro bijejwe kubona muganga vyihutirwa (Emergency Department) yegereye ibitaro vyanyu iyo bafise:

- inyonko (ubushuhe bw'ibipimo 38° Celsius canke birenga)
- Indwara ubenjuka, harya umubiri n'amaso bifata ibara ry'umuhundo
- Guhinduka umubiri (raba mu biganza)
- Kubura inguvu canke kutashobora guterura igice c'umubiri (nk'ukuboko canke ukuguru)
- kubura inguvu zo gutambuka
- Kugira inyifato idasazwe canke ukazazanirwa
- Kuraba canke gufatwa bukumbi
- Kucibwamo no kuyorwa
- Kugira ububabare bwo mu gikiriza canke kugira ingorane mu guhumeka
- Ububabare bukomeye, harimwo kugira ingorane zo kurangura amabanga y'ababiranye ku bagabo
- Kuba utakibona neza bije gaturumbuka .

Iyo ushitse ku bitaro barira abakozi baho k'umuntu arwaye indwara bita "Sickle Cell Disease".

Further information is available from