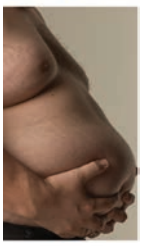
MBEGA URAGORAMIWE?

UMUNTU 1 KURI 3 BABANYA AUSTALIYA BABA BAGORAMIWE GOSE N'INDWARA Y'INFYIGO

INDWARA Y'INFYIGO NIKI?

Indwara y'infyigo ibaho igihe nephrons zimbere y'infyigo, zikora nk'akayunguruzo k'amaraso kaba kangiritse. Ibi bitera kugwiza um-wanda w'amazi imbere m'umubiri



MBEGA NDAGORAMIWE N'INDWARA Y'INFYIGO?

Ugoramirwa cane gose n'indwara y'infyigo kumbure nimba:

- Ufise indwara y'igisukari
- Ufite indwara y'ukwihuta cane kw'amaraso
- Uvyibushe cane gose (BMI ya 30 canke kuduga)
- Unywa itabi
- Ufise kahise k'indwara y'infyigo mum'umuryango wawe
- Ufise inkomoko y'imvukire canke ya Torres Strait Islander
- Urengeje imyaka 60 y'amavuko
- Waragize ingorane z'umutima (kunanirwa k'umutima canke warigeze kurwara umutima) na/canke waragize impanuka yo mumutwe ikomeye.

MBEGA IBIMENYETSO VY'INDWARA Y'INFYIGO NIBIHE?

Ntibikunda ko umuntu ashobora gutakaza 90% z'imikorere y'infyigo ziwe mbere yuko abona ibimenyetso.

Ikimenyetso gitangura kirashobora kuba rusange kandi kigomba kubamo:

- Umuvuduko mwinshi wa maraso
- Impinduka zibara ry'amasobe usoba
- Amaraso mumasobe
- Impinduka munshuro n'igitigiri cigigihe usobako.

MBEGA GUSUZUMA AMAGARA Y'INFYIGO NIKI?

Saba GP wiwawe agusuzume amagara y'infyigo. Ibi bizasaba igipimo c'amaraso, igipimo co kwihuta cane kw'amaraso.

MBEGA HARINFASHANYO YAKARE YO KUBIMENYA?

Niba indwara y'infyigo yamenyekanye kare, imiti, imirire n'impinduka z'uburyo bw'ukubaho bishobora kuduza ubuzima bw'infyigo ziwawe hama bikagufasha ukwiyumva umeze neza mugihe kininiya gishoboka.

MBEGA N'UBUHE BURYO BWO KUVURWA UKUDASHOBORA KW'INFYIGO MUNTAMBWE IHEZA?

Nta buvuzi bukwiye buvura infyigo idakomeye. Uguhitamo k'ubuvuzi harimo:

Peritoneal Dialysis
Tube ishirwa munda itavanwamo. Hashirwamo rero amazi adasanzwe igihe cose kugira ngo aheze akuremo ubucafu mumubiri.

Haemodialysis
Ibi bisaba guhuzwa n'imachini kumbure muhira canke mubitaro vyibura 3 mundwi mukiringo c'amasaha 5 kugira ngo yoze amaraso yawe.

Uguhabwa indi nfyigo
Niba wahawe infyigo n'undi muntu urashobora kurindira igihe kiri hagati y'imyaka 4 gushika 7 kugira ngo iyo nfyigo iheze iboneke neza mumubiri.

Ubuvuzi Budahinduka
Hatabayeko uguhabwa indi nfyigo canke uburyo bwo gukoresha tube ishirwa munda igasimbura imikorere isanzwe y'infyigo zawe, kubandanya iherezo ry'ukubaho biraboneka. Ukuvura ibimenyetso vy'umurwayi bimutera kumva amerewe neza.

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