

INDWARA YA KANSERI

Reka dutangize iri somo mbere yuko dutangira isomo ryacu.

Nuko rero bene Data, abo nkunda kandi nkumbura, ibyishimo byanjye n'ikamba ryanjye, muhagarare mushikamyeye mu Mwami Yesu, bakunzi banjye.

(Abafilipi 4:1)

Kanseri ni iki? Umuntu wese agira ikitwa DNA iboneka mu turemangingo (cells). Iyo DNA ikora umurimo ukomeye wo kubika amakuru yose yerekeye uwo muntu kandi ikanakora umurimo wo kugenzura, gukura no kwiyongera by'uturemangingo (Cells). Inkomoko ya Kanseri ni DNA iba yagize ikibazo cyo gutakaza ubushobozi bwayo bwo kugenzura, gukura no kwiyongera by'uturemangingo (Cells). Iyo itakaje kode zigena ibyo bikorwa bivuzwe haruguru kubera impamvu zinyuranye bituma utwo turemangingo dukorwa kandi tugakura nta rutangira ari nabyo bibyara Kanseri.

Urugero twafatiraho kugira ngo byumvikane neza, nuko iyo umuntu agize ikibazo haba inyuma ku ruhu cyangwa imbere mu mubiri, ahita atakaza uturemangingo (Cells) twinshi kubera umurimo wo kwisana kw'aho hantu hagize ikibazo, bityo uturemangingo (Cells) dushya tugahita dukorwa kugira ngo dusimbure udukuweho kubera uwo murimo. Uwo murimo urakomeza kugeza udukenewe tubonetse. Ariko iyo uwo murimo utagize ikiwuhagarika twa turemangingo tugakomeza gukorwa, bishobora kubyara ibibyimba cyangwa ikindi kibazo kidasanzwe ari nacyo gishobora guhindukamo Kanseri. Gukwirakwira kwa kanseri ni igihe utwo turemangingo dukomeza gukorwa kandi twimukira mu bindi bice by'umubiri tukanakomeza gukura nta rutangira.

IMPAMVU ZIZWI ZITERA KANSERI

Uruhererekane mu muryango;

Gutinda ku zuba rirengeje urugero ku bantu bamwe na bamwe;

Kunyura kenshi muri x-rays n'ibindi byuma bikoresha rays;

Kunywa cyane isukari y'umweru no kurya cyangwa kunywa ibiva mu nganda;

Guhumeka umwuka wo mu nganda, imyotsi y'itabi n'imyotsi ya moteri;

Gukoresha ibikomoka ku matungo, nk'inyama, amata, urugimbu n'amavuta cyane;

Kugira burozi mu mubiri (Toxins) bukomoka ku miti, ibyo turya, ibyo tunywa n'umwuka duhumeka.

Kugira bibazo byo kuziba kw'imitsi;

Ibindi bishobora kubangamira uturemangingo.

AMWE MU MOKO YA KANSERI AZWI:

Leukemia: Ni Kanseri yo mu maraso;

Carcinomas: Kanseri y'uruhu n'ahandi amatembabuzi asohokera;

Carcinomas: Kanseri ifata amagufa n'imitsi;

Lipo-sarcomas: Ibibyimba bifata mu nda.

IBICE BY'UMUBIRI KANSERI IKUNDA GUFATA:

Kanseri y'ibihaha;

Kanseri y'amara

Kanseri y'umwoyo (Anus);

Kanseri y'umwijima;

Kanseri y'amabere ku bagore;

Kanseri y'amagufa;

Kanseri y'amaraso;

Kanseri ya nyababyeyi;

Kanseri y'udusabo twintanga;

Kanseri yo mu kanwa;

Kanseri y'uruti rw'umugongo;

Kanseri y'uruhago;

Kanseri y'igifu;

Kanseri y'ubwonko;

Kanseri y'ibindi bice.

BIMWE MU BIMENYETSO BYA KANSERI:

☞ Kubura appétit nta mpamvu ifatika by'igihe kirekire;

☞ Guhora urwaye umutwe udakira;

☞ Guhorana ijwi risaraye;

☞ Gukorora ugacira amaraso;

☞ Kuva bidasanze kumeze nk'imihango;

☞ Kubyimba imbuto za kigabo (Testicles) bidasanze;

☞ Kwihagarika amaraso kandi utaribwa;

☞ Kuribwa mu nda bidatuza;

☞ Kugira ibibyimba bidasanze ku mubiri;

☞ Kugira umuriro ukabije ahantu mu mubiri;

N'ibindi byinshi ariko bishingiye ku gice cy'umubiri yafashe.

Nyamara kandi ibimenyetso byayo bikunda kwigaragaza ni utubyimba twibumbabumbira ahantu kandi tutababaza. Uko utindana na two hakurikiraho uburibwe budasanze. Nkurugero iyo kubyimba gafashe ku gihaha utangira kubura umwuka uhagije, maze umubiri ukarushaho kwuzuramo uburozi kubera kudahumeka neza. Ako kubyimba kaba gafashe mu nzira y'inkari,

umuyoboro w'inkari urifunga ntubashe kwihagarika inkari neza. Iyo gafashe mu ruti rw'umugongo cyangwa mu mbuto (Testicles) z'abagabo no mu mirerantanga yabagore (ovaries) no muri Nyababyeyi bihagarika gukorwa kw'imisemburo, bityo bityo watindana iyo ngorane igahindukamo kanseri.

IBINTU BIKUNZE GUHA KANSERI URWAHO:

Indyo ikennye: Iyo urya indyo iburamo ibitera imbaraga, ibyubaka umubiri n'ibirinda indwara uba uha icyanzu Kanseri. Burya umubiri ugizwe n'ibyo turya wubatswe kandi usanwa n'ibituruka mu byo turya; ariko iyo ibyo turya bikennye, indwara zizahaza umubiri ziratubona. Kugira ngo twizere ko turya indyo yuzuye dukwiriye kureba niba buri munsu turya ibifite ibara ry'umutuku, umweru, umuhondo, icyatsi.

IBYO KURYA N'IBYO KUNYWA BITEYE AKAGA MURI IKI GIHE:

Ibinure byinshi mu mafunguro dufata ndetse nibirungo (spices) birenze urugero;

Gukoresha cyane ibyakoranywe n'isukari nka sodas, Juices na soft drinks;

Kunywa inzoga cyangwa itabi;

Kunywa ikawa cyangwa icyayi (tea) n'ibindi bikaburamubiri.

Stress: Stress ituma imvubura zishinzwe gukora imisemburo zidakora neza, ingaruka y'ibi ni uko umubiri ufatwa n'indwara yose mu buryo bworoshye. Umunaniro w'ubwonko n'ibyiyumviro bibi bitera kanseri bidatinze.

Kudakora imyitozo ngororangingo: Ubuzima bwo kudakora umurimo n'umwe ni ubuzima buteye akaga cyane, ariko na none kuko hagezweho imirimo yo gukoresha ubwonko gusa wiyicariye na byo biteye akaga, ari na byo bisaba ko ababa mu buzima nkubwo bagira igihe cyo gukora imyitozo ngororangingo, kuko bifasha umubiri gutwika ibinure bibi, kurambuka neza kw'imikaya n'imiyoboro y'amaraso, kwakira umwuka mwiza uhagije no gusohora uburozi.

IBYO UMURWAYI WA KANSERI ASABWA KWIRINDA:

1: Ibyo kurya byose bikomoka ku matungo nk'inyama, amata, amafi, amavuta, urukoko, amagi, furomaje, sosiso na mayoneze.

2: Isukari y'umweru n'ibyo bayivanzemo byose nk'icyayi, Soda n'imitobe bakorana amasukari menshi.

3: Kwirinda kunywa amazi mu gihe cyo kurya: Agomba kunywa amazi habura iminota 30 cyangwa isaha kugira ngo arye, cyangwa akayanywa hashize amasaha abiri amaze kurya.

4: Kwirinda izuba ryinshi: Izuba ni ryiza ariko iryo ku gasusuruko n'iryo ku mugoroba ni ryo ryiza.

5: Kuryama akimara kurya: Ni akaga kuryama akimara kurya ako kanya. Agomba kurya akaryama hashize amasaha abiri.

6: Kwirinda ibinyobwa birimo alukolo nk'inzoga z'amoko yose cyangwa ibikabura umubiri nk'urusenda n'ibirungo.

IBYO UMURWAYI WA KANSERI YAKWIFASHISHA:

IGIKOMA K'IMVANGE: Ni ingenzi kunywa igikoma k'ibinyampeke. Reka tuvuge ko ushaka gutegura igikoma wifashishije impeke cyangwa ibinyamisogwe, wafata:

→ Uburo: 2kg;

→ Ibigori: 2kg;

→ Soya: 1kg;

→ Amasaka: 1kg;

→ Ingano: 1kg;

→ Umuceri: ½kg;

→ Sezame: ½kg.

KURYA IMBUTO: Ni byiza gukoresha imbuto cyane. Reka tuvuge ko hari imbuto wifuza nka: inanasi, amaronji, indimu, manderena, imihuhu (Gaperi), imyembe, pome, imineke, avoka, inkeri, ipapaye, inazi, ibinyomoro, marakuja, igifenesi, umutima w'impfizi, imizabibu, imyerayo, amapera, imitini n'ibindi. Byaba byiza ubikoresheje bisaruwe vuba kandi bidahinduwe ku buryo bibikwa igihe kirekire. Ariko nanone hari ubwo byaba ngombwa ko hakoreshwa umutobe wabyo kimwekimwe cyangwa uvanze bike. Uwo mutobe na wo uzaba ingirakamaro ukozwe vuba niba ubifitiye ubushobozi, umwanya n'ibindi bintu nkenyerwa mu buzima, ariko ntukibagirwe ko umutobe w'imbuto uba mwiza igihe utavanzemo amasukari.

KURYA SARADE Y'IMBOGA MBISI: Kurya salade y'imboga mbisi byongerera umubiri ubudahangarwa kuburyo bushimishije. Iyaba abarwaye Kanseri bakoreshaga ibibisi cyane bagira amahirwe tutarondora. Gufata ishushu, karoti, inyanya, igitunguru, tungurusumu, kokombure, ukabikata neza nk'uko bakora sarade yabyo. warangiza ukabijabika mu mazi abize akiva ku ziko bikamaramo amasegonda 30 gusa hanyuma ukabisubiza kw'isahane ugakamuriraho indimu imwe (niba utarayibujijwe na muganga). Ukabivanga neza, ugasukaho ibiyiko bibiri by'amavuta ya Elayo (olive oil). Kuri iyi sarade ushobora kwongeraho avoka cyangwa pome n'inazi. Wibuke ko kurya izi mboga zidatetse bisaba isuku ihagije.

KUNYWA AMAZI ARIMO INDIMU:

Ujye unywa ritiro 2 z'amazi buri munsi wakamuriyemo igisate k'indimu. Mbere yo kugira ikindi ufata, kare mu gitondo ujye unywa ibirahure 2 by'aya mazi na ku manywa ukomeze unywe andi ariko wirinde kuyanywa urimo kurya.

GUKORESHA AMAKARA:

Kuyanywa: Umuntu mukuru afata ibiyiko bibiri mu gikombe gito cy'amazi yarangiza akawuyungurura neza akanywa gatatu cyangwa kane ku munsi. Umwana we anywa ikiyiko kimwe mu gakombe gato cyane.

Kuyaborosha: Ushyira agafu k'amakara ku buroso ubanje kubwinika mu mazi kugira ngo bufateho ifu nyinshi, hanyuma ukaborosa nk'uko bisanzwe, warangiza ukinyuguzanya n'amazi meza ukoresha na bwa buroso, warangiza ukoza uburoso neza ugashyiraho umuti w'amenyo ukongera kwiborosa nk'uko usanzwe ubikora.

Kuyarya: Ufata ibiyiko bitatu by'ifu y'amakara ukayivanga n'amavuta ya Elayo

(olive oil/L'huile d'olive), ukagenda uvanga buhorobuhoro nk'uko barika ubugari kugeza bihindutse nk'umutsima wumutse kandi ukomeye, warangiza ukajya uryaho uko amasaha ane ashize.

Ikitonderwa: Uwo mutsima ntiwemerewe kuwurya waraye, ni yo mpamvu ugomba gutegura uwo ukoresha uwo munsu gusa.

Kuyabandika: Bitewe naho indwara yafashe uko hangana utegura ifu ukayivanga n'amazi ku buryo bihinduka nk'umutsima woroshye, warangiza ukawubandika aharwaye cyangwa ahababara, hashira amasaha abiri ukawukuraho ukabisimbuza undi, gatatu ku munsu.

Imana ikomeze kubana namwe kandi Ubuntu bwayo bugwirire mu mitima yanyu.

Nuko Ibasha kubarinda ngo mudasitara, no kubahagarika imbere y'ubwiza bwayo mudafite inenge ahubwo mwishimye bihebuje, ari yo Mana imwe yonyine n'Umukiza wacu wadukirishije Yesu Kristo Umwami wacu, icyubahiro n'ubushobozi no kuganza n'ubutware bibe ibyayo, uhereye kera kose ukageza na none n'iteka ryose. Amen. **(Yuda 1:24,25)**