

IMIFUNGURIRE N'UKUNANIRWA KW'NFYIGO



Urupapuro 1/4

Ukugenzura ivyo ufungura igihe ufise indwara y'infyigo birashobora kuba ingorane mugabo birashobora kugira inkurikizi nziza z'ukungene wiyumva n'ubundi buvuzi ushobora gukenera. Ningirakamaro kumenya yuko indwara y'infyigo ibandanya yongera imifungurire yawe ukenera ko izogwira gusumba ukungene vyama. Nivyiza kandi ko umenya yuko umuntu wese afise indwara y'infyigo ita ndukanye n'undi kandi ko afise indya akanera zitandukanye n'izuwundi muntu ndetse akenera n'imifungurire y'isangije kugiti ciwe.

Umuhinga muvyo gufungura afise ubumenyi bw'indwara y'infyigo niwe muntu akwiye kuyagishwa kuvyerekeranye n'indya ugomba gufungura n'ivyo ugomba kunywa. Umuhinga muvyo gufungura azosuzuma indya ufungura ubu hama aguhe impanuro nimba hazoba harimpinduka zikenewe.

Ugusuzuma imifungurire yawe harimo ukuraba kandi ibiguha ingifu unywa n'imifungurire myiza akarorero:

- Proteine
- Umunyu wa Sodium
- Potasiamu
- Fosfeti
- Amazi
- Amavuta
- Glucides

Impanuro zitangwa k'umuntu wenyene, ukurikije ivyo umuntu ashimye gufungura, ukungene vyumva, ikigero cawe, ukungene ubayeho, ibiro ufise, ubunini bw'imitsi yawe, ukungene amagara yawe ameze n'ibipimo vy'amaraso yawe. Urashobora gusanga kumbure ko impinduka zikenewe ari ntoyi, mugabo ukuruikije ukungene infyigo ibandanya iterimbere impinduka n'inshi z'ingirakamaro zirashobora gukenerwa.

Ibintu ugomba gukora kugira ngo uronke randez - vous zikenerwa k'umuhinga muvyo gufungura:

- Andika ivyo wariye muminsi mikeyi iheze hama ubizane uje kuri randez - vous yawe.
- Zana urutonde rw'imiti yawe
- Nimba hari umuntu agutekera indya – muzanane kuriyo randez - vous
- Baza ibibazo kugira umenye ivyo ugomba gukora nimpavu yavyo
- Shirako isuzuma rya randez – vous ridasiba kugira urabe impinduka zawe nziza



IBINTU VYINGIRAKAMARO MUMIFUNGURIRE MWIZA

Ibitera ingufu

Nk'ukungene imodoka yawe ikenera igitoro, umubiri wawe ukeneye nawone ingufu. Kugira

igitigiri gikwiye c'ingufu (kilojoules canke calories) n'ingirakamaro kubuzima bwawe bwose n'amagara meza ndetse n'ibiro bikwiye vy'umubiri.

Glucides na lipids n'isoko yambere y'ingufu mumagara y'umuntu:

- Nimba proteine yarabaye ingorane munda yawe, ugukenere ingufu z'umubiri zogwizwa uriko ufungura amavuta na glucides.
- Akarorero kindya za glucides ni umikate, ingano, umuceri, pasta, nodles n'ibifungurwa vy'indete nkubwishaza.
- Hitamo 'amavuta meza' nka polyinsaturés na / canke mono-insaturés usanga muri olive, canola n'amavuta ya tournesol.

Proteine

Kuronka igitigiri gikwiye ca proteine n'ingirakamaro k'umagara yawe muri rusange. Umubiri wawe ukeneye proteine kugira ngo:

- Ukomeze imitsi
- Kubaka umubiri
- Kurwanya indwara

Ubundi kandi, nimba ufise indwara y'inyfyigo ni vyiza ko ugenzura indya zifise proteine ninshi ufungura kugira ugabanye izo wongera. Ibikenewe vya proteine nazone zirahinduka igihe uri kukigero c'imifungurire, kandi ugomba kubiyaga n'umuhinga ugukurikirana muvuyo gufungura.

Proteine ziva:

- Munda ziva mumatungo harimo amagi, amafi, inyama, inkoko
- Munda ziva mumata nka fromage, amata na yaourt
- Munda zihingwa nka noix, ifu y'ikaranga, lentilles, feves au lard, ibiharage, ibiharage bivanze n'isosi, ibiharage bivanze na salade n'ibirungo navyone bigira proteine, mugabo rimwe usanga bitameze neza kubera potasiamu na phosphore.



Fosfeti

Ugusuzuma phosphore n'ivyingirakamaro igihe icarico cose kundwara y'inyfyigo. Muturorero twinshi ukugabanya proteine navyone bizagabanya igwizwa rya phosphore. Igihe kimwe kimwe, imiti ihuye na fosfeti navyone n'ivyingirakamaro mukugabanya igitigiri ca fosfeti yashitse mumaraso atembera mumubiri.

Fosfeti yugara ikora mumara yawe yihuza na fosfeti munda hama amaherezo igice ca fosfeti kigakurwako mugihe ukuamo imyanda. Kubera iyi mpamvu, n'ingirakamaro gufata chelateur ya fosfeti uriko ufungura. Umuhinga muvuyo gufungura arashobora kukurongora ukungene ushobora gufata fosfeti n'ifunguro ryawe ryiza.

Sodium (umunyu)

Sodium ni menterale iboneka munda. Ubundi kandi yose yongerwa munda zihingurwa kandi zigafungwa mumapaki canke ubundi bubiko bwazo. Vyangiriza igitigiri c'amazi ari mumubiri wawe.

Sodium ninshi n'amazi birashobora gutera:

- Umuvuduko w'amaraso
- Ukuvyimba igikonjo, amaguru, amaboko no kuvyimba muni y'amaso
- Ukubura umwuka wo guhema
- Kugwiza proteine mumasobe

Gufungura sodium nyinshi navyone bitera inyota, kandi n'ingirakamaro cane gose igihe usoba gake (mubisanzwe uhejeje gutangura impanuro zigufasha gusukura umubiri).

Muri rusange, indya zifise sodium ninshi harimo:

- Indya zo kumwero harimo imyero yose, poivre ya citron n'umunyu wa garlic
- Isosi nka soya, ifi, ibiharagi vyirabura, n'isosi ya teriyaki
- Indya zahinguwe zigashirwa mumapaki na zimwe zikanyishije
- Inyama zihinguwe nka jambon bacon, saucisses, nibintu bito bito n'izikanyishijwe buke
- Indya zitafunwa nka chips na crackers
- Indya zicanganyije n'isosi ifunze
- Indya utwara
- Muririnde ibitsimbura umunyu mu mwanya wa sodium

Potasiamu

Hafi y'indya zose zifise potasiamu. Indya nziza ninshi nk'ivyamwa, imboga n'indya zikorwa mumata zigira potasiamu ninshi. Nimba ufise indwara y'infyigo gufungura izi ndya kenshi zikenera ngo zikurikiranwe. Ibi birashobora gusigura ukwirinda ivyamwa n'imboga vyose hamwe, mugabo izindi ndya kuzifungura gake zirashobora kuba zihagije. Nivyiza kwakira impanuro ziva k'umuhinga muvuyo gufungura ukungene ugomba kufungura mu moko y'indya zose hama ukabandanya ufisa ifunguro ifise potasiamu iri hasi.

Igitigiri ca potasiamu ugomba gufungura igihe ukora dialyse kivana na dialyse iyariyo wahisemo. Ni rusange kubantu bose ko bagabanya gufungura potasiamu nimba ufise hémodialyse. Muguheza, nimba uhabwa dialyse péritonéale, urashobora kugwiza potasiamu. Abantu bamwe bamwe bakenera gukoresha imiti kugira bagabanye igitigiri ca potasiamu mumaraso yabo.

Amazi

Igitigiri c'amazi unywa kirahinduka mubiringo bitandukanye vy'indwara y'infyigo. Abantu bamwe bifuzwa kunywa amazi menshi mugabo abandi barashobora kugabanya amazi banywa. Amazi unywa avana n'amasobe usoba, amazi unywa, n'umuvuduko wamaraso. Ama sobe mabi agenda agabanuka mubisanzwe uko ugenda ukora dialyse. Iyo ivyo bibaye utegerezwa kongera ukunywa amazi. Urubuke ko indya z'amazi zikenerwa gushigwa muvuyo unywa.

Amazi usanga harimo:

- Amazi n'ibarafu
- Icyi, ikahwa, imitobe, ibinyobwa vyoroshe, amata n'ibindi bikorwa mumata
- Isosi ifashe n'isosi zoroshe
- Ice cream, ikanyishije, n'ikivuguto

KWAMA UFISE IBIRO VY'AMAGARA MEZA

Kwama ufise ibiro vy'amagara meza birashobora ku korohera kugira amagara meza. Abantu bamwe bamwe bafise indwara y'infyigo ntibifuzwa gufungura canke bagira ingorane yo gufungura indya zihagije kugira ngo bame bafise amagara meza. Ugufungura nabi bishobora kubaho igihe indya ufungura ari ninshi hama umubiri ntuze uronke igitigiri ca vitamine gikwiye, minerale nizindi ntungamubiri umubiri ukeneye. Ibi birasa kubantu bakenera gukora dialyse, mugabo birashobora kugumako igihe utanguye dialyse.

Nivyingirakamaro kugerageza gufungura indya umuhinga muvuyo gufungura yaguhitiyemo kumbure niyo utifuzwa kuzifungura. Barira dogiteri wawe canke umuhinga muvuyo gufungura nimba ugabanya ibiro bidategekanyijwe canke nimba ufise ikibaso hejuru y'ifunguro ryawe.

Kugira ibiro vyinshi birashobora kuba ingorane ikomeye. Birashobora kuba ingorane kuronka dialysise mugihe ufise ibiro vyinshi gose. Ibiro vyinshi bishobora kandi gusigura ko udakwiye guhabwa indi nfyigo. Nimba kugira ibiro vyinshi ari ingorane, umuhinga muvuyo gufungura arashobora kugufasha akakuronsta ifunguro ukurikiza rishobora kugufasha kugabanya ibiro nk'umuntu afise ikibazo c'infyigo.

Niwakenera amakuru arambuye hejuru y'amagara y'infyigo canke iki kiganiro, ndagusavye menyesha Amagara y'Infyigo muri Australiya: Umurongo w'Itumanaho (uhamagara kuri gusa) kuri 1800 454 363 canke usure urubuga rwa www.kidney.org.au

Ibi vyakozwe muburyo bw'intanga marara rusange kuriki kiyago kandi ntabwo bisigura ko bitsimbuye aba dogiteri banyu canke Abahinga batanga Impanuro z'Amagara meza. Ubushishozi bwose bwakoreshejwe kugira ngo twemeze ko inkuru ihawe umusomyi kandi ikoreshwa muntara iyariyo yose muri Australiya. Bigomba kumenyekana ko Amagara y'Infyigo muri Australiya bazi ko ubumenyi bwa buri muntu wese ari kugiti c'umuntu wenyine kandi ko uko gutandukana bigaruka mubuvuzi no muburongozi bitewe n'ingorane z'umuntu wenyene, ubumenyi bw'amagara n'intara atuyemo. Ushobora gusaba inkuru irambuye igihe cose uze urabe dogiteri wawe canke umuhinga muvy'amagara meza.

Vyasubiwemo Gitugutu 2013

Nimba ufise ingorane yo kumva canke y'ukuvuga, menyesha Serivisi ijwejwe Kubafasha Mugihugu kuri 1800 555 677 canke www.relayservice.com.au. Ubufasha ubwaribwo bwose baza kuri 1800 454 363.