

abato n'abakuze) yokwinonora imitsi n'imiburiburi gatatu mu ndwi, akoresha nk'iminota mironko itatu. Umuntu yoshika kuri urwo rugero nko mu gukina umupira w'amaguru, w'amaboko, gusimba umugozi, kuduga canke kumanuka ingazi n'amaguru canke kugendagenda canke gutembera n'amaguru.

### Ugwaye indwara y'igisukari utegerezwa:

- Kufata umuti ukurikije uko muganga yabigutegetse.
- Kupima isukari iri mu maraso nkuko ubitegetswe na muganga.
- Kugendana ikarata karangamuntu iriko izina n'aho uba, indwara urwaye hamwe n'imiti uriko urafata.
- Kwambara impuzu n'ibirato bigukwiye.
- Kunywa amazi menshi akwiye.
- Gukora imyimenyerezo yo kunonora imitsi ku munsu ku munsu.
- Gutekera imbombo zigumye, umutobe w'ivyamwa, canke imfungugwa zirimwo isukari nyinshi kugira uzifashishe mugihe wumva ko isukari ikubanye nke mu maraso.

#### CONTACT INFORMATION:

riht@uscridc.org  
U.S. Committee for Refugees and Immigrants  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
Fax: 202 • 347 • 7177  
www.refugees.org

### Ushaka kubona andi makuru rerekeranye n'Indwara y'isukari raba:

American Heart Association  
www.aha.org

The Centers for Disease Control and Prevention  
www.cdc.gov

The U.S. Department of Agriculture  
www.usda.gov

American Diabetes Association  
www.diabetes.org



*Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na:*

*American Heart Association*

*American Diabetes Association*

*The Centers for Disease Control and Prevention (CDC)*

*Georgia State University, Department of Geography and Anthropology*

*The U.S. Department of Agriculture (USDA)*

*Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement.*



## Indwara y'igisukari imeze gute?

(Diabetes - Kirundi)



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Protecting Refugees, Serving Immigrants,  
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Indwara y'igisukari ni indwara ituma umubiri w'umuntu udahingura canke ngo ukoreshe neza inkabuzo yitwa "insuline" iva m'urwagasha. Iyo nkabuzo ihindura ivyo umuntu ariye mu mfungurwa ntanganguvu umubiri ukeneye, kugira ngo nya muntu ashobore kugira inguvu zo kuja gukora. Indwara y'igisukari ishobora gutuma umubiri ugira isukari nyinshi mu maraso, navyo bigashobora kurwaza umutima, ubwonko, amafyigo, imitsi itwara amaraso hamwe n'amenyo. Indwara y'igisukari iratera uruhumyi, ugukorokerwa (ukudashobora kurangura amabanga mpuzabitsina), canke urupfu.

### UBWOKO BUKURU BUKURU BW'INDWARA Y'IGISUKARI

Ubwoko bwa 1: Indwara y'igisukari itorwa mu bana no mu miyabaga. Kera yari izwi ko ari indwara y'igisukari y'abana n'imiyabaga.

Ubwoko bwa 2: bw'iyi ndwara ni bwo bwibonekeza kenshi. Gushika mu minsi iheze ya vuba, ubwo bwoko bwa kabiri bw'indwara y'igisukari bwahora butorwa mu bantu bakuze gusa. Muri ino minsi, iyo ndwara iratorwa mu bana cane cane kubera igitigiri c'abana bavyibushye birenze urugero congerekanye, canke abana bapima ibiro birengeye imyaka bafise, n'abana b'ibinebwe canke batakunda gukina.

Hariho n'iyindi ndwara y'igisukari itorwa mu bagore bibungenze.

### MBE IYO NDWARA Y'IGISUKARI IPFUPFAHAZWA GUTE?

Nta muti uvura iyo ndwara, ariko irashobora gupfupfahazwa mu:

- Kufungura neza imfungurwa. zibungabunga amagara.

- Kunonora imitsi (nk'ikarashishi).
- Kuhagarika kunywa itabi.
- Kufata imiti (iyo bikenewe).

### Ubwoko bw'imfungurwa zitanga amagara meza:

- Urye imfungurwa z'ubwoko bwinshi butandukanye ku munsu ku munsu kugira umubiri wawe uronke indya z'indemamubiri, z'intanganguvu hamwe n'insanganyangaburo, umubiri ukeneye mu gukura no kugira amagara meza.
- Wirinde canke urye gake canke dukeduke ivyakaranzwe gushika vyumishwe n'amavuta (ifiriti), ibisuguti, imbombo, amavuta y'ibinure, maragarine, mayoneze, umunyu, imfungurwa zitetswe mu mavuta, ibarafu z'ibinure, imbombo zikozwe mw'isukari nyinshi n'inyobwa zisosa cane atari imitobe ikanywe mu vyamwa.
- Urye ibifungurwa bike cane bitetswe n'amavuta gusa (amafiriti) canke birimwo ibinure vyinshi (imikate irimwo ibinure, ibisuguti, n'ibindi bisosa). birimwo ibinure vyinshi (imikate irimwo ibinure, ibisuguti, n'ibindi).

### UBUNDI BURYO BW'UKURONKA IMFUNGURWA ZIBEREYE

- Gerageza kurya imikate ikozwe mw'ifu nk'iyi ngano hamwe n'imfungurwa zivuye mu ntete nk'iyigano canke umuceri usa n'umugina (utera cane).
- Fungura ivyamwa vyinshi hamwe n'imboga.
- Koresha mu guteka, ibinure bike cane, amavuta make, canke amavuta ava mu binure make cane.

- Koresha mu guteka amavuta bapompa ava mu biterwa, hagukoresha amavuta asanzwe y'amazi, canke ayabumbye nk'ibinure canke maragarine.
- Gerageza guteka canke kwotsa mw'ifuru, gutekesha amazi canke kwotsa ku mucanwa usanzwe, gutekesha umuhisha, hagutekesha amavuta gusa.
- Fungura inyama zirimwo ibinure bike, nk'inyama z'inkoko, imbata canke ikanga, canke umusoso w'inka utagira ibinure.
- Koresha canke munywe amata bakuyemwo amavuta canke asigayemo amavuta makeya (nka rimwe kw'ijana), iforomaje, n'ikivuguto bakuyemwo amavuta.

Umuryango wawe n'abagenzi bawe bogufasha gupfupfahaza iyo ndwara y'igisukarimugukoreramwe hamwe imyimenyerezo no kukugaburira imfungurwa zibungabunga amagara.

Kugira imyimenyerezo (yo kunonora ora imitsi canke kugenda n'amaguru) birakenewekandi birahambaye mu gupfupfahaza no kwikingira iyo indwara y'igisukari Bitegetswe ko umuntu uwariwe wese (abagabo n'abagore,

