Ukeneye izindi nsiguro gerageza uje kuri:

www.komen.org

www.cdc.gov/cancer/breast

www.cancer.org

http://www.state.gov/g/wi/rls/

Ibigize aka gatabo vyavuye mu bikorwa vyaringanijwe na:

Ishirahamwe ryitaho kwigisha, gushakashaka no kugerageza gutora umuti wa kansera y'ibere (Susan G. Komen for the Cure)

Ibisata bijejwe gusuzuma indwara (Centers for Disease Control)

Ishirahamwe rirwanya kansera muri Amerika (American Cancer Society)

Imigambi yitaho ivyerekeye ubuvuzi muri Florida (Florida Health Care Plans)

Aka gatabo kakozwe n'uburyo bwatanzwe n'Ubuyobozi bujejwe Amagara n'Ugufasha Kumenyereza Impunzi kuba muri iki gihugu.

U.S. Committee for Refugees and Immigrants
2231 Crystal Drive, Suite 350
Arlington, VA 22202-3711
Telefone: 703 • 310 • 1130
Fax: 703 • 769 • 4241
www.refugees.org

Kansera y'Ibere n'iki?

What is Breast Cancer?

(Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

KUBAHO NEZA

KANSERA Y'IBERE N'IKI?

Kansera y'ibere n' ingwara ituma mw'ibere ry'umugore hamera utuntu tw'umubiribiri tugashobora gusanzara hose mu mubiri. Kansera y'ibere ni mbi ariko irashobora guhagarikwa iyo wivuje neza. Aka gatabo kavuga ingene ushobora kwirinda kansera y'ibere.

Mu mwaka w'2007, muri Leta Zunze Ubumwe z'Amerika, abagore barenga 175,000 basanze bafise kansera y'ibere.

Muri iwo mwaka w'2007, muri abo bagore, abarenga 40,000 barapfuye.

NI NDE AKARIRWA NA KANSERA Y'IBERE?

Kansera y'ibere ni ingwara ishobora gushikira umugore wese, ariko kenshi na kenshi iyo kansera uyirwara iyo ufise imyaka iranga 55 canke iyo mu muryango wamukamwo hariho uwayigwaye.

IBIMENYETSO VYA KANSERA Y'IBERE N'IBIHE?

Ibere ntiritegerezwa kubabara canke ngo rihinduke iyo ririmwo kansera. Ariko, hari ibimenyetso bimwe bimwe ukwiye kumenya:

- ikivyimbe mw'ibere canke mu kwaha
- uruhande rw'ibere rukura rusumbana canke ruvyimba
- urukoba rw'ibere rubabara kandi rutonekara
- ibintu bimeze nk'amazi kandi atari amaberebere (nk'amaraso) biguma biva mw'imoko ry'ibere.
- Urukoba rw'imoko rutukura canke rutose
- Ububabare mw'ibere canke kw'imoko

Ivyo bimenyetso ntivyerekana iminsi yose ko ufise iyo kansera. Ariko, birakenewe cane kwihuta kubonana na muganga udatevye.

NOKWIRINDA KANSERA Y'IBERE GUTE?

Hari uburyo bwinshi bwo kumenya ko amabere yawe ata kansera irimwo. Kugira umenye neza ko ukomeye, ushobora kwisuzumisha muri ubu buryo bukurikira:

Isuzumwa bita "Mammogram"

Isuzumwa bita "Mammagram" n' igihe bakoresha icuma gifotora imbere mw'ibere kugira barabe ko rikomeye neza. Iyo urenza imyaka 40, ukwiye kwisuzumisha na "mammogram" ni biburiburi uko imyaka ibiri iheze.

Isuzumwa ry'amabere kwa muganga

Iryo suzumwa ryo kwa muganga ni igihe umuganga canke umuforoma bakorakora ibere n'iminwe kugira bumwe ko atatuvyimba canke izindi ngorane rifise. Ufise imyaka iri hagati ya 20 na 39, ukwiye kwisuzumisha rimwe mu myaka itatu.

Ukwisuzuma

Ukwisuzuma ni igihe ukoresha iminwe yawe ukumwiriza ko atatuvyimbe ibere rifise canke atangorane z'ihindagurika mw'ibere. Mu ntango ni ngombwa k' umuganga canke umuforoma akwereka ingene wisuzuma n'ivyo usuzuma mw'ibere ivyo ari vyo.

NI KUKI NO KWISUZUMISHA KANSERA Y'IBERE?

Uburyo bwiza bwo kwirinda kansera y'ibere canke kugerageza kuyihagarika ni ukuyimenya ariho igiseruka hamwe no kuja kwa muganga. Birakenewe cane gutora utuvyimbe mw'ibere tutarasanzara. Uko witwararika amabere yawe niko ugabanya ingorane zishobora kuyashikira. Ni vyiza kwama ubonana na muganga kugira umenye ko amabere yawe atangorane ry'ihindagurika afise. Birakenewe kandi gufungura ivyamwa n'imboga nyinshi hamwe n'ukunywa inzoga nkeyi cane. Kutarera amaboko n'ugufata neza umubiri wawe biragabanya kugwara Kansera.

NO KWIPIMISHA GUTE IGIHE NTAFISE AMAHERA CANKE ASIRANSI YO KWIVUZA?

Mu micungararo y'aho uba habwirizwa kuba hari amavuriro asuzuma kanzera y'ibere ku buntu ataco urishe. Kugira umenye ayo mavuriro n'ivyo bashobora gupima, ni uguhamagara ibiro bijwejwe gusuzuma ingwara ("Centers for Disease Control") ku numero 1(800) 232-4636.