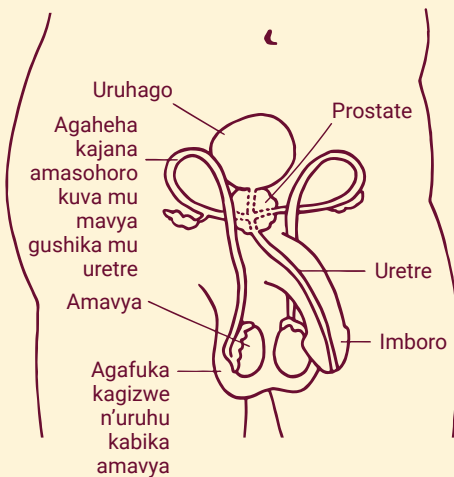




Amagara y'abagabo

Ni SAWA kuyaga kuvyerekeye amagara meza y'ibitsina

Sisitemu yo kurondoka



Prostate n'agahimba gato mugabo ari agahimba gahambaye mu kurondoroka kaba mumubiri

Uruhago n'igice cumubiri kibika umukoyo

Uretre n'agaheha gatwara umukoyo kuva mu ruhago kushika kumunwa wimbora

Gushyukwa n'ugukomera kw'imboro.

Gusohora nigihe amasohoro (amazi y'umweru) ava mu mboro.

Amakuru yerekeranye n' ukurondoka ashobora kuba atari ukuri kubagabo bose, nk'akarorero, umuntu ufise igitsina c'abagabo mugabo yumva ko ari umugore canke abanyabibiri.

Abagabo bamwe na bamwe bashobora kugira ibikomere canke ubumuga bushobora kugira ingaruka ku boshobozi bwabo bwo kurondoka.

Nimba ufise amakenga canke ufise ikibazo, ganira n'umuganga.

Amasango akorwa mw'ibanga.

Urashobora gusaba umusiguzi.

Prostate n'ingorane z'inzira y'umukoyo

Ingorane za prostate zirimwo:

- Prostate ikaguka ivyo bishobora kugira ingaruka ku bushobozi bwawe bwo gusoba kubera prostate iri hasi y'uruhago
- Ububabare n'uku vyimba
- Igihe kanseri ya prostate itangura hashobora kuba atabimenyetso ushobora kubona canke kumva

Ingorane munzira y'umukoyo zirimwo:

- Ku gorwa gutangura gusoba
- Umukoyo usohoka gahorogahoro
- Kushaka kusoba kenshi cane
- Kumva ukeneye kwirukira ku musarani ningoga gusoba
- Ububabare canke umuntu yumva hokera igiye asoba
- Umukoyo uva
- Kuta rangiza umukoyo (ico gihe umuntu yumva ameze nkaho akeneye gusoba nyuma yo gusoba)

Muganga arashobora kuganira nawe kuri izi ingorane kandi aka gufasha guhitamwo uburyo byiza bwo kw'itwara canke kuvurwa.

**Gendera
Muganga
wawe.**

**Reka
tubiganire
ko**

Ingorane zijanye n'ibitsina zirasazwe. Reka tubiganire ko.

Ingorane zijanye n'ibitsina zishobora gushikira abagabo b'imyaka yose, mugabo zikunze gushikira abagabo barenze imyaka 55.

Naho coba ikiyago gikomeye kuganira, izi ngorane zishikira abagabo benshi.

Aho woronka ubufasha:

Ganira na GP wawe canke

Hamagara **13HEALTH** kuri
13 43 25 84

www.qld.gov.au/health/contacts

Ibishushanyijwe bigenda vyerekeye amagara y'ibitsina n'ayu kurondoka biraboneka kuri:

www.health.qld.gov.au



Ingorane z'ibitsina zirimwo:

- Kudashobora kushukwa canke kubandanya gushukwa (ivyo bitwa kushukwa kukora nabi)
- Kumva udakeneye imibonano y'ibitsina canke kumva ubikeneye gake (gusa nimba iyi ni ngorane kuri wewe – abantu bamwe na bamwe bumva batabishaka cane kandi kuribo ivyo ni sawa)
- Gusohora gushika ningoga

Ingorane z'ibitsina zishobora kuba ikimenyetso c'izindi ngorane z'amagara:

- Igisukari (isukari iri hejuru mu maraso)
- Amaraso y'iruka cane mumitsi
- Kolesterolu iri hejuru (Kolesterolu n'ibinyure mu maraso)
- Ingorane z'umutima bita probleme cardiovasculaire
- Ingorane z'amagara y'umutwe (kuhangayika birenz'akarimbi canke kugira agahinda kama ho)

Izindi ngorane zamagara ushobora kuyaga ko na muganga:

- Kurondoka n'ukugira abana (nimba urondera abana mugabo ukasanga bigoye)
- Indwara zandurirwa mubitsina (STIs) na imibonano y'ibitsina ifise umutekano
- Nimba utashaka kwongera kuvyara abandi bana.

Runo rwandiko rwateguwe nubufasha bwa Culturally Responsive Health Advisory Group hamwe nukubaza ikibano ico kibizi ho.

