

Izina _____

Itariki y'amavuko _____

Itariki yo kubyara _____

Gutwita n'igihe cya nyuma yo kubyara ni ibihe byiza byo gusuzumwa indwara z'umutima n'ibintu bishobora gutera ibyago byo kurwara diyabete.

Gutwita bishobora kuba igipimo cy'umwimerere cy'umuhanganyiko ku buzima bwawe ndetse no ku mutima wawe.

Amakuru ku mwana wawe

Ibyumweru umubyeyi yamaze atwite

ibyumweru

iminsi

Iburo uruhinja rwavukanye

amagarama

Uburebure

cm

Umuzenguruko w'umutwe

cm

Igitsina

☐ Gore

☐ Gabo

Amakuru akuranga

Ubwoko bwawe ☐ Umuzungu ☐ Umwirabura ☐ Umunyaziya ☐ Umusangwabutaka ☐ Ubundi _____

Ese unywa itabi?

☐ Yego

☐ Oya

Ese wari ufite umuvuduko w'amaraso ukabije mbere yo gutwita?

☐ Yego

☐ Oya

Ese wari urwaye diyabete mbere yo gutwita?

☐ Yego

☐ Oya

Nyoko cyangwa mushiki wawe (bashiki bawe) yagize umuvuduko w'amaraso ukabije cyangwa umuvuduko w'amaraso ukabije uterwa no gutwita mu gihe cyo gutwita?

☐ Yego

☐ Oya

Nyoko, so cyangwa abavandimwe bawe bafite umuvuduko w'amaraso ukabije?

☐ Yego

☐ Oya

Nyoko, so cyangwa abavandimwe bawe barwaye diyabete?

☐ Yego

☐ Oya

Nyoko, so cyangwa abavandimwe bawe barwaye umutima cyangwa bagize sitoroke?

☐ Yego

☐ Oya

Wigeze urwara umutima cyangwa ugira sitoroke?

☐ Yego

☐ Oya

Isuzuma n'inkingo ni igihe cyiza cyo kuzuza aya makuru ufatanyije na muganga wawe.

Bika aya makuru hamwe n'amakuru ku nkingo z'umwana wawe kugira ngo bigufashe kwibuka.

Ibimenyetso by'ibyago

Wigeze ugira ibibazo bifitanye isano no gutwita bishobora gutera ibyago byo kurwara diyabete n'indwara y'umutima?

Umuvuduko w'amaraso ukabije uterwa no gutwita	☐ Yego	☐ Oya
Umuvuduko w'amaraso ukabije wa nyuma y'ibyumweru makumyabiri byo gutwita	☐ Yego	☐ Oya
Diyabete iterwa no gutwita	☐ Yego	☐ Oya
Kuva mu mwanya kwa nyababyeyi	☐ Yego	☐ Oya
Kubyara umwana utagejeje igihe (<ibyumweru 37)	☐ Yego	☐ Oya
Kugwingira kw'umwana uri mu nda	☐ Yego	☐ Oya
Kubyara umwana upfuye/umwana wapfiriye mu nda ya nyina	☐ Yego	☐ Oya

Niba utazi neza ko wagize kimwe mu bibazo byavuzwe haruguru, baza muganga wawe.

Ufite ibyago



Niba hari utuzu wavivuye twa **YEGO** ku makuru akuranga na/cyangwa ibimenyetso by'ibyago

Wari uzi ko?

Kuba warigeze kugira umuvuduko w'amaraso ukabije no kurwara diyabete iterwa no gutwita ntibisobanuye ko byanze bikunze uzagira ibibazo by'umutima na diyabeteariko ukwiye kwita ku buzima bwawe bw'umutima ubu no mu gihe kizaza kandi ukagenzura isukari yo mu maraso yawe kugira ngo ugabanye ibyo byago.

Abagore bafite umuvuduko w'amaraso ukabije mu gihe batwite na bo bafite ibyago byo kurwara mu gihe kizaza

4 x Umuvuduko w'amaraso ukabije



2 x Indwara y'umutima



2 x Sitoroke



2 x Indwara y'impiko



3 x Diyabete



2 x Kwipfundika bw'amaraso mu mitsi

Icyo wakora kugira ngo ugabanye ibi byago



Gukora imyitozo mu buryo buhoraho nibura iminota 150 mu cyumweru



Kwiha intego yo kugira ibiro biringaniye



Kurya indyo igizwe n'ibintu bitandukanye birimo imbuto n'imboga byinshi, ndetse n'ubunyobwa n'impeke; no kugabanya umunyu, ibinure n'isukari winjiza mu mubiri



Kwirinda kunywa itabi



Konsa igihe kirekire uko bishoboka



Gusinzira nibura amasaha 6 mu buryo buhoraho



Kubonana na muganga wawe w'ibanze mu buryo buhoraho



Kutabyara indahekana, gushaka ubufasha bwa muganga wawe kugira ngo wizere ko ufite ubuzima bwiza mbere yo kongera gusama no kwisuzumisha igihe usamyeye

Uragirwa inama yo kwisuzumisha no kwipimisha

- Gukurikirana umuvuduko w'amaraso wawe ni ingenzi kugira ngo ugenzure ibyago ku buzima bw'umutima nyuma yo kubyara
- Iburo by'umubiri, igipimo cy'umubyimba w'umubiri, n'umuzenguruko w'urukenyerezo bigaragaza muri rusange ishusho y'ubuzima bwawe
- Ikizami cy'inkari cyo gusuzuma ingano ya poroteyine ziri mu nkari ni ikizami cy'inkari zawe gikorwa hagamiywe gusuzuma no kuvura indwara y'impayiko na diyabete.
- Insoro nke zigaragaza ko ufite utunyangingo tw'amaraso dutukura tudahagiye kandi ko ukeneye kuvurwa
- Igipimo kigaragaza uko impayiko ziyungurura imyanda mu maraso (eGFR) gipima urwego rw'imikorere y'impayiko zawe
- Ikizami cyo mu kanwa cyo gusuzuma uko umubiri uringaniza isukari yo mu maraso g75 (OGTT) gikoreshwa mu gusuzuma ubwoko bwa 2 bwa diyabete
- HbA1c igaragaza impuzandengo y'ibipimo by'isukari mu maraso mu mezi 3 ashize

**Koresha Urutonde
rw'Igenzura
rw'Imirire rwa FIGO**



Kwisuzumisha

n'ibizami bisabwa

n'ibizami bisabwa	Gusezererwa	Ibyumweru 6	Amezi 3	Amezi 6	Amezi 12
Itariki yo kubonaniraho na muganga					
Umuvuduko w'amaraso [†] (mmHg)	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
Ibiro (Kg)	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
Igipimo cy'umubyimba w'umubiri (Kg/m²)	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
Umuzenguruko w'urukenyerero (cm)	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
Ikizami cyo kureba poroteyine ziri mu nkari			_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
Haemoglobin (g/dL)		_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
eGFR* (mL/min/1.73 m2)		_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza	_____ ☐ Ntibimeze neza
OGTT** (mmol/L)		_____ ☐ Ntibimeze neza		_____ ☐ Ntibimeze neza	
HbA1c***† (%)		_____ ☐ Ntibimeze neza		_____ ☐ Ntibimeze neza	
Ingano y'ibinure mu maraso		_____ ☐ Ntibimeze neza			

Iyo bibaye ngombwa kandi/cyangwa hari ibikoreshe; biba byiza gukoresha isuzuma rya buri mwaka nyuma y'amezi 12 akurikira kubyara. Ku bagore bagize: ^{*}Ibibazo byo gucika intege kw'impiko mu gihe cyo gutwita, ^{**} Diyabeye iterwa no gutwita.

Umuvuduko w'amaraso ukabije

-  Kuganira n'abaganga bawe
-  Gufata imiti mu buryo buhoraho
-  Kwiha intego yo kugira umuvuduko w'amaraso ungana na 130/90 mmHg cyangwa muni yaho

Umubyibuho ukabije

-  Kurya indyo ifite intungamubiri
-  Kugira ibiro bikwiye by'umubiri
-  Gukora imyitozo mu buryo buhoraho

Ibisubizo bitameze neza by'ibizami

-  Kuganira n'abaganga bawe
-  Kongera kwisuzumisha nyuma y'amezi 6

