

## MIBVUNZO NEMHINDURO PAMUSORO PEVIAC KUDZIVIRIRA GOMARARA REMUROMO WECHIBEREKO

### Chii chinonzi VIAC?

VIAC inzira inoshandiswa kuchipatara kuongorora shanduko pamuromo wechibereko. VIAC inosanganisira kuongorora shanduko pamuromo wechibereko pachishandiswa vinegar. Umbowo hwegomarara remuromo wechibereko unoonekwa nekuchena. Kubvisa zvichena izvi zvinobatsira kudzivirira gomarara rechibereko pamakore anotevera

### Zvino revei kana ongoro yeVIAC ine umbowo?

Kana ongoro yeVIAC ine umbowo hwegomarara remuromo wechibereko. Zvinoda kuti murapwe kuburikidza nerubatsiro kubva kune vezveutano. Umbowo hwegomarara hazvirevi kuti matova negomarara. (Kana VIAC isina kuonesa umbowo zvinoreva kuti muromo wechibereko unoratidzika zvakanaka hapana kurapwa kunodiwa).

### Kurapwa kuburikidza neVIAC zvingadzivirira gomarara zvachose here?

Kana mudzimai aneumbowo hwegomarara arapwa zvinotarisirwa kuti dambudziko iri rinopera zvachose. Mushure mekurapwa pane mukana mudiki wekuti dambudziko iri ringadzoke zvakare panguva inotevera. Zvinokurudzirwa kuti munoongororwa nevehutano.

### Mudzimai anogona kutapukirwa neutachiona hweHIV kubva pazvinhu zvinoshandiswa kuita VIAC?

Kwete. Midziyo inoshandiswa kuita VIAC insukwa nekuchengetedzwa zvachena nenzira dzemuchipatara, uye midziyo iyi inoshandiswa kamwe chete pamudzimai mumwe.

### Ongororo yeVIAC inogona kuona zvirwere zvepabonde here?

Ongororo yeVIAC inobatsira kuona shanduko pamuromo wechibereko zvinogona kuzokonzera gomarara, asi ongoro yeVIAC inosanganisira kutarisa nhengo yemudzimai nemuromo wechibereko. Kutarisa uku kunobatsira kuzoonawo mamwe matambudziko akaita semhopo, zvinobuda kuzasi/kusikarudzi nezvimwewo.

## Utano HweVanhukadzi



**Bhuku iri haritsanangudze zvose maererano neutano hwevanhukadzi. Ruzivo pamusoro pe HIV/AIDS ne zvimwe zvirwere zvepabonde rinokwanisa kuwanikwa mune mamwe mabhuku**

**Bhuku rino rakagadzirwa nerutsigiro kubva kuBetter Healthcare for Africa Inc. na Family Child Healthcare Providers Karanda Mission Hospital**

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## KURONGA MHURI

### *Kwakakosherei?*

- Kuronga mhuri isarudzo inoitwa nevaviri kana mumwe arikuchengeta mhuri.
- Munhu wese ane kodzero yekusarudza kuti anoda kuita vana vangani
- Kusarudza kuregera kuita mwana kunoderedza mukana wekutapudzira utachiona hwe HIV kumwana
- Kuita pamuviri kanodarika kashanu pamwechete nekuita nguva pfupi pakati pekuzvitakura kwega kwega, zvinhu zvinogona kukanganisa utano hwemwana naamai
- Kuronga mhuzi kunobatsira kusimbisa utano hwemwana naamai

### *Ndedzipi nzira dzingashandiswe kuronga mhuri*

- Nzira dzinoshanda kwenguva diki
  - Mapiritsi ekunwa
  - Makondomu
  - Kubaiwa majekiseni
- Nzira dzinoshanda Kwenguva Refu
  - Mushonga wemuganda- Jadelle & Implanon
  - Simbi dzemuchibereko
- Nzira dzinoshanda kweupenyu hwese
 

**Nzira dzokudzivirira pamuviri kweupenyu hwese dzinokurudzirwa kwazvo kumadzimai ane vana vashanu zvichikwira**

  - Dzevakadzi- Kusungwa machubu echibereko
  - Dzevarume- Kusungwa machubu anofamba nembeu



## CHIRWERE CHEKUKWIRA KWEBP

### *Munokwanisa kuzvibatsira sei mukabatwa nechirwere ichi*

- Kuderedza kudya zvikafu zvine mafuta akawanda.
- Kudya michero nemiriwo yakawanda
- Kuderedza munyu muchikafu.
- Kuchengetedza utano hwakanaka kuburikidza nekubata mabasa kana kumhanya (exercise)
- Mishonga yekunwa inoderedza BP yamunogona kupihwa neveutano kuchipatara mushure mekunge mabatwa nechirwere ichi
- Kumira kuputa fodya kana kunwa doro

### *Zvii zvinogona kuwedzera mukana wekuita chirwere ichi?*

- Kana vanwe vemumhuri vanechirwere chekukwira kweBP
- Kusabata mabasa zvinogona kukonzera huremu hwemuviri hwakanyanyisa.
- Kuputa fodya nekunwa doro

### *Chii chinogona kuitika kana chirwere chekukwira kweBP chikasarapwa?*

- Zvirwere zvemoyo, zvirwere zveitsvo, zvirwere zvemaziso, kuoma rutivi (stroke)



## ZVIRWERE ZVEHUPENYU HWESE

Zvirwere izvi zvinosanganisira chirwere chinokanganisa kufema zvakanaka (asthma), chirwere chemoyo (heart failure), chirwere chemabhonzho (arthritis) pamwe nezvirwere zvichataurwa pasi.

## CHIRWERE CHESHUGA

### *Zvii zvinogona kuwedzera mukana wekuita chirwere ichi?*

- Kana vamwe vemumhuri vanechirwere cheshuga
- Kusabata mabasa zvinogona kukonzera huremu hwemuviri hwakanyanyisa.
- Kuputa fodya nekunwa doro

### *Ndezvipi zvinoratidza kuti munogona kunge muine chirwere ichi?*

- Kudzikira pahuremu hwemuviri
- Kunyanya kunzwa nyota
- Kuita weti kakawanda kunyanya pakati peusiku
- Kunzwa kunyanya kuneta
- Kunzwa nzara padiki padiki

### *Munokwanisa kuzvibatsira sei mukabatwa nechirwere ichi?*

- Kuderedza kudya zvikafu zvine shuga ne mafuta
- Kuwedzera zvikafu zvakaite se muriwo nemichero
- Kuchengetedza utano hwakanaka kuburikidza nekubata mabasa kana kumhanya (exercise)
- Mishonga yekunwa kana yekuzvibaya inoderedza shuga muropa yamunogona kupihwa neveutano kuchipatara mushure mekunge mabatwa shuga.
- Kuzviongorora huwandu hweshuga muropa pachezvenyu kuburikidza nekushandisa muchini wekumba. Izvi zvinogona kuitwa kuchipatara chiri pedyo nemi kana musingakwanise kuwana muchini uyu.

### *Chii chinoitika kana chirwere cheshuga chikasarapwa?*

- Zvirwere zvemoyo, zvirwere zveitsvo, zvirwere zvemaziso, kuoma rutivi, zvirwere zvemutsinga

**Munokwanisa kutaura nachiremba wenyu kuti muwane ruzivo rwezvinoratidza kuti shuga yemuropa yenyu yakawandisa kana kuti yakaderera kunyanya vana vanozvibaya mishonga yekuderedza shuga muropa**

## GOMARARA REMUROMO WECHIBEREKO (CERVICAL CANCER)

### *Chii?*

- Gomarara rinoitika pamuromo wechibereko
- Rinokonzerwa ne nutachiona unonzi Human Papilloma Virus (HPV), hunowanotapuriranwa nenzira yepabonde

### *Ungaridzivirira sei?*

- Kushandisa makondomu nguva dzose pabonde
- Kudzvirira kuita shamwari dzakawanda dzepabonde
- Kudzvirira kutanga zvepabonde kune vasati vabva zera

### *Rinoonekwa sei pachirine nguva yekubastirika?*

- Nekutariswa Muromo wechibereko:
  - Visual Inspection with Acetic Acid and Cervicography (VIAC) or Pap Test.

**Kuonekwa zvichena paVIAC hakurevi kuti mune gomarara remuromo wechibereko nguva dzose. Dzimwe nguva zvinogona kureva kuti mune zvimwewo zvirwere.**

### *Ndiani anofanira kuongororwa?*

- Munhukadzi wese anoenda pabonde.

### *Munofanira kuongororwa kangani?*

- Kamwe chete pamakore matatu kana usina utachiona hweHIV
- Kamwe chete pagore kana uine utachiona hweHIV

### *Zvinokwanisa kuratidza kuti ungava uine gomarara remuromo wechibereko.*

- Kuburitsa zvinonhuwa kuzasi
- Kubuda ropa rakawandisisa pamazuva ako ekutevera kana kutanga kubuda ropa mushure mekunge waguma kutevera.





## GOMARARA REZAMU (BREAST CANCER)

### Chii?

- Bundu kana mapundu anokura mumazamu
- Haasi ese mapundu anobuda mumazamu anoita gomarara, zvikuru sei kumadzimai echidiki nevanoyamwisa

### Chii chinowedzera mukana wekuita gomarara rezamu?

- Makore ekuberekwa anopfuura makumi mana
- Kana mumwe wemumhuri akamboita gomarara rezamu
- Kuputa fodya ne kunwa doro
- Kudya kune mafuta emhuka/enyama akawanda kana zvekudya zvakatsetseka zvisina matsengwa

### Zvii zvinogona kuratidza gomarara rezamu?

- Bundu kana kuomarara muzamu kana pedyo ne zamu kwenguva inodarika mwedzi mumwechete
- Bundu muhapwa kwenguva inodarika mwedzi mumwechete
- Mvura ine ropa kana yakachena inobuda pa zamu
- Kushanduka kweganda pakutarisa kana pakubata zamu
- Kusiyanana kwemazamu kana minyatso yemazamu

### Ungazvidzivirira sei?

- Kuzviongorora kwema zamu
  - Itai izvi pakati pemazuva matatu kusvika mashanu mushure mekunge matevera (kuenda kumwedzi) nekuti panguva iyi mazamu anenge asina kuzvimba uye anenge asingarwadzi
  - Ongororai nekubata mazamu pamberi pechioneso muchitsvaga zvinhu zvinogona kuratidza gomarara rezamu zvataurwa pamusoro. (kuti muzive zvizere munokwanisa kubvunza vezveutano kuzvipatara zviripedyo nemi)
  - Kubatwa kwegomarara rezamu pachine nguva zvinobatsira pakurapika kwechirwere ichi.

## KUGUMA KUTEVERA/ KUGEZA/KUENDA

### Chii?

- Izvi zvinoitika kuvanhukadzi vose kazhinji kune vane makore makumi mashanu zvichikwira
- Kuguma kutevera hachisi chirwere
- Chiratidzo chekuti munhukadzi aguma kubereka vana
- Pane zvakawanda zvinoshanduka mumuviri panguva lyi
- Kunyangwe hazvo munhukadzi aguma mbereko hazvireve kuti haachakwanise kusangana nemunhurume pabonde.

### Unoziva sei kuti wasvika pakuguma kutevera

- Kana mazuva ekutevera asisauye nenguva kuvakadzi vanemakore aripakati pemakumi mana nemakumi mashanu.

### Ndezvipi zvinoratidza kuti nguva yekuguma mbereko yasvika.

- Kuwedzera pahuremu hwemuviri
- Kunzwa kupiswa zvakanyanya kana kudikitira zvakanyanya pakurara
- Kushaikwa kwehunoro kana kuti kuoma kwenhengo yechikadzi
- Kutadza kubatwa nehope
- Kunzwa marwadzo mumuviri wese
- Kuomarara kweganda
- Kunzwa marwadzo mumabhonzu

(Kana muchinzwa izvi monokwanisa kuenda kunachiremba kunoongororwa kana kuri kuguma kwembereko.)

### Mungazvibatsira sei panguva iyi?

- Munogona kubatsirika nekudya chikafu chinovaka, kusimbisa muviri kuburikidza nekubata basa kana kumhanya (exercise) uye kusafunganya.
- Kana muchipiswa uye kudikitira zvakanyanya munogona kunwa mvura yakawanda.
- Kuderedza kunwa zvinwiwa zvine caffeine zvakaita se coffee, putugadzike (tea) kana coca cola.
- Matambudziko edundiro akafanana nekuita weti pese pese kusanganisa pakukosora kana kuseka endai munoonekwa nachiremba
- Kuramba muchienda pabonde kunogona kubatsira pane zvamunenge muchinzwa
- Kunwa mukaka wakawanda kunosimbisa mabhonzu

