

Umuwuduko ukabije w'amaraso

Umuwuduko ukabije w'amaraso ni iki kandi se kuki ari ingenzi?

Umuwuduko ukabije w'amaraso, nanone witwa kwisunika gukabije kw'amaraso mu mitsi, ushobora kwangiza imijyana n'imigarura y'amaraso yawe. Nubwo umuwuduko ukabije w'amaraso ukunze kubaho, abantu benshi ntibabimenya kuko batumva ko barwaye. Ariko kandi, uramutse udashye mu buryo bukwiriye ikibazo cy'umuwuduko w'amaraso, ushobora kwangiza umutima wawe, ubwonko cyangwa impyiko, bigatuma ufata n'indwara y'umutima, indwara itera guturika kw'imitsi yo mu bwonko cyangwa impyiko ntizibashe gukora neza.

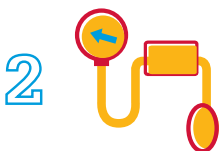
None nakora iki?

Ibintu bitanu bikurikira bishobora gufasha abantu bose bafite umuwuduko w'amaraso uri hejuru.



1

Fata imiti yawe buri muni. Byaba byiza ufatiye imiti yawe igihe kimwe buri muni kugira ngo utabyibagirwa. Ihangane. Bishobora gutwara igihe kugira ngo ubone imiti ikwiriye n'igipimo cyawe. Bwira umuganga wawe niba hari ingaruka mbi zo zose waba ufite zakomotse ku miti. Ni iby'ingenzi kumenya imiti igukwiriye. Kuba ukeneye imiti si ukuba umunyanteke nke kandi bizatuma umutima wawe utangirika cyane.



2

Jya ufata ibipimo by'umuwuduko w'amaraso mu rugo. Mu gitondo na nimugoroba, ujye wifashisha imashini yabigenewe igupima umuwuduko w'amaraso mu rugo. Reba *inyuma y'iyi paji* kugira ngo ubone inama zagufasha gusuzuma umuwuduko w'amaraso neza. Saba muganga wawe agufashe kwandika ibipimo byawe by'umuwuduko w'amaraso buri muni.



3

Komeza kugenda kenshi! Gukora imyitoto ngororamubiri bizatuma umutima wawe ukomera kandi bigufashe kugenzura ibiro byawe. Niba bikugoye gukora iminota 30 y'imyitoto ngororamubiri buri muni, ujye uyikora mu byiciro bito. Gerageza kugenda n'amaguru iminota 10 inshuro 3 ku muni.



4

Jya ugabanya umunyu urya. Uburyo bwo Guhagarika Umuwuduko Ukabije w'Amaraso Ukoresheje Imirire (DASH) bushobora kugufasha kugabanya ingano ya sodiyumu cyangwa umunyu urya, kugira ngo ugabanye umuwuduko w'amaraso. Umunyu mwinshi uba uri mu byo kurya bifunite byakorewe mu nganda cyangwa ibyo muri resitora. Kubera ko muri ibyo biribwa haba hasanzwe harimo umunyu, ushobora kuba urya byinshi cyane, ndetse n'icyo waba utakoresheje igikoreshe cyawe gikonjesha umunyu. Gutegurira ibyo kurya mu rugo bigufasha kugenzura ingano y'umunyu ukoreshe, kandi ushobora no gukoresha ubundi buryo bwo gukoresha ibindi birungo. Gerageza guteka ukoresheje ibyatsi, ibirungo, indimu, vinegere, cyangwa ibirungo bidafite umunyu kugira ngo ushyiremo ubundi buryohe budasanzwe nta munyu.



5

Ibando ku byo kurya bifite intungamubiri. Ushobora kurya ibyo kurya bitandukanye byo muri gahunda y'imirire ya DASH, birimo umunyu muke kandi byiza ku mutima. Ushobora kurya imbuto, imboga, ibinyampeke, ibikomoka ku mata bidafite ibinure byinshi, amafi, inkoko, ibishyimbo, ubunyobwa n'ibindi. Gerageza guhindura ibintu bike mu gihe cy'ibyumweru runaka kugira ngo bigufashe kumenyera ibyo kurya byo muri gahunda y'imirire ya DASH.



Fata ibipimo
by'umuwuduko
w'amaraso
kabiri ku
muni

Icyitonderwa ku barwayi b'Abirabura bafite umuwuduko ukabije w'amaraso:

Umuwuduko w'amaraso uri hejuru urasanzwe mu baturage b'Abirabura. Uretse kuba ushobora kurwara umuwuduko ukabije w'amaraso ukiri muto, bishobora no kugorana kuwugenzura, kandi akenshi bisaba ko ufata imiti.

Kuki kurya umunyu muke no gukurikiza imirire ya DASH ari iby'ingenzi ku muryango w'Abirabura?

Umuwuduko ukabije w'amaraso uterwa n'umunyu ni igihe umuwuduko w'amaraso wiyongera nyuma yo kurya ibyo kurya birimo umunyu mwinshi. Abantu benshi bafite umuwuduko ukabije w'amaraso babona ko umuwuduko w'amaraso wabo uzamuka bitewe na sodiyumu. Ibyo bikunze kugaragara cyane mu muryango mugari w'Abirabura.



Inama zagufasha kumenya igipimo cyiza cy'umuvuduko w'amaraso:



Ibyiciro by'Umuvuduko w'Amaraso	Umubare wo hejuru (mmHg)	Umubare wo hasi (mmHg)	Intego Yawe*
Isanzwe	<120	na <80	<130/80
Umuvuduko w'amaraso uri hejuru y'usanzwe	120-129	na <80	
Umuvuduko w'amaraso wo ku Rwego rwa 1	130-139	cyangwa 80-89	
Umuvuduko w'amaraso wo ku Rwego rwa 2	≥140	cyangwa ≥90	

Aya mabwiriza ashingiye ku Mabwiriza ya AHA 2025 yo Kwirinda, Gutahura, Gusuzuma no Gukurikirana Umuvuduko Ukabije w'Amaraso ku Bantu Bageze mu za Bakuru. Baza umuganga wawe arebe niba igipimo cya cyo hejuru cya <120 ari cyo kigukwiriye.

Imfashanyigisho yakuwe muri TARGET: BP ku bufatanye na American Heart Association na American Medical Association.