

Kuboneza urubyaro.

Kuboneza urubyaro ni iki?

Ni uburyo umuryango cyangwa umuntu ugeze mu gihe cyo kororoka (**kubyara**) ahitamo gukoresha kugira ngo abyare abana ashoboye kurera we ubwe, umuryango we ndetse n'igihugu cye.

Ubusanzwe uburyo bwo kuboneza urubyaro burimo ibice 2 by'ingenzi, hakaba uburyo bukoresha imisemburo (**ibinini, inshinge, ...**) hakaba n'ubudakoresha imisemburo. Uburyo bukoresha imisemburo usanga ari bwo bwitabirwa cyane, kandi ni mu gihe kuko burizewe ku gipimo cyo hejuru kurenza ubudakoresha imisemburo.

Ni ubuhe buryo bukoreshwa mu kwirinda gusama?



Uburyo bwo kuboneza urubyaro bushobora gushyirwa mu byiciro bikurikira:

Uburyo bw'igihe gito.

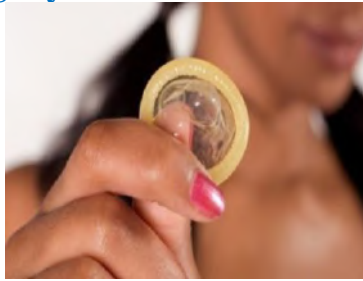
Kwifata: “**Impano nziza y'uwo nkunda**”

Kwifata: Ni ukureka gukora imibonano mpuzabitsina, nibwo buryo bwiza kandi bwizewe bwo kwirinda gusama n'indwara zandurira mu mibonano mpuzabitsina. Kwifata bigufasha gukomera ku busugi n'ubumanzi bwawe.

Ubudahemuka: “**Umuringa nambariye uwo nkunda**”

Ubudahemuka ni ukudaca inyuma uwo mwashakanye cyangwa inshuti yawe ngo ukorane imibonano mpuzabitsina n'undi muntu.

Agakingirizo: “ingabo itanyeganyezwa”



Agakingirizo ni agafuka gakoze mu bwoko bw'isashe bworohera cyane bita «**latex**», hakabaho agakingirizo kambarwa n'abagore n'agakingirizo kambarwa n'abagabo. Iyo umugabo asohoye, amasohoro aguma mu gakingirizo, ntiyinjire mu nda ibyara ngo atume umukobwa cyangwa umugore **asama**.

Agakingirizo: Nibwo buryo gusa bushobora kukurinda gutwita cyangwa gutera inda utabyifuza n'indwara zandurirwa mu mibonano mpuzabitsina tutibagiwe na virusi itera SIDA. icyakora kagomba gukoreshwa buri gihe kandi neza.

Kuki nakoreshe agakingirizo?

Udukingirizo ninzira yonyine yo kwikingira yagufasha n'umukunzi wawe kwirinda ndwara zandurira mu mibonano mpuzabitsina, nokwirinda gutwita utabishaka.

Bamwe rero bagira ubwivumbure ku bikoze agakingirizo (**allergies**) ku buryo gashobora gutera uduheri ku gitsina no kwishimagura. Karamutse kagutera ibibazo wakoresha ubundi buryo.

Agakingirizo karahendutse kandi kaboneka henshi mu Rwanda kandi kugakoresha biroroshye, karinda gusama.

Urushinge: Urushinge rukora nk'ibinini. Ariko umugore arufata buri mezi abiri cyangwa atatu aho gufata ikinini buri muni (bitewe n'ubwoko bw'inshinge akoreshe).

Izo nshinge zizwi ku mazina ya **DMPA, Depo-Provera**, na **NET-EN**.



Uko inshinge zikora.

Imisemburo iri mu nshinge ibuza irekurwa kw'intangangore.

Ibyiza byo kuboneza urubyaro ukoresha inshinge.

- Inshinge zimara igihe kinini ugereranyije n'ibinini.
- Ntizigira icyo zihindura ku mibonano mpuzabitsina.
- Urushinge rushobora gukoreshwa umuntu anonsa.
- Urushinge rushobora kugabanya uburibwe mu gihe cy'imihango.

Icyitonderwa: Urushinge ntirufasha umuntu kwirinda kwandura indwara zandurirwa mu mibonano mpuzabitsina cyangwa Virusi itera **SIDA**.

Ibinini: Ni ibinini bibuza gusama bita ibinini byo kuboneza urubyaro bikaba birimo imisemburo. Umugore agomba gufata buri munsu ikinini kugira ngo abashe kuba akingiwe. Imbogamizi zagaragaye n'uko abagore bamwe babyibagirwa.



Ibinini byo mugihe cy'amage (ECPs): Ibi binini bigabanya amahirwe yo gusama nyuma yo gukora imibonano mpuzabitsina idakingiye. Bifatwa mu masaha atarenze 72 nyuma y'iyi mibonano mpuzabitsina idakingiye. Uko bifashwe hakiri kare niko birushaho kugira akamaro.

Uburyo bwa kamere bushingiye kukugenzura uburumbuke bw'umugore: Ni uburyo busaba umugore n'umugabo kwirinda imibonano mpuzabitsina mu minsi y'uburumbuke bw'umugore.



Abagore bafite ukwezi kudahindagurika bashobora kwifashisha **urunigi** nk'uburyo bwo kumenya iminsi yabo y'uburumbuke.



Abandi bagore nabo bakoresha uburyo bunyuranye bwo kumenya iminsi yabo y'uburumbuke, nko kwisuzuma buri munsu bakamenya niba bafite cyangwa badafite ururenda (iyo barufite baba bashobora gusama) cyangwa se **umugore** ashobora no gufata **ibipimo by'ubushyuhe** kugira ngo amenye igihe intangangore ye ishobora kuba yarekuwe cyangwa iri hafi kurekurwa.

Kwiyakana.

Ubu ni uburyo bukorwa aho umugabo akura igitsina cye mu cy'umugore mbere yo gusohora.

Ubu buryo nubwo abagabo benshi bibagora kubukoresha (kuko mu gihe cyo kurangiza nibwo uburyohe bwiyongera), ariko burizewe ku gipimo cya **96%**.

Nyamara kuko bushobora gukoreshwa nabi bituma icyizere kigabanyuka kikaba **73%**.

Konsa.

Ubu buryo butuma hatabaho irekurwa ry'intanga kuko konsa bihindura imikorere y'umubiri. Abagore batungisha umwana ibere ryonyine bashobora gukoresha ubu buryo.

Urunigi ni uburyo bwo kuboneza urubyaro bushingiye ku kubara ukwezi k'umugore maze hakamenyekana iminsi y'uburumbuke aho umugore/umukobwa udashaka gusama yifata cyangwa se agakoresha agakingirizo.

Ikindi kandi ntibufasha umuntu kwirinda kwandura Virusi itera SIDA cyangwa indwara zandurirwa mu mibonano mpuzabitsina.



Hari kandi abatemerewe gukoresha ubu buryo kuko ukwezi kwabo k'umugore kuba guhindagurika bityo ibyago byo gusama bikaba byiyongera iyo bakoresheje uburyo bw'urunigi. Abo ni abagore bamaze igihe gito babyaye, abadamu bonsa, abakobwa bagitangira kujya mu mihango ndetse n'abadamu begereje igihe cyo gucura.

Uburyo bw'igihe kirekire.

Ubu ni uburyo umukobwa/umugore akoresha bukamara igihe kirekire ariko bushobora guhagarikwa igihe ashaka kwibaruka. Ubu buryo burinda gutwita ku kigero cya **99%**.

A contraceptive implant:



Ni uburyo bwo gushyira umuti munsu y'uruhu bikoze na muganga: Iyo umugore akoresha ubu buryo ntabwo ahangayika ko yatwita mu gihe cy'amezi menshi (imyaka 3) ariko ubu buryo bugira ingaruka ku bantu bamwe na bamwe.

Agapira ko mu kuboko:



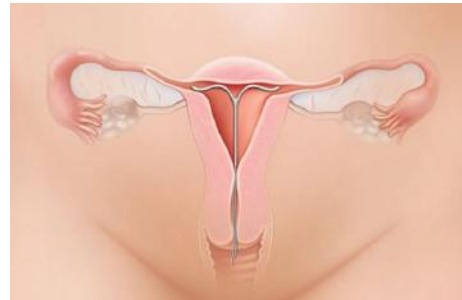
Uburyo bwo kuboneza urubyo ukoresheje agapirako mu kuboko ni bumwe mu buryo bw'igihe kirekire, ni uburyo umukobwa/umugore akoresha bukamara igihe kirekire ariko bushobora guhagarikwa igihe ashaka kwibaruka.

Aka gapira mu Rwanda kazwi nka “**Jadelle**” akandi ni akitwa “**implanon**”.

Agapira ko mu mura (IUD):

Agapira ko mu mura kazwi mu magambo y'impine nka **IUD** (Intra-uterine Device) kubakoresha ururimi rw'icyongereza cyangwa se **DIU** (Device Intra-uterine) kubakoresha **igifaransa**.

Ubusanzwe, habaho amoko menshi y'udupira two mu mura (**Agapira ko mu mura k'imisemburo, Agapira ko mu mura k'umuringa**).



Aka gapira gafite ishusho ya **T** kakaba gasesekwa mu gitsina kakagera mu mura aho ukuboko kwako kumwe kuba kwerekeye mu murerantanga umwe n'akandi kareba ku wundi murerantanga. Akamaro kako ni ako kwica **intangangabo**, bityo ntizibashe kuzamuka ngo zihure n'**intangangore**.

IUD iyo yashyizwe mu mura, ishobora kumaramo imyaka igera kuri **5** cyangwa **10** bitewe n'ubwoko bw'iyi wakoresha. Iyo kandi umugore/umukobwa uyifite ashaka kuyikuramo, ivamo nta kibazo kandi uyivanyemo ashobora gusama vuba cyane. **IUD** yizewe ku gipimo cya **99%**.

Uburyo butangira intanga.

Ubu buryo butangira intanga ngabo kwinjira mu gitsina cy'umugore ngo zihure n'intanga ngore. Aha twavugaga **agakingirizo**, **diaphragm** na **spermicides** (imiti yica intanga).

Diaphragm:



Urwugara ni agakoresho ka parasitiki gafite ishusho y'igice cy'umubumbe.

Urwugara ni agakoresho gakoze nk'umutemeri gashyirwa mu gitsina cy'umugore mbere yo gukora imibonano mpuzabitsina kakarinda ko intangangabo zakwinjira muri nyababyeyi ngo zihure n'intangangore, ibasha gukora neza iyo ikoreshejwe hamwe n'imiti yica **intangangabo**.

Gusa kuko bigusaba kurushyiramo mbere ya buri gikorwa, bishobora kubangamira uwo mukorana imibonano dore ko kurushyiramo bitwara akanya.

Imiti yica intangangabo (spermicides):



Ni imiti ikozwe mu butabire yinjizwa mu gitsina cy'umugore mbere yo gukora imibonano mpuza bitsina ikica intangangabo ikazibuza gutambuka inkondo y'umura.

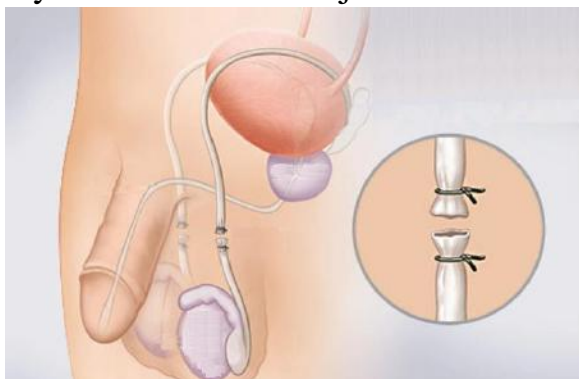
Kubara ukwezi k'umugore.

Ubu ni uburyo bwo kuboneza urubyaro aho umugore abara yitonze ukwezi kwe k'umugore. Ibi bimufasha kumenya neza iminsi ye y'uburumbuke aho ashobora gusama maze akirinda imibonano mpuzabitsina cyangwa se agakoresha agakingirizo.

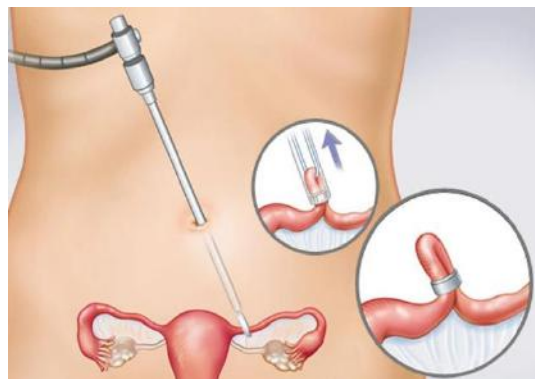
Uburyo bwa burundu / kwifungisha burundu:

Ni igikorwa cyo kubaga umugore cyangwa umugabo bagafunga imiyoborantanga.

Ni uburyo bwo gufunga urubyaro burundu ku mugabo cyangwa ku mugore. Ntakongera kubyara kuwabukoresheje.



Ku bagabo bwitwa **vasectomy**.



Ku bagore bukitwa **tubal ligation**.

Ubu buryo ni **burundu**. Niyo mpamvu mbere yo kubukoresha usabwa kubanza kubitekerezaho bihagije.

Ubundi buryo bwo kuboneza urubyaro.

Cervical cap: Akugara k'inkondo y'umura.



Aka kugara ko ni gato ugereranyije na **diaphragm** tuvuze hejuru. Nako gatwikirizwa ku nkondo y'umura kakaba kabanza gusigwaho umuti wica intanga uzwi nka **spermicide**. Gashyirwamo mbere yo gukora imibonano niyo byaba amasaha 6 mbere y'imibonano nta kibazo, ukagakuramo hashize amasaha 8 nyuma y'imibonano. Ku bagore batarabyara kizewe ku gipimo cya **84%** iyo gakoreshejwe neza. Ariko ku babyaye icyizere kiragabanyuka kuko **umura** wabo uba **ufunguye** kurenza utarabyara.

Contraceptive Patch:



Aka ni agakoresho gafite imisemburo gashyirwa ku ruhu rw'umugore maze gahoro gahoro kakagenda karekura imisemburo inyura mu ruhu maze ikinjira mu muntu. Iyo imisemburo imugezemo ibuzza irekurwa ry'**intangangore**.

Icyitonderwa: Ubu buryo bwose ntiburinda kwandura Virusi itera Sida cyangwa izindi ndwara zandurira mu mibonano mpuzabitsina.

Akamaro ko kuboneza urubyaro muri rusange.

- Ni uburyo bufasha abashakanye kubyara umubare w'abana bifuza kandi ku gihe babyifuza.
- Bigabanya impfu z'abana n'ababyeyi.
- Birinda umuryango gutakaza umutungo mu mibereho ya buri muni.
- Biha umuryango gutuza no gutekana.
- Bifasha igihugu mu iterambere.
- Byongera icyizere cyo kubaho.
- Byongera ubusabane n'urukundo mu bashakanye no mu muryango bikagabanya umwiryane n'inzangano.
- Bituma uburezi mu mashuri bukorwa ku buryo bunoze.
- Kuboneza urubyaro bigira umumaro ku buzima bw'umubyeyi n'umwana, ku muryango no ku gihugu.

Muri rusange, urubyiruko ruhamagarirwa **kwifata** bakazakorana imibonano mpuzabitsina n'abo bashakanye gusa. Urubyiruko runaniwe kwifata rugirwa inama yo gukoresha **agakingirizo** n'ubundi buryo bwo kuboneza urubyaro rwavuzwe hejuru kugira ngo hirindwe inda zitateganyijwe.

Uretse **agakingirizo** no **kwifata**, ubundi buryo bwo kuboneza urubyaro ntiburinda sida n'izindi ndwara zandurira mu mibonano mpuzabitsina.