

Otu esi mata mgbe ọrịa bidoro maka ọnya nọ n' ụkwụ

Ọrịa nwere ike imebi ụkwụ gi ngwa
ngwa dị ka ọkụ na ere na ahịhịa.

Ọ bụrụ na i nwere oghere (ọnyá) na
akpụkpọ ụkwụ gi, lezie anya ma soro
mgbaàmà ndị a:

1. Mgbugbu ọhụrụ ma ọ bụ ụkwụ
ọzịza
2. Mmiri na-apụta site na ọnya
3. Ísì ọjọọ
4. Oyi itụtụ, igbaajirija, ma ọ bụ ahụ
ọkụ (oyi ọmụma)
5. Ahuesighiike, ọ bụ na-eme gi ka i
ga-anwụ anwụ
6. Ichọghị iri nri

Ọ bụrụ na i nwere nke ọ bụla n'ime ndị a
edere na elu ebe a, gaa ka ihụ dọkịta na
ụlọ ọgwụ di mma **tupu ọchịchiri agbaa
n' ụbọchi ahụ.**

Ọrịa nọ na ụkwụ gi Kedụ ihe a ga-eme

1. Gaa n'ụlọ ọgwụ buru ibu ebe ndị
dọkịta ọkachamaran na-arụ ọrụ. Riba
ama: Nke a nwere ike ọ gaghi abụ ụlọ
ọgwụ kacha nso n'ụlọ gi.
2. Rịọ ka i hụ **dọkịta na-awa ahụ** nke
na-agwọ **ọrịa nọ n'ụkwụ.**
3. Rịọ ka i hụ **onye ọkachamara** nke
nwere ike ile anya (ma ọ bụrụ na ọ di
mkpa) **mezi ngbagharị ọbara
n'ụkwụ gi.** Nke a nwere ike igụnye
dọkịta na-awa ahụ nke bụ
ọkachamara na iwa ahụ, dọkịta obi
ma ọ bụ iwa ahụ n'ozuzu. Ndị ọkà
mmụta sayensị ndị ọzọ pụrụ iche, di
ka ọkà mmụta obi (ọkachamara ihe
gbasara obi) ma ọ bụ ndị na-ahụ
maka rediọgi gi nwere ike ime nke a.

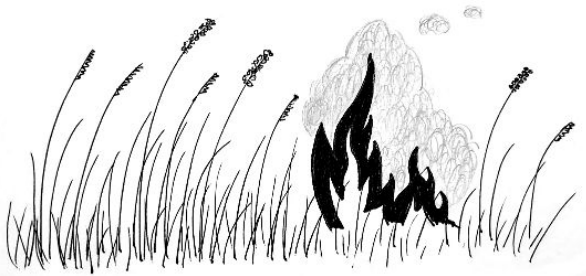
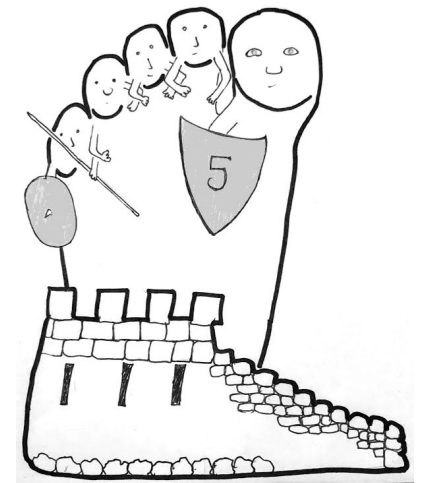
I ga-enwe **nnukwu nsogbu puru** iche
nke ga eme ka ha **wepụ ụkwụ gi**, ọ bụrụ
na iga n'ụlọ ọgwụ nke **na-enweghi onye
okachamara** nwere ike **mezi ngbagharị
ọbara n'ụkwụ gi**

Sọ sọ gi kachasi mkpa maka ahụ isike
ike gi. Soro ndị dọkịta gi na-elekọta
onwe gi anya!

Edemedede broshu Ọ Neal R. Barshes, MD, MPH.
Nsụgharị na asụsụ Igbo Ezinne Onuoha MPH. Ihe
omuma a bụ maka ntuziaka gbasara ọrịa shuga, ma
ọnaghị dochie ndumọdụ ma ọ bụ ntuziaka nke onye
dọkịta ma ọ bụ okachamara ndi oz.

I nwere
Ọrịa Shuga?

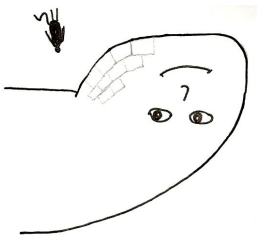
Chebe ụkwụ gi!



Ọ́rịa Shuga na-emetụta ụkwú gi!

ị gaghị anọ ebe ị nọ taa ma ọ bụrụ na ị nweghị ụkwú gi. Lẹkọta ụkwú gi nke ọma!

Akpụkpọ anụ nke na-enweghị ntúpọ bú ihe kachasi mma yji chebe ọ́rịa.

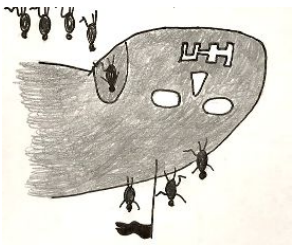


Ndi na-arịa ọ́rịa shuga nọ n'ọnódú dí elu n' inwe ọ́nya na ụkwú ha.



Ó búrú na ị naghị agwọ ya, ọ́nya a nwere ike ikwe ka ọ́rịa malite ma mee ka akúkú ụkwú gi nwúó (gangrene). Nsogbu ndi a nwere ike ime ka gi ichabie akúkú ma ọ bú ụkwú gi n'ile (ikpúpú ụkwú gi).

Úzọ kachasi mma yji zere ikpúpú ụkwú bú inwe akpụkpọ ahú dí mma n'ụkwú gi!



Kedu ndi ka enwe nsogbu?

👤 Ndi nọ na Nnukwu nsogbu

- Ó búrú na e belatara mkpisi ụkwú ma ọ bú na akúkú ọ búla na ụkwú gi.
- Ó búrú na ị nwere ọ́rịa akúkú akwara (ọ́bara anaghị agbaharị nke ọ́ma, ma ọ bú si ike na akwara).
- Ó búrú na ị nweta ọ́rịa nke ọ́dida akúrú.

✦ Ndi nọ na nsogbu di obere

- Ó búrú na ị nwere ọ́rịa akwara (ọ dí gi ka ala ụkwú gi nwúrú anwú).
- Ó búrú na ị nweghị nsogbu ndi a.

✦ Ndi nọ na nsogbu ka cha di obere

Kedu ihe m kwesiri ime?

1. Lee ezigbo anyanwa ụkwú gi, Lee ezigbo anyanwa ụkwú gi, kwanabọchi! Na-ele anyanwa maka ọ́nya na ụkwú gi. Jiri enyo ma ọ búrú na ị gaghị ahụ ụkwú gi. Lee n'ime ma ọ bú n'elu akpụkpó ụkwú gi. Ó búrú na ichóta nsogbu, ga ka ihú dókita ma ọ bú onye ọzọ n'elékóta ahú.
2. Kwusi ise siga - kparam kparam ruo mgbe ebighi ebi. N'ihina Siga na-akpata nsogbu púrú ichen'ahú. Chọọ nkwado na ebe a: 1-800-QUIT-NOW (na United States), www.smokefree.gov.
3. Agala ije na ụkwú efu - ọ́búnadi n'úló gi. Yiri akpụkpó ụkwú na sọks ndi dí mma, ma daba nke ọ́ma n' ụkwú gi.
4. Cí na dókita gi ga-elekóta ahú gi maka ọ́bara mgbali, kólesteroi, na shuga (nke ejiri nọmba hemoglobin A1c agúpúta).