

INGWARA Y'ITIGUNTU (TB)

(TUBERCULOSIS DISEASE (TB))



Igituntu, canke "TB" ni ingwara itegwa n'imigera yitwa *Mycobacterium tuberculosis* bacteria. Si abantu bose bafise imigera y'igituntu TB mu mibiri yabo bagwara. Hari uburyo bubiri butegwa n'imigera y'igituntu TB: [kwandura imigera y'igituntu \(LTBI\)](#) hamwe n'ingwara y'igituntu TB. LTBI bisigura ko ufite imigere y'igituntu (TB) mu maraso yawe ariko utagwaye. Igituntu, canke ingwara y'igituntu TB ni mu gihe imigera y'igituntu yatanguye gukomera mu mubiri wawe kubera uburyo bwo kwigwanira bw'umubiri wawe budashobora kuyibuza gukura.

Kugwara ingwara y'igituntu (TB) bisigura ko uzoba ufise ibimenyetso hamwe n'ivyerekena ko ugwaye igituntu (TB). Akenshi na kenshi, ingwara y'igituntu (TB) ija mu mahaha, mu turingoti two m'umuhogo, mu magufa, mu ngingo hamwe no mu bindi bice vy'umubiri. Iyo ingwara y'igituntu (TB) iri mu turingoti two mu'umuhogo canke m'umuhogo, urashobora gukwiragiza imigera y'igituntu (TB) mu muryango, mu bagenzi hamwe no mu bantu mukunda kuba murikumwe. Iyo ufite ingwara y'igituntu (TB) mu bindi bice vy'umubiri wawe nko mu turingoti two m'umuhogo, mu magufa, canke mu ngingo, akenshi na kenshi ntushobora gukwiragiza imigera y'igituntu (TB).



Ni gute no kwandura igituntu TB?

- ▶ Imigera y'igituntu (TB) ikwiragira biciye mu mpemu ikava ku muntu umwe ikaja ku wundi. Abantu bagwaye ingwara y'igituntu (TB) barashobora kugikwiragiza ku bandi bantu mu gihe bakoroye, batwenze, baririnye, canke basamuye. Iyo uhemye impemu zirimwo imigera y'igituntu (TB), urashobora kwandura imigera y'igituntu (LTBI). LTBI bisigura ko ufite imigere y'igituntu (TB) mu maraso yawe ariko utagwaye.
- ▶ Ntushobora **kwandura** igituntu (TB) biciye mu kuramukanya mu ntoke, kwicara kuri twarete, canke gusangira ibifungurwa hamwe n'ibinyobwa mukoresheje ibikoresho bitandukanye.



Ni ibihe bimenyetso hamwe n'ibiranga ingwara y'igituntu (TB)?

Iyo ugwaye ingwara y'igituntu (TB), urashobora kugira kimwe canke vyose mu bimenyetso bikurikira hamwe n'ibiranga igituntu (TB):

- ▶ Inkorora irenza indwi zitatu
- ▶ Gushinga ubwoya ku mubiri hamwe n'umuriro
- ▶ Gutakaza ibiro mu buryo butunvikana
- ▶ Gucika intege canke uburuhe
- ▶ Kubabara mu gikiriza
- ▶ Kubira ivyuya mw'ijoro
- ▶ Gukorora amaraso



N'ayahe masuzuma aboneka ku ngwara y'igituntu (TB)?

- ▶ Isuzuma ry'igituntu (TB) ku mubiri (Mantoux test) canke isuzuma ry'igituntu (TB) mu maraso bizokwerekana ko ushobora kuba ufise imigera y'igituntu (TB) mu mubiri wawe.
- ▶ Isuzuma ry'igikiriza mw'iradiyo ryerekana nimba imigera y'igituntu (TB) y'arononye amahaha yawe.
- ▶ Isuzuma rya Sputum (phlegm) ryerekana nimba imigera y'igituntu (TB) iri mu gikororwa.
- ▶ Umuganga wawe arashobora gukora ayandi masuzuma kugira asuzume ingwara y'igituntu (TB) mu bindi bice vy'umubiri wawe.



Ni gute nzomenya ko nfise ingwara y'igituntu (TB) mu mahaha yanje?

- ▶ Mu gihe isuzuma ry'igituntu (TB) ku mubiri canke iryo mu maraso ryerekanye ko ngwaye
- ▶ Mu gihe isuzuma ryo mw'iradiyo ryerekanye ingorane zidasanzwe
- ▶ Mu gihe habonetse ibimenyetso hamwe n'ibiranga ingwara y'igituntu (TB)

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Ni gute ingwara y'igituntu (TB) ivugwa?

Igituntu (TB) ni ingwara ikomeye ishobora kuvugwa n'umuganga hamwe n'imiti yabigenewe. Iyo bagutoye ingwara y'igituntu, ni nkenerwa gufata imiti y'igituntu yabigenewe kugira yice imigera y'igituntu.

- ▶ Imigera y'igituntu (TB) irakomeye kandi ibaho igihe kirekire. Utegerezwa kumara igihe ufata imiti imbere yuko utangura kwunva ko umeze neza.
- ▶ Utegerezwa kubandanya ufata imiti yawe y'igituntu (TB) nimiburiburi amezi 6-9.
- ▶ Naho woba wunva wakize, ntuhagarike gufata imiti yawe gushika umuganga wawe akubwiye ko wakize.
- ▶ Ni nkenerwa **kwubahiriza amasango wahawe na muganga** wawe gushika ukuvugwa igituntu (TB) kwawe guheze. Umuganga azogukurikiranira hafi kandi arashobora gukora ayandi masuzuma kugira yizere neza ko imigera y'igituntu (TB) iriko irapfa.
- ▶ Ubahiriza igihe co gufata imiti yawe y'igituntu (TB) imisi yose.
- ▶ Irinde kunywa inzoga, umuvinyu, canke wisiki mu gihe uriko urafata imiti y'igituntu (TB).

Umukozi w'igisata kijejwe amagara y'abantu kikwegereye azokuba hafi mu gihe co kuvugwa. Azohura nawe kenshi kugira arabe uko ufata imiti. Ibi bavyita uburyo bwo kuvura umugwayi imbona nkubone (DOT). Uburyo bwo kuvura umugwayi imbona nkubone DOT buzogufasha kuvugwa neza mu gihe kigufi gishoboka.



N'izihe ngaruka z'imiti ntegerezwa kumenya?

Cokimwe n'iyindi miti iyo ariyo yose, imiti ikoresha mu kuvura ingwara y'igituntu (TB) irashobora kuteza ingaruka zitipfuzwa. Abantu bamwe na bamwe barafata imiti y'igituntu (TB) ata ngorane nimwe bagize. **Akura canke uje kwa muganga wawe mu gihe ugize ingaruka iyo ariyo yose muri izi:**

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| ▶ Iseseme* canke kudahwa | ▶ Kutabona neza canke impinduka zijanye nuko warusanzwe ubona | ▶ Kuribwa mu ngingo z'umubiri |
| ▶ Kubura akayabagu | ▶ Kwunva ibintu bijwira mu matwi | ▶ Kugira umuriro mu gihe kirenga imisi itatu |
| ▶ Gushinga ubwoya ku mubiri hamwe n'umuriro | ▶ Ingorane zijanye no kwunva | ▶ Kuribwa ku rukoba |
| ▶ Amaso asa n'umuhondo canke urukoba | ▶ Ibizunguzungu | ▶ Kuva amaraso canke gufurutirwa |
| ▶ Kudadara canke kutaroranirwa mu ntoke canke amano | | |

*Abantu bamwe na bamwe baragira iseseme nkeyi iyo batanguye gufata ibinini. Mu gihe ibi bigushikiye, gerageza kumirisha ibinini vyawe ibifungurwa bike canke ubifate mu gihe co kuryama. Mu gihe ubandaniye kugira iseseme inyuma y'imisi itatu, akura muganga wawe.

