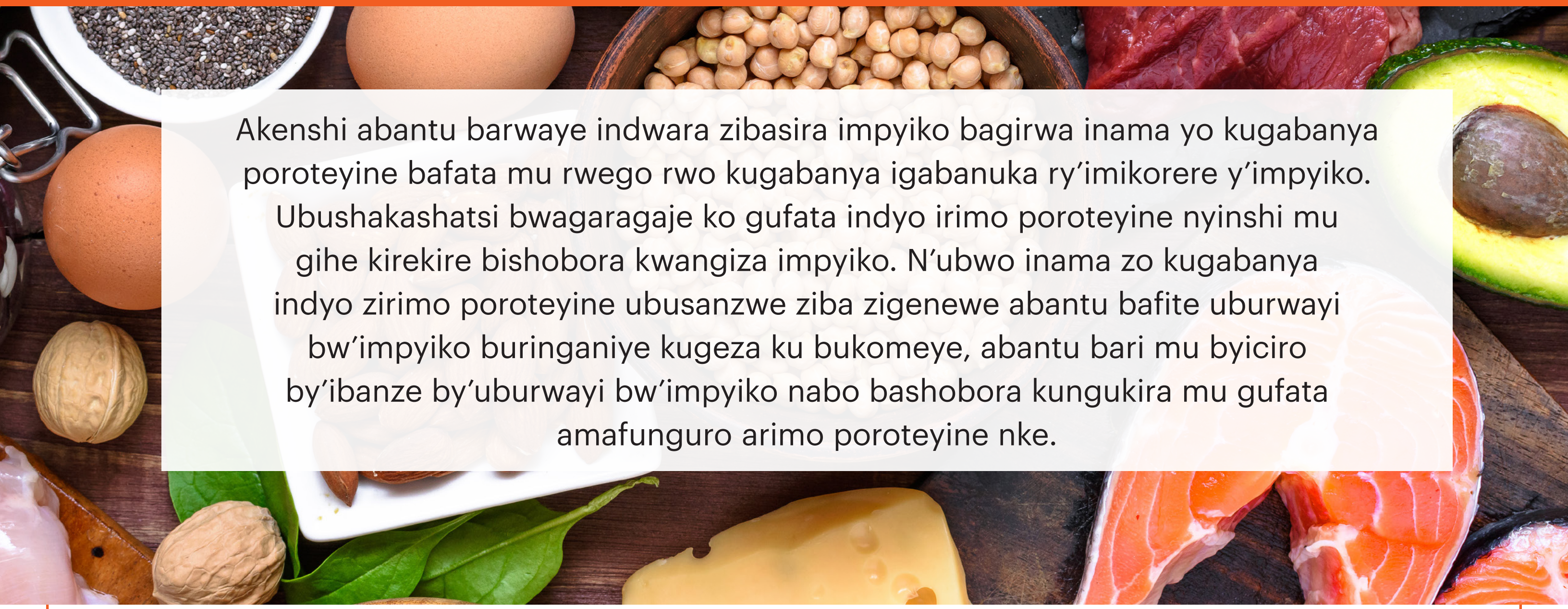
NATIONAL KIDNEY FOUNDATION.

IMIRIRE

INDWARA ZIBASIRA IMPYIKO NA POROTEYINE



Akenshi abantu barwaye indwara zibasira impyiko bagirwa inama yo kugabanya poroteyine bafata mu rwego rwo kugabanya igabanuka ry'imikorere y'impyiko. Ubushakashatsi bwagaragaje ko gufata indyo irimo poroteyine nyinshi mu gihe kirekire bishobora kwangiza impyiko. N'ubwo inama zo kugabanya indyo zirimo poroteyine ubusanzwe ziba zigenewe abantu bafite uburwayi bw'impyiko buringaniye kugeza ku bukomeye, abantu bari mu byiciro by'ibanze by'uburwayi bw'impyiko nabo bashobora kungukira mu gufata amafunguro arimo poroteyine nke.

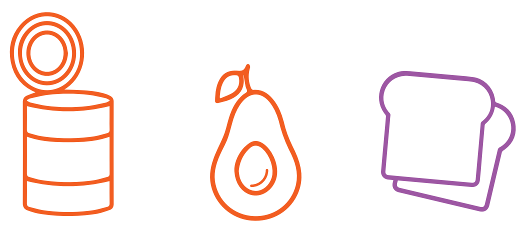
Ibyerekeye poroteyine

Twese dukenera poroteyine mu ndyo yacu buri munsi. Poroteyine ikoreshwa mu kubaka imikaya, kuvura, kurwanya ubwandu no gukomeza kugira ubuzima buzira umuze. Poroteyine zigomba kuba zitandukanye bitewe n'imyaka, igitsina n'ubuzima bwawe muri rusange. Poroteyine zikomoka ku nyamaswa no ku bimera.

- ***Poroteyine zikomoka ku nyamaswa*** zirimo aside amine za ngombwa zose (zubaka amatsinda ya poroteyine). Poroteyine zikomoka ku nyamaswa ziratandukanye mu ngano y'ibinure, inyama z'umutuku zifite ibinure, ibikomoka ku mata bitakuwemo amavuta n'umuhondo w'igi nibyo bibamo ibinure byinshi (ntabwo ari byiza ku mutima). Amafi, inyama z'inkoko n'ibikomoka ku mata birimo amavuta make cyangwa bitarimo amavuta ni byo biba birimo ibinure bike.

  Ushobora gukenera kurya ingano nto y'inyama n'ibikomo ku mata. Ibi bigufasha kandi kugabanya ingano ya fosifate mu ndyo ufata kubera ko fosifate iboneka mu nyama n'ibiribwa bikomoka ku mata.

  - ***Inyama, inyama z'inkoko n'amafi:*** Igice gitetse kigomba kuba kiri hagati ya garama 56 na 85 cyangwa hafi ingano y'ikarito y'amakarita
  - ***Ibikomoka ku mata:*** Igice kingana na ½ cy'agakombe k'amata cyangwa yawurute cyangwa agace ka foromaje



- ***Poroteyine zikomoka ku bimera*** ziba zifite ingano nke ya aside amine imwe cyangwa nyinshi z'ingenzi. Poroteyine zikomoka ku bimera birimo ibishyimbo, lantiye, ubunyobwa, amavuta y'ubunyobwa, imbuto n'ibinyampeke bidatonoye. Indyo ishingiye ku bimera ishobora gutuma ubona poroteyine ukeneye zose ubiteguye neza kandi ugafata amafunguro atandukanye ashingiye ku bimera. Ikindi cyiza cya poroteyine zikomoka ku bimera ni uko ziba zifite ibinure bike kandi zifite fibure nyinshi.

  Ugomba gukomeza gufata poroteyine zikomoka ku bimera. Igaburo riba ari:

  - ½ cy'igikombe cy'ibishyimbo bihiye
  - ¼ cy'igikombe cy'ubunyobwa
  - igice 1 cy'umugati
  - ½ cy'igikombe cy'umuceri cyangwa makaroni bitetse

Hari ahandi hantu heza haturuka poroteyine abantu batarya inyama cyangwa ibikomoka ku mata bazikura. Vugana n'inzobere mu by'imirire ku byerekeye uko wahuza poroteyine zikomoka ku bimera kugira ngo ukore ku buryo ko uri kubona amatsinda yose ya poroteyine umubiri wawe ukeneye.

Poroteyine n’indwara y’impyiko

Poroteyine ikenewe kugira ngo umubiri ukure, ukore neza kandi usubiranye ibice by’umubiri. Iyo umubiri ukoresheje poroteyine, havamo umwanda witwa urea. Iyo impyiko zitari gukora neza, urea ntivanwa mu mubiri nk’uko bikwiye, bigatuma yikusanyiriza imbere mu mubiri. Mu kugabanya ingano ya poroteyine, impyiko ziba zifite akazi gake ko gukora aho ziba zifite urea nke yo gusohora.

Ukeneye poroteyine buri munsi kugira ngo ubone ibyo umubiri wawe ukeneye, ariko niba ufite uburwayi bw’impyiko, umubiri wawe ntabwo ubasha kuvanamo imyanda yose yatewe na poroteyine wafashe mu ndyo yawe. Imyanda ya poroteyine myinshi ishobora kwikusanya mu mubiri wawe igatuma ugira isesemi, ukabura ubushake bwo kurya, ukagira imbaraga nke cyangwa uko uryoherwa bigahinduka.

Abantu barwaye impyiko
IBYICIRO 1-4
GABANYA POROTEYINE UFATA

Uko hakenerwa kuvanamo imyanda myinshi ikomoka kuri poroteyine, ni ko impyiko ziba zigomba gukora cyane kugira ngo ziyisohore. Ibi bishobora kubangamira bikomeye impyiko zawe, bigatuma zicika intege vuba cyane. Ku bantu barwaye impyiko batari gukoresha imashini ikura imyanda mu mubiri, indyo irimo poroteyine nke ni yo nziza. Ubushakashatsi bwinshi bugaragaza ko kugabanya ingano ya poroteyine no kongera amafunguro ashingiye ku bimera mu ndyo bishobora gutuma imikorere y’impyiko itinda guhagarara.

Abantu barwaye impyiko
ICYICIRO CYA 5
ONGERA POROTEYINE UFATA

Iyo umuntu yatangiye gukoresha imashini ikura imyanda mu mubiri, ingano nini ya poroteyine mu ndyo ni ngombwa kugira ngo imufashe gutuma agira ingano ihagije ya poroteyine mu maraso no gutuma ubuzima bwe buba bwiza kurushaho. Imashini ikura imyanda mu mubiri ikura imyanda ya poroteyine mu maraso, bityo indyo irimo poroteyine nke ntiba igikenewe.

Ingano nyayo ya poroteyine ukeneye iterwa n’ingano y’umubiri wawe, imimerere y’imirire yawe n’ubwoko bw’indwara y’impyiko urwaye. Kuko poroteyine nke ishobora gutuma ugira imirire mibi ku cyiciro cy’uburwayi bw’impyiko icyo ari cyo cyose, baza umuganga ukuvura ku byerekeye guhura n’inzobere mu by’imirire igwa neza impyiko kugira ngo umenye ingano n’ubwoko bwa poroteyine ikunogeye. Umuganga ukuvura azareba imikorere y’impyiko zawe amenye impinduka ukeneye mu mirire cyangwa mu miti.

Ku yandi makuru, vugisha Umuryango wo ku rwego rw'igihugu wita ku bafite uburwayi bw’impyiko

Umurongo wa telefone utishyurwa: **855.NKF.CARES** cyangwa imeyiri: **nkfcares@kidney.org**

Ibikubiye muri iyi nyandiko bitangwa nk'amakuru gusa kandi ntabwo bigamije gutanga inama z'ubuvuzi cyangwa ngo bisimbure inama z'ubuvuzi zitangwa n'umuganga.

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