

Kwiyunyuguza

Kwiyunguza byagufasha koza ibiryo n'imyanda byo mu kanwa.

Hari uburyo butandukanye bwo kwiyunguza bitewe n'impamvu zihariye.

1. Kwiyungurisha amazi bishobora kuvana za aside mu kanwa. Ushishikarizwa kwiyunyugurisha amazi igihe cyose uriye cyangwa unyoye ibirimo aside.
2. Kwiyunyugurisha imiti yica udukoko bishobora kugabanya ingano y'imyanda irimo udukoko kandi byanafasha gukumira ifumbi. Kwiyunyugurisha imiti yica udukoko ntibisimbura koza amenyo no kwihaganyura.



Ibyo wakwirinda ku mwana

- ◆ Kwirinda gusoma umwana ku minwa. Gusoma umwana ku minwa, ababyeyi bashobora kwanduza abana babo udukoko twatera uburwayi bwo gucukuka amenyo.
- ◆ Kuba umubyeyi/urera umwana yashyira agahendabana mu kanwa ke kugira ngo agahanagure akongera akagashyira mu kanwa k'umwana.
- ◆ Kwirinda kuryamisha umwana afite bibelo mu kanwa. Ibi bishobora kurinda ko isukari yafata ku menyo.
- ◆ Kwirinda guha umwana ibyo kunywa birimo isukari ifite aside nk'ibyo kunywa bikomoka ku mbuto, fanta n'imitobe y'imbuto umunsi wowe cyangwa nijoro kugira ngo asinzire.

Wari uzi ko

- Mu gihe cy'amezi 3 na 6 utwite, amenyo y'umwana aba ari kwirema.
- Abana bonka bashobora kugira uburwayi bwo gucukuka amenyo. Amashereka abamo isukari, rero amenyo y'umwana agomba guhanagurwa n'agatambaro gasukuye, kabobereye buri muni.
- Bishobora gufata iminota iri hagati ya 30 na 40 kugira ngo akanwa kawe kongere kugira ikigero cya pH ukeneye nyuma yo kunywa ibirimo pH ifite aside nyinshi.
- Habaho isukari y'amazi n'isukari imatira. Isukari y'amazi nka fanta n'imitobe y'imbuto bigomba kunyweshwa umuheha ntibikore ku menyo. Kwiyunyuguza n'amazi nyuma yo kunywa ibi binyobwa bishobora kugufasha gusukura akanwa. Isukari imatira nka bombo ishobora kumara igihe kinini mu kanwa kurusha isukari y'amazi.
- Guhekenya shikarete itarimo isukari ahubwo irimo xylitol bishobora kongera amacandwe nyuma yo gufata amafunguro kandi bigafasha gukumira uburwayi bwo gucukuka amenyo, bigabanya imyanda irimo aside kandi bigakomeza amenyo.



Aho warebura:

¹ American Dental Association. (2019). Pregnancy. Retrieved from <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>

² Harris, N., Garcia-Godoy, F. & Nathe, C. (2009). Primary Preventive Dentistry. (7th Edition). New Jersey: Pearson Education.

Kwita ku menyo y'ababyeyi batwite

Kwita ku buzima bwawe muri rusange
ni ingenzi cyane mu gihe utwite.
Ubuzima bw'amenyo ni ingenzi kuko
bushobora kugira ingaruka ku
mwana wawe uri kwirema.



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Inama zirebana n'ubuzima bwo mu kanwa mu gihe utwite

- Iyo urutse, ugomba kwiyunyugurisha amazi mu kanwa maze ukavanamo aside zakwangiza amenyo yawe.
- Itondere ibimenyetso by'ububabare cyangwa uburyaryate bw'iriyinyo mu gihe urumye cyangwa uri kurya ibishyushye cyangwa ibikonje.
- Gana umuganga wawe mbere yo kugira imiti yo mu kanwa ufata mu gihe wagize ububabare bw'iriyinyo cyangwa isesemi.
- Ujye uhora ugana umuganga w'amenyo kugira ngo wogeshe kandi usuzumishe amenyo.
- Simbuza ibiryohera imbuto n'imboga.
- Fata indyo yuzuye. Fata ibyo kurya byo kwica isari biri mu rugero.
- Irinde itabi, ibisindisha n'ibiyobyabwenge.
- Uzirikana:
Koza amenyo, Kwihaganyura, Kwiyunyuguza.

Ifumbi mu gihe utwite

Imisemburo ikunda gutera iyi ndwara ifata ishinya y'abagore batwite.

- Ishinya ijya gutukura kandi ikabyimba
- Ishinya irababara iyo uyikozeho
- Ishinya ikunda kuva amaraso
- Biragabanyuk a nyuma yo kubyara



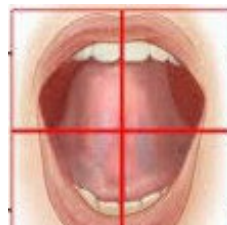
Ibyago byinshi byo kugira uburwayi bwo kubora amenyo mu gihe utwite

- Isesemi no kuruka bishobora gusiga aside yo mu gifu ku menyo bigatuma iriyinyo rivunguka.
- Kunyunya bombo, gutwarira indyo runaka no guhura utamira ibintu bifite carbohydrate bishobora kongera ibyago byo kugira uburwayi bwo gucukuka amenyo.
- Kugira isesemi nyinshi cyangwa kumokorwa bishobora gutuma umubyeyi atita ku menyo ye buri muni mu gihe atwite.

Tekiniki yo koza amenyo

Igikorwa cyo koza amenyo gishobora kuvana mu kanwa imyanda, ibiryo n'ibyafashe ku menyo. Koza amenyo bigomba gukorwa inshuro 2 ku muni, mu gitondo na nijoro.

1. Tangiza uburoso bw'amenyo bworoheraye, uganisha ku mfuruka ya dogere 45, isonga y'uburoso igana ku ishinya.
2. Gake gake, ubwoya bw'uburoso bukuba ku ishinya.
3. Buri ruhande rw'akanwa rushobora kozwa amasogonda 30, yose hamwe akaba iminota ibiri yo koza akanwa kose.



Tekiniki yo kwihaganyura

Kwihaganyura nyuma yo koza amenyo buri muni bishobora gukura mu kanwa imyanda n'ibiryo ahantu hagoye kugera hagati y'amenyo kugira ngo hatirunda imyanda, hatava amaraso kandi bikanagabanya impumuro mbi yo mu kanwa.

Hari uburyo bwinshi bwo kwihaganyura bushobora gukoreshwa nk'umugozi na kirida.



1. Kugira ngo upime akihaganyuzo, urebera uburebure bwako ku rutoki rwo hagati kugeza mu nkokora.
2. Zingira akihaganyuzo ku rutoki rwo hagati maze ikindi gice cyako na cyo ukizingire ku rundi rutoki rwo hagati rw'ikindi kiganza.
3. Ukoze nk'uko urukero rukoreshwa, haganyura gake gake hagati y'amenyo. Umaze kurenga gato aho amenyo yegeranira, usa nk'ukoze inyuguti ya C ukikiye iriyinyo ugenda unyereza akihaganyuzo uzamura umanura kugeza ubwo urwo ruhande rucya neza. Bikore gutyo nanone ku mpande z'iriyinyo.

