

• Ingaruka ku mubiri

Mu ndwara z'umubiri twavuga nk'uburwayi bw'umwijima, ubw'umutima, ubwonko n'inyakura ndetse n'ubumuga bushobora kubikomokaho, uburwayi bw'urwungano ngogozo, indwara z'ubuhumekero, kanseri, gutakaza ubushobozi bw'umubiri bwo kurwanya indwara, SIDA, n'ibindi...

• Ingaruka ku buzima bwo mu mutwe

Ibibazo byo mu mutwe birushaho kuba urusobe, ndetse kera na bwangu abantu bakagira indwara zikomeye zirimo: Gutakaza ubushake bwo gukora, ubushobozi bwo gufata mu mutwe, agahinda gakabije no kwiyahura, ndetse n' uburwayi bukomeye bwo mu mutwe (biboneka cyane ku bantu bavanga ubwoko bwinshi bw'ibiyobyabwenge).

• Ingaruka ku mibanire n'abandi, ku murimo n'ejo hazaza h'umuntu

Muri zo twavuga: guhorana imyenda (amadeni), impagarara n'amahane mu muryango, impushya za hato na hato ndetse no gusiba akazi, kwirukanwa mu mashuri cyangwa ku kazi, ubukene, kwiyandarika kugirango ubone ibiyobyabwenge n'ibindi.

• Ingaruka zijyanye n'amategeko

Twavuga nk'impanuka mu muhanda, kwiba, guhohotera abandi nko gufata ku ngufu, gukubita no gukomeretsa

7. Uburyo bwo gufasha uwahuye n'ikibazo cy'ikoreshwa ry'ibiyobyabwenge

Ubufasha bugomba gutangwa hibandwa cyane cyane ku mpamvu zitera ikoreshwa ry'ibiyobyabwenge:

• Gukumira ikoreshwa n'ikwirakwizwa ry'ibiyobyabwenge,

• Gushishikariza urubyiruko kwirinda agakungu/ibigare bibakurura mw'ikoreshwa ry'ibiyobyabwenge,

• Mu gihe umuntu yaba afite ibibazo bijyanye n'amarangamutima cyangwa n'imitekerereze, akegera abashinzwe ku mufasha aho kugira ngo yirohe mw'ikoreshwa ry'ibiyobyabwenge,

• Mu gihe umuntu yatangiye gukoresha ibiyobyabwenge, amaze guhura na zimwe mu ngaruka twavuze hejuru nko kunanirwa kubihagarika we ubwe, kurwara indwara zo mu mutwe cyangwa z'umubiri, agomba kugana abashinzwe ku mufasha bahuguriwe ibijyanye n'ubuzima bwo mu mutwe.

Abamuri hafi basabwa kumenyesha inzego zibishinzwe (uburezi, police n'umuryango muri rusange) akagezwa kwa muganga kugirango abone ubufasha, byaba ngombwa n'abo bafatanyaga gukoresha ibiyobyabwenge bakagenerwa n'izo nzego gahunda z'ubufasha zitandukanye

Umwanzuro

Gukumira ikoreshwa ry'ibiyobyabwenge, ni inshingano ya buri wese: urubyiruko, ababyeyi, abarezi, inzego z'umutekano, abajyanama b'ubuzima ndetse n'abaturarwanda bose muri rusange. Gufasha uwahuye n'ikoreshwa ry'ibiyobyabwenge ndetse n'ingaruka zayo birahenda kandi bisaba ubumenyi n'imbaraga nyinshi. Birumvikana rero ko biri mu nshingano za buri wese kurwanya no gukumira ikoreshwa ry'ibiyobyabwenge, ndetse no guhangana n'ingaruka zabyo.

REPUBLIKA Y'U RWANDA



MINISITERI Y'UBUZIMA

**Duharanire ubuzima buzira
ibiyobyabwenge twanga
icuruzwa n'ikoreshwa ryabyo**

rbc RWANDA
BIOMEDICAL
CENTER
A Healthy People. A Wealthy Nation

Ibiyobyabwenge

UBUTUMWA BUJYANYE NO KURWANYA IBIYOBYABWENGE.

Iriburiro

Ikoreshwa ry'itabi n'ibiyobyabwenge ni ikibazo gikomereye isi n'abayituye. Niyo mpamvu hashyizwe imbaraga mu nzego nyinshi mu kurwanya iki kibazo. Igice kinini kibasiwe n'ikoreshwa ry'ibiyobyabwenge kikaba ari uruburiko. Mu Rwanda kimwe no mu bindi bihugu, byagaragaye ko umubare w'abakoresha ibiyobyabwenge ugenyaga ufata intera.

Ingero : Ubushakashatsi bwakozwe ku bufatanye bwa Minisiteri y'Uruburiko n'Ikoranabuhanga n'Ishuri rikuru ry'Ubuvuzi rya Kigali (KHI), bwerekanye ko 52,5% by'uruburiko rufite hagati y'imyaka 14 na 35 rukoresha ikiyobyabwenge kimwe cyangwa byinshi, nibura inshuro imwe mu buzima bwabo. Ubu bushakashatsi bwerekanye ko kubera akamenyero ko gukoresha ibiyobyabwenge, umuntu umwe muri cumi na batatu (7.46%) yabaye imbata y'inzoga (alcohol), umuntu umwe muri makumyabiri (4.88% yabaye imbata ya nikotine (nicotine), naho umuntu umwe muri mirongo ine (2.54%) yabaye imbata y'urumogi.

Mu bitaro bivura indwara zo mu mutwe by'i Ndera, umubare w'abafite ibibazo by'ikoreshwa ry'ibiyobyabwenge wavuye kuri 2.8% muri 2009 ; uba 7.6% muri 2010 ; 7.7% muri 2011 ; ugera ku 8% muri 2012.

1. Ikiyobyabwenge ni iki ?

Ikiyobyabwenge ni ikintu cyose icyo kinjijye mu mubiri w'umuntu gihindura ubushobozi bwe bwo gutekereza, gufata ibyemezo, ndetse kikanahindura imikorere y'umubiri we.

Urugero: Kugira akanyamuneza cyangwa ibyishimo bidafite aho bishingiye, gutinyuka cyangwa kugira akanyabugabo ko gukora ibyo utatinyuka uri muzima, kutumva ububabare bw'umubiri cyangwa bwo kumutima, kugira imbaraga zirenze izisanzwe, n'ibindi.

2. Ni ryari bavuga ko umuntu ari imbata y'ikiyobyabwenge?

Bavuga ko kugira ngo umuntu yitwe imbata y'ikiyobyabwenge agomba kuba afite bitatu mu bimenyetso bikurikira:

- Gukenera kongera ingano y'ikiyobyabwenge kugirango yumve amereyewe uko abishaka (tolerance),
- Gutakaza ishyamba ryo gukora ibindi bintu bitari ikoresha ry'ikiyobyabwenge, mbese gukoresha igihe kinini cy'umwanya we wa buri munsu ku ikoreshwa ry'ikiyobyabwenge,
- Gukomeza gukoresha ikiyobyabwenge n'igihe azi neza ingorane cyamuteje n'ingaruka ashobora guhura nazo.

3. Bimwe mu biyobyabwenge bikunze gukoreshwa mu Rwanda

Mu biyobyabwenge bikunze kugaragara mu Rwanda twavugaga:

- Zimwe mu nzoga nka kanyanga, muriture, bareteta, n'izindi.
- Urumogi, kole, risansi,
- Imwe mu miti, amarangi amwe n'amwe, imiti yica udukoko, n'ibindi.

4. Uburyo ibiyobyabwenge bikoreshwa

Uburyo bukunze gukoreshwa twavugaga nko: gutumura, kunywa binyuze mu kanwa, kwitera inshinge, guhumeka cyangwa gushyirwa.

5. Impamvu zitera ikoreshwa ry'ibiyobyabwenge

Mu mpamvu zikunze kuvugwa kw'ikoreshwa ry'ibiyobyabwenge twavugaga izi zikurikira:

- Ikwirakwizwa ry'ibiyobyabwenge (byorohereza ababikoresha),
- icyo bitanga mu mubiri wababikoresha,
- Agakungu/ikigare,
- Ibibazo byinyanye n'amaranga mutima, ibitekerezo,
- Ubumenyi buke ku ngaruka zikoreshwa ry'ibiyobyabwenge,
- Umwuga, aho umuntu atuye, abo abana nabo (hagaragara ikoreshwa ryabyo)
- Uburwayi bwo mu mutwe.

6. Ingaruka zo gukoresha ibiyobyabwenge

Ikoreshwa ry'ibiyobyabwenge rigira ingaruka ku mubiri, ku buzima bwo mu mutwe, ku mibanire n'abandi, k'umurimo cyangwa umwuga umuntu yarasanze akora. Izindi ngaruka ziba kuri ejo hazaza h'umuntu. Hakaba ndetse n'ingaruka zijyanye no kutubahiriza amategeko. Hejuru y'ingaruka tumaze kuvugaga, ku mugore utwite, inzoga itambuka ingobyi y'umwana ku buryo umwana ashobora kuvukana ibimenyetso byo kuzahazwa n'inzoga.