

Agahinda gakabije mu bagore:

IBINTU 4 BYOKUMENYA



Bivuye MUKIGO CY'IGIHUGU CY'UBUZIMA bwo mu MUTWE

Kumva ubabaye imyitwarire isanzwe mubihe bigoye mubuzima. Agahinda gakabije karatandukanye - ni ikibazo k'imyumvire ishobora kugira ingaruka kuburyo umuntu yiyumva, atekereza, kandi akora. Soma iyi nyandikompamo kugirango umenye ibijyanye n'agahinda gakabije ku bagore n'inzira zo kubona ubufasha.

Agahinda gakabije ni indwara.

Agahinda gakabije ni ikintu gisanzwe ariko gikomeye. Ubushakashatsi bwerekana ko gahinda gakabije gaterwa n'uruhurirane rw'inkomoko, ibinyabuzima, ibikuzengurutse, n'ibijyanye n'imatekerereze.

Abantu bose bashobora kugira agahinda gakabije, ariko gakunze kugaragara mubagore kubera uko bateye bidasanze, imisemburo, n'imibereho mubantu.

Agahinda gakabije ntikazanwa n'ikintu cyose umugore afite cyangwa atakoze, kandi ntabwo arikintu ashobora "yakwikuramo". Abagore benshi bakenera kuvurwa kugirango bumve bamerewe neza.



Agahinda gakabije gafite ibikaranga n'ibimenyetso wareba.

Agahinda n'ikimenyetso kimwe gusa cyo agahinda gakabije. Ibindi bimenyetso bikunze kugaragara harimo:

- Guhangayika cyangwa kurakara
- Kubura ibyiringiro, kutagira agaciro, cyangwa kutagira ggitabara
- Gutakaza umuhate cyangwa kutishimira ibyo akunda n'ibikorwa
- Umunaniro, kubura imbaraga, cyangwa kumva ntabyiyumviro
- Kutaguma hamwe, kwibuka, cyangwa gufata ibyemezo
- Impinduka mu gusinzira cyangwa ubushake bwo kurya
- Ububabare bw'umubiri budafite impamvu igaragara
- Ibitekerezo by'urupfu cyangwa kwiyahura cyangwa kugerageza kwiyahura

Ibi bimenyetso bishobora gutuma bigorana gutekereza, gukora, gusinzira, kwiga, kurya, no kwishimira ubuzima. Vugana n'umuganga niba ufite ibimenyetso byinshi ku munsu, hafi buri munsu, byibura ibyumweru 2. Agahinda gakabije ntabwo gasa kuri bese; abagore bamwe bashobora guhura n'ibimenyetso byinshi, abandi bashobora guhura na bike gusa.

Gushyikirana neza n'abashinzwe ubuzima bishobora kunoza kuvurwa kwawe. NIMH itanga inzira zo kubona ubufasha, gushaka ubuvuzi, no kwivuza kuri <http://www.nimh.nih.gov/help>. Ku nama zijyanye no kwitegura no kubyaza umusaruro gahunda yo gusura muganga kwawe, reba <http://www.nimh.nih.gov/talkingtips>.

Niba wowe cyangwa umuntu uzi ko ari kurwana nabyo cyangwa afite ibitekerezo byo kwiyahura, hamagara cyangwa wandike 988 Kwiyahura Umurongo wo Kurokora kuri 988 cyangwa uganire kuri 988lifeline.org. Mubihe biteje ubuzima akaga, hamagara 911.

Ubwoko bumwe bw'agahinda gakabije burihariye kubagore.

Ubwoko bumwe na bumwe bw'agahinda gakabije bubaho mugihe cy'ubuzima bw'umugore. Inda, igihe cyo kubyara, ukwezi k'imihango, no mugihe cyo gucura bifitanye isano n'imihindagurikire y'umubiri n'imisemburo ishobora kuzana agahinda gakabije ku bagore bamwe.

- **Indwara y'imyitwarire ya mbere y'imihango** ni indwara ikomeye ya mbere y'imihango, cyangwa PMS, ibaho mubyumweru bibanziriza imihango. Iyi ndwara igatera ibimenyetso bikomeye, nko agahinda gakabije, kurakara cyangwa kurakazwa n'ubusa, ibitekerezo byo kwiyahura, impinduka zo mumirire, kugugara, gukura amabere, no kubabara ingingo cyangwa imitsi.
- **Agahinda gakabije ko mugihe cyo kw'ibaruka** Bibaho mugihe cyo gutwita cyangwa nyuma yo kubyara. Birenze gutungurwa n'umwana abamama benshi bato rya agahinda gakabije ko mugihe cyo kw'ibaruka nyuma yo kwibaruka. Abagore bafite agahinda gakabije ko mugihe cyo kw'ibaruka bumva bafite agahinda gakabije, guhangayika, n'umunaniro bishobora kugorana gukora imirimo ya buri muni, harimo no kwiyitaho cyangwa abandi. Wige byinshi kubyerekeye kwiheba kuri agahinda gakabije ko mugihe cyo kw'ibaruka kuri www.nimh.nih.gov/perinataldepression.
- **Agahinda gakabije ko mugihe cyo kw'ibaruka** igira ingaruka ku bagore bamwe mugihe cyo gucura. Mugihe ibihe bidasanzwe, ibibazo byo gusinzira, guhindagurika, no gushyuha bikunze kugaragara mugihe cyo gucura, ibiyumviroo bikabije byo kurakara, guhangayika, kubabara, cyangwa kubura umunezero bishobora kuba ibimenyetso by'agahinda gakabije.



Gusubiramo

Ibisobanuro biri muri iki gitabo biri murwego rusange kandi bishobora gukoreshwa cyangwa gukopororwa nta ruhushya. Ariko, ntushobora kongera gukoresha cyangwa gukopororwa amashusho. Nyamuneka vuga ikigo cy'igihugu Gishinzwe Ubuzima bwo mu mutwe nk'inkomoko. Soma inyandiko y'uburenganzira kugirango umenye byinshi kubyerekeranye n'ubuyobozi bwacu bwo kongera gukoresha NIMH kuri www.nimh.nih.gov/copyright.

Ushobora kubona ubufasha bw'agahinda gakabije.

Ndetse n'agahinda gakabije cyane gashobora kuvurwa. Ubuvuzi busanzwe ni imiti igabanya umunezero, kuvurisha ibiganiro (muburyo bw'iyakure cyangwa amaso kumaso), cyangwa guhuza imiti n'ubuvuzi.

Nta "buvuzi bubera bose icyarimwe" yo kwivuza. Bishobora gusaba kugerageza kugirango ubone ibyiza kuri wowe. Umuganga wita ku buzima ashobora gusobanura inzira zitandukanye kandi agufasha guhitamo uburyo bwiza bwo kuvura ukurikije ibimenyetso byawe. Hamwe n'ubufasha, ushobora kumva umerewe neza.

Kubindi bisobanuro kubijyanye no kuvura depression, sura <http://www.nimh.nih.gov/depression>.

Shakisha andi makuru

Inzego zikurikira zifite amakuru menshi yerekeye kwiheba ku bagore:

- Kugira agahinda gakabije (Iburo by'Ubuzima bw'Umugore) www.womenshealth.gov/mental-health/mental-health-conditions/depression
- Agahinda gakabije mu bagore (Ibigo bishinzwe kurwanya no gukumira indwara) www.cdc.gov/reproductivehealth/depression
- Abagore no Agahinda gakabije (Ikigo gishinzwe ibuzirange bw'iburyo n'imiti muri Amerika) www.fda.gov/consumers/women/women-and-depression

Ubuyobozi bushinzwe serivisi zita kubuzima bwo mu mutwe butanga ibikoresho bw'iyakure kugirango ubone serivisi z'ubuzima bwo mumutwe mukarere kawe kuri <https://findtreatment.gov>.



NIH National Institute of Mental Health

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