

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance - 7

KIRUNDI

<p>Umuganga arashobora kurungika abana bawe ku wundi muganga avura abana. Uyo muganga aba yaranonosoye ivyo kuvura abana.</p> <p>Ni nkenegwa cane ko abana bawe babonana n’umuganga w’abana kenshi, kugira ngo bakurane amagara meza.</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>Wibuke kujana impapuro zose zo kwa muganga wakuye aho wavurije abana ubwambere.</p>	<p>Remember to bring all of your child’s medical records to the first visit with the pediatrician.</p>
<p>Umushingantahe Ba yama abonana na muganga kugira ngo asuzume ingwara yiwe y’amagufa. Urashobora kurungikwa kwa muganga, igihe ufise ingwara zidakira vuba. Izo ngwara zidakira vuba bita Chronic conditions mu congereza, ni nka iperitansiyo, diyabeti, n’indwara z’amagufa. Umuganga akwiye kuzisuzuma kenshi.</p> <p>Igihe urwaye ingwara idakira vuba, ni ningobwa ku bonana na muganga kenshi, kugira ngo agupime amenye ingene umerewe.</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.</p>
<p>Ibiri, bwa n’ibinyobwa wihereza co kimwe n’imiti ufata, birafise inkurikizi kuri wewe. Bwira muganga ivyo urya, ivyo unywa n’imiti ufata – <i>utibagiye</i> ama vitamine, imiti y’ikirundi n’ibindi ukoresha mu kwivura. Arakeneye kandi kumenya nimba unywa inzoga n’itabi n’ ingene bingana.</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take—including any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>