ENGERI GY'OKENDEEZA ASIDI MU LUBUTO OKWEWALA ALUSA NE KOOKOLO

Asiika Obulamu

Ebimu ku bibala ebiziyiza asidi omungi mu lubuto.

Bya JOANITA NANGONZI

ASIDI ow'omu lubuto wa mugaso eri omuntu era kimu ku birungo ebiyamba okumenyamenya emmere n'okutta obuwuka bw'oliira mu mmere mu mubiri. Wabula ono asobola okufuuka ekizibu singa ayitirira.

ASIDI YANJOKYA OLULIMI

Christine Nabasirye, yali atawaanyizibwa amabwa mu lubuto nga tamanyi buzibu we buva. Anyumya nti; Nalumizibwanga olubuto oluvannyuma lw'okulya emmere naddala ey'amatooke n'ebika by'emmere ebimu. Nga mpulira nga gwe basalaasala obujirita mu lubuto era nga nfuna ekikeeto.

Nagenda mu ddwaaliro ne bankebera omusaayi n'olulimi era ne bantegeeza nga bwe nalina asidi omungi eyavaako amabwa mu lubuto n'anjokya n'olulimi.

Ebiseera bingi nafunanga amabwa mu kamwa, ekikeeto era olumu ng'akamwa kankaawa. Banzijanjaba era kati natereera.

ASIDI W'OMU LUBUTO MUKAMBWE OKUKIRA OWA BBAATULE

Dr. Samuel Kalibbala ow'eddwaaliro ly'e Gombe Hospital e Bulenga agamba nti, asidi asangibwa mu lubuto alimu ebirungo ebikambwe okwenkana ng'ebyo ebya bbaatule y'emmotoka, ng'ono bw'ayitirira ababula ekisenge ky'olubuto n'ekyenda ekitono ne bifuna amabwa.

Mu lubuto mulimu olububi okuli olunyiranyira oluyambako abantu obutayokebwa asidi ono, wabula waliwo abantu abalina ekyenda ekinafu nga bw'ayitirira obungi ayokya olububi luno n'atuuka ku kyenda n'akyokya omuntu n'afuna amabwa. Amabwa gano bwe galwawo okujjanjabwa gafuuka kookolo.

ASIDI AVA KU KAWUKA KA H.PYLORI

Dr. Joseph Mawula, omusawo w'ebyendya n'eddagala ly'obutonde agamba nti, asidi mulungi mu mubiri kuba ayamba okumenyaamenya emmere, era singa abulawo ebika by'emmere ebimu biba tebijja kukola bulungi mu lubuto, ng'ayamba n'okutta obuwuka obuliirwa mu mmere, wabula bw'asukka obungi afuuka wa bulabe.

Akawuka ka H. Pylori ke kasinga okuvaako asidi okusukka nga kaleetera olubuto okuba nga lufulumya asidi asukka ku wa bulijjo, era omuntu akafuna kimwetaagisa okugenda mu ddwaaliro afune obujjanjabi.

OBULABE BWA ASIDI OMUNGI N'OBUBONERO

Abasawo bano bagamba nti:

- Singa asidi ayitirira mu lubuto alwaza ekikeeto era abantu abamu batandika okuwulira ng'abalina empeke ebatudde mu bulago.
- Bw'agenda mu mawuggwe alwaza ekifuba olw'obukambwe bw'alina.
- Akaayisa akamwa bw'ava mu lubuto n'atuuka mu kamwa era abalwadde ba alusa olumu bawulira bakaayirirwa mu kamwa kyokka nga tebalina musujja.
- Ayokya ekyenda omuntu n'afuna amabwa ga alusa.
- Omuntu alina amabwa mu lubuto asobola okusesema omusaayi, okuzirika era n'okufuna omusujja era n'okulumizibwa omutwe.

ENZIJANJABA Y'ABALINA ASIDI OMUNGI NE ALUSA

Dr. Travor Kiyimba, omusawo ku ddwaaliro lya Doctors Clinic agamba nti, abalina asidi omungi babajjanjaba n'eddagala eririmu ebirungo ebikendeeza asidi.

- Baweebwa eddagala erikkakkanya obutoffaali obuzaala asidi omungi.
- Waliwo eddagala eribaweebwa eriyamba okukuuma olububi okuli olunyiranyira omuntu n'atakosebwa asidi.
- Abasangibwamu akawuka akaleeta amabwa mu lubuto nabo baweebwa eddagala eritta akawuka ako.
- Dr. Kalibbala agamba nti, omuntu wa alusa alina okumira eddagala eritasiikuula asidi nga terikosa mabwa nga lino lirina okumuweebwa abasawo abakugu.
- Alina alusa bw'agenda mu ddwaaliro akeberebwa ne kkamera mu lubuto era bw'azuulibwa nga yandiba ne kookolo asindikibwa e Mulago n'ajjanjabwa.
- Ate omuntu bw'aba alusa we yakula, alongoosebwa ne bagatta akaggi mu lubuto akafulumya asidi.
- Eyawona asobola okuddamu okulwala bw'aba amize eddagala erimusiikuula okuli eky'ekika kya USAIDS sceflons, Piloxican, Buffens, indocin, Aspirin n'eddagala eddal lingi, wabula alina okugenda mu basawo abakugu.

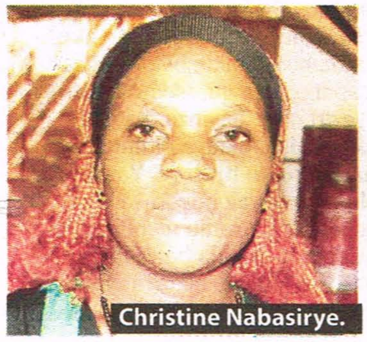
BY'OKOLA OKWEWALA ASIDI OKUSUKKIRIRA MU MUBIRI

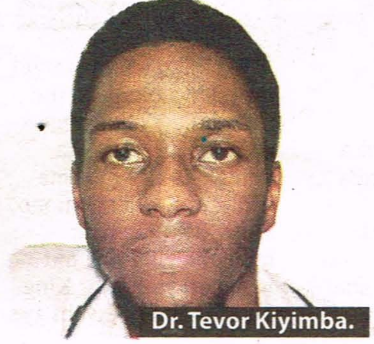
Dr. Joseph Mawula, agamba nti, okukendeeza asidi kola bino :

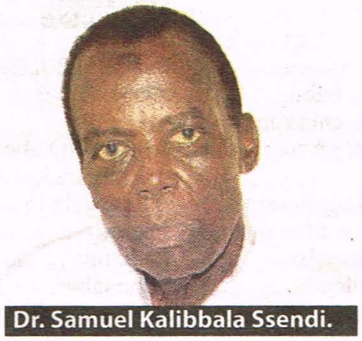
- Okuliira mu budde, alina alus tasiiba.
- Funa eddagala mu basawo abakugu, teweejjanjaba.
- Lya emmere eya bbooyiro, ebisiike n'ebyamasavu byongera asidi mu mubiri.
- Kendeeza okumira empeke ezongera asidi, zijjanjaba naye bw'ozimira ate zimwongerako.
- Amatooke amabisi gakamulemu omubisi oba galye nga bwe gali kuba malungi nnyo olw'ekirungo ekikendeeza asidi.
- Ebibala okuli, ovakkedo, wootameroni, emiyembe egyengedde, apo n'ebirala birye nnyo kuba tebirina asidi.

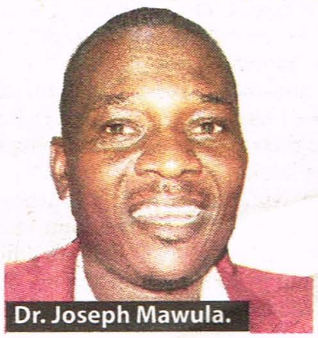
Ebibala ebirimu asidi okuli; emicungwa, ennyaannya, enniimu, n'ebirala biveeko.

- Enva endiirwa olina okuziririra ku buli kika ky'emmere ky'olya.
- Ebyennyanja birungi nnyo.
- Bw'olya enkoko giggyeeko oluliba.
- Ennyama nnungi naye gikendeeze.
- Omwenge guveeko n'ebyokunywa omuli 'caffeine.
- Bw'olya emmere n'ekukeeta toddamu kugirya.
- Dr. Kiyimba agamba nti, weezizike akatto kikuyambe asidi obutayiika mu bulago ekivaako ekikeeto era tokutamakutama.
- Okukomya okweraliikirira, situleesi eyongeza alusa.
- Emmere erimu ebinzaali ebingi tugyewale, bino bikwatira ku mabwa.
- Ekyeggulo kirye nga wabulayo essaawa ssatu olyoke weebake.
- Nywa omubisi omukamule mu bibala, weewale ebyokunywa ebikolerere nga soda.
- Dr. Kalibbala agamba nti, abantu balina okwewala okukozesa omwenge okuli; walagi, okufuuweeta sigala n'emmindi kuba byonna byongera asidi mu mubiri.


Christine Nabasirye.


Dr. Tevor Kiyimba.


Dr. Samuel Kalibbala Ssendi.


Dr. Joseph Mawula.

Abantu kye bagamba

Elias Aine Kalera : Ekisinga okuleetera abantu obuzibu kwejjanjaba nga tebeebuuzizza ku basawo. Bangi balwala embuto nga alusa si ze zibaluma ne bamira eddagala lya alusa eky'obulabe.

Musawo Gladys Mazinga : Abantu ennaku zino ebibatawaanya bingi, babeera n'amabanja agabaleetedde situleesi ekibalwazizza emitima, ate tebakozesa mibiri gyabwe, batuula nnyo mu ofiisi ne batambula kitono.

Christine Nakintu : Okwewala okukosebwa amabwa mu lubuto, nfuba okulaba nga ndiira mu budde sseerumya njala era buli kyendya ne kirumya olubuto nkyewala.