



## CHECK

Uba usuzuma uburyo umurwayi atumanaho ndetse n'urugero yangiritseho



## ITEGEREZE

Uburyo afungura amaso, uburyo avuga, uburyo yiseganya ajya iburyo cyangwa ibumoso n'imbaraga akoresha.



## MUSHYOTORE

Ushobora kumuvugisha: Uvuga buhoro cyangwa se ukavuga cyane  
Ukamuhonyora Ku Buryo Ababara: Ku nzara z'intoki ze cyangwa hejuru y'ijisho



## UMUVUDUKO

Itegereze uburyo abikora neza

### Gufungura amaso

Ibyo ugenderaho	Ibyo ubona	Uburyo abikora	Amanota
Amaso asanzwe afunguye mbere y'uko utangira kumuvugisha cyangwa kumukoraho	✓	Amaso afunguye	4
Afungura amaso nyuma y'uko umuvugisha	✓	Igihe umuvugishije	3
Afungura amaso nyuma y'uko umuhonyora ku rutoki	✓	Igihe umuhonyoye	2
Ntajya afungura amaso, haba igihe umuvugishije cyangwa umuhonyoye	✓	Ntacyo	1
Iyo hari impamvu zihariye zatumye amaso yifunga	✓	Ntibishoboka kubipima	NT

### Uburyo avuga

Ibyo ugenderaho	Ibyo ubona	Uburyo abikora	Amanota
Avuga neza amazina, ahantu n'itariki	✓	Arasobanukiwe	5
Arajijwa, ntabwo avuga ibintu uko byagakwiye	✓	Arajijwa	4
Avuga ijambo rimwe rimwe rikumvikana	✓	Amagambo	3
Arasukuma gusa, nta jambo riva mu kanwa	✓	Amajwi adasobanutse	2
Nta jwi na rimwe rimusohokamo	✓	Ntacyo	1
Hari ibibazo byihariye bituma atavuga	✓	Ntibishoboka kubipima	NT

### Imbaraga

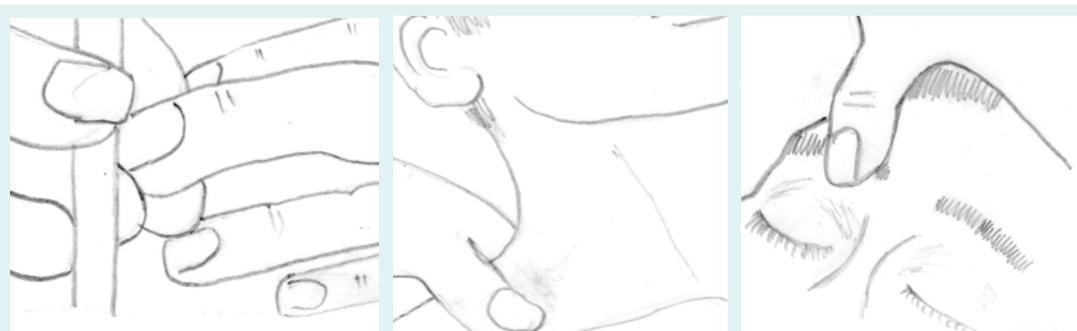
Ibyo ugenderaho	Ibyo ubona	Uburyo abikora	Amanota
Yubahiriza amabwiriza umuhaye	✓	Arabikurikiza	6
Iyo umukoze ku ijosi cyanga ku mutwe azamura ukuboko yerekeza ku ijosi	✓	Arasobanukiwe	5
Ahina ukuboko mu nkokora kandi akabikora neza	✓	Guhina neza ukuboko	4
Ahina ukuboko mu nkokora	✓	Abikora nabi	3
Ahita arambura ukuboko mu nkokora	✓	Arambura ukuboko	2
Amaguru n'amaboko ye ntiyinyeganyeza	✓	Ntacyo	1
Hari izindi mpamvu zituma atasuzumwa	✓	Ntibishoboka kubipima	NT

### Aho wibanda usuzuma

Kumukanda ku mpera z'intoki

Kumukanda ku nyama y'urutugu

Kumukanda hejuru y'ijisho



### Uburyo ahina amaboko

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Ned Tijdschr Geneesk

#### Uburyo bwa nyabwo

Guhina birihuta  
Kandi  
Ukuboko kukaba  
Igikumwe kiba  
Kwitaruye  
Ibindi bice by'umubiri



#### Guhina biteye ikibazo

Bikorwa gake gake  
Ukuboko kurenga icya kabiri cy'igituza  
Ukuboko kurihindukiza  
Igikumwe kiba  
Gihinnye n'ukuguru kurambuye