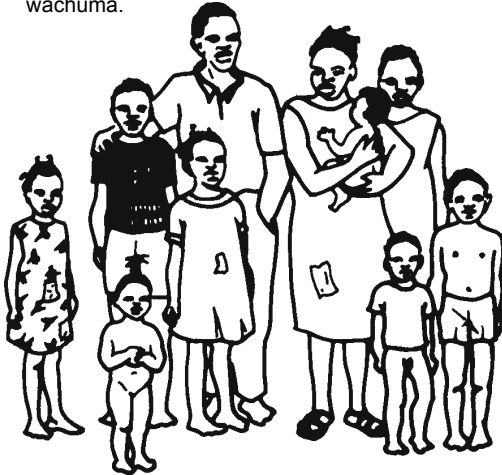


KULERA – KUMAGWIRIZANA NDI CHIWERENGERO CHA ANA AMENE MUKUFUNA

MABANJA ONSE AWIRIWA AMAKHALA M'MADERA AUMPHAWI:

Banja ili limakhala m'dera lomwe anthu ambiri sapeza mwayi wachuma.



Banja ili limakhala m'dera lomwe anthu ambiri ali ndi mwayi wopeza chuma.



Amayi ndi abambo ena amafuna kukhala ndi ana ochuluka makamaka m'maiko mmene anthu osauka sanagawiridwe malo, zipangizo, ndi mapindu ena moyenerera. Ichi ndi chifukwa choti ana amathandiza makolo ntchito ndi kupereka chithandizo kwa makolo pamene iwo akalamba. Madera ngati amenewa, kukhala ndi ana ochepa kungathe kukhala mwayi umene anthu ochita bwino okha ndi amene angaupeze.

Zinthu ndi zosiyana ndi maiko osauka kumene zipangizo ndi mapindu zimagawidwa moyenera. Kumene ntchito, nyumba, ndi chithandizo cha mankhwala zili zotsimikizirika, komanso kumene amayi ali ndi mwayi ofanana wa maphunziro ndi ntchito, anthu amasankha kukhala ndi mabanja aang'onoang'ono. Izi zili choncho mbali ina chifukwa choti iwo sayenera kudalira ana awo pa chuma.

Koma malo ena aliwonse okhala anthu, zimathandiza ngati banja lidziwa kuti lidzakhala ndi ana angati, ndiponso kuti lidzakhala nawo liti.

Ngati mayi akhala ndi ana obadwa pafupipafupi, popanda kulera, iye amakhala ofowoka. Amayamwitsa ana ake kwa kanthawi kochepe. Ana ake ndi kwapafupi kuti amwalire (onani tsamba 287). Komanso, atakhalapo ndi mimba zambirimбири pamakhala mpata waukulu woti iye nkumwalira pobereka, kusiya ana ambirimбири opanda mayi. Choncho makolo ambiri amalora kuti zaka ziwiri kapena kupyolerapo kudutsa mayi asanakhale ndi mimba ina, ndi kupewa kukhala ndi ana ambirimбири.

Ngati abambo ndi mayi akhala ndi ana ambirimбири, pamene ana akula pakhoza kukhala kuperewera kwa malo oti alime chakudya chokwanira ana onsewo. Ana atha kuyamba kufa ndi njala. Izitu zikuchitika kale m'madera ambiri.

Pakali pano njala yodetsa nkhwawa sikadakhlapo, pa dziko lonse lino ikadatha kupewedwa akhala malo ndi chuma zikadagawidwa mwachilungamo. Komanso kukula kwa chiwerengelo cha anthu ndi mbali imodzi ya vutoli. Koma yankho lake si kukakamiza anthu osauka kuchepetsa chiwerengero cha ana oyenera kukhala nawo. M'malo mwake, pagona nkhani ndi poti dziko liyenera kupereka chitetezo chokwanira koteru kuti anthu osauka atha kukhala ndi ana ochepa.

Kulera komanso njira zolera



Makolo osiyanasiyana ali ndi zifukwa zosiyanasiyana zolinganzira kukula kwa banja lawo. Makolo ena amene adakali achicheperekero amatha kukhala kanthawi asanakhale ndi mwana kufikira atagwira ntchito ndi kusunga ndalama ndi cholinga choti athe kusamalira bwino anawo. Makolo ena atha kusankha kuti chiwerengero chochepe cha ana ndi chokwanira, ndipo safunanso kukhala ndi ena. Ena akhoza kusankha kubereka ana kotero kuti mwana wina ndi wotsatira azisiyana zaka zambirimбири, ndi cholinga choti onse awiri ana ndi mayi akhale ndi moyo wathanzi. Makolo ena atha kudziwa kuti akula kwambiri kotero kuti sangakhalenso ndi ana ambiri.

Kulera ndi kukhala ndi chiwerengero cha ana amene mukufuna, ndi nthawi yomwe mukuwafuna.

Ngati mwamuna ndi mkazi agwirizana nthawi imene akufuna kukhala ndi ana, ndi nthawi imene sakufuna atha kusankha imodzi mwa njira zingapo zoletsa mkazi kukhala ndi pakati, kwa nthawi imene akufuna. Izi ndi **njira zolelera**. Banja limene likufuna kukhala ndi ana koma sakutha kutero ayenera kupita pa tsamba 251.

Kodi njira zakulera n'zabwino? Komanso kodi ndi zotetezedwa?

1. Kodi njira zakulera ndi zabwino?

Madera ena a dziko lapansi anthu akhala akukambirana kwambiri ngati njira zosiyanasiyana zakulera zili zabwino kapena zotetezedwa. Zipembedzo zina zakhala zili zosagwirizana ndi njira ina iliyonse yakulera kupatula kuyesera kulekeza kugonana. Koma atsogoleri ambiri azipembedzo tsopano ayamba kuzindikira za kufunikira kwake kaamba ka moyo wathanzi ku mabanja ndi malo amene akukhala kotero kuti anthu atha kugwiritsira ntchito njira zosavuta ndi zotsimikizirika zakulera.

Komanso, madera ambiri amayi amene amapezeka ndi pakati pamene iwo sakufuna kukhala ndi mwana amasankha **kutaya mimba** kapena kupha mwana amene akukula m'mimba. Kumene kutaya mimba kuli kololedwa ndi lamulo, kukhoza kuchitikira m'zipatala m'mene muli ukhondo, ndipo nthawi zambiri sikukhala kowopseza moyo wa munthu. Koma kumene kutaya mimba si kololedwa, amayi ambiri amataya mimba mophwanya malamulo ndiponso mwachinsinsi, nthawi zambiri m'malo opanda ukhondo komanso kumachitidwa ndi anthu osaphunzira bwino ntchitoyo. Zikwizikiwa za amayi amamwalira ndi kutaya mimba koteroko. Ngati amayi apatsidwa mpata wogwiritsa ntchito njira zakulera, ndi kuuzidwa mmene angagwiritsire ntchito mwanzeru, kutaya mimba kwambiri, kovomerezeka kapena kosavomerezeka kapenanso kukanakhala kosafunikira. Mavuto ndi imfa zosafunikira zikanapewedwa.

Anthu ena amaganiza kuti kwakukulu nkhani zakulera ndi zochokera mayiko otukuka kapena anthu amene akufuna kukhala ndi ulamuliro pa anthu osauka mwa njira yowongolera kuchuluka kwawo. Anthu olemera ndi amphamvu amachiwona chinthu chovuta kuvomereza kuti mmene iwo akuchitira ndi nthaka ya m'dziko ndi zipangizo ndiko kwabweretsa kwambiri njala pa dziko lonse lapansi. Amangovomerezapo za kuchulukana kwa anthu kowonjezereka. M'maiko ena, akatswiri ena amachotsa amayi mphamvu yobereka mowakakamiza kapena poyesera pa amayiwo njira zatsopano ndi zosatetezedwa. Chifukwa cha zonsezi, anthu ofuna kusintha pa miyoyo ya anthu nthawi zambiri akhala akusonyeza poyera kusagwirizana kwawo ndi njira zakulera.

Izi ndi zachisoni. Nkhani siyenera kukhala ya njira zakulera, koma m'malo mwake kusagwiritsira bwino ntchito. Nkhani iyenera kukhala ya kusagwirizana ndi kusoweka kwa chilungamo pakati pa anthu ndi kusagawana malo ndi chuma mwachilungamo. Zitagwiritsidwa ntchito bwino, njira zakulera zitha ndithu kuthandiza anthu osauka kupeza nyonga yowathandiza kuti amenyere maufulu awo achibadwidwe. Koma zosankha ndi udindo wofuna kutsata kulera ziyenera kukhala m'manja mwa anthu eni ake.

**Zisankhireni nokha ngati ndi mmene mukufunira kukula kwa banja lanu.
Musalole munthu wina kukusankhirani.**

2. Kodi njira zakulera ndi zosaopsa?

Kaya njira zakulera nzosaopsa kapena ayi anthu azikambirana kwambiri. Nthawi zambiri anthu amena akhala asakugwirizana ndi njira zakulera pa zifukwa za chipembezo kapena ndale amayesayesa kuwopseza amayi potchula kuwopsa kwake. Njira zina zilidi ndi kuwopsa kwake. Komabe, chinthu chimene amayi ayenera kuzindikira ndi choti **njira zakulera ndi zosaopsa kuposa kukhala ndi pakati**, makamaka mayi akakhala kuti waberekapo kwambiri.

Mpata wodwala matenda akayakaya kapena imfa zobwera chifukwa chokhala ndi mimba ndi waukulu mowirikiza nthawi zambirimбири kuposa ngozi zimene zingapezeke pogwiritsira ntchito njira zodziwika zakulera.

Pali zokambakamba zambiri za ngozi zimene zingabuke pamene munthu wamwa mankhwala a zakulera a mibulu (mapiritsi). Koma ngozi zobwera chifukwa chokhala ndi pakati ndi zochuluka mowirikiza nthawi zambirimбири. Mankhwala a mibulu amagwira ntchito bwino kwambiri poteteza kutenga mimba koterokuti kwa amayi ambiri ndi zosaopsa mwanjira yoteteza miyoyo yawo kuposa njira ina iliyonse 'yowopsa pang'ono' koma yosadalirika.

Kusankhanjira yolerera

M'amasamba otsatirawa a buku lino njira zakulera zosiyanasiyana zafotokozeredwa. Zina zimagwira ntchito bwino kwa anthu ena kuposa ena. Werengani masamba amenewa, ndipo yankhulani ndi mzamba wanu, wogwira ntchito zaumoyo, kapena dotolo za njira zimene zikupezeka ndi zimene zingathe kugwira bwino ntchito kwa inuyo. Kusiyana pa **kudalirika, chitetezo, kagwiridwe bwino ntchito, kapezedwe**, ndi **mtengo** kuyenera kuganiziridwa. Amuna ndi akazi ayenera kugwirizana, ndi kugawana udindo.

Kuyamwitsa (onaninso tsamba 313)

Njirayi ndi imene imagwiritsidwa ntchito mwakuya, popanda amayi kuzindikira zotsatirapo zake. Pamene mayi ayamwitsa mwana mpovuta kuti atenge mimba makamaka ngati kuyamwako kukhala chakudya chokhacho cha mwanayo. Thupi la mayi mwachibadwidwe limatulutsa mphamvu imene imaletsa kukhala ndi pakati. Kuwonjezera apo, ndithudi, kuyamwitsa kumapatsa mwana chiyambi cha moyo wathanzi.

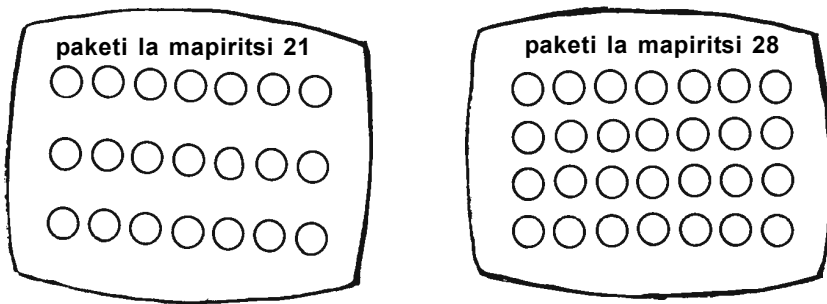
KUDALIRIKA KWA NJIRA ZAKULERA ZOSIYANASIYANA		
Mwa amayi 20 amene akugwiritsira ntchito njirayi...	Pafupifupi anthu 20 amene agwiritsa ntchito njirayi ochuluka motere adzatenga mimba ngakhale akutsata njirayi...	Ndipo kuchuluka motere ayenera kusiya kutsata njirayi chifukwa cha zovuta.
Piritsi		
Kondu		
Diaphragm		
FOAM		
I.U.D.		
PULLING OUT		
STERILIZATION		*
MAJEKESANI		
SPONGE (HOME)		
RHYTHM		Tikaphatikiza zonse pamodzi
MUCUS		

*Ngakhale ndi njira yowiritsa zipangizo ili ndi mavuto chifikwa cha opaleshoni komabe njirayi ndi yokhazikika.

Njira yakulera pomwa mankwala a mapiritsi

Mankwala olerera a mapiritsi amapangidwa ndi mahomoni amene amapezeka m'thupi la mayi. Atamwedwa moyenerera, mankwala a mibulu (mapiritsi) ndi njira imodzi yodalirika kwambiri yoletsera kukhala ndi pakati. Komabe, amayi ena sayenera kumwa mankwala a mapiritsi ngati iwo angathe kugwiritsira ntchito njira ina (onani tsamba 309). Mankwala a mibulu olerera sateteza munthu ku Edzi kapena matenda ena aliwonse obwera m'njira yogonana. Pofuna kuti mupewe zimenezi, gwiritsirani ntchito kondomu (tsamba 309). Ngati kuli kotheke, mankwala olerera a mapiritsi ayenera kuperekedwa ndi anthu ogwira ntchito zachipatala, azamba, kapena anthu ena aliwonse amene adaphunzitsidwa kagwiritsidwe ntchito kake.

Mapiritsiwa amabwera m'mapaketi a mapiritsi 21 kapena 28. Mapaketi a mibulu 21 nthawi zambiri ndi otsikirako mtengo, ndipo mwa iwowa, mitundu ina ndi yotsika mtengo kwambiri kuposa ena. Kuchuluka kwa mankwala ndi kosiyana malinga ndi mitundu yosiyanasiyana. Kuti musankhe mtundu umene uli woyenera kwa inu. Wonani masamba wobiriwira, tsamba 407.



Kamwedwe kake ka mapiritsi 21:

Imwani piritsi loyamba tsiku lachisanu kuchokera pamene mudayamba kusamba, kuwerenga tsiku loyamba kusamba monga tsiku loyamba. Kenaka imwani piritsi limodzi tsiku lililonse kufikira mutamaliza paketiyo (masiku 21). Imwani mapiritsiwo nthawi yofanana tsiku lililonse pamodzi ndi chakudya.

Mukaimaliza paketiyo, dikirani masiku asanu ndi awiri (7) musanamwensho mapiritsi ena. Kenaka yambani paketi ina, piritsi limodzi tsiku lililonse.

Potero, mudzamwa mapiritsi milungu itatu m'mwezi uliwonse, kenaka khalani mulungu umodzi musanamwensho. Zitati zinthu zonse zili bwinobwino, nthawi yokhala kumwezi idzafika mulungu umene simukumwa mankwala. Angakhale kuti zitalephereka kukhala kumwezi, yambani paketi ina patadutsa masiku 7 chimalizireni paketi inayo.

Ngati simukufuna kukhala ndi pakati, ndi bwino kumwa mankwala a mapiritsi – Imwani piritsi limodzi tsiku lililonse. Ngati tsiku lina mwaiwala kumwa, imwani mapiritsi awiri tsiku lotsatira.

Paketi ya mapiritsi 28:

Imwani piritsi loyamba tsiku lachisanu kuchokera tsiku limene munayamba kusamba, chimodzimidzi ndi paketi ya mapiritsi 21. Imwani piritsi limodzi pa tsiku. Mapiritsi asanu ndi awiri (7) adzakhala ndi kukula ndi mtundu wa pawokha. Imwani mankwala amenewa komalizira (piritsi limodzi pa tsiku) mutamaliza kumwa ena onsewo. Mukamaliza kumwa paketi ya mapiritsi 28, yambani paketi ina. Imwani piritsi limodzi pa tsiku popanda kudumphitsa kulikonse, paketi ndi paketi, pa nthawi yonseyo imene musakufuna kukhala ndi mimba.

Palibe zakudya zapadera zimene muyenera kumadya pa nthawi imene mukumwa mapiritsiwa. Ngakhale mutati mwadwala kumva ngati malungo kapena kumva china chake pamene mukumwa mankwala akulera a mapiritsi, pitirizani kuwamwa. Ngati mulekeza kumwa mapiritsiwo musanamalize paketi, mukhoza kupezeka muli ndi pakati.

Zovuta zopezeka chifukwa chomwa mapiritsi:

Amayi ena amamva timalungo m'mawa uliwonse, kutupa mawere, kapena zizindikiro za mimba pamene ayamba kumene kumwa mankhwalawa. Ichi ndi chifukwa choti mapiritsiwa amakhala ndi mahomoni (mphamvu imene imatha kusintha kagwiridwe ntchito kathupi) amene thupi la mayi limapititsa m'magazi pamene iye ali ndi pakati. Zizindikiro izi si zisonyeza kuti iyeyo akudwala kapena kuti asiye kumwa mapiritsiwo. Zizindikirozi zimatha patatha miyezi iwiri kapena itatu. Ngati zizindikirozi si zikusiya, iye angafunikire kusinthira ku mtundu wina umene uli ndi mlingo wosiyana wa mahomoni. Izi zikupezekanso m'masamba obiriwira (masamba a 407 ndi 408).

Amayi ambiri amataya magazi pang'ono, poyerekeza ndi mmene zimakhallira nthawi zonse pamene ali ku mwezi, pa nthawi imene akumwa mapiritsi. Kusinthaku nthawi zambiri si kodetsa nkhawa.

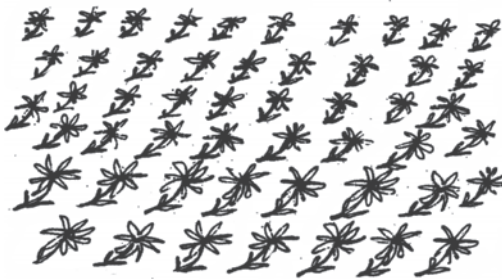
“Kodi ndikowopsa kumwa mankhwala akulera?”

Monga mankhwala ena aliwonse, njira ya mankhwala akulera ya mapiritsi mwa apo ndi apo imachititsa mavuto aakulu kwa anthu ena (onani masamba otsatira). Mavuto aakulu kwambiri amene angakhalepo pakumwa mapiritsi ndi monga kuuma kwa magazi m'kati mwa mtima, mapapo, kapena bongo (onani matenda oumitsa ziwalo, tsamba 346). Izi zimachitika nthawi zambiri ndi amayi amene amasuta fodya makamaka akakhala a zaka zoposa 35. Komabe, mpata woundana magazi wowopsa ndi okulirapo pamene amayi akhala ndi pakati kuposa pamene amwa mankhwala a mapiritsi.

Ngakhale kuti sizichitikachitika, mayi akhoza kupezeka ali ndi pakati pa nthawi imene akumwa mapiritsiyi. Izi zikachitika, **nthawi yomweyo siyani kumwa mapiritsi** chifukwa ikhoza kuwononga mwana amene akukula m'mimba.

Imfa zobwera chifukwa chomwa mapiritsi ndi zosachitikachitika. Kungotchula pakatikati, mimba ndi kubereka mwana ndi kowopsa kuwirikiza nthawi 50 poyerekeza ndi kumwa mankhwala a mapiritsi.

Mwa amayi 15,000 amene amatenga pakati ambiri mwa iwo ali ndi mavuto kotero atha kumwalira chifukwa cha mimba kapena pobereka mwana.



Zotsatira zake:

Mwa amayi 15,000 amene amamwa mapiritsi, ndi mayi mmodzi yekha ndiye angafe chifukwa chakumwa mapiritsi.



NDI KWABWINO KUMWA MANKHWALA A MAPIRITSI POSAFUNA KUKHALA NDI PAKATI.

Ngati pachifukwa china njira yanu yolera simunaigwiritse bwino musanagonane, mukhonzabe kupewa kutenga pakati pakumwa mankhwala olera ochukirapo koposa momwe mumamwera nthawi zonse. Koma izi zimathandiza pokhapokha mankhwalawo amwedwa pasadathe maola 72 chigonaniraneni (onani tsamba 408).

Kodi ndani amene sayenera kumwa mankhwala akulera a mapiritsi?



Mayi wina aliyense amene ali ndi zizindikiro zotsatirazi sayenera kugwiritsira ntchito mankhwala ochita kumwa (kapena kubaya):

- Mayi amene wachedwa kusamba, amene akuganiza kuti akhoza kukhala ndi pakati.

- **Kumva kupweteka kwakukulu mwendo umodzi kapena ntchafu.** Izi zikhoza kuchitika chifukwa cha mtsempha umene wawonongedwa (*phlebitis*) kapena kuundana kwa magazi. Osagwiritsira ntchito mapiritsi akulera. (Amayi amene ali ndi **mitsempha yotupa kapena yotamuka**



(*varicose veins*) imene sinawonongedwe akhoza kutsata njira yolera ya mapiritsi popanda chovuta china chilichonse. Koma ayenera kusiya kumwa ngati mitsempha yawo iphulika.)

- **Matenda akupha ziwalo.** Mayi aliyense amene anakhalapo ndi zizindikiro za matenda akupha ziwalo (tsamba 346) sayenera kumwa mapiritsi.



CHIWINDI

- **Matenda a chiwindi (*hepatitis*, tsamba 183, *cirrhosis*, tsamba 343).** Amayi amene ali ndi mavuto amenewa, kapena maso awo anali amtundu wa chikasu pa nthawi imene anali ndi mimba, sayenera kumwa mapiritsi. Ndi bwino kupewa mankhwala akulera ochita kumwa kwa chaka chimodzi chidwalireni matenda a chiwindi (*hepatitis*).

- **Khansa.** Ngati muli ndi maganizo oti mwina muli ndi khansa ya m'mawere kapena ya m'chiberekelo, musagwiritsire ntchito njira yakulera ya mapiritsi. Musanayambe kutsata njira yakulera ya mapiritsi, onani mawere anu bwinobwino (onani tsamba 297). M'zipatala zina zazing'onzing'ono mukhozanso kupimidwa mosavuta (*Pap smear*) kuwona ngati muli ndi khansa ya mu thako kapena njira yachiberekero. Njira yakulera ya mapiritsi sichititsa khansa, koma ngati khansa ya m'mawere ndi ya khomo kapena mphuno za chiberekero ilipo kale, mapiritsi akhoza kuchititsa zinthu kufika poipa kwambiri.



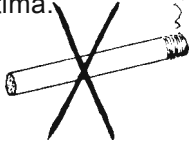
Mavuto ena akhoza kufika poipa kwambiri chifukwa cha mankhwala akulera ochita kumwa. Ngati muli ndi ena aliwonse a mavuto otsatirawa, ndi bwino kugwiritsira ntchito njira ina ngati mungathe:

- **Migraine** (tsamba 171). Amayi amene ali ndi vuto la migraine yeniyeni sayenera kutsata njira yakulera ya mankhwala ochita kumwa. Koma kudwala mutu pang'ono kumene kumatha ndi mankhwala ochepetsa ululu si chifukwa chenicheni chosiyira kumwa mapiritsi.
- **Kuthamanga kwa magazi** (tsamba 130).
- **Kudwala chikhodzodzo ndi kutupa mapazi** (tsamba 244).
- **Matenda a mtima** (tsamba 345).

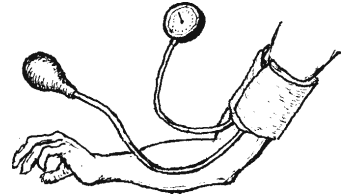
Ngati mukudwala mphumu, chifuwa chokoka mtima kapena khunyu, ndi bwino kukafunsa malangizo kuchipatala musanamwe mapiritsi a kulera. Komabe, amayi ambiri amene ali ndi matenda amenewa akhoza kutsata njira ya mankhwala ochita kumwa popanda vuto lina lililonse.

Chenjezo kwa amayi amene akutsata njira yakulera ya mapiritsi

1. Musasute fodya, makamaka ngati muli ndi zaka zopitirira 35. Mukhoza kuyambitsa mavuto a matenda a mtima.



2. Yang'anani mawere anu mosamala kuti muwone ngati ali ndi zotupa kapena zizindikiro zimene zikhoza kukhala za khansa (onani tsamba 297).



3. Ngati kuli kotheka, yezetsani kathamangidwe ka magazi anu miyezi 6 iliyonse.

4. Mukhale tcheru ndi mavuto onse amene atchulidwa pa tsamba 307, makamaka:

- Ngati mukumva kupweteka mutu kwambiri (*migraine headaches*, tsamba 171).
- Chizungulire, kupweteka kwa mutu, kukomoka kumene zotsatira zake ndi kuwona, kuyankhula, kapena kusuntha mbali za nkhope kapena za thupi movutikira (onani matenda akupha ziwalo, tsamba 346).
- Kumva ululu ndi kutupa m'kati mwa mwendo kapena ntchafu (mpata wokhala ndi magazi oundana).
- Ululu waukulu kwambiri m'chifuwa (onani mavuto a matenda a mtima, tsamba 345).

Ngati aliwonse a mavutowa abukapo, siyani kumwa mapiritsi ndipo kafunseni malangizo akuchipatala. Pewani kukhala ndi mimba pogwiritsira ntchito njira zina zakulera, chifukwa kupezeka ndi mimba kumakhala ndi mavuto owopsa kwambiri.

Mafunso ndi mayankho pa nkhani ya njira yakulera ya mapiritsi

	<p>Anthu ena amati njira yakulera ya mapiritsi imayambitsa khansa. Kodi izi nzowona?</p>	<p>Ayi! Komabe, ngati khansa ya mawere kapena chiberekero muli nayo kale, kumwa mapiritsi kutha kukulitsa chotupa msanga.</p>
	<p>Kodi mayi angathe kukhalanso ndi mimba atasiya kumwa mapiritsi?</p>	<p>Inde. (Nthawi zina pamatha kuchedwa kutenga mimba ndi mwezi umodzi kapena iwiri.)</p>
	<p>Kodi mpata wokhala ndi mapasa kapena ana opuwala umakhala waukulu ngati mayi amamwa mankhwala akulera?</p>	<p>Ayi. Mpata ndi wofanana ndi monga amayi amene sanamwepo mapiritsiwa.</p>
	<p>Kodi ndi zowona kuti mkaka wa m'mawere udzasiya kutuluka ngati a mayi ayamba kutsata njira yakulera ya mapiritsi?</p>	<p>Amayi ena amatulutsa mkaka wochepa pamene amwa mapiritsiwa. Choncho ndi bwino kugwiritsa ntchito njira ina yakulera miyezi 6 yoyambirira mukuyamwitsa, kenaka sinthani muyambe kumwa mapiritsi. Kapena akhoza kumwa mapiritsi ochepera mphamvu ('mini-pill', tsamba 408) amene amakhala ndi mahomoni ochepa koteru kuti mkaka siukhudzidwa konse.</p>

Kuti mudziwe zambiri za pa kasankhidwe ka mapiritsi akulera, onani masamba obiliwira - tsamba 407.

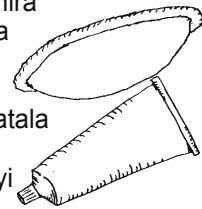
Njira zina zakulera

KONDOMU (imene imatchedwanso chishango, kapena mpira wa bambo) ndi kathumba kakang'ono ka pulasitiki kamene mwamuna amaika kumaliseche kwake pa nthawi yogonana. Nthawi zambiri chimagwira ntchito bwino popewa kutenga mimba. **Ndi njiranso yokhayo yodalirika popewa kutenga matenda a Edzi** ndi matenda ena opatsirana podzera m'njira yogonana, koma si kuti chidzatezeza kotheratu nthawi zonse.

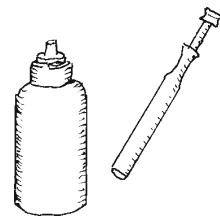


Valani kondomu pamene chida chadzuka ndipo siyani kampata kumapeto kwa kondomu kuti umuna ugweremo. Tambasulani kondomu yanu kufikira m'munsi mwa chida. Mwamuna ayenera kugwira kondomu pamene akuchotsa chida chake pa mkazi. Mukhoza kugula makondomu m'masitolo ogulitsa mankhwala ambirimбири. Mwina ndi otchipa kuposa mwina. Nthawi zina makondomu amaperekedwa kwa ulere mu zipatala. Ndi bwino kugwiritsira ntchito kondomu kamodzi kokha, kondomu yochapa ndikugwiritsidwanso ntchito ili bwino kuposa kugonana popanda kondomu konse. Musanaigwiritsire ntchito, thiranimu madzi kuti muwonetsetse kuti sikudontha.

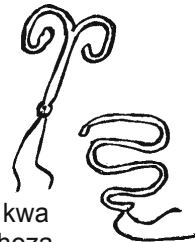
Makhalang'oma ndi kachikho (kapu) kopangidwa kuchokera ku mphira (labala) yofewa. Mkazi amazika m'chiwalo chake pamene akugonana ndi mwamuna. Iyenera kuvalidwa kwa mawola pafupifupi 6. Ndi njira yotsimikizirikako ndithu makamaka ngati itagwiritsidwa ntchito limodzi ndi njira yakulera ya mafuta. Munthu wogwira ntchito zachipatala kapena mzamba ndiwo ayenera kuika labalayi, popeza amayi osiyanasiyana amavala masaizi osiyasiyananso. Yang'anani mphirayi nthawi zonse kuti muwone ngati ili yobowoka kapena yong'ambika poiyang'anitsa kowala, ndipo khalani ndi yatsopano chaka chilichonse. Ngati ili ndi kabowo pang'ono, pezani ina yatsopano. Mukatha kugwiritsira ntchito, ichapeni m'madzi otentha pang'ono okhala ndi sopo, tsukuluzani, ndipo iyanikeni. Isungeni pamalo aukhondo ndi owuma.



MANKHWALA A THOVU OLETA KUKHALA NDI MIMBA (CONTRACEPTIVE FOAM) amabwera mutimachubu kapena mutizitini. Mayi amaika ku maliseche ake pogwiritsira ntchito zipangizo zapadera. Ayenera kupakidwa osaposa ola limodzi musanagonane, ndipo kenaka akhoza kukhala m'kati momwemo mawola pafupifupi 6. Kupakaku kuyenera kubwerezedwa nthawi ina iliyonse mwamuna ndi mkazi asanagonane, ngakhale akutero nthawi zambirimбири usiku umodzi. Ndi njira yotsimikizirikako ndithu bola ngati itagwiritsidwa ntchito bwino.



LUPU (INTRAUTERINE DEVICE) ndi kanthu kopangidwa ndi mphira (kapenanso nthawi zina kachitsulo) kamene munthu wophunzira bwino zachipatala kapena mzamba amazika m'kati mwa chiberekero. Pamene iko kali m'kati mwa chiberekero, kamaletsa mimba. Kwa amayi ena ma IUD amagwa. Kwa ena, amayambitsa kumva kupweteka, kusamva bwino, kutaya magari ochuluka panthawi yokhala ku mwezi, komanso nthawi zina mavuto ankhankhani, koma kwa amayi ena sipakhala mavuto ena aliwonse. Kwa amayi oterewa, IUD ikhoza kukhala njira yosavuta komanso yopulumutsa ndalama. Onani tsamba 409 musanasankhe kugwiritsira ntchito IUD.



NJIRA YOZULA CHIWALO (COITUS INTERRUPTUS) ndi njira imene mwamuna amazula chiwalo chake chogona ndi mkazi umuna usanathiridwe. Njira yi ndi yabwinoko kusiyana ndi kusakhala ndi njira yakulera, koma ikhoza kukhala yosokoneza kwa anthu awiriwo ndipo nthawi zambiri sigwira ntchito, chifukwa nthawi zambiri umuna wina umathiridwa ndithu asanazule ndipo izi zikhoza kuchititsa mimba, ndipo amuna ena sazula mu nthawi yake, makamaka ngati iwo angochoka pa mowa kumene.

NJIRA YAKULERA YOCHITIKA MOSAKONZEKERA (EMERGENCY CONTRACEPTION) ndi yotheke pogwiritsira ntchito mapiritsi ngati mwagonana popanda kudziteteza kwina kulikonse, bola ngati amwedwa m'kati mwa masiku atatu (mawola 72) (onani tsamba 408).

NJIRA YOLEKEZA KUGONANA (RHYTHM METHOD)

Njirayi si yodalirika kwenikweni, koma ubwino wake ndi woti siiwononga ndalama zilizonse. **Itha kugwira bwino ntchito yake ndi amayi amene kusamba kwawo kukhoza kutsatidwa, kamodzi pa masiku 28.** Komanso amayi ndi abambo ayenera kukhala ofunitsitsa kukhala mulungu umodzi mwezi uliwonse popanda kugonana monga mwa nthawi zonse.

Nthawi zambiri mkazi ali ndi mpata wokhala ndi pakati masiku 8 wokha a pamwezi omwe ndi masiku amene mkazi akhoza kutenga mimba. Masiku amenewa amabwera m'katikati mwa nthawi zimene mkazi wamaliza kusamba, masiku oyambirira khumi (10) kuchokera tsiku limene adayamba kutaya magazi osonyeza kuti ali ku mwezi. Pofuna kupewa kutenga mimba, mayi sayenera kugona ndi mwamuna wake panthawi ya masiku 8 yonse. Masiku ena a mweziwo ngati iye sangatenge mimba.

Ndi cholinga choti asasokoneze, mayi ayenera kusonyeza pa kalendala masiku 8 amene iye sayenera kugonana ndi mwamuna.

Mwachitsanzo: Tangoganizani kuti muyamba kusamba pa 5 Meyi. Werengani tsiku limenelo ngati tsiku loyamba.

Lisonyezeni motere:

Kenaka werengani masiku khumi ndi anayi (14). Kuwerenga kuyambire tsiku la chikhumi, lembani mzere kungsi kwa masiku 8 otsatira chotere.

MEYI						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

M'kati mwa 'masiku a chonde cha mkazi' amenewa musakhalire malo amodzi.

Tsopano tangoganizani kuti muyamba kusamba pa 1 Juni. Sonyezaninso chotere. Muliwerenge tsiku limenelo ngati tsiku loyamba.

Werenganinso masiku khumi (10) ndi kulemba mzere kungsi kwa masiku otsatira 8 amene simudzakhala mukugonana.

JUNI						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

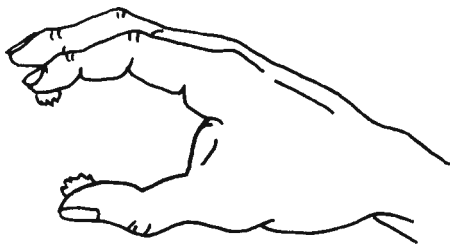
Ngati mkazi ndi mwamuna wake alekeza kugonana mosamala pa masiku 8 amenewa m'kati mwa mwezi uliwonse, ndi kotheka kuti iwo adzakhala zaka zambirimбири asanakhale ndi mwana wina. Komabe, okwatirana ochepa chabe ndi amene amapambana ndi kupita kwa nthawi. Iyi si njira yotsimikizirika kwenikweni, pokhapokha itagwiritsidwa ntchito limodzi ndi njira ya mafuta (*mucus method*, onani tsamba 311) kapena ndi Makhalang'oma (*diaphragm* kapena) kondomu.

NJIRA YA MAFUTA (*MUCUS METHOD*)

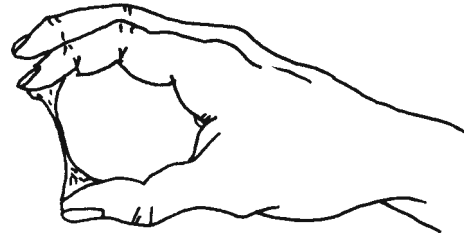
Njira iyi ili pa ubale ndi njira yolekeza. Mayi amafufuza kuti ndi liti pamene iye adzakhale ndi pakati powonera mafuta amene ali ku maliseche ake tsiku ndi tsiku. Njirayi imagwira bwino ntchito ndi amayi ena koma osati onse. Kunena zowona singanenedwe kukhala njira yodalirika yopewera mimba, koma si yowononga ndalama ndiponso ilibe ziopsezo monga zimene zimabwera ndi kukhala ndi mimba yeniyeniyo. Komabe, ndi kovuta njirayi kuitsatira ngati mkazi ali ndi matenda amene amatulutsa zinthu zambiri, komanso ngati kusamba kwake ndi kovuta kukutsatira.

Tsiku lililonse, kupatula nthawi imene iye ali kumwezi, mkazi ayenera kuyang'anira mafuta onanda a kumaliseche kwake. Kombani mafuta onandawo pang'ono kuchoka ku maliseche anu ndi chala chotsuka bwino ndipo yesani kuyendetsa mafutawo pakati pa chala chanu chachikulu ndi cha mkombaphala, motere:

Pa nthawi yonse imene mafuta anu akugwirana ngati mankhwala otsukira mano, simungathe kutenga mimba, ndipo mukhoza kupitiriza kugonana.



Pamene mafuta anu ayamba kunanda ngati dzira losaphika, kapena ngati liyamba kunanda pakati pa zala zanu, mukhoza kutenga mimba ngati mugonana. Choncho, **musagonane pamene mafuta anu ayamba kutanuka monanda kapena kufikira masiku anayi (4) chisiyireni kunanda kapena akayambanso kunanda.**



Mafuta adzakhala onanda masiku ochepa m'kati mwa nthawi zimene mwamaliza kusamba. Awa ndi masiku omwe simuyenera kugonana ndi mwamuna wanu ngati mumatsata njira yolekeza.

Kuti pakhale kudalirika kwenikweni, gwiritsirani ntchito njira za mafuta ndi kulekeza limodzi. Anthu ena amavomereza njira zakulera 'zachilengedwe', koma osati 'zochita kukonza munthu' zimene zimagwiritsira ntchito mapiritsi, kapena 'katundu wopangidwa ndi mphira'. Chiwerengero chokulirakulira cha zipembedzo ndi mafumu ayamba kuzindikira kufunika kwake pa moyo wa munthu wina aliyense, kotero kuti njira zosavuta ndi zodalirika za kulera zadziwika ponseponse.

Njira za Kaphatikiza

Ngati mukufunitsitsa kudziwa kuti simudzatenga mimba, nthawi zambiri kumathandiza kugwiritsira ntchito njira ziwiri nthawi imodzi. Njira yolekeza kapena ya mafuta mutaphatikiza ndi kondomu makhalang'oma (*diaphragm*), mankhwala opaka athovu (*foam*), kapena sponji (chinkhupule), kudzakhala kodalirika kuposa kugwiritsira ntchito njirazi payokha payokha. Chimodzimodzinso, ngati mwamuna atagwiritsira ntchito makondomu ndipo mkazi makhalang'oma (*diaphragm*) kapena mankhwala athovu, mpata woti nkutenga mimba ndi wochepe zedi.

Mphamvu sikukhala ndi ana ambiri, koma kukhala ndi chakudya chokwanira. Ganizirani za kulera.

MAJEKESENI. Pali majekeseni ake apadera oletsa kukhala ndi mimba. **Depo-Provera** ndi imodzi mwa izo. Jekeseni amaperekedwa miyezi itatu iliyonse. Mavuto otsatirapo ali chimodzimidzi ndi a njira yakulera ya mapiritsi. Kuchokera nthawi imene mayi aleka kubayitsa, pakhoza kutha chaka kapena kuposa kuti iye atengenso mimba. Kwa amayi amene akudwala matenda obadwa nawo a kuchepa kwa magazi kwakukulu (*sickle-cell disease*, onani tsamba 336) njirayi ndi yotetezedwa komanso yodalirika.



MACHUBU OBZALIDWA PA KHUNGU (IMPLANTS). Ndi njira imeneyi, timachubu tating'onoting'ono tokwanira 6 timabzalidwa pansu kwa khungu. Tikakhala pomwepo, tingaletse mimba kwa zaka zisanu (5). Kutaya magazi nthawi yoti mayi ali kumwezi kungakhale kokulirapo chaka choyamba. Kawonaneni ndi dotolo ngati izi zitachitika.



Majekeseni ndi machubu obzalidwa pa khungu ndi ofunikira kwa amayi amene ali ndi vuto loiwala kumwa mapiritsi, kapena amene amapeza mavuto akagwiritsira ntchito njira zina zakulera. Onani tsamba 409 kuti mumve zambiri za njira zimenezi.

Njira zakulera kwa amene sakufunanso kukhala ndi ana

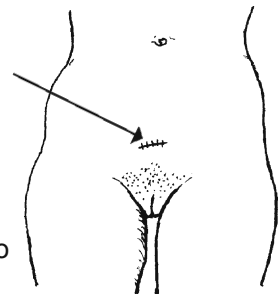
OPALESHONI. Kwa amene sakufunanso kukhala ndi ana, pali njira zotetezedwako potsatira njira ya mawopaleshoni osavuta kwa onse awiri abambo ndi amayi. M'maiko ambiri mawopaleshoni amenewa ndi aulere. Kafunsi kuchipatala.

- **Kwa abambo,** opaleshoniyi imatchedwa vasekitome (*vasectomy*). Ikhoza kuchitidwa mosavuta komanso mwamsanga m'chipinda cha dotolo kapena chipatala chaching'ono, nthawi zambiri popandanso kugonetsa bamboyo. Amacheka makhalang'oma (*diagram*) mwapang'ono ndi cholinga choti machubu mmene mumayenda umuna kuchokera ku machende adulidwe ndi kumangidwa. Machende enieniwo sachotsedwa.



Opaleshoniyi sisokoneza mphamvu ya bambo yogonana kapena yosangalala. Umuna wake umatuluka ndithu koma ulibe mphamvu yopereka mimba.

- **Kwa amayi,** opaleshoniyi imatchedwa tubal ligation m'Chingerezi, kutanthauza kumanga machubu. Njira imodzi ndiyo kucheka pang'ono m'munsi mwa mimba ndi cholinga choti mazira amene amachokera m'chiuno (*ovaries*) kapena malo amene m'mapangidwa mazira, atha kudulidwa ndi kumangidwa. Ikhoza kuchitidwa m'chipinda cha dotolo kapena chipatala chaching'ono popanda kugonetsa mayiyo. Ngakhale njirayi ndi yopambana nthawi zambiri, pali mpata waukulu woti matenda ofalitsidwa ndi tizilombo nkulowererapo kuposa opaleshoni ya abambo.



Opaleshoni imeneyi siyisokoneza kasambidwe kapena mphamvu yogonana ya mayiyo, ndipo ikhoza kupangitsa kugonana kukhala kosangalatsa kwambiri chifukwa iye sayeneranso kudera nkhwawa za mimba.

Njira zochitikira kunyumba zopewera mimba

Dziko lina lililonse limakhala ndi njira zochitikira panyumba zopewera kukhala ndi mimba. Tsoka lake ndi lakuti, zambiri sizigwira ntchito kapena kuti ndi zowopsa. Mwachitsanzo, amayi ena amaganiza kuti kutsuka maliseche awo kapena kukodza atangomaliza kugonana kudzalepheretsa kutenga mimba, **koma izi si zowona.**

KUYAMWITSA. Pamene mayi ayamwitsa mwana wake ndi kovuta kuti akhale ndi mimba makamaka ngati mkaka wa m'mawere ndi chakudya chokhacho cha mwanayo. Mpata woti iye nkutenga mimba ndi waukulu patatha miyezi inayi (4) kapena isanu ndi umodzi (6), pamene mwana ayamba kudya zakudya zina kuphatikizapo mkaka wa m'mawere. Ngakhale pa nthawiyi, kuyamwitsa kutha kuletsa mimba ngati mayi ayamwitsa pafupipafupi, usiku ndi usana, ndipo amapereka mkaka wam'mawere ngati chakudya chenicheni cha mwana. Koma ngati iye ayamba kusamba, iye sangadalire kuyamwitsa kokha popewa kutenga mimba.

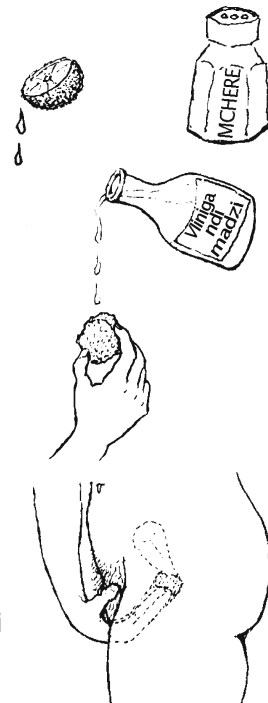


Pofuna kutsimikiza kuti sadzatenga mimba, mayi amene akuyamwitsa ayenera kuyamba kutsata njira zina zolera pamene mwana wakwanitsa miyezi itatu kapena inayi. Njira imene sili ya mapiritsi ndi yabwino chifukwa mapiritsi amachititsa amayi ena kutulutsa mkaka wochepe. (Mapiritsi ocheperako mphamvu amachepetsako vutoli. Onani tsamba 408).

NJIRA YA SIPONJI (chinkhupule). Iyi ndi njira imene imagwiritsidwa ntchito kunyumba imene ilibe chiopsezo chilichonse ndipo nthawi zina imagwira ntchito. Simungathe kudalira kuti idzaletsa mimba nthawi zonse, koma ikhoza kugwiritsidwa ntchito ngati palibe njira ina iliyonse.

Mudzafunikira kukhala ndi siponji ndi **viniga** kapena **mandimu** kapena **mchere**. Kaya adzakhala siponji ya mnyanja kapena siponji yogula m'sitolo, iliyonseyo idzathandiza. Ngati mulibe siponji, yesani kugwiritsira ntchito thonje, zomera zina (*wild kapok*), kapena kansalu kofewa.

- Sakanizani:
 - masupuni awiri a viniga mu kapu imodzi ya madzi kapena
 - supuni imodzi ya mandimu mu kapu imodzi ya madzi kapena
 - supuni imodzi ya mchere m'masipuni 4 a madzi.
- Nyowetsani siponji ndi ndi viniga kapena mandimu kapena madzi a mchere.
- Kankhirani siponji yonyowayo m'kati mwa maliseche anu musanagonane ndi mwamuna. Mukhoza kuikilatu kwa ola limodzi nthawi yogonana isanafike.
- Siponji ikhale m'kati momwemo kwa mawola 6 kuchoka nthawi imene mwamaliza kugonana. Kenaka itulutseni. Ngati mukupeza vuto kuitulutsa, nthawi ina mudzaimangirire ndi kansalu kapena kachingwa kamene mungathe kukoka.



Siponjiyi ikhoza kuchapidwa ndi kugwiritsidwanso ntchito, nthawi zambirimбири. Mukhoza kukonzeratu madzi anu a zipangizo zatchulidwazo ndi kusunga m'botolo.