WOMEN & MENOPAUSE

Vanhukadzi neKuguma Kutevera



Biomedical Research and Training Institute

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Pamusoro Pekabhuku aka

Chinangwa chekabhuku aka ndechekubatsira kupindura mimwe mibvunzo yamungange muinayo pamusoro pekuguma kutevera (menopause). Kanotsanangura kuti chii chinonzi kuguma kutevera, zvii zvamungatarisire uye nekupa ruzivo pamusoro pekuti mungazvibatsira sei kana masangana nezviratidzo zvekuguma kutevera.

Kabhuku aka kakagadzirwa pamwe chete nevanhukadzi vemuZimbabwe, vanovandivo vakatiudza ruzivo rwatingaise uye vakatibatsira kugadzira nekurongwa kwekabhuku kano. Takashanda zvakare nevaongorori, vanoona nezvehutano uye nana mazvikokota vezvekuguma kutetevera, kuti tigadzira ruzivo urwu.

Kutenda

Tinoda kutenda vakadzi vemuZimbabwe vanotevera, nerubatsiro rwavakapa: Anna, Audrey, Auxillia, Barbra, Charlotte, Christine, Eleanor, Elizabeth, Euvitor, Juliet, Lillian, Linda, Nokuthula, Paulina, Rebecca, Rudo, Shamiso, Tendai.

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Chii chinonzi kuguma kutevera (menopause)?

'Menopause' (kuguma kutevera) inguva inoguma mukadzi kutevera. Ndiro zuva rekupedzisira remunhukadzi kutevera, mushure mekunge mapfura mwedzi gumi nemiviri musingatevere zvachose. Vamwe vakadzi nguva iyi vanoidaidza vachiti 'shanduko yehupenyu'. Iyi inguva inowanikwa kana munhu akura uye chinhu chinoitika kana kuwanikwa kumunhukadzi wese.

Chii chinokenzera kuti mukadzi agume kutevera?

Kuguma kutevera kunokonzerwa nekushanduka kunoita mahormone mumuviri menyu. Mahormone kana kuti *'hormones'* nechirungu, zvigadzirwa (chemicals) zvinogadzirwa nemuviri, zvinozivisa nhengo dzemuviri zvekuita. Kubva panguva yamakatanga kutevera pekutanga, mahormone aya akakubatsirai kuti mukwanise kutevera mwedzi wega wega uye akakonzera yatinoti *'ovulation'* muchirungu, inova nguva yaunogadzira mazai mwedzi wega wega zvichizoita kuti mukwanise kuita mwana. Kana masvika panguva yekuguma kutevera munenge musisagadzire mazai, saka hamuchakwanise kuita pamuviri.

Munhu anoziva sei kuti asvika pakuguma kutevera?

Kana masvika pamakore anopfura makumi mana zvichienda mberi uye musina kutevera zvachose kwemwedzi gumi nemiviri yakatevedzana, munokwanisa kuva nechokwadi chekuti mave munguva yekuguma kutevera. Zvakadaro, pane zvimwe zvinhu zvakaita sekudzikira muviri, kushushikana kwakanyanya uye kuputa fodya, zvinogona kuita kuti mugume kutevera kana kukonzera kuti mukurumidze kuguma kutevera. Zvakakosha kuziva kuti zviratidzo zvekuguma kutevera zvinogona kufanana nezviratidzo zvezvimwe zvirwere kana mishonga. Zviratidzo izvi zvinogona zvisiri kukonzerwa nekuchembera kwenhengo dzinogadzira mazai emunhukadzi, saka zvakanaka kuti muzvingwarira kana mukasangana nazvo. Kana muchifungira kuti matambudziko amuri kusangana nawo ane chekuita nehutano wenyu kana kuti zviratidzo zvamuri kuona kana kunzwa hazvinei nekuguma kutevera, munofanira kutaurirana nachiremba wenyu kana kuti namukoti wepakiriniki iri pedyo nemi.



Chii chinoitika kana wave munguva yekuguma kutevera?

Hamuyerekane maguma kutevera. Munguva yamunozosvika pakuguma kutevera, mahormone enyu anotanga kukwira nokudzika zvichikonzeresa shanduko mumuviri menyu. Shanduko dzinoitika mumuviri menyu dzinoitika zvishoma nezvishoma muchiswedera pedyo nenguva yamunozoguma kutevera. Nguva yamunoswedera pedyo nekuguma kutevera inonzi *'menopause transition'* pachirungu kana kuti *'peri-menopause'*, ichiva nguva yamunenge makamirira kuzosvika pakuguma kutevera. Panguva iyi munokwanisa kutanga kuona shanduko mune zvamunenge muchinzwa pamuviri wenyu kana mupfungwa dzenyu.

Pamunenge makatarisana nekuzoguma kutevera, munotanga kuona kuti kutevera kwenyu kunotanga kushanduka. Nguva zhinji shanduko idzi dzinosiyana pamunhukadzi wega wega. Dzimwe nguva pamunotevera munogona kubuda ropa rakawanda kana kuti shoma, uye pamwe pacho munogona kumbomira kutevera mwedzi mumwe chete kana miviri mobva mazotanga zvakare. Shanduko idzi dzinogona kuenderera kwemwedzi mishoma kana kwemakore musati mazoguma kutevera zvachose. Vamwe vanhukadzi vanogona kuguma kutevera panguva iyoyo. Munhukadzi wega wega anosvika pakuguma kutevera nenzira dzakasiyana.

Vanhukadzi vanoguma kutevera vave nemakore mangani?

Kuguma kutevera chinhu chinotarisirwa muhupenyu kana munhu akura, izvi zvinowanzoitika pamakore ari pakati pe45 ne55 ekuberekwa. Mukadzi anowanzo tarisirwa kuguma kutevera ava nemakore 50.

Sei vanhukadzi vachisiyana makore ekuguma kutevera?

Vanhukadzi vese vakasiyana, sekusiyana kwamakaita neshamwari dzenyu pamakatanga kutevera, kungave kukurumidza kana kunonoka kutevera, munokwanisawo zvakare kukurumidza kana kunonoka kuguma kutevera kudarika vamwe vakadzi. Pane zvinhu zvakawanda zvinogona kukanganisa zera ramunoguma kutevera. Makore akakosha makore akaguma amai venyu kutevera. Munokwanisa kuguma kutevera pedyo nemakore akaguma amai venyu. Asi izvi hazvisi zvechokwadi nguva dzose, pane zvimwe zvinogona kukanganisa makore enyu ekuguma kutevera zvakaita sezvimwe zvirwere, mamiriro ehutano hwenyu, mimwe mishonga, kurapwa kwegomarara uye nemararamiro enyu amunenge muchiita. Kuputa fodya kunogona kuita kuti mukadzi akurumidze kuguma kutevera, nokuti kuputa fodya kunogona kukanganisa munogadzirwa mazai atinoti *'ovaries'* nechirungu, saka haazoshandi sezvaanotarisirwa. Saka kana muchiputa fodya asi amai venyu vasina kumboputa fodya, pane mukana wekuti munogona kukurumidza kuguma kutevera zvichisiyana nenguva yakaguma amai venyu. Kana muri mutete zvakanyanya munogona kukurumidza kuguma kutevera, yatinoti nechirungu *'early'* kana kuti *'premature menopause'*.



Nei vamwe vanhukadzi vachikurumidza kuguma kutevera?

Mudzimai mumwe pazana *(1 in 100)* anogona kuguma kutevera asati asvitsa makore makumi mana. Izvi zvinonzi munhu akurumidza kuguma kutevera, muchirungu tinoti *'early menopause'*. Kazhinji kacho hazvina tsanangudzo yakajeka yokuti zvinokonzerwa nei.

Pane zvandinogona kuita here kuti ndisaguma kutevera?

Kwete. Tese tichasvika pakuguma kutevera panguva dzakasiyana muhupenyu hwedu. Izvi zvinowanikwa muhupenyu wemunhukadzi wese paanenge achikura.

Ndezvipi zviratidzo zvamunogona kuva nazvo kana makuguma kutevera?

Zviratidzo zvekuti mavekuda kuguma kutevera zvinogona kutanga musati maguma kutevera zvachose, munguva yekuda kuguma kutevera yatinoti *'peri-menopause'* nechirungu. Zviratidzo izvi zvinogona kukonzera kusagadzikana kwamuri kana dzimwe nguva zvinogona kukunetsai zvikuru. Zvimwe zviratidzo zvinosanganisira:



Nguva yazvinotora kuti musvike pakuguma kutevera inogona kuva pfupi (- kusvika pamakore maviri) kana kuti inogona kuvarefu (- kusvika pamakore gumi nemana). Nekuda kwekuti vakadzi vose vakasiyana, zvinoitika kwamuri pamunoguma kutevera zvinogona kusiyana nezvinoitika kushamwari yenyu. Nyangwe zvazvo imi nevamwe vakadzi vazhinji munogona kunetsekana mumakore amunenge muchisvika mukuguma kutevera, vamwe vakadzi vanogona kusanetsekana zvachose munguva iyi. Kana mazosvika pakuguma kutevera, kunzwa kutsva nezvimwe zviratidzo, kazhinji kacho zvinomira. Vamwe vakadzi vanenge vabviswa chibhereko kana kuti vanenge vachitora mimwe mishonga isinganyanyoshandiswa, vanogona kuzosangana nezviratidzo vave nemakore makumi masere zvichienda mberi.

Vakadzi vazhinji, nhengo dzavo dzesikarudzi dzinenge dzisisina kunyorovera zvakanaka. Izvi zvinogona kuti varwadziwe pavanoita bonde, kunetsekana nekuita bonde kana kunzwa kusada kuita bonde. Vamwewo vakadzi vanogona kuita dambudziko nekurasa mvura (kunzwa kurwadziwa kana vachirasa mvura kana kuita hutachiona hunowanikwa panorasa mvura) kana vasvika pakuguma kutevera.



Zvii zvamunogona kuita zvingabatsire kudzora zviratidzo?

Zvamunoita kana muchinzwa kutsva kana kudikitira husiku

- Edzai kupfeka mbatya dzakasununguka dzakasonwa nejira re*Cotton* nokuti rinopinda mhepo.
- Kana kuchitonhora munokwanisa kuvirikidza mbatya kuti kana mapiswa munokwanisa kubvisa imwe.
- Munokwanisa kutakura kabhodoro kemvura kamunenge muchishandisa kupfapfaidza mvura kumashure kwemutsipa, kweruoko nekwemabvi kana mave kunzwa kutsva. Munochengeta rimwe bhodoro padhuze nepamunorara manheru. Munogona zvakare kugara makatakura mvura yekunwa kana feni, inobatsira kuti mutonhorerwe.
- Musadye chikafu chine ma*Spice* akaita se*Curry*, kana chikafu chine mhiripiri.
- Kana muchinwa *tea* kana *coffee* inwai isingapise zvakanyanya.
- Musadye chikafu kana kunwa doro kana *coffee* zvakanyanya.
- Musapute fodya.
- Kunetseka kana kufungisisa kunoita kuti munzwe kutsva, saka munofanirwa kuedza kuzorora nekugara makadzikamisa pfungwa.
- Kana muchinzwa kushushikana mupfungwa munofanirwa kudzidzira kufema zvakadzikama. Femerai mukati nemumhuno mofemera kunze nemuromo, muchiverenga kanokwana kana. Rambai makafemera mukati kwenguva inoverengeka kana, mozofemera kunze zvishoma nezvishoma muchishandisa muromo, kwekanguva kanoverengeka kana, mozvidzokorodza kwemineti imwe chete kana mbiri.

Zvamunogona kuita kana mukawedzera huremu

- Kudya zvine hutano nekugara makagwinya kwakakosha zvikuru. Kana muchida kuziva zvimwe verengai zviri pazasi.

Zvamunogona kuita kana muchirwadziwa kana kunetsekana nekuenda pabonde.

- Kana muchinetsekana kana kurwadziwa nekuita bonde pane mafuta anogona kushandiswa kuti kunhengo kwemunhukadzi kusaome. Kune imwe mhando yemushonga kana mafuta anonzi *Lubricant (gel)* muchirungu anobatsira zvakare kuti bonde risarwadze nekuda kwekuoma kwenhengo yemunhukadzi. Mafuta emhando iyi anowanikwa zviri nyore kuchitoro chemushonga *(pharmacy)*. Mungwarire kuti musatenga zvinonhuwirira.
  Ndapota musashandise zvinhu zvamunoshandisa mumba zvakaita semafuta ekubikisa kana mafuta ekuzora muviri se*Vaseline*, nemhaka yekuti anogona kuwedzera mukana wekubatira hutachiona uye anogona kukanganisa ma*Condom* kana muchimashandisa.
- VanaChiremba vanokwanisa zvakare kukunyorerai mafuta anozorwa kunhengo yesikarudzi yemunhukadzi kana yakaoma. Iyi inogona kushandiswa kaviri pavhiki kubatsira nekurwadza kwebonde nekuda kweguma kutevera.

Hormone Replacement Therapy

- Hormone Replacement Therapy (HRT) ndiyo nzira inoshanda kana muchinetsekana zvakanyanya nezviratidzo zvakaita sekutsva kwakanyanya. Chiremba wenyu achakuzivisai zvimhinga mupini nezvamuchawana, uye nekusarudza kuti zvinowirirana nemi here. Mukashandisa mishonga iyi, chiremba wenyu achakukumbirai kuti mupote muchidzoka muchionekwa kuti moenderera muchiishandisa here. Kazhinji kacho HRT rinouya riri piritsi ramunotora zuva rega rega. Vanachiremba vanonyora tsamba yemushonga kuti muwane HRT uye munenge muchizotenga mushonga uyu.

Kune vakadzi vasingakwanise kutora HRT, pane dzimwe nzira dzekurapa dziripo, bvunzai chiremba wenyu kana vanamukoti kukiriniki nezve nzira idzi.

Kuguma kutevera kunosiyana here kuvakadzi vanenge vachirarama nechirwere cheHIV?

Vanhukadzi vane hutachiona weHIV vanoguma kutevera vava zera rimwe chete nevanhukadzi vasina hutachiona weHIV. Kana muine hutachiona weHIV, zvamunosangana nazvo nezviratidzo zvamunogona kuita pamunoguma kutevera hazvifanirwe kusiyana nezvinosangana nevanhukadzi vasina hutachiona weHIV. Nekuda kwekuti kuguma kutevera kunogona kuita kuti vamwe vanhukadzi vanetsekane mupfungwa nekushungurudzika, vamwe vanhukadzi vanorarama nehutachiona weHIV vanogona kushungurudzika nekunetsekana mupfungwa zvakanyanya uye vanogona kuona kuti zviratidzo izvi zvinogona kuwedzera nekufamba kwenguva. Sezvamatsanangurirwa pamusoro munhukadzi wega wega anosangana nezviratidzo zvakasiyana kana ave kuguma kutevera. Munogona kuita rombo rakanaka rekusasangana nezviratidzo zvakawanda kunyangwe muine hutachiona weHIV, kana kuti munogona kuita zviratidzo zvakawanda kwemakore mazhinji.

Vamwe vanhukadzi vanorarama nehutachiona weHIV vanotambudzika nezviratidzo zvekuguma kutevera uye zvinogona kuvanetsa kuti vachengetedze mararamiro avo nehutachiona weHIV. Dzimwe nguva zvinogona kuita dambudziko mukutora mishonga yeHIV kana kuenda kukiriniki panguva yavanenge vachifanirwa kuenda, izvi zvinogona kuzoita kuti hutano hudzikire. Izvi zvikaitika kwamuri, taurai namukoti kana chiremba kukiriniki yamunotorera mushonga, mukumbire kuti vakubatsirei nezviratidzo zvamuri kusangana nazvo munguva yekuguma kutevera. Zvakakosha kuziva kuti mishonga yeHIV inongoramba ichishanda zvakanaka kana muri munguva yekuguma kutevera.

Muviri yevanhukadzi inoshanduka zvakadini kana vari munguva yekuguma kutevera?

Shanduko yemumahormone inogona kukonzera shanduko kumuviri yedu. Munguva yamunenge makusvika mukuguma kutevera mazamu enyu kazhinji kacho anoita kunge ari kukura uye nekurwadza. Izvi zvinobva zvaita nyore kuwedzera muviri, uye vanhukadzi vazhinji vanowedzera huremu wemuviri nezvikamu zviviri nehafu (2.5kg) panguva iyi. Panguva iyi vamwe vanhukadzi vanoona sekunge kudya zvihwitsi nemakeke panguva yavanenge vachishushikana pfungwa, zvinoita kuti vanzwe zvirinani. Asi manzwiro aya haagare kwenguva refu, munogona kutonzwa kusurukirwa kwakanyanya kana huremu wemuviri wenyu wawedzera nekuda kwekudya izvi.



Hapana chikonzero chekuti muwedzere muviri kana muri munguva iyi yekuguma kutevera. Ruzivo ruri pazasi runotsanangudza kuti mungachengetedze sei muviri wenyu zvakanaka munguva iyoyi yekuguma kutevera. Munokwanisa kuona zvakare kuti bvudzi renyu rinogona kutanga kudonha. Dzimwe nguva vanhukadzi vanokwanisa kumera bvudzi pameso pavo panguva yavanenge vari kusvika pakuguma kutevera. Munogona kuona zvakare kuti maziso enyu anogona kuita kunge ari kuoma kana kushaya musodzi.

Vanhukadzi vanozvichengetedza sei kana vasvika munguva yekuguma kutevera?

Vakadzi vazhinji vanowedzera huremu kana vakupinda munguva yekuguma kutevera, saka zvakakosha kuti mucherechedze zvamunodya uye idyai zvine hutano. Kuita izvi munofanirwa kuvavarira kuita izvi:

Idyai michero nemuriwo:
Michero nemuriwo chikafu chisina mafuta akawanda uye chine mavhitamin nema*mineral* akawanda anova akakosha pakuvaka muviri.



Chikafu chine *High fibre*:
Chikafu chine *high fibre* chakanaka kubatsira moyo wenyu nekuchengetedza hutano hwenyu. Chikafu ichi chinosanganisira ma*Oats* nemupunga webhurauni. Mbambaira, muriwo nebhinzi zvinobatsira zvakare.



Kuwana *Calcium* yakakwana:
Calcium chimwe chezvinhu zvinobatsira kuvaka mabhonzo enyu uye zvakakosha kune vanhukadzi vari munguva yekuguma kutevera. Chikafu chakawanda *calcium* chinosanganisira zvikafu zvinobva kumukaka wemombe zvakaita semukaka ne*yoghurt*. Zvimwe zvinosanganisira hove dzine minzwa, matemba uye nemuriwo wakaita sederere.



Kuwana ma*Protein* akakwana:
Ma*Protein* anobatsira kuvaka nyama kana mhasuru kuti mugare makasimba. Chikafu chine *protein* chinosanganisira bhinzi, pizi, nzungu, hove, mazai nenyama yehuku neyemombe.



Idyai chikafu chinokwanirana nemi:
Zvakakosha kuti mudye chikafu chinokwanirana nemi kuti mugare mune hutano uye mune simba rekuita zvinhu. Mukadya zvakadarikidza munowedzera huremu nyangwe chiri chikafu chine hutano.

Idyai chifaku chichena chine *starch* shoma:
Chikafu chichena chine *starch* hachina hutano wakanyanya kunge chikafu chebhurauni. Chikafu chichena chine *starch* chinosanganisira sadza, mupunga muchena nechingwa chichena, munofanirwa kudya izvi zvishoma.



Tapudzai kudya zvikafu zvine tsvigiri yakawanda, zvihwitsi nezvinwiwa:
Zvikafu zvine tsvigiri nezvinwiwa zvemubhodoro zvine tsvigiri yakawanda. Kana zvichikwanisika tapudzai zvinwiwa zvine tsvigiri uye muyedze kuisa zvipunu zvetsvigiri zvishoma pamunonwa *tea* kana *coffee* yenyu. Dzimwe nguva zvinogona kurema kusiya zvinhu zvinotapira asi munogona kutanga muchidzora zvipunu zvetsvigiri zvamunoisa mu*tea*, munozopedzisira majaira kutora zvinhu zvisina tsvigiri yakawanda uye muchizofarira kunwa zvinwiwa zvinopisa zvakadaro.



Idyai zvine mafuta mashoma:
Kudya mafuta chimwe chinhu chakakosha mukudya kwenyu. Asi, pane mamwe mafuta ane hutano kudarika mamwe. Mafuta ane hutano anosanganisira ma*Avocado* nenzungu. Edzai kusadya chikafu chine mafuta akawanda chakaita semakeke, mabisikiti ne*butter* sezvo izvi zvinogona kuita kuti muwedzere huremu.



Idyai munyu mushoma:
Munyu ndicho chimwe chinhu chikuru chinokonzera BP *(High blood pressure)*. Kana muchida kutapudza munyu wamunodya, edzai kudya chikafu chishoma chine munyu chakaita sema*Chips* uye regai kuwedzera munyu muchikafu pamunenge muchibika kana kudya.



Imwai mvura yakawanda:
Edzai kunwa makapu emvura anokwana matanhatu pazuva rega rega.



Garai muchiita zvinogwinyisa muviri:
Zvakakosha kuti mugare muchiita zvinhu zvinogwinyisa muviri wenyu, musarambe makangogara musina zvekuita kwenguva yakareba. Munofanirwa kuvavarira kuita mabasa anoda simba rakanyanya kwemaawa matatu pavhiki roga roga. Mabasa aya anosanganisira kufamba, kutamba mumhanzi, *aerobics* nekuita mabasa emumba. Kana musina kujaira kuita mabasa anogwinyisa muviri, tangai muchiita zvishoma nezvishoma kusvika majaira. Kugara muchiita zvinogwinyisa muviri zvinobatsira kuti murare zvakanaka.



Chii chinoitika kuropa rinobuda pamunenge muchitevera kana mazoguma kutevera?

Panguva yamunenge muchiri mukadzi wechidiki, mwedzi wega wega mahormone ari mumuviri menyu anogadzirira chibereko chenyu nekuvaka madziro echibereko yatinoti *'womb lining'* pachirungu, kuitira kana mukabata pamuviri. Kana mukasabata pamuviri madziro echibereko *(womb lining)* anotanga kubuda seropa. Ropa iri ndiro rinobuda kusikarudzi yemunhukadzi kana achitevera. Mwedzi wega wega wamunopedza kutevera, chibereko chinogadzirira zvakare kugamuchira kuitira kuti pamwe mungabate pamuviri. Izvi zvinoitika mwedzi wega wega kusvika mazoguma kutevera. Kana zvisisakwanisike kuti mubate pamuviri kana kubereka (nekuda kwekuti muviri wenyu hauchagadzira mazai), chibereko chinenge chisisagadzirire kubata pamuviri. Zvakadaro, panenge pasisina madziro echibereko uyezve hapasisina kubuda kweropa. Zvisinei rangarirai kuti kana mukatanga kutevera zvakare papfuura mwedzi gumi nemiviri (gore) musina kutevera nyangwe riri ropa shoma, munofanirwa kuona mukoti kukiriniki kana kuona chiremba sezvo izvi zvisiri zvinhu zvinoitika nguva dzose. Zvinokwanisa kunge zvichiratidza kuti pangangove nechirwere muchibereko.

Munhu anokwanisa here kubata pamuviri kana ari munguva yekuguma kutevera?

Kana mazosvika pakuguma kutevera, hamuchakwanisi kubata pamuviri. Asi kana musingade kubata pamuviri, munofanirwa kuchenjera kuti musazobata pamuviri nekusaziva nokuti nyangwe musiri kutevera mwedzi wega wega, kana makura pane mukana wokuti munokwanisa kubata pamuviri. Kusvika mave nechokwadi chekuti maguma kutevera zvachose uye mave nemwedzi gumi nemiviri musina kutevera, munofanira kushandisa nzira dzekudzivirira kana muchienda pabonde.

Pane chinhu chinonzi chimimba muteku here?

Shanduko yemuma*hormones* edu inogona kushandura kuvakwa kwemuviri wedu uye zvinenge zvave nyore kuwedzera huremu wemuviri. Kana tikawedzera huremu izvi zvinogona kuwedzera kukura kwedumbu redu. Kana mukaita chimimba muteku, izvi zvinenge zvakonzerwa nemafuta akatenderedza dumbu. Kutevera hakunei nekugeza hurume kana mbeu yemunhurume. Pamunenge mapedza bonde, pamunosimuka mbeu yemunhurume kana hurume hunobuda kubva musikarudzi yemunhukadzi, izvi zvinoitika zvisinei kuti maguma kutevera here kana kuti hamusati maguma. Kana mukaenda pabonde maguma kutevera, tsvina kana mbeu yemunhururme haiungane mumuviri kana muchibereko menyu nokuti zvinobuda nekusikarudzi yenyu, asi hatizvione nguva dzose pazvinobuda.

Kuguma kutevera kunokanganisa hupenyu hwepabonde here? Murume anogona kunzwa musiano here pabonde?

Kuguma kutevera kunogona kukanganisa hupenyu hwepabonde. Kushanduka kwemumahormone kunoreva kuti munokwanisa kunzwa kusada bonde munguva yamunenge mave kuguma kutevera uye mushure mekunge maguma kutevera. Shanduko idzi dzinogona kureva kuti sikarudzi yenyu haichanyorovera zvakanaka, zvinobva zvaita kuti kuenda pabonde kurwadze kana kuti kuve nedambudziko. Shanduko idzi dzinowanikwa munguva yekuguma kutevera. Nyangwe zvazvo musisanzwe kuda bonde,

pamunoenda pabonde murume anonzwa zvimwe chetezvo. Kuda kwenyu kuenda pabonde kunogona kuwedzera kana zviratidzo zvekuguma kutevera zvave zvishoma.

Kuguma kutevera kunogona kukonzera zvirwere zvakaita segomarara *(cancer)* here?



Kwete. Asi, zvakakosha kugare muchichengetedza hutano hwenyu. Munofanirwa kugara muchitaurira vanoona nezvehutano kukiriniki kana kuna chiremba wenyu kana mukasangana nezviratidzo zvamusinganzwisise.

Kuguma Kutevera kunogona kukanganisa mabhonzo angu here?

Kushanduka kwemahormone kunokanganisa mabhonzo edu, uye kana maguma kutevera mabhonzo anogona kutyoka zviri nyore, sekutyoka paruoko (panosungirwa chiringazuva) kana mukadonha. Mabhonzo emusana *(spine)* anokwanisa kukanganisika zvichizoita kuti mupfupike. Garai muchiita zvinogwinyisa muviri uye nekudya chikafu chine *calcium* chinova chakanaka kumabhonzo. Verengai zviri pazasi.

Zvii zvandingaita kuti mabhonzo angu agare akasimba?

Mabhonzo enyu anogara achishanduka mukufamba kwehupenyu kuedza kuti agare akasimba. Kana muchidya chikafu chine *calcium* yakafanira nekugara muchigwinyisa muviri wenyu, nekurarama hupenyu hune hutano; zvinobatsira muviri wenyu kuvaka nekuchengetedza mabhonzo kuti agare akasimba kwenguva refu. Mabhonzo anogara akasimba kana mukaashandisa kuita basa. Kuita kuti mabhonzo enyu agare akasimba munofanira kuita zvinhu zviviri izvi:

- **Kuita zvinogwinyisa muviri. *(weight-bearing exercise with impact).*** Izvi zvinowanzoitika kana munhu akamira, zvichiita kuti simba rifambe nemuviri wese. Izvi zvinoitika kana muchifamba, muchisvetuka kana muchimhanya. Kana makamira munenge muchigwinyisa muviri wenyu zvichizobatsira kusimbisa mabhonzo.

- **Mabasa anosimbisa mhasuru. *(muscle strengthening exercise).*** Kana mhasuru dzenyu dzichikweva kana kudhonza mabhonzo, izvi zvinopa mabhonzo enyu basa rokuita. Izvi zvinoita kuti mabhonzo enyu agare ane simba. Mhasuru dzenyu padzino wedzera simba, dzinokweva zvakanyanya zvichireva kuti mabhonzo enyu anokwanisa kuwedzera simba. Kuti musimbise mhasuru dzenyu, munofanirwa kukwevera kudivi rinopesana nekunenge kuchienda muviri. Munogona kusimbisa mhasuru nekukwevera kudivi rinopesana nekuwedzera huremu kuti dzishande, zvakaita sekutakura chinhu chinorema makasimudza maoko kana kupota muchichonjomara muchisimuka muchizvidzokorodza. Munotanga kuona kuti kusimba kunenge kuchiita mhasuru kunoita kuti mabasa aya aite nyore nekufamba kwenguva uye munogona kuzoita muchiwedzera huremu wezvamunenge muchitakura.

Rangarirai kuti kuguma kutevera inguva itsva muhupenyu hwenyu. Tinovimba kuti ruzivo urwu ruchava nerubatsiro kuti murarame hupenyu wakazara uye wakagwinya panguva yeshanduko iyi.













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