

Uburyo bw'Iminsi Idahinduka[®]

Uburyo bw'Iminsi Idahinduka bufasha abashakanye kumenya iminsi umugore ashobora gusamiraho. Uburyo bw'Iminsi Idahinduka butanga icyizere cya 95% mu gihe bukoreshajwe neza. Gerageza nonaha, hanyuma uvugane nutanga uburyo kubyerekeye Uburyo bw'Iminsi Idahinduka.

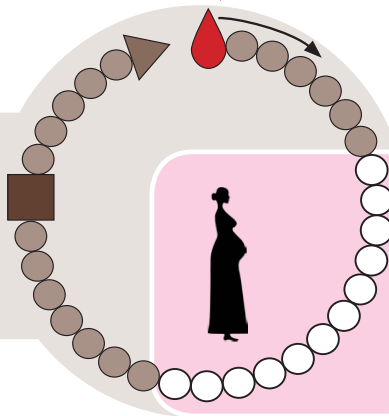
- Uburyo bw'Iminsi Idahinduka bubereye umugore ubona imihango buri kwezi.
- Uburyo bw'Iminsi Idahinduka bubereye abashakanye bavugana neza kandi bakemera kwifata mu minsi umugore ashobora gusamiraho.

This image represents the menstrual cycle.

Umunsi wa mbere w'imihango yawe

IMINSI Y'IKIJUJU

Amahirwe yo gusama ni make. Ushobora gukora umushyikirano mpuzabitsina uyu munsi.



IMINSI Y'UMWERU

Gusama birashoboka. Mwirinde gukora umushyikirano mpuzabitsina

Niba imihango yawe itangiye MBERE:



- ukwezi kwawe ni kugufi cyane kugira ngo ukoreshe ubu buryo
- baza uwaguhaye uburyo

Niba imihango yawe itangiye NYUMA:

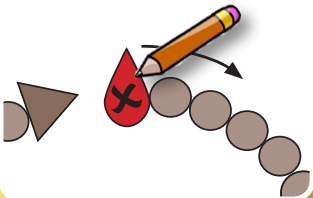


- ukwezi kwawe ni kurekure cyane kugira ngo ukoreshe ubu buryo
- baza uwaguhaye uburyo

1. Igitonyanga cya mbere:

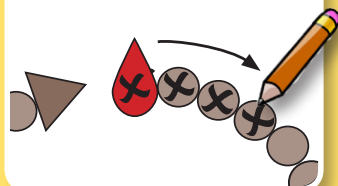
- Shyira akamenyetso k'umunsi wa mbere w'imihango.
- Kandi, andika itariki ahantu habugenewe:

Itariki: _____



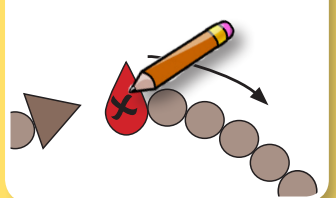
2. Buri gitondo:

- Andika inyuguti ya "X" mu kimenyetso gikurikira
- Kurikiza icyerekezo cy'umwambi



3. Mu gihe imihango yawe yongeye gutangira, Tangira ushyire akamenyetso ku ishusho ikurikira.

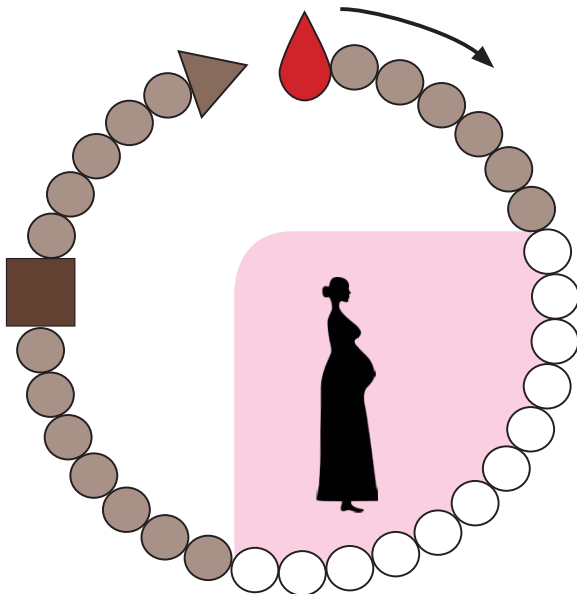
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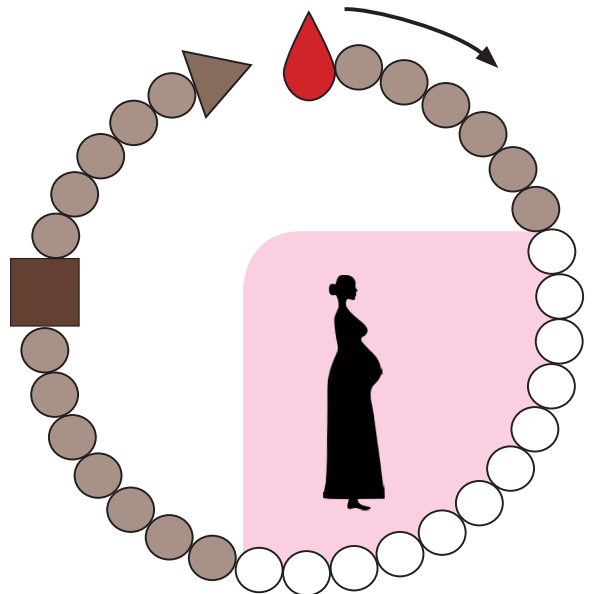
Ni iki ushobora gukora niba wibagiwe gushyira akamenyetso ku ndagaminsi?

- Kugenzura umunsi wa mbere w'imihango yawe.
- Kubara iminsi yashize harimo n'uyu munsi.
- Uhereye ku gitonyanga gitukura shyira utumemenyetso ku minsi ingana.

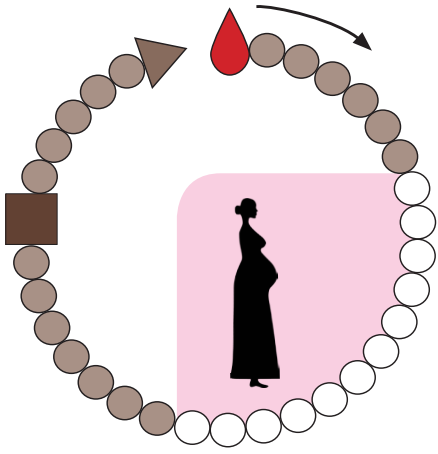
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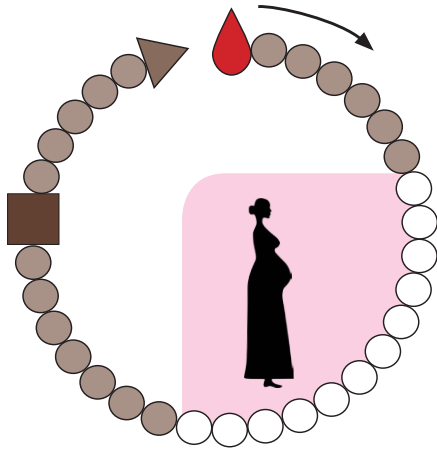
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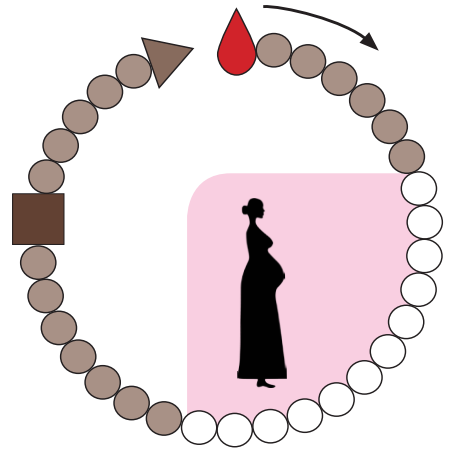
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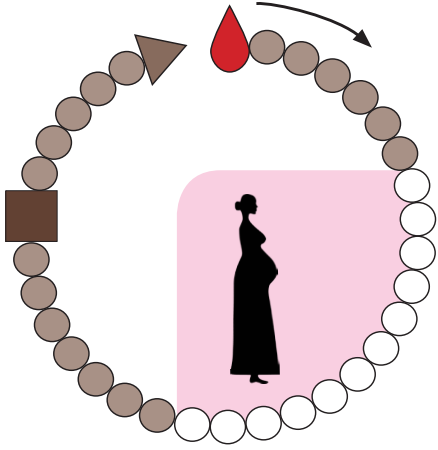
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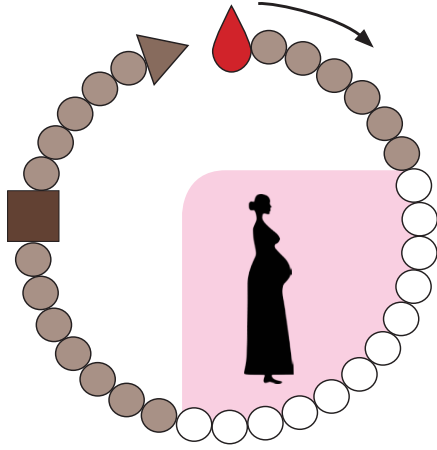
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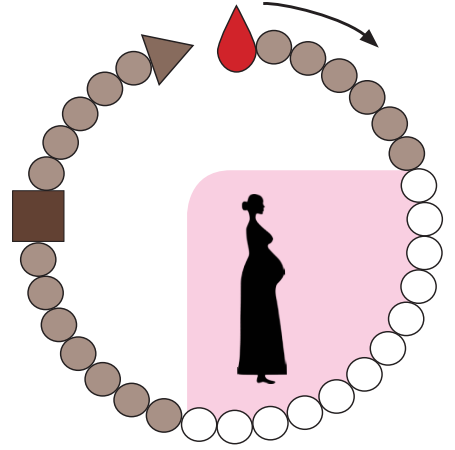
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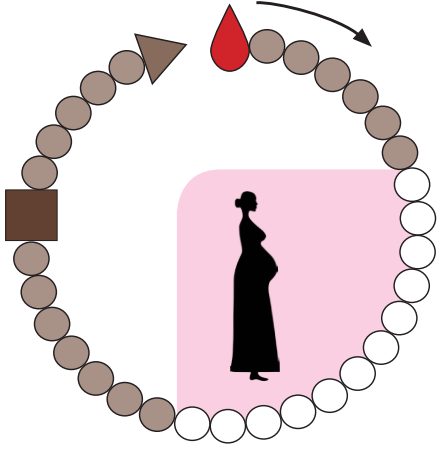
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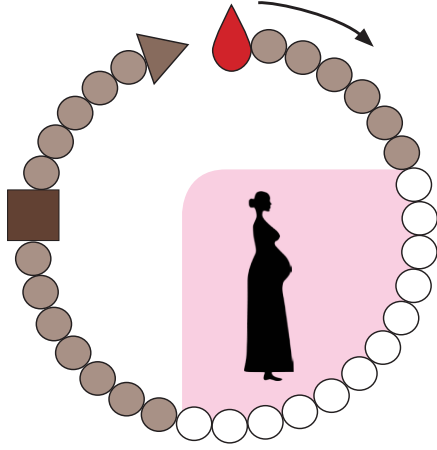
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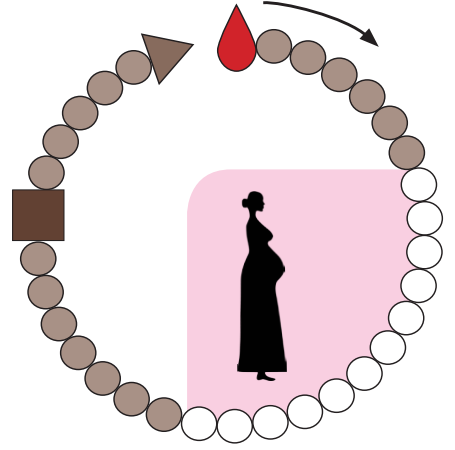
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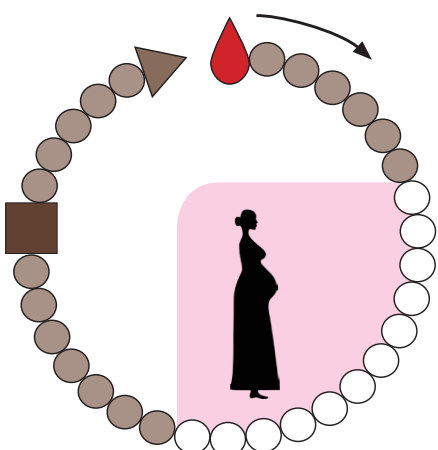
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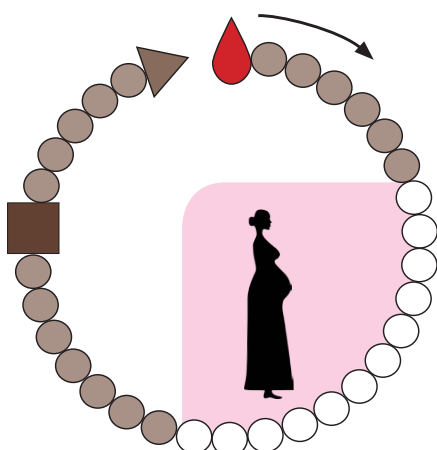
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