



Australian Sickle  
Cell Advocacy



## GUTERWA AMARASO MUMITSI NIBWO BURYO NFITE GUSA?

Naho muganga wawe yokuremesha guterwa amaraso mumitsi, biracari ngombwa kumubaza kuberiki akenewe kandi umubaze nimba hariho ubundi buvuzi buriho.

Koribishoboka uronke igihe co kubaza ibibazo mbere yuko ufata ivyemezo.



Ikibano cabarwayi, abarezi n'inzobere mu  
vy'ubuvazi baharanira uburenganzira  
bwabantu babaho bafise Indwara ya  
**Sickle Cell muri Australia**

Gitewe inkunga na:  
Reta ya Victoria Igisata co Muyobozzi Kukuru wa  
Victoria Nibiro Vyiwe

Udutabo twanditswe na ASCA dusubirwamo na  
Muganga w'umuhinga mu vyamaraso y'abakuru  
n'abana (adult and paediatric haematologist)

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# GUTANGA

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## GUTANGA AMARASO = GUTANGA UBUZIMA

Amaraso yatanzwe ashobora gukoreshwa mu buryo butandukanye, kubarwayi bafise indwara zitandukanye, canke kubagore bafise imbanyi zingorananye. Mugabo uko vyaba vimeze kwose, aya maraso azofasha gutezimbere ubwiza bwubuzima kandi akana fasha abantu kurokoka.

### NOTANGA IKI?

- Whole blood that can then be separated as red cells, platelets or plasma.
- Plasma
- Platelets

At present, people with SCT can only donate plasma that is made from whole blood collection.

### NDOSHOBORA GUTANGA?

If you do not have SCD or SCT, you need to meet the criteria set by Lifeblood to donate. Some include:

- Age 18-75, weight at least 50kg
- Currently feeling fit and healthy
- Plenty to eat and drink (750ml) at 24 hours before
- Complete the Donor Questionnaire and meet the eligibility requirements.

In the future, it will be possible for people with SCT to be blood donors.

# Ingoranе zishobora kuva kuguterwa amaraso

## INGARUKA MBI ZOROSHE

Ibibuzamaraso gufatana (anticoagulant) biri umaraso yumugiraneza bigafatana kuri iyoni (ions) za kalisiumu, ibi bishobora gutuma "ujugumira" Ico gihe inyongera ya calisiumu ziratangwa buri gihe.

## IVYUMA (IRON) VYINSHI

Akensi birashika mubarwayi batewe amaraso basubiramo kandi ntibikunze gushika mu barwayi bakorewe isimbura ryamaselile atukura.

## ABASODA BUMUBIRI

Amaraso yumugiraneza barayihweza cane kugira bemeze ko ari hafiyokumera nkayawe. Mugabo, abasoda barwanya antigene za RBC yihariye bashobora gushika, bigatuma guhuza ubutaha gukomera kubuza igikorwa cabasoda kurwanya amaselile atukura yamaraso avuye umaraso yumugiraneza gitinze. Mugabo, abasoda bamwe na bamwe baba bafise intege nke kandi amaherezo barava mu maraso.

# GUTERWA AMARASO KU BARWAYI BA SICKLE CELL: ICO UKENEYE KUMENYA

## 1. GUTERWA AMARASO KWINYOGERA

Kurwanya amaraso make (anaemia) uzamura hemoglobin na ogisjeni bigashika ku rwego rutekanye.

## 2. GUTERWA AMARASO GUSIMBURA

Gusigura gusimbuza amaraso afise amaselile atukura yamaraso ya sickle cell namaraso mazima ava kumugira neza utanga amaraso. Gukoreshwa kuba stroke nizindi ngorane.

## 3. AMARASO ADASANZWE

Abantu bafise Indwara ya Sick Cell bakeneye amaraso adasanzwe atazoba gusa ahuye na ABO, RhD yumarwayi, mugabo kandi ahuye nayandi moko ya Rh (Cc na Ee) nuko potassium ingana.

Ibi birabuza gukorwa kwabasoda bumubiri barwanya izi antigene ziba mu maselile atukura yamarasokandi nuko igisubizo co kwirwanaho kwa basoda gitakenewe.