

»Endabirira y'embizzi«

Olw'okuba kisolo kya mugaso mu kuwa ebiriisa n'okuwa ebikozesebwa mu makolero amalala, omutindo n'obungi bw'embizzi bwesigamizibwa ku tekinologiya akozesebwa mu kulunda.

Okulabirira embizzi kulimu enkola ennungi ez'okulunda era mulimu enzimba y'ebiyumba, endiisa, enkola z'okuzaaza n'ebyobulamu okusobola okufuna amakungula amalungi mu ddundiro.

Enkola z'okulabirira

Mu kuzimba ekiyumba, kisobola okuzimbibwa nga kigulumivu mu kyangaala oba mu kifo ekiziyivu. Wabula, enkola y'okuzimba mu kyangaala tekubirizibwa mu mbizzi kubanga embizzi zikwatibwa mangu endwadde ate nga okuzimba mu kifo ekiziyivu kye kisinga mu kulunda embizzi. Okuzimba mu kifo ekiziyivu kwe kuzimba ebiyumba mu kifo ekiyisa obulungi empewo n'akasana akawera. Wansi wazimbibwe n'enkokoto nga si waweweevu okwanguya okulongoosa ate ng'akasolya tekayitamu mazzi era enkomera zirina okuteekebwa mu kiyumba ky'embizzi okwewala okufa kw'obubizzi.

Okufaananako, ebiriirwamu ne mwezinywera amazzi birina okuteekebwa mu buli kiyumba era ekisenge ne kigabanyizibwamu wakati w'ekinywerwamu amazzi ne mweziriira emmere. Emmere eziweebwa erina okubaamu ebiriisa ebimala ebyongera amaanyi mu mubiri, ebizimba omubiri, vitamin n'ebirungo. Erina okubaamu ebitundu ebisukka ku 70% eby'ekirungo ekyongera amaanyi mu mubiri ekiva mu birime by'embeke. Ebyetaago by'ekirungo ekizimba omubiri byawukana okusinziira ku bika by'embizzi era kiva mu nsigo ezirimu butto, emmere erimu ebyennyanja n'emmere erimu ennyama ate ebirungo ebyetaagisa mulimu Ca, P, Fe, Mn, Zn and I okumenyaamenya n'okutambuza emmere mu mubiri.

Okwongerako, embizzi enkazi ey'olulyo ezaala obubizzi 15 mu

luzaala lumu. Okulinnyira n'okuwakisa n'empiso bikozezebwa mu kwegatta wabula mu kuzaaza , okuwakisa n'empiso kukendeeza ku bukosefu era obudde obulungi obw'okuwakisa z'essaawa 15-24 oluvannyuma lw'entandikwa y'ekiseera mw'esalira.

Mu kweyongerayo, nga tennazaala, yawula era oteeke embizzi eri eggwako mu kifo we zizaalira era ogiwe emmere ey'omutindo essaawa 12 nga tennazaala. Okuzaala kutwala essaawa emu ku mukaaga. Obubizzi obwakazaalibwa buliise emmere etandikirwako oluvannyuma lw'essaawa emu nga bw'akazaalibwa era obukuumire mu kifo ekiyonjo, ekirimu ebbugumu era nga kikalu n'obukuta obuyonjo wansi. Longoosa ennywanto buli luyonka era buyonsebwa buli luvannyuma lwa ssaawa emu ku bbiri. Ziriise emmere erimu ekirungo kya iron okwewala obulwadde obuva ku butaba na kurungo kya iron era oliise obubizzi singa embizzi enkazi efa era oyawule obubizzi ku maama waabwo oluvannyuma lw'emwezi ebiri. Bulijjo ziwenga eddagala eritta ebiwuka mu lubuto n'okuzigema okwewala omusujja gw'embizzi ku myezi ebiri egy'obukulu era oziwenga eddagala eritta ebiwuka mu lubuto omulundi gumu mu buli myezi esatu. Obubizzi obulumbibwa ebiwuka mu lubuto buddukana, bukogga, obufuna obuzibu ku mawuggwe n'okufa ate endiisa embi ebuleetera okuba n'ensusu n'enviiri embi, okusannyalala, okuziba amaaso n'okufa. Obulwadde mulimu omusujja, sennyiga, obulwadde obukwata ebigere n'emimwa, obulwadde bw'olususu n'obulwadde obuva ku butaba na kirungo kya iron.