

Lokruok e Ria en Gima ni **KARE** Esama itiyoy gi yor Komo Nyuol

Bedo gi lokruok e ria mari timore ga kitiyo gi yore moko mag komo nyuol.**

Tii kod ranyisi ni mar konyo timo hocho e weche komo nyuol.



*Ng'i tok oboke ni mar yudo mathoth ewi ria

** Lokruok makare e ria nyalo bedo remo ma wuok matin kata makawo kinde matin/ria mawuok mangeny/makao kinde mathoth, ria mabiro sama okowinjore, remo mawuok matin kapok ineno ria kata ria chung. Chung' ria en sama remo ochung' kuom kinde kata olal chutho ekinde mitiyo gi yor komo nyuol

Nyis mine ochop e kar thieth kaponi gineno ranyisi kata wuok remo ma thago pachgi.

N

Bedo gi lokruok e ria mari timore ga kendo en **GIMA MIKARE** ekinde ma itiyoy gi yore komo nyuol moko.



O

Remb ria mawuok matin kata ma chung' ekinde mitiyo gi yor komo nyuol nyalo miyi **THUOLO** mar dhi nyime gi chenro gi ma pile ka pile.



R

Ria mari kod nyalo mari mar gamo remo biro **DUOGO** kare sama iweyo tiyo gi yore kom nyuol.



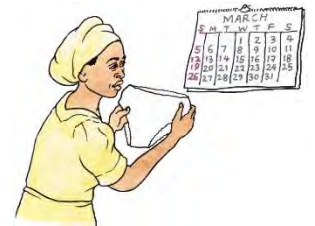
M

YORE KOMO NYUOL MOPOGORE nyalo loko kaka ria mari wuok dwe ka dwe. Lim kar thieth iyud yor komo nyuol midwaro.



A

LAL mar ria mari ma dwe ka dwe kende ok nyis ni igamo remo. Lim kar thieth kaponi ni kod luoro moro amora.



L


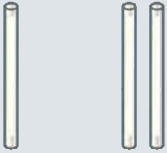
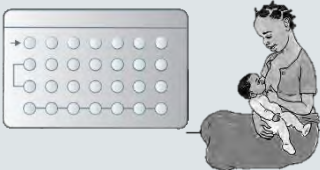


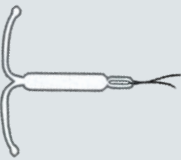
Lim kar thieth kaponi ria ma dwe ka dwe **MONI** timo tiji kata miyi buok. Inyalo yudo thieth makonyi.

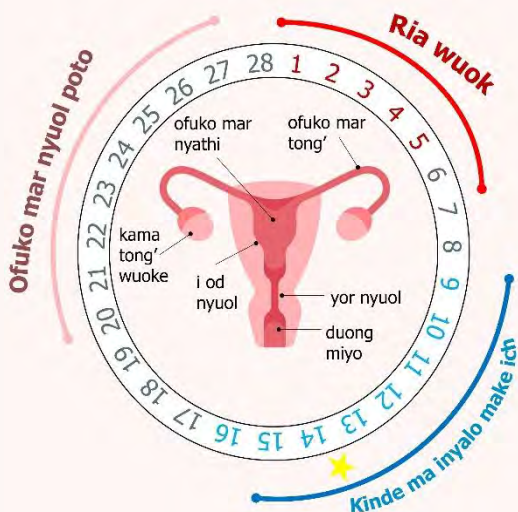


Lokruok e ria nyaka dweche auchiel bang' chako yor komo nyuol manyien nikare. Kata kamano owinjo ilim kar thieth kaponi remo wuok mang'eny kendo kinde ka kinde(alanda) kitiyo gi yor komo nyuol.

Kit komo nyuol mopogore kelo lokruok mopogore e ria mari

Magi gin moko kuom lokruok mag remo mabedo, kata kamano ok gitimre ne jii tee. Inyalo bedo gi ranyisi moko, ranyisi gi tee kata bedo maonge kod ranyisi moro amora.

	<p>Sandan</p>	<ul style="list-style-type: none"> • Remo wuok sama ok owinjore • Remo mawuok matin ekind ria • Remo wuok matin • Remo wuok mang'eny • Remo mar ria chung' (Kuum kinde moko kata kinde tee esama itiyo gi sandan)
	<p>Yor Komo Nyuol Miketo e Bat</p>	<ul style="list-style-type: none"> • Remo wuok sama ok owinjore • Remo mawuok matin ekind ria • Remo wuok matin • Remo wuok mang'eny • Remo mar ria chung' (Kuum kinde moko kata kinde tee esama itiyo gi sandan)
	<p>Yor komo Nyuol Mimuonyo Manigi Yath Tieng' Achiel-Projectin</p>	<ul style="list-style-type: none"> • Ria makawo kinde matin • Remo wuok matin • Remo mawuok matin ekind ria • Remo chung' kuom kinde esama idhodho nyathi • Remo wuok sama ok owinjore • Ria mawuok kuom kinde mathoth
	<p>Yor Komo Nyuol Mimuonyo Manigi Yath Tieng' Ariyo</p>	<ul style="list-style-type: none"> • Ria makawo kinde matin • Remo wuok matin • Remo mawuok matin ekind ria
	<p>COIL</p>	<ul style="list-style-type: none"> • Onge lokruok e ria • Remo wuok mang'eny • Ria makaw kinde mathoth
	<p>Hormonal IUD</p>	<ul style="list-style-type: none"> • Remo wuok sama ok owinjore • Remo mawuok matin ekind ria • Remo wuok matin • Remb ria mawuok matin kaka kinde sudo • Remo mar ria chung' (Kuum kinde moko kata kinde tee esama itiyo gi yor komo nyuol ni)



Mae ekaka chenro mar ria chalo ne joma yudo ria tok ndalo 28. Mari nyalo bedo machiek kata mabor, mano ni kare.

RIA EN ANG'O?

- Ria en remo mawuok e ofuko nyuol nyaka e dhood nyuol dwe ka dwe. Okawo e kind ndalo adek nyaka abirio.
- Ilalo remo maromo ojiko auchiel matindo mag chai ekinde ria (*Mae kaluore kod American College of Obstetricians & Gynecologists*).
- Ranyisi minyalo bedogo sama in e ria kata kapok ria, **oting'o** ich kach, wich bar kata thuno malit.
- Tiyo gi yore komo nyuol mani malo kanyo (manie picha) nyalo loko kindeni mag neno ria. Mae nikare kendo onge gima rach kod ngima mari. Kuom ranyisi, yore moko mag komo nyuol nyalo gengo ofuko mar nyuol bedo mopoto.

Lim kar thieth kaponi in kod luoro kata penjo.