

Kudziwitsa Komanso Kupereka Chiyembekezo

ZIMENE TIMACHITA

- ✓ Kuyeza khansa ya m'mawere mwaulere ku Chipatala cha Dream Center, Blantyre
- ✓ Kuthandiza kufalitsa uthenga wa khansa ya M'mawere ku dziko lonse
- ✓ Kufikira zipatatala za m'midzi
- ✓ Kuphunzitsa mmene anthu angaziyezere okha matendawa
- ✓ Kupezanso njira zina zothandizira anthu odwala khansa ya m'mawere

ZOYENERA KUYANG'ANA

Nthawi zambiri kusintha kwa maonekedwe a bele ndi zina sikutanthauza kuti muli ndi khansa yam'mawere, koma ngati muona zododometsa thamangirani kuchipatala kukaonana ndi adotolo.



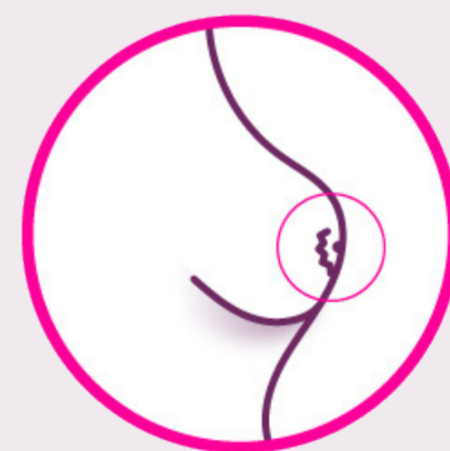
Chotupa
pa bele



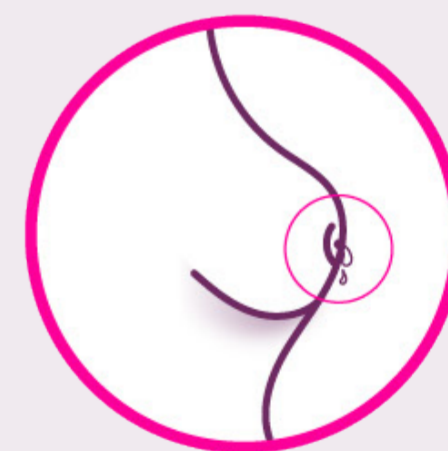
Kukwinyika kwa
khungu la bele



Maonekedwe
osinthika a
khungu la bele



Kusintha
maonekedwe a
nsonga ya bele
(monga
kukwinyikira nkati
kwa nsonga ya
bele)



Madzi kapena
magazi kutuluka
ku nsonga ya bele

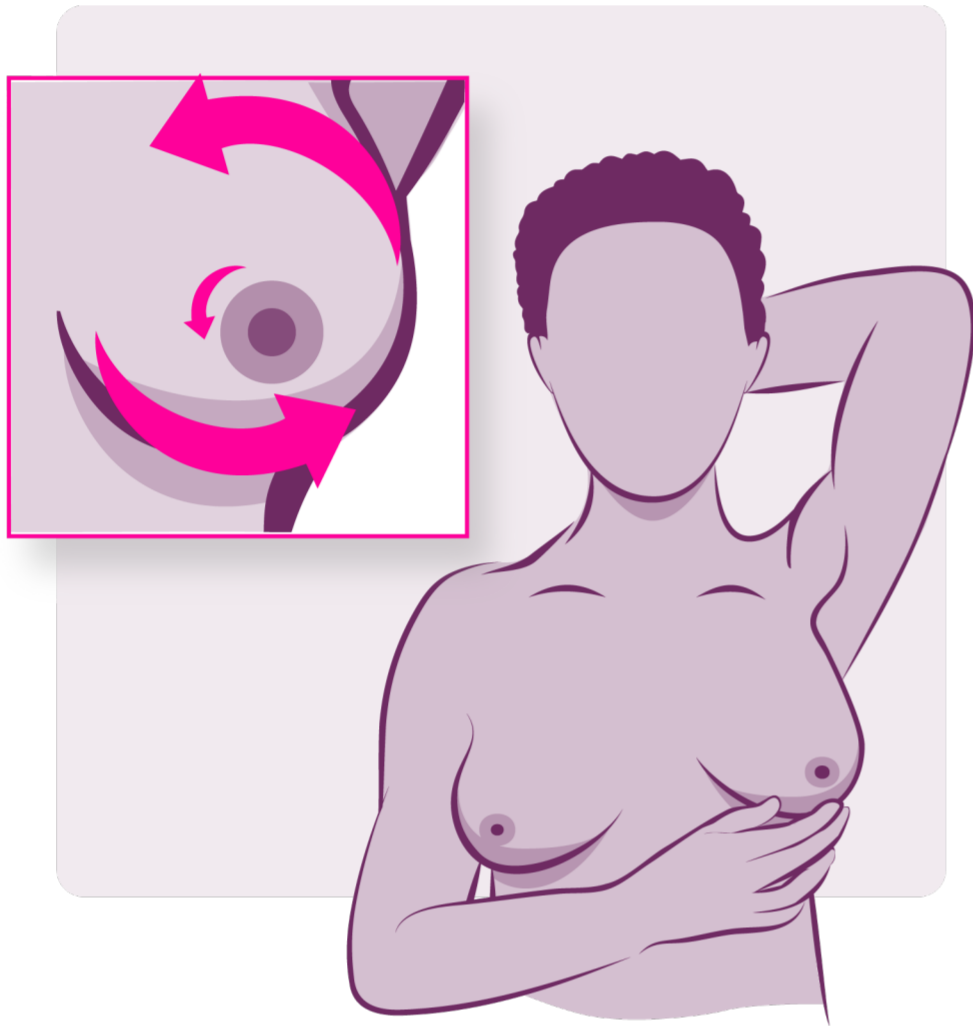
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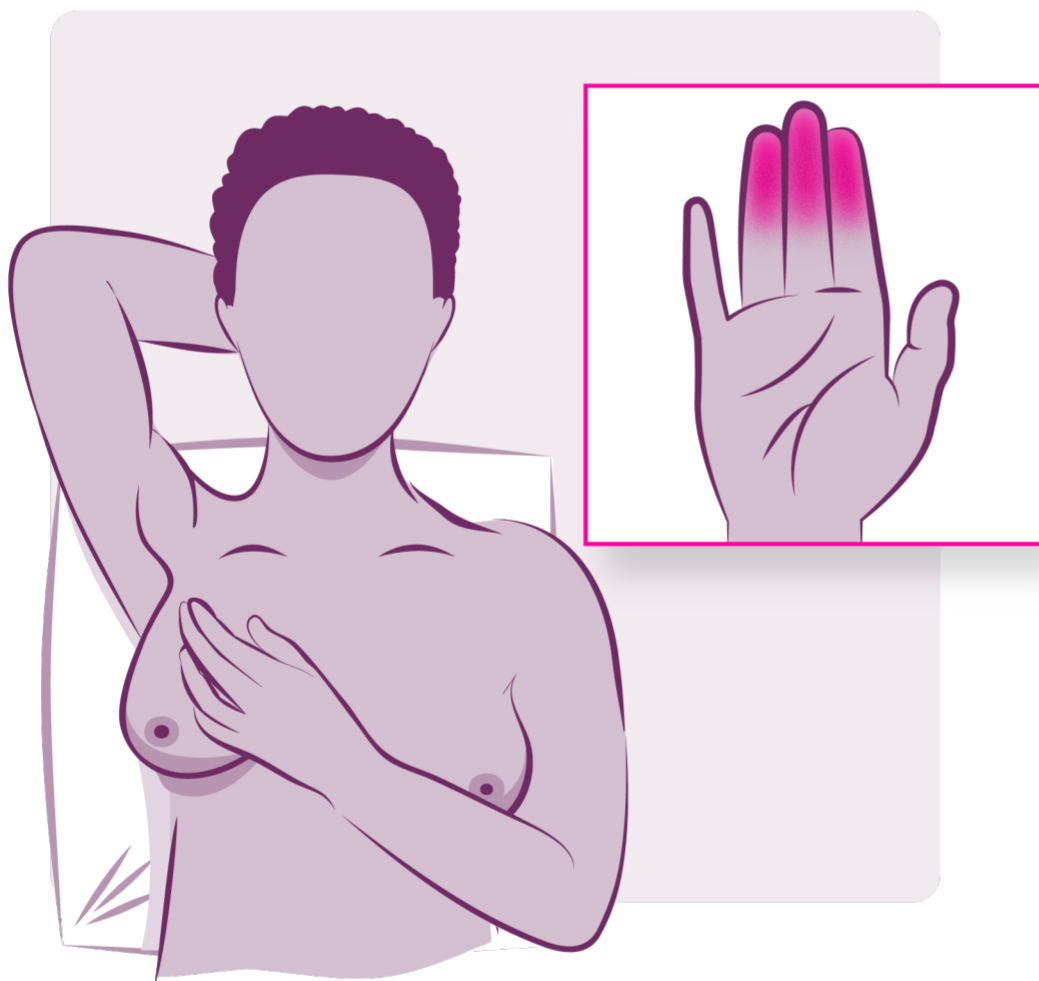
breast
cancer care
FOUNDATION

Kudziyeza Wekha Khansa Ya M'mawere



NJIRA ZOFUNIKA KUTSATIRA

Ndi dzala zanu zitalu zapakati muyendetse pa mawere anu mpaka mbali ya ku M'khwapa kumatsikira Mmusi mwakemo mpaka pakati, mukulisinika mozungulira.



KUGONA PANSI

Pogona, minofu ya m'mawere imafalikira pafupi ndi pachifuwa. tengani chotsamira (pilo) kapena pindani chopuputira (tawelo) ndikuika kushi kwa mapewa anu. Kenako dziyezeni nokha potsatira ndondomeko yaikidwa m'mwambayo.

Muzipanga izi ku mawere anu mwezi uliwonse kuti muzimva ngati mukumveka kam'bulu, kukhuthala, komanso kulimba, kapena ngati pakuoneka kusintha kulikonse m'mawere anu.

ZOYENERA KUYANG'ANA



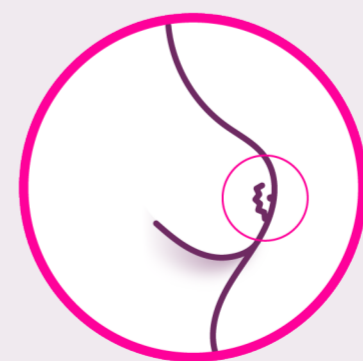
Chotupa
pa bele



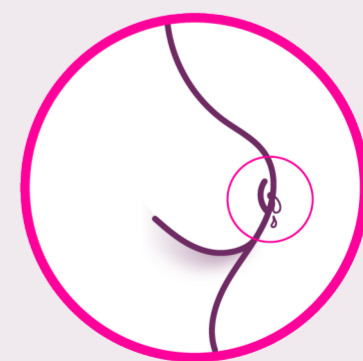
Kukwinyika kwa
khungu la bele



Maonekedwe
osinthika a khungu
la bele



Kusintha maonekedwe a
nsonga ya bele (monga
kukwinyikira nkati kwa
nsonga ya bele)



Madzi kapena
magazi kutuluka ku
nsonga ya bele



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