

# Bir\_i-Sikar\_et N'ute Hoedar\_eak' Muskilanak' Ko

Jo\_to\_hor.gebon pust\_aua Bir\_i-cut\_i do\_hor.mo la.git' muskilanak' kana mente. Noa kakhante hor.more nana-parkan rog n'elo\_go\_k'a. Thamakur lekan jinis ba.r.ti beohar kha.tir Cancer lekan gujuk rog ho' d.her idik'kana.

Bir\_i n'ute Cancer sa'o arho~ ekal high blood pressure ar cholesterol d.herogo\_k' kana. Thamakur jo\_mte hor.more ma~ya~m pasnaok' kan sirre dhu~a. jarwak'a, nonkate stroke heart attack hoe dar\_eak'a.

Jaribte n'elo\_go\_k' kana, amdaj 34.6 percent se~r.a~ metak' me harata.l hor.ko ba.r.tiko n'ujon' kana. Noa sima. baher n'u kakhante aema lekan rog bihinte ja.bunkate bo\_cho\_rre amdaj mit' karor. hor.ko gujuk' kana. Ar bir\_i n'ute bo\_cho\_rre amdaj 53 percent hor.ko gujuk' kana.

Menkhan pasec' d.her hor.ge babon bad\_aea, bir\_i n'ute me~t're muskil he\_c' par.aok'a. Ente gobesona meneda, Thamakur dhu~a.te eyae hajar khon ba.r.ti chemical saran'jam menak' akada. Noa ko modre thor\_a do\_me~t' la.git' a.d.itet' ba.r.ic'anak' kangea. End.ekhan dela thor.agan bon bad\_aelege, bir\_i n'ute cet' cet' muskil dosa hoe dar\_ekea-

## **Me~t' ro\_ho\_r.ok'a se me~t' dak' an'jetok'a-**

Hor.mo rean' maran' uta.r tarantar kana noa me~t'. Sikar.et. se bir\_i dhu~a.te me~t' kho\_n dak' lekan bo\_stu ekal an'jet'ok'a. Ar nonkate ba.i ba.ite me~t' ro\_ho\_r.ok'a. Ba.r.tikaete, me~t're arak' dag, me~t' haso se me~tre nana parkan muskil dosa do\_he\_c' par.aok'a. Noakage calao idilenkhan mit' okte me~t marsal ad metak' me ka~r.a~ reak' bo\_to\_r tahe~nok'a.

## **Me~tre cha\_uni:**

Arho~ ba.r.ti bir\_i cut\_i n'ute ja~ha~ umerege me~tre cha\_uni n'elo\_go\_k'a. Bir\_i n'ute me~tre maran' uca.t. par.aok'a.

Bad.aekak'bon, umerte lahalen khange me~tre cha.uni n'elo\_go\_k'a,  
menkha bir.i cut.i n'ute ho~ ja~ha~ umerrege cha.uni hoe dar.eak'a.  
Ona ia.te sa.rige noa khonak' pharakre tahe~nge bogea. End.ekhan  
nonkan dosare o\_ho\_bon par.aolena.