ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᓐᓂᕐᒥᒃ ᑐᑭᓯᑎᑦᑎᒋᐊᕿᑎ

ᐃᓅᓯᖃᕐᓂᖅ ᐊᑲᐅᔪᒥᒃ ᐱᖃᕈᓗᐊᕐᓗᓂ ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᔾᔪᑎᒥᒃ: ᐃᓅᓯᖃᕐᓂᖅ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᒥᒃ

ᑎᒥᒃᑯᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᓱᓕᓚᖃᑦᑕᕈᕕᑦ, ᐱᑖᕐᓂᐅᓴᙱᓂᖅᓴᐅᓚᔫᖅᐳᑎᑦ ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᔾᔪᑎᒥᒃ ᑭᖑᓪᓕᕐᒥᒃ. ᑎᒥᒃᑯᑦ ᐊᐅᓚᖃᑦᑕᕐᓂᖅ ᐊᑐᕐᓂᖃᕈᓐᓇᕐᒪᖅ ᐊᐅᓚᑦᑎᓇᓱᐊᕐᓗᓂ ᐊᐅᒻᒥ ᓱᑲᐅᑉ ᐱᑕᖃᖅᑎᕆᓂᖓᓂᒃ ᐃᓄᓐᓂ ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᔾᔪᑎᖃᖅᑐᓂ. ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᐊᑐᖃᑦᑕᕐᓗᓂ ᐊᑐᕐᓂᖃᕈᓐᓇᕐᒪᖅ ᐃᓚᖏᑦ:

- ᐱᓕᕆᐊᖃᕈᓐᓇᓂᖅᓴᐅᔾᔪᑎᒋᓪᓗᒍ ᐄᓗᓯᒃᑯᑦ ᐊᑲᐅᙱᓕᐅᕈᑎᓂᒃ (ᐊᒃᓯᕈᕐᓇᖅᑐᓂᒃ) ᐊᒻᒪ ᑕᖅᔭᐃᓐᓂᖅᓴᐅᓗᑎᑦ
- ᐅᑭᓐᓂᖅᓴᐅᔾᔪᑎᒋᓪᓗᒍ
- ᐱᑖᕐᓂᐅᓴᙱᓂᖅᓴᐅᓗᑎᑦ ᐆᒪᑎᒃᑯᑦ ᐋᓂᐊᒥᒃ (ᐆᒪᑎᒃᑯᑦ ᐋᓂᐊ ᐊᑦᑕᓇᕈᑕᐅᓪᓚᕆᑉᐳᖅ ᐃᓄᓐᓄᑦ ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᔾᔪᑎᓕᓐᓄᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᓱᐳᑐᓲᓄᑦ)
- ᓄᑭᓕᔫᓐᓇᓂᖅᓴᐅᓪᓗᓂ ᓄᑭᖅᑯᖅᑐᓂᖅᓴᐅᓗᓂᓗ

ᓱᓕᓚᖃᑦᑕᓂᖅᓴᐅᓂᖅ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᐃᒫᒃ ᑐᑭᖃᓪᒪᙱᑦᑑᓕᓗᐊᖅ ᐃᓚᐅᔪᓇᐊᖃᓕᕐᓂᓐᓂᒃ ᐱᖕᖑᐊᖅᕕᓗᐊᖅᐸᑦᑐᓄᑦ ᐅᕙᑦᑎᓐᓂᑦ ᐃᖅᑲᐃᓕᓴᓇᐊᖃᓂᖏᑦ ᐊᑐᓗᑎᑦ ᓴᙱᓴᐅᑎᓂᒃ. ᐊᑐᕈᓐᓇᖅᐳᑎᑦ ᐃᖁᐃᓕᓴᓇᖅᑐᓂᒃ ᐱᓱᒃᑕᕐᓗᑎᑦ ᖃᐅᑕᒫᑦ, ᐱᕈᖅᓯᐊᓕᕆᓂᒃᑯᑦ, ᓄᓕᐊᓂᒃᑯᑦ, ᑕᓘᓐᓂᒃ ᐊᑐᕐᓗᓂ ᐱᓯᓐᓂᒃᑯᑦ, ᐳᐃᔾᔭᕐᓂᒃᑯᑦ ᐅᕙᑦᑎᓐᓂᑦ ᐱᖕᖑᐊᖃᑎᖃᕐᓂᒃᑯᑦ ᕿᑐᕐᖓᓂᒃ. ᐱᓪᒪᓇᐅᓂᖃᖅᐳᖅ ᓱᓕᓚᐃᓐᓇᕐᓯᐊᖃᑦᑕᕐᓂᒃ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᐊᕐᕌᒍᓕᒫᖅ.

ᖃᐅᔨᒪᓇᓱᐊᕐᓗᑎᑦ ᐊᒥᒎᓗᐊᖅᑐᓂᒃ ᐱᓕᕆᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ ᐊᑕᐅᑦᑎᒃᑯᑦ. ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᐊᑐᒃᑕᕐᓗᑎᑦ ᖁᕕᐊᕆᔭᕐᓂᒃ. ᐊᐱᓇᓗᒋᑦ ᐃᓚᑎᑦ ᐊᒻᒪ ᐱᖃᑎᑦ ᐃᑲᔪᖅᓯᖁᓗᒋᑦ ᐃᓚᖏᓂᒃ. ᐊᖏᔪᖅᑳᓇᔭᐅᔪᑦ ᑲᔪᙱᖅᓯᐅᔪᒃᓴᐅᔪᒃᓴᐅᑦ ᕿᑐᕐᖓᒥᓂᒃ ᓯᖃᑦᑕᖁᓪᓗᒋᑦ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ.

ᐱᕙᓪᓕᐊᑎᖅᑎᔾᔪᖅᓗᒋᑦ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᑦ ᓱᒃᑲᐃᑦᑐᒥᒃ – ᐅᔾᔨᕆᓇᓱᐊᕐᓗᒍ ᑎᒫᑦ. ᐸᓇᓯᐊᖅᑕᑐᒃᓴᐅᕗᑎᑦ ᐊᑯᓂᐅᑎᒋᓂᖃᖅᑐᒥᒃ 30 ᒥᓂᑦᒥᑦ 60 ᒥᓂᑦᒧᑦ ᑎᒥᒃᑯᑦ ᐊᐅᓚᓐᓇᖅᑐᒥᒃ ᖃᐅᑕᒫᑲᓴᒃ. ᓱᓂᓕᒫᑦ ᐊᑐᕐᓂᖃᖅᐳᖅ – ᐆᑦᑐᕐᓗᑎᑦ 10 ᒥᓂᑦᑐᐃᓐᓇᐅᖃᑦᑕᓚᐅᕐᓗᒍ. ᑐᑭᓯᒋᐊᒃᑲᓂᕈᒪᒍᕕᑦ, ᑕᑯᓂᐊᕐᓗᒍ ᑲᓇᑕᒥ ᑎᒥᒃᑯᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᖃᐅᔨᒪᔾᔪᑏᑦ ᐅᕗᓂ www.healthcanada.ca/paguide.

ᖃᖓᑐᐃᓐᓇᒃᑯᑦ ᐱᒋᐊᕐᕕᑦᓴᖅ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ. ᑎᒥᒃᑯᑦ ᐃᓗᓯᕐᓗᒃᑲᓗᐊᕈᕕᑦ ᐋᓂᖅᓯᒪᓪᓚᓗᐊᕈᕕᓪᓘᓐᓃᑦ, ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᖅ ᐃᑲᔪᕈᑎᖃᕈᓐᓇᖅᐳᑦ ᑎᒥᒃᑯᑦ ᐊᑲᐅᓂᖅᓴᐅᔾᔪᑎᒋᓗᒋᑦ ᐊᒻᒪ ᐋᖅᑭᐅᒪᓂᖅᓴᐅᔾᔪᑎᒋᓗᒋᑦ.

ᖃᐅᔨᒪᒋᑦ, ᐅᖃᖃᑎᖃᕈᓯᐊᖅᑐᒃᓴᐅᕗᑎᑦ ᐋᓂᐊᓯᐅᖅᑎᓯᓂᒃ ᐱᒋᐊᓚᐅᙱᓂᓂ ᑎᒥᒧᑦ ᐊᐅᓚᓐᓇᖅᑐᓂᒃ ᐊᑐᕋᓱᓐᓂᒃ ᐅᕙᑦᑎᓐᓂᑦ ᑑᑭᓯᒋᐊᒃᑲᓂᓇᐊᖃᕕᑦ.

ᓱᓇᐅᕙ ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᓐᓂᖅ?
ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᓗᐊᕈᓐᓇᙱᓐᓂᖅ ᐃᓅᓯᓕᒫᖅ ᑕᐃᒪᐃᓲᖑᔪᖅ ᑎᒦᑦ ᑎᒥ ᓴᓇᔭᓐᓇᐃᓕᓂᖓᓄᑦ ᓈᒻᒪᑦᑐᒥᒃ ᑎᒥᒥ ᓲᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᕆᔾᔨᒥᒃ, ᐅᖓᑖᓂᑦ ᑎᒦᑦ ᐊᑐᕈᓐᓇᐃᓕᑉᐸᑦ ᑎᒥᒥ ᓲᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᕆᔾᔨᒥᒃ ᓴᓇᖑᑦᑕᒥᓂᒃ. ᑎᒦᑦ ᐱᔭᕆᐊᖃᕐᒪᑦ ᑎᒥᒥ ᓲᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᕆᔾᔨᒥᒃ ᐊᓯᕈᖅᑎᓇᓯᐊᖅᑎᓪᓗᒍ ᓱᑲᕐᒥᒃ ᓂᕿᒥᒃ ᐆᒪᔾᔪᑎᒧᑦ.

ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓂᒃ ᑎᒥᒃᑯᑦ ᓲᕐᓇᖅᑐᖅᑐᓗᐊᕈᓐᓇᙱᔾᔪᑎᒥᒃ ᐱᓕᕆᔾᔪᑎ

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ᑐᑭᓯᒋᐊᒃᑲᓂᕈᒪᒍᕕᑦ ᑕᑯᓂᐊᕐᓗᒍ ᐅᓇ www.healthcanada.ca/diabetes