ᑎᒥᒃᑯᑦᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᕐᒥᒃᑐᑭᓯᑎᑦᑎᒋᐊᕐᕿᑎ

ᐃᓅᓂᖅ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᔪᑎᖃᕐᓗᓂ: ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᓂᓇᖃᑦᑕᕐᓂᖅ

ᑎᒥᒧᑦ ᐱᐅᔪᓂᒃ ᓂᓇᖃᑦᑕᕐᓂᖅ ᐱᒻᒪᓇᐅᓂᖃᖅᐳᖅ ᖃᓄᓕᒫᖅ ᑎᒥᒧᑦ ᐊᒻᒪ ᐋᖅᑭᐅᒪᓂᕐᒧᑦ. ᓂᓇᖃᑦᑕᕈᕕᑦ ᓈᒻᒪᑎᐊᖅᑐᓂᒃ ᐊᖏᑎᒋᓂᖃᖅᑐᓂᒃ ᓂᕿᓂᒃ, ᐱᑖᕐᓂᐅᔅᖏᓐᖏᓂᖅᓴᐅᒐᔭᖅᐳᑎᑦ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᔪᑎᒥᒃ. ᑎᒥᒧᑦ ᐱᐅᔪᓂᒃ ᓂᓇᖃᑦᑕᕐᓂᖅ ᐊᑐᕐᓂᖃᕈᓐᓇᓇᕐᖅ ᐊᐅᓚᑦᑎᓇᓱᐊᕐᓗᓂ ᐊᐅᒻᒥ ᓱᒃᑲᔪᑦ ᐱᑕᖃᖅᑎᒋᓂᖅᓴᓂᒃ ᐃᓅᓂ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᔪᑎᖃᖅᑐᓂ. ᑎᒥᒧᑦ ᐱᐅᔪᓂᒃ ᓂᓇᖃᑦᑕᕐᓂᖅ ᐃᒫᒃ ᑐᕈᖃᖅᐳᖅ:

ᓂᕈᐊᕐᓂᖅ ᑕᒪᐅᔪᓂᒃ ᓂᕿᓂᒃ:

ᓂᓇᖃᑦᑕᕐᓗᑎᑦ ᐊᒥᓱᓂᒃ ᐊᔾᔨᒌᓐᖏᑦᑐᓂᒃ ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᑕᒪᒃᑯᑎᑐᓇ ᐸᓚᐅᒫᑦᓴᔭᑐᑦ (ᐆᑦᑐᕋᐅᑎᒋᓗᒍ, ᐊᕿᑦᑐᔫᖅ ᐊᒻᒪ ᐹᓕ), ᓱᕐᓇᖅᑐᑦ ᐱᒋᖅᑐᕕᓕᑦ ᖁᓴᕋᑯ ᐱᒋᖅᑐᕕᓕᑦ, ᐅᖅᓱᒋᑦᑐᑦ ᐃᒻᒧᒃᓴᔭᐃᑦ, ᐊᒻᒪ ᓄᓇᒦᓐᖏᒫᖅᓯᒪᔪᑦ ᐅᖅᓱᒋᑐᓪᓗ ᓂᕿᑦ.

ᐃᒥᕐᓗᓂ ᐊᖏᓂᖅᓴᒥᒃ ᐃᒥᕐᒥᒃ:

ᐃᒥᖃᑦᑕᕐᓗᓂ ᒥᒋᓂᖅᐸᐅᓂᖃᕐᓗᒋᑦ 6-ᒧᑦ 8-ᒧᑦ ᐃᒥᐅᑎᑦ ᐃᒥᕐᒥᒃ ᖃᐅᑕᒫᑦ.

ᓂᕿᑦᑕᕐᓗᑎᑦ ᐊᒥᓲᒃᑲᓂᓂᒃ ᓂᕿᓂᒃ ᐱᑕᖃᑦᑎᐊᖅᑐᓂᒃ ᐸᓚᐅᒫᑦᓴᔭᓂᒃ:

ᓂᓇᖃᑦᑕᕐᓗᑎᑦ ᓂᕿᓂᒃ ᐱᑕᖃᑦᑎᐊᖅᑐᓂᒃ ᐸᓚᐅᒫᑦᓴᔭᓂᒃ, ᑕᒪᒃᑯᓂᖅᓴ ᐸᓚᐅᒫᑦᓴᔭᓂᒃ ᓂᐊᖃᖅᐅᔭᓂᒃ ᐊᒻᒪ ᐅᑦᓛᒃᓯᐅᑎᓂᒃ, ᐸᓂᖅᑎᓯᒪᔪᓂᒃ ᐲᓐᓯᓂᒃ ᐅᓐᓇᕐᓕᑦ ᖃᑦᑖᕐᔪᒻᒥᑦᑐᓂᒃ ᐲᓐᓯᓂᒃ, ᐱᒋᖅᑐᕕᓂᕐᓂᒃ ᐊᒻᒪ ᓱᕐᓇᖅᑐᓂᒃ ᐱᒋᖅᑐᕕᓂᕐᓂᒃ.

ᓂᕿᑦᑕᕐᓂᖅ ᒥᒋᓂᖅᓴᓂᒃ ᐊᒻᒪ ᑕᒧᓗᓐᓂᖅᓴᐅᖃᑦᑕᓕᕐᓗᑎᑦ ᐅᑦᔫᑎᑦᓗᒍ:

ᖃᐅᔨᒪᒋᐊᕐᓗᑎᑦ ᑕᒧᓗᓐᓂᑎᑦ ᓂᓇᓕᑦᓇᒋᑦᑕᐃᓕᒋᐊᕐᓗᒋᑦ. ᑕᓐᓇ ᓂᕿᑦᑎᐊᕙᓐᐃᑦ ᑕᒧᓗᒐᑦᓴᐅᔪᓐᓇᖅᑐᑦ:

- ᓱᕐᓇᖅᑐᖅ ᐱᒋᖅᑐᕕᓂᖅ ᐊᒻᒪ ᒥᒋᔪᒥᒃ ᐅᖅᓱᒋᑦᑐᒥᒃ ᓱᓯᒥᒃ
- ᐱᒋᖅᑐᕕᓂᑦ ᐊᒻᒪ ᐅᖅᓱᒋᑦᑐᑦ ᒥᓱᒐᖅ
- ᒥᒋᔪᖅ ᖃᔪᖅ
- ᔫᒍᑦ
- ᒥᒋᔪᖅ ᐅᖅᓱᒋᑦᑐᑦ ᓱᓯ ᐊᒻᒪ ᐊᒻᒪ ᖃᑦᑎᓐᓇᐃᑦ ᓱᓕᓛᑦ.

ᑐᒋᓯᒋᐊᒃᑲᓐᓂᒋᒪᒍᕕᑦ ᐅᖃᕐᕕᒋᓗᒍ ᐋᓐᓂᐊᓯᐅᖅᑎᓯ.

ᓱᓇᐅᕙ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᖅ?

ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᖅ ᐃᓅᓯᓕᒫᖅ ᑕᐃᒪᐃᓱᖑᕗᖅ ᑎᒦᑦᑎ ᓴᓇᔪᓐᓇᐃᕐᓕᓂᖓᓄᑦ ᓈᒻᒪᑦᑐᒥᒃ ᑎᒥᒥ ᓱᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᓇᔪᒥᒃ, ᐅᕙᓐᓂᓐᓂᑦ ᑎᒦᑦᑎ ᐊᑐᕈᓐᓇᐃᓕᑉᐸᑦ ᑎᒥᒥ ᓱᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᓇᔪᒥᒃ ᓴᓇᕙᑦᑕᒥᓂᒃ. ᑎᒦᑦᑎ ᐱᔭᕇᖅᑕᒻᒪᑦ ᑎᒥᒥ ᓱᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᓇᔪᒥᒃ ᐊᓯᕈᖅᑎᓇᓱᐊᖅᑎᓪᓗᒍ ᓱᒃᑲᒥᒃ ᓂᕿᒥᒃ ᐆᒪᔪᑎᒧᑦ.

ᓄᓇᖃᖅᑳᖅᓱᒪᔪᓂᒃ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᔪᑎᒥᒃᐱᓕᓇᔪᑎ

Cat. no. H21-195/2002-5E
ISBN: 0-662-31939-7

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ᑐᒋᓯᒋᐊᒃᑲᓐᓂᒋᒪᒍᕕᑦ ᑕᑯᓂᐊᕐᓗᒍ ᐅᓇ www.healthcanada.ca/diabetes

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