ᑎᒥᒃᑯᑦᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᕐᒥᒃᑐᑭᓯᑎᑦᑎᒋᐊᕐᕈᑎ

ᓱᕗᖅᑐᕐᓂᖅ ᐊᒻᒪ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᖅ

ᐃᓚᖏᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᑲᓇᑕᒥ ᐊᑐᓲᖕᒍᕗᑦ ᑕᑯᒃᑲᒥᒃ ᐅᔾᔨᕈᓯᓐᓂᒃᑯᑦ ᐊᒻᒪ ᑐᒃᓯᐊᓂᒃᑯᑦ. ᓱᕗᖅᑐᕐᓂᖅ ᓯᒡᒐᓕᐊᓂᒃ, ᑭᓯᐊᓂ, ᐊᑐᖅᑕᐅᓲᖕᒍᔾᔪᑎᑐᖃᓇᓐᖏᒪᔾᔪᒃ ᑕᑯᒃᑲᐅᑉ.

ᓯᒡᒐᓕᐊᓂᒃ ᓱᕗᖅᑐᕐᓂᖅ ᐱᑕᖃᕈᑕᐅᒻᒪᑦ ᐊᒥᓱᓂᒃ ᑎᒥᒃᑯᑦ ᐊᑲᐅᓐᖏᓕᐅᕈᑎᓂᒃ. ᑕᒪᒃᑯᐊ ᐊᑲᐅᓐᖏᓕᐅᕈᑎᑦ ᐊᑦᑕᓇᕐᓂᔅᒻᒪᓇᐅᓲᖕᒍᒻᒪᑕ ᐃᓄᖕᑦ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᔾᔪᑎᓕᓐᓄᑦ.

ᑕᒪᐃᑕᑲᔭᒃ ᐃᓄᐃᑦ ᖃᐅᔨᒪᕗᑦ ᑕᒪᓐᓇ ᓱᕗᖅᑐᕐᓂᖅ ᑳᓱᑖᕈᑕᐅᓲᖕᒍᓂᖓᓂᒃ ᐊᒻᒪ ᐊᓂᕐᓂᒃᑯᑦ ᐊᑲᐅᓐᖏᓕᐅᕈᑎᖃᓕᕈᑕᐅᓲᖕᒍᓂᖓᓂᒃ. ᐊᒻᒪ ᓱᓕ ᐊᓱᖏᓐᓂᒃ ᐊᑲᐅᓐᖏᓕᐅᖅᑎᑦᑎᔪᓇᓐᓗᓂ, ᐱᓗᐊᖅᑐᒥᒃ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᔾᔪᑎᖃᕈᐃᑦ. ᓱᕗᖅᑐᕐᓂᖅ ᓱᒃᑲᓕᕝᓕᑎᑦᑎᓲᖕᒍᒻᒪᑦ ᐊᐅᑉ ᑰᓐᖓᓂᒃ ᑎᒥᒃᑯᑦ, ᐊᑯᓂᐅᔪᒥ ᐊᑲᐅᓐᖏᓕᐅᕈᑕᐅᓕᖅᐹᕐᓕᕈᓐᓇᖅᐳᑦ ᐱᓕᐅᒥᔾᔪᑕᐅᓗᓂ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᕐᒧᑦ ᑕᒪᒃᑯᓄᖓᓗ ᐆᒻᒪᑎᕐᓗᓂᕐᒧ ᐊᒻᒪ ᐊᕙᑎᓐᓂᒃ ᓇᑲᑕᐅᔪᖃᕆᐊᖃᓯᓗᓂ.

ᒪᑯᐊ ᑕᒪᔾᔭ ᐱᓕᕿᔪᓐᓇᖅᑐᑦ:

- ᓱᕗᖅᑐᓕᕋᐃᒐᕕᑦ, ᒥᑭᓕᕝᓕᑦᐸᖅ ᐊᓂᖅᓵᖅᑐᕈᓐᓇᐅᑎ ᐃᖏᕋᔪᖅ ᑎᒥᒃᑯᑦ. ᑕᒪᓐᓇ ᐆᒪᓱᔾᔪᑕᐅᔪᓐᓇᖅᐳᖅ ᐅᓐᓐᓗᓐᓂᑦ ᐱᖃᐃᔭᕐᓗᓂ.
- ᓱᕗᖅᑐᕐᓂᖅ ᓱᕋᑦᑎᓲᖕᒍᕗᖅ ᑕᖃᓂᒃ, ᐊᔪᓇᕈᑕᐅᓲᒃᑲᓐᓂᓲᖕᒍᓪᓗᓂ ᑎᒥ ᒪᒥᒐᓱᐊᖅᑎᓪᓗᒍ. ᑕᒪᓐᓇ ᐊᔪᓚᑦᑎᔾᔪᑕᐅᔪᓐᓇᖅᐳᖅ ᓂᐅᒃᑯᑦ ᐊᒻᒪ ᐃᓱᒐᒃᑯᑦ.
- ᓱᕗᖅᑐᖃᑦᑕᕈᕕᑦ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᔾᔪᑎᖃᖅᑎᓪᓗᑎᑦ, ᓱᕋᑎᓚᕿᑐᐃᓐᓇᓇᕐᖃᓂᖅᓴᐅᕗᑎᑦ ᐃᑉᐱᓂᐊᔾᔪᑎᒃᑯᑦ ᐅᓐᓐᓗᓐᓂᑦ ᑕᖅᑐᒃᑯᑦ ᐋᓐᓂᐊᑖᕐᓗᑎᑦ.
- ᓱᕗᖅᑐᓲᑦ ᓄᕕᓕᒐᔪᓐᓂᖅᓴᐅᕗᑦ ᐊᒻᒪ ᐳᓐᒻᒥᒍᑦ ᐋᓐᓂᐊᓕᒐᔪᓐᓂᖅᓴᐅᓪᓗᑎᒃ.
- ᓱᕗᖅᑐᕐᓂᖅ ᓱᔅᓴᔪᓐᓇᐃᓕᔾᔪᑕᐅᔪᓐᓇᖅᐳᖅ.
- ᓱᕈᓲᑦ ᐱᔭᕆᐅᒐᔪᓐᓂᖅᓴᐅᕗᖅ ᓱᕗᖅᑐᕐᓂᕐᒥᒃ ᐊᖏᔪᖅᑳᖏᑦ ᓱᕗᖅᑐᓲᖕᒍᔅᐸᑕ.

ᐊᑲᐅᔾᔪᑎᖃᖅᐳᖅ ᐊᑯᓂᐊᓗᒃ ᓱᕗᖅᑐᓲᖕᒍᓯᒪᒐᓗᐊᕈᕕᑦ, ᑎᒦᑦ ᐋᖅᑭᔅᓕᐊᓱᑦᑕᐅᑎᒋᔪᓐᓇᖅᐳᖅ ᓄᖅᑲᑐᐊᕈᕕᑦ ᐊᑐᓗᐊᕈᓐᓂᑐᐊᕈᕕᓪᓗᓐᓂᑦ ᓱᕗᖅᑐᓂᕐᒥᒃ. ᓄᖅᑲᕋᓱᐊᕐᓂᖅ ᐊᒃᓱᕈᕐᓇᖅᑑᓐᓇᓗᐊᖅ - ᑭᓯᐊᓂ ᐱᐅᓪᓗᓂ. ᐱᔾᔪᓱᖅᑕᖃᖅᐳᖅ ᐊᒥᓱᓂᒃ ᓄᖅᑲᕋᓱᐊᕈᑎᓐᓂᒃ.

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐅᖃᕐᕕᒋᓗᒍ ᐋᓐᓂᐊᓯᐅᖅᑎᓯ.

ᓱᓇᐅᕝ ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᖅ?
ᑎᒥᒃᑯᑦ ᓱᕐᓇᖅᑐᓗᐊᕈᓐᓇᓐᖏᓐᓂᖅ ᐃᓅᓯᓕᒫᖅ ᑕᐃᒪᐃᓱᖅᑐᕗᖅ ᑎᒦᑦ ᑎᒥ ᓴᓇᔪᓐᓇᐃᓕᓂᖓᓄᑦ ᓈᒻᒪᑦᑐᒥᒃ ᑎᒥᒥ ᓱᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᓇᔾᔪᒥᒃ, ᐅᓐᓐᓗᓐᓂᑦ ᑎᒦᑦ ᐊᑐᕈᓐᓇᐃᓕᔾᔪᑦ ᑎᒥᒥ ᓱᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᓇᔾᔪᒥᒃ ᓴᓇᓐᑦᑕᒥᓂᒃ. ᑎᒦᑦ ᐱᔭᕇᖃᕐᒪᑦ ᑎᒥᒥ ᓱᕐᓇᖅᑐᒥᒃ ᓄᖑᑎᓇᔾᔪᒥᒃ ᐊᓱᕈᖅᑎᓇᓱᐊᖅᑎᓪᓗᒍ ᓱᒃᑲᕐᒥᒃ ᓂᕿᒥᒃ ᐆᒪᔾᔪᑎᒍᑦ.

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ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓂᒃ ᑎᒥᒃᑯᑦᓱᕐᓇᖅᑐᖅᑐᓗᐊᕈᓐᓇᓐᖏᔾᔪᑎᒥᒃᐱᓕᓇᔾᔪᑎ

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ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᑕᑯᓂᐊᕐᓗᒍ ᐅᓇ www.healthcanada.ca/diabetes

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