ᐁᑯᑐᒪ ᐁᑕᔭᐠ ᑭᒋ ᐧᐃᒋᐃᑕᐠ

ᐁ ᓇᓇᑲᒋᐃᑎᓱᔭᐣ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ

ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᓇ ᑲ ᓇᓇᑲᒋᑕᒋᐠ ᑲ
ᑭᐢᑭᓄᐊᒪᐧᑲᐠ ᐁ ᓇᓇᑲᒋᑕᔭᐣ ᑭ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ

ᐊᓄᒋᑫ ᐱᑯ ᑭᑭ ᒥᐢᑲᑲᐧᐃᐣ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᔭᐣ ᔕᑯᐨ ᒧᓇ ᑭ
ᐯᔭᑯᐣ ᐅᒪ ᐁ ᐊᑕᐢᐱᓀᔭᐣ᙮ ᒥᒉᑎᐧᐊᐠ ᐅᒪ ᑲ ᐃᑕᐢᐱᓀᒋᐠ
ᐧᐊᔦᐡ ᐯᔭᐠ ᒥᓕᔭᐣ ᑕᔑᐧᐊᐠ ᐅᑕ ᐅᐣᑌᕆᐅ ᑲ ᔓᑲᐧᐊᑲᒥᐧᑫᒋᐠ
ᐁᑯ ᒪᑲ ᑲᑎ ᓇᑭᐅᐧᐊᐠ ᑕᔑᓀ᙮

ᑭ ᑭ ᑯᐡᑯᒥᑲᐧᐃᐣ ᐅᒪ ᑲᑭ ᐃᔑ ᒥᐢᑲᑲᐧᐃᔭᐣ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᔭᐣ ᔕᑯᐨ ᑲ ᓇᐃᓂᑌᐣ ᐁ ᒥᓄᐸᓂᐃᑎᓱᐟ ᐊᐧᐁᓇ ᑲ ᓇᓇᑲᒋᐃᑎᓱᐟ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᐟ ᐁ ᑎᐱᑐᑕᐠ ᑲ ᑲᑕᔓᐧᐊᑎᑕ ᑫᐧᑲᓇ ᑲ ᓀᓱᓀᐊᐠ ᑫ ᐅᒋ ᒥᓄᐸᓂᐟ ᐅᐱᒪᑎᓯᐧᐃᓂᐠ᙮ ᐁᐧᑲᓂ ᐧᐁᒋ ᐃᑕᐧᑲᐠ

ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ [Diabetes Education Program (DEP)] ᐊᑐᐢᑫᐧᐃᐣ ᑭᒋ ᐅᒋ ᐧᐊᐧᐃᒋᐃᑯᐧᐃᔭᐣ ᐧᐃᑕᒪᑫᐧᐃᓂᐠ ᐃᑌᑫ᙮

ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᓂᐠ ᐃᑕᐤ ᐊᐣᑕ ᐣᑐᑯᓄᓂᐢᐧᑫᐤ, ᐃᑕᒋᑫᐧᐃᓇ ᑲ ᓇᓇᑲᒋᑕᐟ - ᓀᐢᑕ ᑲᑭ ᐃᑭᐣ ᑭᒋ ᐊᔑᑕᐱᐟ ᐅᑕ ᑲ ᐧᐃᒋᐃᐧᐁᐧᐃ ᐊᑐᐢᑫᐧᐃᓂᐠ ᑲ ᐃᔑ ᐊᐸᑎᓯᐟ, ᒥᑐᓀᐣᒋᑫᐧᐃ ᐣᑐᑯᓄᐣ, ᒥᓯᑕ ᑲ ᓇᓇᑲᒋᑕᐟ, ᐣᑐᑯᓄᓇ ᑲ ᐸᐸᑭᑎᓇᐠ ᐣᑐᑯᓄᓂᐧᐃ ᐊᐸᒋᐊᑲᐣ ᓀᐢᑕ ᒪᑲ ᔕᔑᐱᐧᐃᓇ ᑲ ᓇᓇᑲᒋᑕᐟ ᐃᐢᐱ ᐣᑕᐧᐁᓂᑕᑯᓯᑌ ᑭᒋ ᐃᑕᐟ ᐅᑕ᙮

ᑲ ᒪᒪᐧᐃ ᐊᐸᑎᓯᒥᑐᐧᐊᐠ ᓀᐢᑕ ᑲ ᐧᐊᐧᐃᒋᐃᐧᑲᐠ ᑭᒋ ᑲᑫᐢᑭᒥᒋᐠ ᓀᐢᑕ ᐧᐃᑕᒪᐢᑭᐠ ᐃᑕᒋᑫᐧᐃᓂᐠ ᐃᑌᑫ ᓀᐢᑕ ᑲ ᐃᐢᐱᑎᓂᐧᑲᑎᔭᐣ, ᔕᔑᐱᐧᐃᓂᐠ ᓀᐢᑕ ᑲ ᐃᐢᐸᓂᐠ ᑭ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᐁᓇᓇᑲᒋᐃᑎᓱᔭᐣ ᓀᐢᑕ ᑫ ᐅᒋ ᔑᑭᐃᑲᐧᐃᔭᐣ ᑭᒋ ᒪᔑᑕᔭᐣ ᑭᒋ ᒥᓄᐸᓂᐃᑎᓱᔭᐣ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᔭᐣ᙮

ᑕᑐ ᐱᐳᐣ, ᐊᐧᐊᓯᑌ ᓂᔭᓇᓀᒥᑕᓇ ᑭᒋ ᒥᑕᑐᒥᑕᓇ ᐅᑕ ᐅᐣᑌᕆᐅ ᐊᐧᐁᓂᑲᓇᐠ ᒥᐢᑲᐧᐊᑲᓂᐧᐊᓇᐠ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᒋᐠ᙮

ᒋᑎᐱ ᓇᓇᑲᒋᑕᔭᐣ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑌᓂᑕᐧᑲᐣ ᑭᒋ ᐅᒋ ᒥᓄᐱᒪᑎᓯᔭᐣ ᐁ ᑭᐡᑲᒪᐣ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ᙮

ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᑲᒥᑯᐠ ᐃᑕᐧᐊᐠ ᑭᒋ ᐧᐃᒋᐃᐢᑭᐠ ᐁ ᓇᓇᑲᒋᑕᔭᐣ ᑭ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ᙮

ᐅᑯ ᐅᑕ ᐣᑐᑯᓄᓂᐧᐃ ᐊᐸᒋᐊᑲᓇᐠ ᑲ ᐧᐁᓇᓯᓇᐊᐧᒪᐠ ᑫᐧᑲᓇ ᑫ ᐅᒋ ᐧᐃᒋᐃᑯᔭᐣ ᐁ ᓇᓇᑲᒋᐃᑎᓱᔭᐣ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᔭᐣ, ᑕᓀ ᑫᑐᑕᒪᐣ ᑭᒋ ᑭᐱᒋᑕᔭᐣ ᑲ ᐃᑕᒪᒋᐅᔭᐣ ᐁᑲ ᐊᒋᑫᐣ ᑭᒋ ᐊᑎ ᒪᓂᐸᓂᔭᐣ, ᑕᔑᓀ ᒪᑲ ᐃᑐᑌ ᑲ ᐃᔑ ᑭᐢᑭᓄᐊᒪᑲᓂᐧᐊᐠ

ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑲᑭᓯᒧᐧᐁᐧᐃᓂᐠ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᑲᒥᑯᐠ, ᐁᑯᑕᓂ ᒪᑲ ᑫ ᐅᒋ ᑭᐢᑫᓂᑕᒪᐣ ᑕᓀ ᑫᑐᑕᒪᐣ ᐁ ᓇᓇᑲᒋᑕᔭᐣ ᑭ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᐁᑯ ᒪᑲ ᑲᑎ ᒥᓄᐸᓂᐃᑯᐣ ᑭ ᐱᒪᑎᓯᐧᐃᓂᐠ᙮

ᑭᔕᐢᐱᐣ ᓇᓇᑕᐧᐊᐸᑕᒪᓀ ᑕᐣᑌ ᐁᔑᑕᐧᑲᐠ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᑲᒥᐠ

ᑭᑎᑕᐧᐃᓂᐠ, ᐅᑌ ᐃᔑᐧᐁᐸᐊ ᓇᓇᑐᐱᒋᑫᐧᐃᓂᐠ ontario.ca/diabetes

ᑭᐢᑭᓱᒥᐧᐁᐧᐃᐣ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᐅᒋ ᐁᐧᐃ ᐃᑐᑌᔭᐣ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᓂᐠ ᐊᐢᑲᐤ ᐃᑭᐣ ᐁ ᐣᑕᐧᐁᓂᑕᐧᑲᐠ ᑭ ᐣᑐᑯᓄᓂᑦ ᐅᒪᓯᓇᐃᑲᐣ ᓀᐢᑕ ᐱᑯ ᐣᑐᑯᓄᓂᐧᐃ ᐊᐸᒋᐊᑲᐣ᙮

ᑭᐢᑭᓱᒥᐧᐁᐧᐃᐣ ᐅᒪ ᐅᒋ, ᑭᒋ ᑭᐢᑫᓂᑕᒪᐣ ᐸᑎᒪ ᐧᑲᔭᐣ ᓇᓇᑲᒋᑕᔭᓀ ᑭ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑕᔑᓀ ᐣᑕᐧᐊᐸᒪᑌ ᑲ ᓇᓇᑲᒋᐃᐢᐠ ᐣᑐᑯᓄᓂᐧᐃ ᐊᐸᒋᐊᑲᐣ ᑲᑭ ᒥᓄᐸᓂᐃᑎᓱᐣ᙮

ᑭᔕᐢᐱᐣ ᐁᑲ ᐊᔭᐧᐊᑌ ᐣᑐᑯᓄᓂᐧᐃ ᐊᐸᒋᐊᑲᐣ ᑭᒋ ᓇᓇᑲᒋᐃᐢᐠ ᐁ ᔓᑲᐧᐊᑲᒥᐢᐧᑫᔭᐣ, ᐊᑯᓯᐧᐃ ᐊᐸᑎᓯᐧᐃᐣ ᐊᓂᐢᑯᐸᓂᒋᑫᐧᐃᐣ ᑲᑭ ᒥᐢᑲᐧᐊᐤ ᑫ ᐧᐊᐧᐃᒋᐃᐢᐠ, ᑭᒋ ᒪᓯᓇᐅᑎᓱᔭᐣ ᐅᑌ ᐃᔑ ᐊᔭᒥ 1-800-445-1822 ᓀᐢᑕ ᐱᑯ ᐅᑌ ᐃᔑᐧᐁᐸᐊ ᓇᓇᑐᐱᒋᑲᓂᐠ ontario.ca/healthcareconnect

ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᑲᒥᑯᐠ ᐁᑯᑕᓂ ᐧᐁᒋ ᐊᓂᐢᑯ ᐊᐸᑎᓯᒋᐠ ᐅᐣᑌᕆᐅ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᐧᐊᐧᐁᓇᐢᑕᓱᐧᐃᓂᐠ, ᐅᐣᑌᕆᐅ ᑭᒋ ᐅᑭᒪᐠ ᑭ ᐅᒋ ᒪᒋᑕᓂᐧᐊᐣ ᐅᒪ ᐊᑐᐢᑫᐧᐃᐣ ᑲᐡᑲᑎᓂᓯᐤ 2009᙮ ᐅᒪ ᐧᐊᓇᐢᑕᓱᐧᐃᐣ ᑭ ᐃᑕᐢᑕᓂᐧᐊᐣ ᑭᒋ ᐧᐊᐧᐃᒋᐃᒋᐠ ᑲ ᔓᑲᐧᐊᑲᒥᐧᑫᒋᐠ ᐊᐧᐁᓂᑲᓇᐠ ᑭᒋ ᓇᓇᑲᒋᐃᑎᓱᒋᐠ ᓀᐢᑕ ᐁᑲ ᐁᐡᐧᑲ ᑲ ᔓᑲᐧᐊᑲᒥᐧᑫᒋᐠ ᑭᒋ ᑭᐢᑫᓂᑕᑭᐠ ᐧᐃᑕᒪᑫᐧᐃᓂᐠ ᐃᑌᑫ᙮

ᑭᔕᐢᐱᐣ ᒥᓇ ᐧᐃᓇᑕᐧᐁ ᑭᐢᑫᓂᑕᒪᓀ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ ᐧᐊᓇᐢᑕᓱᐧᐃᐣ ᐅᑕ ᐃᔑᐧᐁᐸᐊ ᓇᑐᐱᒋᑲᓂᐠ
ontario.ca/diabetes

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