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ᒥᓄᔭᐎᐣ

ᑫᐃᔑᐱᒥ ᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑭᔓᑲᐗᐱᓀᐎᓂᓂᐠ ᐃᐦᐃᐌ ᑐᑲᐣ ᓂᔑᐣ ᔓᑲᐗᐱᓀᐎᐣ ᑲᐃᔑᓂᑲᑌᐠ

(Type 2 Diabetes)

ᑭᑭᑫᐣᑕᐣᓇᐣ ᓇᐣ ᐃᑴᓂᐗᐣ ᐌᒥᑎᑯ (ABCDEs)? ᐊᔭᒥᐦᐃ ᑭᒥᓄᔭᐎᐣ ᐅᑾᔭᑎᓇᒪᑫ, ᐃᐦᐃᐌ ᐅᒋ ᑫᑯ ᑌᐱᓂᑫᐎᓂᓇᐣ ᑫᒥᓄᓭᐦᐃᑯᔭᐣ, ᑲᔦ ᐊᐣ ᑫᐅᒋ ᑲᐡᑭᑐᔭᐣ ᒋᑌᐱᓇᒪᐣ ᑲᔦ ᑭᓋᑲᐡ ᑫᐃᔑᐱᒧᑐᔭᐣ᙮
A1C* ᐃᑴᓂᐗᐣ ᑫᑌᐱᓂᑲᑌᑭᐣ:

* ᑲᐱᒥ ᓇᓇᑲᒋᒋᑲᑌᐠ ᒥᐢᑶ ᑲᔭᐱᒋ ᔓᑲᐎᐨ ᐊᐎᔭ᙮ ᒪᔭᑲᑌᓂ ᑫᐃᔑ ᑌᐱᓇᒥᐗᐨ ᐅᔓᑲᐎᓂᐗ AIC ᐃᑴᓂᐗᐠ ᑲᑭᑭᐡᑲᐗᐗᓯᐗᐨ
ᐃᑴᐗᐠ ᐁᑾ ᐊᐗᔑᔕᐠ ᓂᔓᔕᑊ ᐃᓂᑯᐠ ᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨ

7.0% ᒋᐊᑯᓭᐠ ᓇᐣᑕ ᐊᐗᔑᒣ ᓇᔑᔭᐦᐃ (ᐃᑴᓂᐗᐠ ᑫᑲᐟ ᑲᑭᓇ ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐗᐨ)
ᓂᑐᓇᑕᒪᓯᐎᓂᓇᐣ ᑲᑲᑴ ᑌᐱᓇᒪᐣ

Blood Pressure (ᒥᐢᑶ ᑲᐊᑯ ᐃᐡᐱᓭᐠ) ᐃᑴᓂᐗᐣ ᑫᑌᐱᓂᑲᑌᑭᐣ: ᐊᐗᔑᒣ ᓇᔑᔭᐦᐃ 130/80 mm Hg ᓂᑐᓇᑕᒪᓯᐎᓂᓇᐣ ᑲᑲᑴ ᑌᐱᓇᒪᐣ

Cholesterol (ᐱᒥᑌᐎᔭᐦᐃ ᑲᐊᑯᑫᓭᐠ ᐃᐦᐃᒪ ᒥᐢᑶᔭᐱᐠ) ᐃᑴᓂᐗᐣ ᑫᑌᐱᓂᑲᑌᑭᐣ:
ᑲᒪᒋᓇᑾᐠ ᐱᒥᑌᐎᔭᐦᐃ: 2.0 mmol/L ᓇᐣᑕ ᐊᐗᔑᒣ ᐸᑭ ᒪᒪᐤ ᒥᓂᑯᐠ ᐱᒥᑌᐎᔭᐦᐃ ᑲᐊᔭᐠ ᑲᔦ ᒥᓂᑯᐠ ᑲᐊᔭᐠ ᑲᒥᓄ ᐎᒋᐦᐃᐌᒪᑲᐠ ᐱᒥᑌᐎᔭᐦᐃ: ᐊᐗᔑᒣ ᐸᑭ ᓂᐎᐣ ᓂᑐᓇᑕᒪᓯᐎᓂᓇᐣ ᑲᑲᑴ ᑌᐱᓇᒪᐣ
ᒪᐡᑭᑭᐣ ᑭᑌᐦᐃᐠ ᑲᐃᐧᒋᐦᐃᐁᐧᒪᑲᐠ: ᐃᐡᐸᐱᑭᓯᑫ ᒪᐡᑭᑭᐣ
(ACE ᐅᑌᐦᐃ ᒪᐡᑭᑭᓐ ᓇᐣᑕ ARBs), ᐱᒥᑌᐊᐧᑲᒥᐢᑫᐧᐃᐧᐣ ᒋᓂᓯᐡᑲᒪᑲᐠ ᒪᐡᑭᑭᐣ (ᓇᑲᐦᐃᑲᐣ), ᓇᐣᑕ ASA (ᐅᐢᑎᑲᒪᐡᑭᑭ). ᐅᓄᐁᐊᐧᐣ ᒪᐡᑭᑭᐣ ᑲᐃᐧᒋᐦᐃᑯᐣ ᑭᑌᐦᐃᐠ ᑭᔭᑦ ᐁᐃᐡᐸᐱᑭᓯᑫᔭᐣ ᓇᐣᑕ ᑲᐱᒥᑌᐊᐧᑲᒥᐢᑫᐧᔭᐣ ᓇᑕᐃᐧᐦᐃᑯᔭᐣ. ᐊᐧᐊᐧᑲᐃᐧᐃᐧᐣ ᒥᓇ ᐃᐧᓯᓂᐃᐧᐣ - ᑲᐊᔭᑲᐃᐧ ᐊᐧᐊᐧᑲᐃᐧᓇᓄᐊᐧᐠ ᐊᔑᑎᓂᑲᑌᐊᐧᐣ, ᑲᐧᔭᐠ ᒋᐃᓇᒋᑫᔭᐣ, ᒋᑌᐱᓇᒪᐣ ᒥᓇ ᑲᐯᐦᐃ ᓇᐦᐃᓂᑯᐠ ᒋᐊᐱᑕᓂᔭᐣ.
ᐳᓂᓴᑲᓭᐧᐣ ᒥᓇ ᑲᓇᐁᐧᐣᑕᐣ ᐁᑲ ᑲᐯᐦᐃ ᒋᒥᔕᒣᑕᒪᐣ.

ᑫᑯᓀᐣ ᐃᐦᐃᐌ ᑐᑲᐣ ᓂᔑᐣ ᔓᑲᐗᐱᓀᐎᐣ?

ᒋᐊᐸᒋᒋᑲᑌᐠ ᑭᔑᔕᐎᓯᐎᐣ ᒥᒋᒥᑲᐠ ᑲᐅᒋ ᑕᑾᐠ, ᑭᔭᐤ ᐅᓇᑕᐌᐣᑕᐣ ᐃᐦᐃᐌ ᐃᐣᓯᓬᐃᐣ ᑲᐃᒋᑲᑌᐠ᙮ ᐃᐦᐃᐌ ᔓᑲᐗᐱᓀᐎᐣ (ᑐᑲᐣ ᓂᔑᐣ ᑲᐃᔑᓂᑲᑌᐠ) ᐅᒋ ᒪᒋᑕᒪᑲᐣ ᑭᐡᐱᐣ ᐅᒪᐤ ᐁᑲ ᑾᔭᐠ ᐊᓄᑭᒪᑲᐠ ᐁᑲ ᐁᐅᐡᒋᑲᑌᐠ ᑭᔭᐎᐠ ᐃᐦᐃᐌ ᒥᓂᑯᐠ ᑲᓇᑕᐌᐣᑕᑾᐠ ᑫᑭᐅᒋ ᐊᒍᓭᐨ ᑭᔓᑲ,ᒼ ᑲᔦ ᐁᑲ ᒥᔭᐎᐠ ᑾᔭᐠ ᐁᑭ ᐊᐸᒋᒋᑲᑌᐠ ᐃᐦᐃᐌ ᑲᐊᒍᓂᑫᒪᑲᐠ ᔓᑲᐎᓂᓂᐠ ᐅᒋ᙮ ᑭᐡᐱᐣ ᐊᔭᔭᐣ ᐅᐦᐅᐌ ᑐᑲᐣ ᔓᑲᐗᐱᓀᐎᐣ (ᑐᑲᐣ ᓂᔑᐣ ᑲᐃᔑᓂᑲᑌᐠ), ᒥᐡᑕᐦᐃ ᐊᓂ ᐊᐱ ᔓᑲ ᐃᐦᐃᒪ ᑭᒥᐢᑶᐠ ᐁᑲ ᐁᐊᐸᑎᓭᐨ ᐃᐦᐃᒪ ᑭᔑᔕᐎᓯᐎᓂᓂᐠ ᐅᒋ᙮

ᑎᐱᓇᐣ ᒥᓂᑯᐠ ᐊᓯᓇᒪᑫᐎᐣ ᑲᐃᔑ ᓇᑕᐌᐣᑕᒪᐣ

ᓇᐣᑕ ᑲᐊᓂᒣᐣᑕᐣ ᐁᑲ ᒋᑌᐺᑕᒪᐣ ᑭᐣ ᓇᐣᑕ ᑭᐗᑯᒪᑲᐣ ᐁᔓᑲᐗᐱᓀᔦᐠ᙮ ᓇᐣᑕ ᑲᓭᑭᐢ, ᑲᑯᐡᑴᑕᐣ, ᒥᑎᓂ ᑲᒥᑯᐡᑲᑌᐣᑕᐣ, ᓇᐣᑕ ᑲᔦ ᑲᑭᔑᐗᐢ᙮ ᐊᔭᒥᐦᐃᐠ ᑯᑕᑭᔭᐠ ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐗᐨ: ᒥᓄ ᐃᓀᐣᑕᒧᐎᐣ ᑲᔦ ᑌᐺᔦᐣᑕᒧᐎᐣ ᑲᑭ ᐎᒋᐦᐃᑯᐣ ᒋᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑭᑎᔑᔭᐎᓂᓂᐠ᙮

ᐊᔕᐨ, ᐃᑴᓂᐗᐠ ᑲᐱᒥ ᑲᓇᐌᓂᒥᑾ ᑭᔓᑲᐗᐱᓀᐎ ᒥᓄᔭᐎᓂᓂᐠ ᐅᑲᑭ ᓇᑲᐌᐡᑐᓇᐗ ᑲᑭᓇ ᑭᑲᑴᑗᐎᓂᓇᐣ ᑫᐃᔑᐱᒥ ᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑭᔓᑲᐗᐱᓀᐎᓂᓂᐠ. ᐃᑴᓂᐗᐠ ᑲᐊᓄᑭᑕᒪᐎᑾ ᓇᐣᑕ ᑎᐯᐣᒋᑫᐎ ᒥᓄᔭᐎᐣ ᐅᑲᔭᑎᓇᒪᑫ ᐊᔑᑕᑭᓯ (ᑎᐱᓇᐌ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓇᐣᑕ ᔓᑲᐗᐱᓀᐎᐣ ᑭᒋ ᑲᐡᑭᑭᐎᓂᓂ) ᑲᔦ ᔓᑲᐗᐱᓀᐎᐣ ᐅᑭᑭᓄᐦᐊᒪᑫᐠ (ᒪᐡᑭᑭᐎᑴ ᑲᔦ ᒥᒋᒼ ᐅᓇᒋᑫᐎ ᐊᓄᑭᓇᑲᐣ) ᐁᑾ ᐊᔑᐨ:
• ᒪᐡᑭᑭᐣ ᑲᐅᓂ ᐸᑭᑎᓇᑭᐣ

• ᑎᐯᐣᒋᑫᐎᐣ ᑲᔦ ᐊᐗᔑᔑᐎ ᐅᑭᒪᐎᐣ ᐊᓄᑭᓇᑲᐣ

• ᒥᑐᓀᓂᒋᑲᓂᐠ ᒪᐡᑭᑭᐎᓂᓂ

• ᒥᓯᐟ ᐸᒥᒋᑫᐎᐣ ᑭᒋ ᒪᐡᑭᑭᐎᓂᓂ

• ᒥᔭᐤ ᑭᒋ ᒪᐡᑭᑭᐎᓂᓂ

• ᒥᐡᑭᔑᑯ ᒪᐡᑭᑭᐎᓂᓂ

ᑲᓄᑫᐣ: ᑭᐣ ᒪᐗᐨ ᑭᑭᒋᐃᓀᐣᑕᑯᐢ ᐃᐦᐃᒪ ᑭᒥᓄᔭᐎᐣ

ᒪᒪᐤ ᐊᓄᑭᑕᒪᑫᐎᓂᓂᐠ᙮

ᒥᓋᒋᒧᐎᐣ

ᑭᓋᑲᐡ ᑲᑭ ᒥᓄᔭ ᑭᐱᒪᑎᓯᐎᓂᓂᐠ ᑭᐡᐱᐣ ᑲᓇᐌᐣᑕᒪᐣ ᒋᑌᐱᓇᒪᐣ ᑲᐃᔑ ᐅᓇᑕᒪᐎᐠ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᐃᐦᐃᐌ ᒥᓂᑯᐠ ᔓᑲ ᑫᑭᐊᐱᐨ ᑭᒥᐢᑶᐠ᙮ ᒥᔑᐣ ᑫᑯᓇᐣ ᑲᑭ ᑐᑕᓇᐣ ᒋᑕᔑ ᒥᓄᔭᔭᐣ ᑲᔦ ᒋᐱᒥ ᑲᓇᐌᓂᒥᑎᓯᔭᐣ᙮

2

ᒥᓄᔭᐎᐣ - ᒋᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑭᔓᑲᐗᐱᓀᐎᓂᓂᐠ

ᑲᓄᑫᐣ, ᑭᐡᐱᐣ ᓇᔑᓇᐨ

ᑭᒥᐢᑶ ᔓᑲᒼ ᑲᔦ ᑭᒥᐢᑶ

ᑫᐊᐱᒋ ᐃᐡᐱᓭᐠ - ᑲᓇᑫ

ᑕ ᐸᑭ - ᑲᐎᒋᐦᐃᑯᐣ

ᒋᐅᒋ ᒥᓄᔭᔭᐣ ᑲᔦ

ᑭᓋᑲᐡ ᒋᐱᒥ ᒥᓄᔭᔭᐣ᙮

ᐃᑴᓂᐗᐣ ᑫᑯᓇᐣ ᑫᐊᓄᑲᑕᒪᐣ!

ᒥᐢᑶ ᔓᑲᐠ

ᑭᐣ ᐁᑾ ᑭᒥᓄᔭᐎᐣ ᒪᐡᑭᑭᐎ ᐊᓄᑭᓇᑲᓇᐠ ᑭᑕᑭ ᐅᓇᒋᑫᓇᐗ ᔕᑲᐠ ᑫᐊᑯᓭᐗᐨ ᐃᐦᐃᒪ ᑭᒥᐢᑶᐠ᙮ ᑭᒋ ᐃᓀᐣᑕᑾᐠ ᒋᓂᓯᑕᐎᓇᒪᐣ ᓇᐣᑕ ᒋᓇᑕᐌᐣᑕᑾᐠ ᒋᐊᔑᑎᓇᒪᐣ ᒪᐡᑭᑭᐣ ᑲᔦ/ᓇᐣᑕ ᒋᒋᐡᑕᐦᐅᑎᓯᔭᐣ ᐃᐦᐃᒪ ᑲᐃᔑ ᐊᑕᒋᑫᔭᐣ ᑭᐱᒪᑎᓯᐎᓂᓂᐠ (ᐎᓯᓂᐎ ᐅᓇᒋᑫᐎᓂᓂᐠ ᑲᔦ ᐊᐗᔑᒣ ᐸᐸᑲᐣ ᑫᑯᓇᐣ ᒋᑐᑕᒪᐣ ᑲᑴᒋᐎᐣ ᐅᒋ) ᒋᑭᐅᒋ ᑌᐱᓇᒪᐣ ᑲᑭᐃᔑ ᐅᓇᒋᑲᑌᐠ ᑫᐊᑯᓭᐨ ᔓᑲᐠ ᑭᒥᐢᑶᐠ᙮ ᑲᑴᑗᐣ ᒋᑭ ᐊᐸᒋᑐᔭᐸᐣ ᐃᐦᐃᐌ ᒥᐢᑶ ᐊᐸᒋᑕᐎᐣ ᒋᐎᒋᐦᐃᑯᔭᐣ ᒋᐱᒥ ᑭᑭᓇᐗᑕᓯᓇᐦᐃᑫᔭᐣ᙮ ᐊᐗᔑᒣ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ “ᐁᑲᓇᐌᐣᑕᒪᐣ ᑲᐊᐱᒋᓭᐗᐨ ᔓᑲᐠ ᐃᐦᐃᒪ ᑭᒥᐢᑶᐠ” (Managing Blood Glucose Levels) ᐅᐦᐅᒪ ᑲᑭᑭᓯᐠ ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ, “ᐁᑲᓇᐌᓂᒪᐨ ᑭᔓᑲᒼ ᑫᐊᐱᒋ ᐃᐡᐱᓭᐨ” (Managing Your Blood Glucose)᙮

ᑲᑴᒋᐎᐣ

ᑲᑴᒋᐎᐣ ᐎᒋᐦᐃᐌᒪᑲᐣ ᐃᐦᐃᒪ ᒥᓂᑯᐠ ᔓᑲᐠ ᑫᐊᐱᐗᐨ ᒥᐢᑶᐠ, ᑲᔦ ᐅᒋ ᐊᒍᓭ ᑕᓯᑯᓯᑾᓀᓯᐎᐣ ᑲᔦ ᐊᒍᓭ ᒥᑯᐡᑲᑌᐣᑕᒧᐎᐣ᙮ ᑭᑕᑭᑐᑕᐣ ᓇᐣᑕ ᒥᑕᓱᒥᑕᓇ ᓂᔭᓄᒥᑕᓇ ᑎᐸᐦᐃᑲᐣ ᑲᑴᒋᐎᐣ (ᑐᑲᐣ, ᓂᓱᒥᑕᓇ ᑎᐸᐦᐃᑲᐣ, ᓂᔭᓇᓄᑭᔑᑲᐣ ᐃᐦᐃᒪ ᐯᔑᑯ ᐱᒥᑯᓇᑲᐠ) ᑐᑕᐣ ᒪᐗᐨ ᑭᒋ ᑲᑴᒋᐎᐣ ᑕᓱ ᐱᒥᑯᓇᑲ᙮ ᓂᐡᑕᒼ ᓇᐣᑕ ᓂᔭᓇᓄ ᑎᐸᐦᐃᑲᐣ ᐊᑯᓇᐠ ᒥᑕᓱ ᑎᐸᐦᐃᑲᐣ ᐁᑕ ᒥᓂᑯᐠ ᑲᑭ ᑭᒋ ᐱᒧᓭ᙮ ᐊᔑᐨ ᑲᔦ, ᐅᐱᓂᑫᐣ (ᐅᐱᓂᑫᐎ ᑭᑭᓄᐦᐊᒪᑫᐎᐣ) ᓂᐦᔀ ᑕᓱ ᐱᒥᑯᓇᑲ᙮ ᑭᐡᐱᐣ ᐸᐢᑲᐣ ᐅᐦᐅᐌ ᒪᒋᑐᔭᐣ, ᓂᑲᐣ ᐊᔭᒥᐦᐃ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ᙮ ᐊᐗᔑᒣ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ, “ᑲᑴᒋᐎᐣ” (Physical Activity) ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᒋᐱᒧᑕᒪᓯᔭᐣ ᑭᑲᑴᒋᐎᐣ” (Managing Your Fitness)᙮

ᑲᒥᓄᐡᑲᑫᒪᑲᑭᐣ ᒥᒋᒪᐣ ᒋᒥᒋᔭᐣ

ᑫᑯᓀᐣ, ᐊᓇᐱ ᑲᔦ ᐊᐣ ᒥᓂᑯᐠ ᑫᐎᓯᓂᔭᐣ ᑲᑭᓇ ᑭᒋ ᐃᓀᐣᑕᑾᓄᐣ ᒋᑭᑫᐣᑕᒪᐣ ᒥᓂᑯᐠ ᑫᔓᑲᐎᓯᔭᐣ ᑭᒥᐢᑶᐠ᙮ ᐱᒥᓂᔕᐦᐊᐣ ᑲᒥᓋᔑᐠ ᒥᒋᒼ ᐅᓇᒋᑫᐎᐣ᙮ ᑲᑴᒋᒼ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᒋᐅᓇᑐᐨ ᒥᒋᒼ ᐅᑐᓇᒋᑫᐣ ᒋᐗᐸᒥᒪᐨ ᒋᑭᑭᓄᐦᐊᒪᑯᔭᐣ ᑾᔭᐠ ᒋᓂᑕ ᐎᓯᓂᔭᐣ, ᐁᑾ ᒋᐱᒥᓂᔕᐦᐊᒪᐣ ᑲᓇᑕ ᑾᔭᐠ ᒥᒋᒼ ᐅᓇᒋᑫᐎᐣ (Eating Well with Canada’s Food Guide)᙮ ᑭᐡᐱᐣ ᑭᔭᐱᐨ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ, “ᑲᒥᓋᔑᑭᐣ ᒥᒋᒪᐣ
- ᒋᑭᑫᐣᑕᒪᐣ” (Healthy Eating: The Basics) ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᒋᐱᒧᑕᒪᓯᔭᐣ ᑲᒥᓋᔑᑭᐣ ᒥᒋᒪᐣ ᒋᒥᒋᔭᐣ” (Managing Your Nutrition)᙮

ᒋᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑭᑕᓯᑯᓯᑾᓀᓱᐎᓂᓂᐠ ᐅᒋ

ᑭᐡᐱᐣ ᔓᑲᐗᐱᓀᔭᐣ ᑭᒋ ᐃᓀᐣᑕᑾᐠ ᑫᐃᔑ ᒥᓄᔭᔭᐣ ᒋᑕᓱᑯᓯᑾᓀᓯᔭᐣ᙮ ᑲᐎᒋᐦᐃᑯᐣ ᒋᐱᒥᑲᓇᐌᐣᑕᒪᓯᔭᐣ ᑭᔓᑲᐎᐣ, ᑭᒥᐢᑶ, ᑲᔦ ᒥᐢᑶ ᐱᒥᑌᐎᔭᐦᐃ ᐁᑲ ᓇᐱᐨ ᒋᐃᐡᐱᓭᑭᐣ᙮ ᑭᔭᐱᐨ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ, “ᒋᐱᒧᑕᒪᓯᔭᐣ ᑫᐃᔑ ᒥᓄᔭᔭᐣ ᒋᑕᓱᑯᓯᑾᓀᓯᔭᐣ” (Maintaining a Healthy Weight), ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ, “ᑫᐃᔑ ᐱᒧᑕᒪᓯᔭᐣ ᑭᑕᓱᑯᓯᑾᓀᓯᐎᐣ” (Managing Your Weight)᙮

ᒪᐡᑭᑭᐣ

ᐁᐡᑲᒼ ᑕᐡ, ᐃᐦᐃᐌ ᑐᑲᐣ ᓂᔑᐣ ᔓᑲᐗᐱᓀᐎᐣ ᑲᐃᔑᓂᑲᑌᐠ, ᑾᔭᐠ ᑕᑭᐃᓯᓭ ᐊᐎᔭ ᑭᐡᐱᐣ ᑲᑴᒋᐨ ᑲᔦ ᑾᔭᐠ ᐎᓯᓂᐨ᙮ ᔕᑯᐨ ᑕᐡ, ᒪᐡᑭᑭ ᑲᔦ/ᓇᐣᑕ ᒋᐡᑕᐦᐅᑎᓯᐎᐣ ᓴᑯᓇᐠ ᒥᑾᓂᐗᐣ - ᑲᑭᐃᔑ ᐅᓇᑕᒪᐎᐠ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᐃᔑᐱᒥ ᐊᐸᒋᑐᐣ ᐅᑴᓂᐗᐣ᙮ ᐊᐗᔑᒣ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ, “ᑲᐊᐸᒋᒋᑲᑌᐠ ᔓᑲᐗᐱᓀᐎᐣ ᒋᐡᑕᐦᐅᑎᓯᐎᐣ”(Using Insulin) ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᐃᐦᐃᐌ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᒪᐡᑭᑭᐣ” (Medication) ᑲᐃᔑᓂᑲᑌᐠ᙮

ᒋᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑲᐃᔑ ᐱᒧᑐᔭᐣ ᑭᐱᒪᑎᓯᐎᐣ

ᑕᐃᐡᐱᓭ ᑭᔓᑲᐎᐣ ᑭᐡᐱᐣ ᒥᑯᐡᑕᑌᐣᑕᒪᐣ᙮ ᑭᐡᐱᐣ ᑭᑫᐣᑕᒪᐣ ᑫᐃᔑ ᐊᓄᑲᑕᒪᐣ ᑕᓱᑭᔕᑲ ᑭᒥᑯᐡᑲᑌᐣᑕᒧᐎᐣ ᑲᐅᒋ ᐎᒋᐦᐃᑯᐣ ᐊᐗᔑᒣ ᒋᐅᒋ ᒥᓄᐱᒧᑕᒪᓯᔭᐣ᙮ ᐊᐗᔑᒣ ᐎᑭᑫᐣᑕᒪᐣ ᑫᐃᔑ ᐎᒋᐦᐃᑎᓯᔭᐣ ᐃᐦᐃᐌ ᒥᑯᐡᑕᑌᐣᑕᒧᐎᐣ ᐅᒋ, ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᑫᐃᔑᐱᒥ ᐎᒋᐦᐃᑎᓯᔭᐣ ᒥᑯᐡᑲᑌᐣᑕᒧᐎᐣ ᐅᒋ” (Managing Your Stress) ᐅᐦᐅᒪ ᑲᐃᔑ ᐊᔑᑕᑌᐠ᙮

ᒋᐳᓂ ᓴᑲᓶᔭᐣ

ᓴᑲᓶᐎᐣ ᑲᔦ ᔓᑲᐗᐱᓀᐎᐣ ᓇᐱᐨ ᑯᑕᑎᑯᐗᓄᐣ ᑲᑭᓂᑲᐎᓯᑭᐣ᙮ ᑭᐡᐱᐣ ᑫᒋᓇᐦᐅᔭᐣ ᐁᐎᐳᓂ ᓴᑲᓶᔭᐣ, ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓇᐣᑕ ᑭᒥᓄᔭᐎᐣ ᐊᓄᑭᓇᑲᓇᐠ ᑕᑭ ᐎᒋᐦᐃᐌᐗᐠ᙮ ᐊᒥᐦᐃ ᐱᑯ ᐃᔑ ᑲᑯᒋᑐᐣ, ᑭᒥᓄᔭᐎᐣ ᓇᐱᐨ ᑭᒋ ᐃᓇᑭᑌ᙮

3

ᑫᑯᓇᐣ ᑫᑭᑫᐣᑕᒪᐣ

ᒥᐡᑶ ᑲᐊᑯ ᐃᐡᐱᓭᐠ

ᑲᐃᐡᐱᓭᐠ ᒥᐢᑶ ᐊᒥᐦᐃ ᑫᑭᐅᒋ ᐊᑯᓯᓇᓂᐗᐠ ᒥᐡᑭᔑᑯᐠ, ᒥᑌᐦᐃᐠ, ᑲᓂᐳᓭᓇᓂᐗᐠ ᑲᔦ ᒥᑌᑎᑯᔀᔾ ᐊᑯᓯᐎᐣ᙮ ᑲᓇᑕᐌᐣᑕᑯᐢ ᒋᐊᒋᑐᔭᐣ ᑲᐃᔑ ᐱᒧᑕᒪᓯᔭᐣ ᑭᐎᓯᓂᐎᐣ ᑲᔦ

ᑭᑲᑴᒋᐎᐣ ᑐᑕᒧᐎᓂᓇᐣ ᑲᔦ/ᓇᐣᑕ ᒋᐅᑕᐱᓇᒪᐣ ᒪᐡᑭᑭᐣ ᑭᒥᐢᑶ 130/80 mm Hg
ᒋᐊᑯᓭᐠ᙮

ᑲᒪᒋᓇᑾᐠ ᐱᒥᑌᐎᔭᐦᐃ
ᑭᐡᐱᐣ ᒥᐡᑕᐦᐃ ᐱᒥᑌᐎᔭᐦᐃ ᑲᔦ ᑯᑕᑭᔭᐣ ᐱᒥᑌᐣ ᐊᔭᑭᐣ ᐃᐦᐃᒪ ᒥᐢᑶᐠ ᐊᒥᐦᐃ ᑫᑭᐅᒋ ᐊᔭᐠ ᒥᑌᐦᐃ ᐊᑯᓯᐎᐣ ᑲᔦ ᓂᐳᓯᐎᐣ᙮ ᓇᐣᑕ ᑲᓇᑕᐌᐣᑕᑯᐢ ᒋᐊᒋᑐᔭᐣ ᑲᐃᓇᒋᑫᔭᐣ ᑲᔦ ᑭᑲᑴᒋᐎᐣ ᑐᑕᒧᐎᓂᓇᐣ ᑲᔦ/ᓇᐣᑕ ᒋᐊᐸᒋᑐᔭᐣ ᒪᐡᑭᑭᐣ ᑭᒥᐢᑶ ᐱᒥᑌ ᑲᐃᔑ ᒥᓋᔑᐨ ᒋᐊᐱᑕᑌᐠ᙮ ᐊᐗᔑᒣ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ, “ᐁᐱᒥ ᑲᓇᐌᐣᑕᒪᓯᔭᐣ ᐁᑲ ᒋᐃᐡᐱᓭᐠ ᐱᒥᑌᐎᔭᐦᐃ ᑭᔭᐎᐠ” (Managing Your Cholesterol) ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᒥᐢᑶ ᑲᐊᐱᒋ ᐃᐡᐱᓭᐠ ᑲᔦ ᒥᐢᑶᔭᐱᐠ ᐱᒥᑌᐎᔭᐦᐃ

ᑲᐊᑯᑫᓭᐠ” (Blood Pressure and Cholesterol)

ᒥᐡᑭᔑᑯ ᐊᑯᓯᐎᓂᓇᐣ
ᓇᑕᐌᐣᑕᑾᐣ ᒋᓇᓇᑲᒋᐦᐃᐠ ᑭᒋ ᐅᐡᑭᔑᑯ ᒪᐡᑭᑭᐎᓂᓂ ᒋᐱᒋᒐᐸᐸᐗᓂᐠ ᐌᑎ ᐱᒋᔭᐦᐃᐠ ᑭᐡᑭᔑᑯᐠ ᒋᓇᓇᑲᒋᐦᐃᐠ ᑭᐡᐱᐣ ᓇᐣᑕ ᓇᑾᓂᓂᑴᐣ ᐁᐊᑯᓯᐗᐨ ᐃᐦᐃᒪ ᑭᐡᑭᔑᑯᐣ᙮ ᐊᐦᐊᐌ ᑎᐱᓇᐌ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᑲᐎᐣ ᒋᑭᑐᑕᐠ ᐅᐦᐅᐌᓂ ᑐᑕᑲᐣ ᓇᓇᑲᒋᐦᐃᐌᐎᓂᓂ ᐃᐦᐃᒪ ᐅᒪᐡᑭᑭᐎᑲᒥᑯᐠ᙮ ᑲᑴᑗᐣ ᒋᐃᔑᓂᔕᐦᐅᑯᔭᐣ ᒋᐗᐸᒪᐠ ᐊᐦᐊᐌ ᑭᒋ ᐅᐡᑭᔑᑯ ᒪᐡᑭᑭᐎᓂᓂ᙮
ᑭᓯᑕᐣ ᒋᐸᒥᑐᔭᐣ
ᑭᑕᑭᓯᓀᐣ ᑲᔦ ᑭᑕᔑᑲᓀᐣ ᑕᔀ ᓇᒋᒪᐡᑭᑭᐎᓂᐌᔭᐣ
(ᒥᓴᐗᐨ ᐗᓂᑫᐨ ᒋᐎᑕᒪᐎᐠ ᐅᐦᐅᐌ ᒋᑐᑕᒥᐗᐨ
ᐊᐦᐊᐌ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓇᐣᑕ ᑭᒥᓄᔭᐎ ᐅᑾᔭᑎᓇᒪᑫᐎ

ᐊᓄᑭᓇᑲᓇᐠ)᙮ ᑲᑯᑕᐎᑭᐨ ᐅᐗᐡᑲᐡ ᓂᓯᑭᓯᑕᓂᐠ, ᑲᐯᔑᓯᑌᐌᐱᔑᓂᓇᓂᐗᐠ ᑲᔦ ᑲᐅᒥᑭᐎᓯᑌᓇᓂᐗᐠ ᑕᑭ ᐅᒋ ᑭᒋ ᒥᓂᐎᓭᐗᐣ᙮ ᑭᑫᐣᑕᐣ ᑾᔭᐠ ᑫᐃᔑᐱᒥ ᐸᒥᑐᔭᐣ
ᑭᓯᑕᐣ᙮ ᐊᐗᔑᒣ ᑫᑯᐣ ᐎᑭᑫᐣᑕᒪᐣ, ᐊᔭᒥᑐᐣ
ᑎᐸᒋᒧᒪᓯᓇᐦᐃᑲᓀᐢ, “ᒥᓯᐟ ᑲᐸᒥᒋᑲᑌᐠ” (Foot Care) ᑲᔦ ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᐁᐱᒥ ᐸᒥᑐᔭᐣ ᑭᓯᑕᐣ”

(Managing Your Feet)᙮

ᑲᐡᑫᓂᑕᒧᐎᐣ ᑲᔦ ᒥᑯᐡᑕᑌᐣᑕᒧᐎᐣ

ᐊᒥᐦᐃ ᐁᐃᓇᒪᒋᐦᐅᐗᐨ ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐗᐨ ᐁᑾ ᑲᐎᐣ ᑲᒥᓄᑲᓇᐌᓂᒥᑎᓯᓯᐣ ᑭᔓᑲᐗᐱᓀᐎᓂᓂᐠ ᑭᐡᐱᐣ ᐅᐦᐅᐌ ᐃᓇᒪᒋᐦᐅᔭᐣ᙮ ᐊᔭᒥᐦᐃ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓇᐣᑕ ᑭᒥᓄᔭᐎᐣ ᐅᑾᔭᑎᓇᒪᑫ ᐊᓄᑭᓇᑲᓇᐠ ᑭᐡᐱᐣ ᐃᓀᐣᑕᒪᐣ ᐁᑲᐡᑫᓂᑕᒪᐣ ᓇᐣᑕ ᐁᒥᑯᐡᑲᑌᐣᑕᒪᐣ᙮

ᒥᑌᑎᑯᔀᔾ ᐊᑯᓯᐎᐣ
ᒥᓄᓭ ᐎᐸᐨ ᑲᓂᓯᑕᐎᓂᑲᑌᐠ ᒥᑌᑎᑯᔀᔾ ᐊᑯᓯᐎᐣ᙮ ᑭᓇᑕᐌᐣᑕᑯᐢ ᑭᔑᑯᓇᐳ ᓴᑯᓇᐠ ᒋᓇᓇᑲᒋᒋᑲᑌᐠ ᐎᐸᐨ ᒋᑕᔑ ᑭᑫᐣᒋᑲᑌᐠ ᑭᐡᐱᐣ ᒥᑌᑎᑯᔀᔾ ᐊᑯᓯᐎᐣ ᐊᔭᐗᓀᐣ᙮ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓇᐣᑕ ᑲᒥᓂᐠ ᒪᐡᑭᑭᐣ ᐁᑲ ᐊᐗᔑᒣ ᒋᓂᔡᓇᑎᓯᐗᐨ ᑭᑌᑎᑯᔀᔭᐠ᙮

ᑲᐃᔑ ᒪᒥᑾᒪᒋᐦᐅᓇᓂᐗᐠ ᑲᐱᑯᐡᑲᐠ
ᐎᑕᒪᐤ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓇᐣᑕ ᑭᒥᓄᔭᐎ ᐅᑲᓇᐌᐣᒋᑫᐎ ᐊᓄᑭᓇᑲᓇᐠ ᑭᐡᐱᐣ ᑭᑭᒥᓂᒋᔭᐣ ᓇᐣᑕ ᑭᑭᒥᓯᑌᔭᐣ ᓇᐣᑕ ᑕᐱᐡᑯᐨ ᐁᒐᒋᐡᑎᔑᓂᔭᐣ ᔕᐳᓂᑲᓇᐣ ᐃᓇᒪᒋᐦᐅᔭᐣ᙮

ᐊᓂᒥᓭᐎᓇᐣ ᓇᐯ ᐅᐸᑕᑭᒋᑫᐎᓂᓂᐠ
ᓇᐯᐗᐠ ᑲᔓᑲᐗᐱᓀᐗᐨ ᐊᓂᒥᓭᐗᐠ ᐊᑯ ᒋᑭ ᐸᑕᑭᒋᑫᐗᐨ ᑲᔦ ᒋᑭ ᐃᐦᓇᑭᒋᑫᐗᐨ᙮ ᑲᐎᐣ ᓇᓀᐯᐎᓯᐣ ᒋᐊᓂᒧᑕᒥᐗᐨ ᐅᐦᐅᐌᓂ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᑲᔦ ᑭᒥᓄᔭᐎ ᐅᑲᓇᐌᐣᒋᑫᐎ ᐊᓄᑭᓇᑲᓇᐠ᙮

ᐃᐦᐃᐌ ᑐᑲᐣ ᓂᔑᐣ ᔓᑲᐗᐱᓀᐎᐣ

ᑲᐃᔑᓂᑲᑌᐠ ᑲᐯᐦᐃ ᐅᐱᒪᑎᓯᐎᓂᓂᐠ

ᐊᐎᔭ ᐱᒪᐱᓀ ᐅᐦᐅᐌᓂ ᑲᐊᔭᐨ ᑲᔦ

ᐁᐊᓂ ᐊᓂᒪᐱᓀᓇᓂᐗᐠ, ᑭᓋᑲᐡ ᑕᐡ

ᐊᓂ ᐃᓯᓭᐠ, ᓇᐣᑕ ᑕᐊᓂ ᐊᓂᒪᐣ

ᒋᒥᑯᐦᐊᒪᐣ ᐃᐦᐃᐌ ᐅᓇᒋᑫᐎᐣ

ᑫᐊᑯᓭᐸᐣ ᑭᔓᑲᐎᐣ᙮ ᑭᒪᐡᑭᑭᐎ

ᑲᓇᐌᓂᒥᑯᐎ ᐊᓄᑭᓇᑲᓇᐠ

ᑭᑲᐎᒋᐦᐃᑯᐠ ᒋᐎᑕᓄᑭᒥᑾ

ᒋᒪᒥᓋᒋᑲᑌᐠ ᑭᒥᒋᒼ ᐅᓇᒋᑫᐎᐣ,

ᑭᑲᑴᒋᐎᐣ ᑲᔦ ᑭᒪᐡᑭᑭᒪᐣ᙮

ᑭᒋ ᐃᓀᐣᑕᑾᐣ ᒋᐱᒥ ᓇᓇᑲᒋᑐᔭᐣ ᑭᒥᐢᑶ᙮ ᑭᐣ ᐁᑾ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᓴᑯᓇᐠ ᓇᐱ
ᐗᐗᐸᑕᒧᐠ ᑲᐃᔑᐱᒥ ᑭᑭᓋᑕᓯᓇᐦᐊᒪᐣ ᑭᔓᑲᐎ ᑭᑭᓋᒋᐱᐦᐃᑲᓇᐣ᙮ ᑲᔦ ᑫᒋᓇᐦᐅᐣ ᑾᔭᐠ ᐁᐊᓄᑭᒪᑲᐠ ᐃᐦᐃᐌ ᑭᑕᐸᒋᑕᐎᐣ ᑲᐃᔑᐱᒥ ᓇᓇᑲᒋᑐᔭᐣ ᑭᒥᐢᑶ, ᐃᐦᐃᐌ
ᒋᐊᐸᒋᑐᔭᐣ ᑭᒥᐢᑶ ᓇᓇᑲᒋᐦᐃᑯᐣ ᐃᐦᐃᒪ ᒪᐡᑭᑭᐎᑲᒥᑯᐠ ᑲᑭ ᑐᒋᑲᑌᐠ, ᑕᓱ ᐊᐦᑭ
ᓇᓇᑲᒋᑐᐣ ᑭᒥᐢᑶ ᓇᓇᑲᒋᒋᑫᐎ
ᐊᐸᒋᑕᐎᐣ᙮

4

ᒥᓄᔭᐎᐣ - ᒋᑲᓇᐌᓂᒥᑎᓯᔭᐣ ᑭᔓᑲᐗᐱᓀᐎᓂᓂᐠ

ᒧᔕᐠ ᑾᔭᐠ ᑲᓇᐌᓂᒥᑎᓯᐣ ᑭᔓᑲᐗᐱᓀᐎᓂᓂᐠ ᐅᒋ
ᑭᐣ ᐅᑕᑯᓯ, ᑲᑭᓇ ᑫᑯᐣ ᑲᑴ ᑭᑫᐣᑕᐣ: ᑲᑴᑗᐣ ᐃᑴᓂᐗᐣ ᑾᔭᐠ ᑲᑴᑗᐎᓂᓇᐣ ᒋᑕᔑ ᐊᔭᔭᐣ ᒥᓄᔭᐎᐣ᙮ ᐊᔭᒥᐦᐃ ᑭᒪᐡᑭᑭᐎᓂᓂᒼ ᐃᑴᓂᐗᐣ ᐅᒋ ᑲᑭᒋ ᐃᓀᐣᑕᑾᑭᐣ ᓇᓇᑲᒋᐦᐃᑯᐎᓂᓇᐣ ᐃᐦᐃᒪ ᔓᑲᐗᐱᓀᐎᐣ ᐸᒥᐦᐃᑎᓱᐎᓂᓂᐠ᙮ ᓇᐣᑕ ᑲᓇᓇᑲᒋᐦᐃᑯ ᓴᑯᓇᐠ ᐊᐱᒋᐎ ᑲᑭᐃᔑ ᐎᒋᑲᑌᑭᐸᐣ᙮ ᑲᑭᐃᔑ ᐅᓇᑕᒪᑯᔭᐣ ᑫᐊᐱᒋ ᑭᔑᐱ ᐃᐡᐱᓭᑾᐸᐣ ᑭᒥᐢᑶ ᔓᑲᒼ ᑲᔦ ᑭᒥᐢᑶ ᑫᐊᐱᒋ ᐃᐡᐱᓭᐠ ᓇᐣᑕ ᑕᒪᔭᑭᓭ, ᐃᐦᐃᐌ ᐱᑯ ᑭᒥᓄᔭᐎᐣ ᑫᐃᓯᓭᑴᐣ᙮

ᐊᓇᐱ? ᑫᑯ ᓇᓇᑲᒋᐦᐃᑯᐎᐣ?

ᐊᐱᐣ ᑲᑭᑫᐣᑕᑾᐠ ᑭᑎᓇᐱᓀᐎᐣ • ᒥᑌᑎᑯᔀᔾ ᓇᓇᑲᒋᒋᑫᐎᐣ: ᒋᓇᓇᑲᒋᒋᑲᑌᐠ ᑭᔑᑯᐣ ᐃᐦᐃᒪ ᒪᐡᑭᑭᐎᑲᒥᑯᐠ
• ᒥᐡᑭᔑᑯ ᓇᓇᑲᒋᒋᑫᐎᐣ: ᒥᐡᑭᔑᑯ ᒪᐡᑭᑭᐎᓂᓂ ᐅᑲᐱᑕᐸᐗᑐᓇᐣᐨ ᒥᐡᑭᔑᑯᐣ ᐱᒋᔭᐦᐃᐠ
ᒋᐃᓇᐱᐨ
• ᒥᑾᒪᒋᐦᐅᐎᐣ ᑲᔭᑯ ᐱᑯᐡᑲᐠ ᓇᓇᑲᒋᒋᑫᐎᐣ: ᐱᐗᐱᑯ ᐊᐸᒋᑕᐎᐣ ᐁᐊᐸᒋᒋᑲᑌᐠ
• ᐱᒥᑌᐎᔭᐦᐃ ᑲᔦ ᑯᑕᑭᔭᐣ ᒥᐢᑶ ᐱᒥᑌᐣ ᓇᓇᑲᒋᒋᑫᐎᓂᓇᐣ: ᒥᐢᑶ ᓇᓇᑲᒋᒋᑫᐎ

ᓇᐣᑕ ᑕᓱ ᓂᐦᓱ ᐱᓱᒼ

* ᐊᐗᔑᒣ ᓴᑯᓇᐠ ᑭᐡᐱᐣ ᒪᐡᑭᑭᐎ
ᐎᒋᐦᐃᐌᐎᐣ ᑲᒪᒋᒋᑲᑌᐠ

• ᑲᐱᒥ ᓇᓇᑲᒋᒋᑲᑌᐠ ᒥᐢᑶ ᑲᔭᐱᒋ ᔓᑲᐎᐨ ᐊᐎᔭᐠ
(ᑲᑫᐧᑌᐱᓂᑫᐃᐧᐣ: 6.5 ᐳᕑᓭᐣᐟ ᑕᓯᐣ ᐊᐃᐧᔭᐠ ᑲᔓᑲᐊᐧᐱᓀᐊᐧᐨ)
• ᒥᐢᑶ ᑲᐊᑯᐃᐡᐱᓭᐠ (ᑫᑌᐱᓂᑲᑌᐠ: ᐊᐗᔑᒣ ᓇᔑᔭᐦᐃ 130/80 mm Hg)

• ᒋᓇᐱᐗᐗᐸᒋᑲᑌᐠ ᑭᐗᑲᐦᐃᑲᓂᓂᐠ ᑲᐃᔑᐱᒥ ᑭᑭᓋᒋᐱᐦᐃᑲᑌᐠ ᒥᐢᑶ ᑲᔭᐱᒋ ᔓᑲᐗᐠ

ᑕᓱ 12 ᐱᓯᑦ • ᒥᑌᑎᑯᔀᔾ ᓇᓇᑲᒋᐦᐃᑯᐎᐣ
• ᒥᓯᐟ ᓇᓇᑲᒋᐦᐃᑯᐎᐣ ᑫᒋᓇᐨ ᐯᔑᑾ ᑫᐊᐦᑭᐗᐠ ᑲᔦ ᔐᒪᐠ ᑭᐡᐱᐣ ᑭᑭᒋᓯᑕᐣ ᑭᐗᐡᑲᐡ
ᑯᑕᐎᑭᐨ ᑲᔦ ᐁᑲ ᑭᑫᐠ ᑲᑭᐃᔑ ᐯᔑᔑᓂᔭᐣ ᓇᐣᑕ ᑲᐃᔑ ᐅᒥᑭᔭᐣ
• ᐃᐦᐃᐌ ᑭᑕᐸᒋᑕᐎᐣ ᑲᐃᔑᐱᒥ ᓇᓇᑲᒋᑐᔭᐣ ᑭᒥᐢᑶ ᒋᑫᒋᓇᐦᐅᔭᐣ ᑾᔭᐠ ᐁᐊᓄᑭᓭᐠ,
ᐃᐦᐃᐌ ᒋᐊᐸᒋᑐᔭᐣ ᑭᒥᐢᑶ ᐊᑭᑕᓯᐣ ᒪᐡᑭᑭᐎᑲᒥᑯᐠ ᑲᑭᐃᔑ ᐅᑕᐱᓂᑲᑌᐠ
• ᐱᒥᑌᐊᐧᑲᒥᐢᑫᐧᐃᐧᐣ ᒥᓇ ᑯᑕᑭᔭᐣ ᒥᐢᑭᐧᑲᐠ ᑲᐱᒥᑌᐊᐧᐠ ᒋᔑᒪᒣᒋᑲᐦᐃᑯᔭᐣ

ᑕᓱ ᐯᔓᑯ ᐊᐦᑭ ᐊᑯᓇᐠ ᓂᔓ ᐊᐦᑭ • ᑭᒋ ᐅᐡᑭᔓᑯ ᒪᐡᑭᑭᐎᓂᓂ ᒋᓇᓇᑲᒋᑐᐨ ᑭᐡᑭᔑᑯᐣ ᑕᓱ ᐯᔓᑯ ᓇᐣᑕ ᓂᔓ ᐊᐦᑭ (ᑭᐡᐱᐣ
ᐁᑲ ᐊᔭᐠ ᐅᐡᑭᔑᑯ ᐊᑯᓯᐎᐣ), ᐁᑾ ᓴᑯᓇᐠ ᑭᐡᐱᐣ ᐅᐡᑭᔑᑯ ᐊᑯᓯᐎ ᐊᔭᐠ

ᒧᔕᐠ / ᐊᐁᐡᑲᒼ • ᑲᑴᑗᐎᓇᐣ ᓇᐯ ᐁᑲ ᑲᑭ ᐸᑕᑭᒋᑫᐨ ᐅᒋ
• ᑲᑴᑗᐎᓇᐣ ᑲᐡᑫᓂᑕᒧᐎᐣ ᓇᐣᑕ/ᑲᔦ ᒥᑯᐡᑕᑌᐣᑕᒧᐎᐣ ᐅᒋ
• ᑲᑴᑗᐎᓇᐣ ᒥᒋᒪᐣ ᑲᒥᓋᔑᑭᐣ ᑲᔦ ᑲᑴᒋᐎᐣ ᐅᒋ

Content taken from the Canadian Diabetes
Association’s consumer fact sheet,
Staying Healthy with Diabetes.

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