ᓯᓯᐸᑯᑦᑕᐱᑐᑦᐃᓐ (Diabetes)

ᓂᑲᓐ ᑦᐃᑕᒪᕐᑦᐃᓐ

ᑲᑦᐃᓐ ᑭᓐ ᐁᑕ ᐅᐅᑦᐁ ᑲᐃᓯᔭᔭᓐ. ᐊᑦᐊᓯᒥ 800,000 ᐯᒪᑎᓯᑦᐊᒡ ᐅᐅᒪ ᐅᓐᒐᕆᐅ ᐊᑭᑲ ᓯᓯᐸᑯᑦᑕᐱᑐᑦᐊᑲ.

ᑦᐁᑯᑐᓐ ᓯᓯᐸᑯᑦᑕᐱᑐᑦᐃᓐ ᑲᐃᒋᑲᒐᑲ.

ᐅᐅᑦᐁ ᐯᓱᑲ ᑎᓄᑦᐃ ᓯᓯᐸᑯᑦᑕᐱᑐᑦᐃᓐ (Type 1 diabetes) ᒥᑭᑲᒐᓂ ᐁᐃᓇᐱᑐᑦᐊᒡ ᒣᑦᑲ ᑭᐊᐱᓄᒋᓱᑦᐃᑦᐊᒡ ᑲᓴ ᑭᐅᖅᑲᑎᓯᑦᐊᒡ ᒥᑕᖅ ᐃᐃᒪ ᐁᐅᒋ ᐅᓱᐅᒪᑲᓂᑲ ᐅᑦᐃᓯᒥᑲ ᑲᑲᖅᑭᒋᕐᒪᑲᓯᓂᑲ ᒋᐅᓱᒋᕐᒪᑲᓂᑲ ᓯᓯᐸᑯᑎᒪᖅᑭᑭ. ᓯᓯᐸᑯᑎᒪᖅᑭᑭ ᐅᒋᐅᓱᐅᒪᑲᓇ ᐁᐅᒋᑎᐱᐅᓱᒋᕐᒪᑲᑲ ᐊᓂᓇ ᒥᓂᑯᑲ ᕐᐊᔭᒐ ᓯᓯᐸᑦᑲᑦ ᑭᒥᑦᑭᒥᑲ. ᑭᔭᑦᐃᑲ ᐃᑕᖅ ᐅᒋᐅᓱᐅ ᓯᓯᐸᑦᑲᑦ ᐃᐃᒪ ᒥᒋᒪ ᑲᑭᒥᒋᔭᓇ ᒋᐅᒋ ᑭᓱᖅᑦᐃᓯᖅᑲᑯᔭᓇ, ᖅᑯᒐ ᑲᓴ ᑲᓇᑕᑦᐁᑕᓇ ᓯᓯᐸᑯᑎᒪᖅᑭᑭ ᒋᑕᑯᐊᓄᑭᒪᑲᑲ. 10% ᒥᓂᑯᑲ ᐯᒪᑎᓯᑦᐊᒡ ᑲᓯᓯᐸᑦᑕᐱᑐᑦᐊᒡ ᐅᑕᔭᓇᑦᐊ. ᐅᐅᑦᐁ ᑎᓄᑦᐃ ᐃᓇᐱᑐᑦᐃᓐ ᑲᑦᐃᓐ ᒪᓂ ᒪᔭ ᒋᑭᕐᓇᒋᑲᒐ ᐊᓇᑎ ᐁᐅᒋᑲ; ᖅᑯᒐ ᐃᑕᖅ ᓂᑭᕐᑕᒥᓇ ᑲᑦᐃᓐ ᑲᖅᑭᒋᑲᒐᐱᓄᓇ ᒋᑭᓇᑲᖅᑭᑲᒐᑲ, ᑲᓴ ᑕᖅ ᑲᑦᐃᓐ ᐃᐃᒪ ᐅᒋᒪᑲᓯᓄᓇ ᓂᐱᑦᐊ ᑲᐊᑦᒪᑲᓂᑦᐃᒡ ᓯᓯᐸᑦᑲᑦ. ᐱᑯ ᐊᑦᐁᑐᓇ ᓯᓯᐸᑦᑕᐱᑐᑦᐃᓐ ᑲᐊᔭᒐ ᑕᒋᑕᐅᑎᓯᑦ.

ᑯᑕᑭᔭᑲ 90% ᐯᒪᑎᓯᑦᐊᒡ ᐅᑕᔭᓇᑦᐊ ᓯᓯᐸᑦᑕᐱᑐᑦᐃᓐ (type 2 diabetes), ᐅᒋᑲᒋᑎᓂᑦᐯᒪᑲᓇ ᑭᖅᐱᓇ ᐊᐸᓇ ᐅᑦᐃᓯᒥᑲ ᑲᑭᐅᓱᐅᒪᑲᓯᓄᑲ ᓯᓯᐸᑯᑎᒪᖅᑭᑭ ᐅᒥᔭᑦᐃᑲ ᕐᒪ ᐅᒥᔭᒃ ᑦᐁᑦᐁᓂ ᑲᑭᐅᑕᐱᓂᕐᒪᑲᓯᓂᑲ ᒋᐊᐸᒋᒋᕐᒪᑲᓂᑲ ᓯᓯᐸᑯᑎᒪᖅᑭᑭᓂ ᑲᐅᓱᐅᒪᑲᓂᑲ. ᐅᐅᑦᐁ ᐅᒋᐅᓱᐅᒪᑲᓂ ᒣᑦᑲ ᑭᑭᒋᐊᑦᐃᑦ, ᖅᑯᒐ ᐊᓂᐸᑎᓄᑦᐊᑲ ᐊᐱᓄᒋᖅᑲ ᕐᐃᓇᑦᐊ ᐅᑦᐁᓂ ᐁᓂᐃᓇᐱᑐᑦᐊᒡ. ᐅᐅᑦᐁ ᑲᐃᓇᐱᑐᑦᐊᒡ ᑕᑭᑦᐃᒋᐃᑎᓯᑦᐊᑲ ᑭᖅᐱᓇ ᑦᐁᑦᐊᑲᑦᐃᑦᐊᒡ. ᕐᒪ ᑲᓴ ᒋᐱᒥᐊᐸᒋᑐᑦᐊᒡ ᒪᖅᑭᑭᓇ ᕐᒪ ᒋᒋᑕᐅᑎᓯᑦᐊᒡ. ᕐᔭᐱ ᑦᐃᑭᕐᑕᒪᓇ ᕐᐃᓂ ᑦᐃᒋᐃᑎᓯᑦᐊᑲ ᐃᓇᐱᑐᔭᓇ, ᐃᓇᐱᓇ ᑲᑭᐅᓱᐱᐃᑲᒐᑲ ᐁᓱᓂᑲᒐᑲ ᒋᐱᒥ ᒥᓄᔭᔭᓇ, “ᒋᐱᒥ ᒥᓄᔭᔭᓇ - ᕐᐃᓱᐱᒥᑦᐃᒋᒋᑲᒐᑲ ᓯᓯᐸᑦᑕᐱᑐᑦᐃᓐ 2” (“Staying Healthy - Managing Type 2 Diabetes”).

ᒣᑦᑲ ᑲᓴ ᐃᑦᕐ ᑭ ᑭᑭᖅᑲᑦᐊᑦᐊᓯᒡ ᐊᑲᑦᐁ ᓯᓯᐸᑦᑕᐱᑐᑦ. 3.7% ᐃᓇᑭᒋᕐᑦᐃᓐ ᒥᓂᑯᑲ ᐃᑦᕐᑦᐊᑲ ᑲᑭᑭᖅᑲᑦᐊᑦᐊᓯᑦᐊᒡ ᓯᓯᐸᑦᑕᐱᑐᑦᐊᑲ ᑲᓴ ᑕᑯ 8 ᐊᑯᓇᑲ 18% ᑲᑭᑭᖅᑲᑦᐊᑦᐊᓯᑦᐊᒡ ᐊᓂᓱᓇᐯᕐᑫᑲ, ᒥᑕᖅ ᐁᓱᓇᓂᓴᓂᓯᑦᐊᒡ ᐊᓂᓂᑲᓇ ᒋᐊᓂ ᓯᓯᐸᑦᑕᐱᑐᑦᐊᒡ ᐃᑦᕐ ᑕᑯ ᐅᑕᐱᓄᒋᓱᒪᓇ.

ᐊᓂᓇ ᐁᓱᔭᓇᓂᑦᐊᑲ ᑲᓯᓯᐸᑦᑕᐱᑐᑦᐊᑲ.*

- ᓄᑎᔭᐸᑦᕐᓇᓂᑦᐊᓇ
- ᐱᓱᓱᑲ ᑦᐃᓱᓱᑭ
- ᑲᐊᐱᑕᓂᒡ ᐯᐸᑲᓂᔭᓂ (ᐁᓂᐊᓇᒋᐳᒡ ᕐᒪ ᐁᐊᓂᐸᑲᑎᒡ)
- ᑭᒋᐊᔪᑯᓯ ᕐᒪ ᑲᑦᐃᓇ ᒋᔭᐸᒪᓇᒋᐅᒡ
- ᐱᑭᔭᑦᐃᓇᒪ
- ᐱᓱᓱᑲ ᕐᒪ ᑲᑭᑦᐁ ᑦᐊᕐᑦᐃᐊᑯᓯ
- ᑦᐸᑕᑦᐃᑭᕐ ᑲᑭᐃᓱ ᑭᖅᑭᓱᑲ ᕐᒪ ᑲᑭᐃᓱ ᐅᔭᑦᐊᖅᑯᓱᑲ
- ᑭᑭᒥᓯ ᕐᒪ ᑲᑦᐃᓇ ᒋᓂᓯᑐᒪᓇᒋᑐᒡ ᐅᓂᒋᓇ ᕐᒪ ᐅᓯᑕᓇ
- ᑲᑦᐃᓇ ᒋᑭᐸᑕᑭᓯᒡ ᐃᓂᓂ

* ᑲᓂᕐᓇ ᐁᐸᑎᓄᑦᐊᒡ ᑲᓯᓯᐸᑦᑕᐱᑐᑦᐊᒡ ᑲᑦᐃᓇ ᕐᑯᓇ ᐃᓇᒪᓇᒋᐅᓯᑦᐊᑲ ᐅᐅᒪ ᑲᑭᑦᐃᓇᐱᑭᓇ ᐃᓇᒪᓇᒋᐅᑦᐃᓇ. ᑲᕐᒋᒪ ᑭᒪᖅᑭᑭᑦᐃᓂᓂᒪ ᑭᖅᐱᓇ ᐅᐅᑦᐁ ᒋᑭᐅᒋ ᑦᐊᕐᑦᐃ ᐃᓇᐱᑐᑦᐊᑐᓇ.

ᑕᑭᑲᖅᑭᒋᑲᒐ ᓇ ᓯᓯᐸᑦᑕᐱᑐᑦᐃᓐ ᒋᑭ ᓇᑲᓂᑲᒐᑲ.

ᑲᓇᓇᑕᑦᐃᑭᕐᒋᕐᕐᐊᒡ ᐃᑭᑐᑦᐊᑲ ᑭᖅᐱᓇ ᐊᓇᒋᑐᔭᓇ ᑲᐃᕐᐱᒪᑎᓯᔭᓇ ᒥᐃᒪ ᕐᐅᒋᓇᑲᓇᒪᓯᔭᓇ ᕐᒪ ᒋᑦᐸᑕᑦᐃᐃᓇᐱᑐᔭᓇ ᓯᓯᐸᑦᑕᐱᑐᑦᐃᓐ. ᑲᑦᐃᒋᐃᑯᓇ ᒋᓇᑲᓇᑲᒪᓇ ᓯᓯᐸᑦᑕᐱᑐᑦᐃᓐ ᑦᐁᑦᐁᓂ ᑦᐃᓯᓂᔭᓇ, ᒪᔭ ᐊᐱᑕᓂᔭᓇ ᑲᓴ ᒋᑦᐊᑦᐊᑲᑦᐃᔭᓇ.

Canadian Diabetes Association

Ontario

ᓯᓯᐸᑯᑦᑕᐱᓗᑦᐃᓇ - ᓂᑲᓇ ᑦᐃᑕᒪᕐᐃᓇ

ᑭᒋᐊᑯᓯᑦᐃᓂᑦᐊᓇ ᐃᓇ ᐅᐅᑦᐁ ᓯᓯᐸᑯᑦᑕᐱᓗᑦᐃᓇ.

ᑭᖅᐱᓇ ᓇᑕᑦᐃᒋᑲᒐᓯᓄᑦ ᕿᒪ ᑦᐃᒋᒋᑲᒐᓯᓄᑦ ᓯᓯᐸᑯᑦᑕᐱᓗᑦᐃᓇ, ᐸᑎᓇᑎᓇ ᕿᐊᓄᒋ ᐃᓇᐱᓗᓇᓂᑦᐊᑦ ᑕᑯ ᑲᔪ:

- ᐅᑐᐱᐊᐱᓗᑦᐃᓇ ᑲᔪ ᓂᐳᑦᐃᓴᑦᐃᓇ
- ᐅᑎᑎᑯᓯ ᐊᑯᓯᑦᐃᓇ
- ᐅᖅᑭᒍᑯᑦ ᐊᑯᓯᑦᐃᓇ
- ᑲᑦᐃᓇ ᒋᑭᐊᓄᑭᒪᑲᓂᑦ ᑲᐃᓂᓂᑦᐃᒃ (ᑲᑦᐃᓇ ᒋᑭᐸᑕᑭᓯᒃ) (Erectile dysfunction)
- ᑲᑦᐃᓇ ᒋᐊᓄᑭᒪᑲᑦ ᑲᐅᒋ ᓂᓯᑐᓯᓴᓇ

ᑦᐁᑦᐁᓂ ᑲᑦᐃᒋᐃᑎᓯᓇᓂᑦᐊᑦ ᑦᐃᒋᐃᑦᐁᒪᑲᓇ ᕿᒪ ᑲᐅᒋ ᑦᐸᑕᑦᐃ ᓇᓯᑲᑯᓇᓇ ᐅᓄᑦᐁᓂᑦᐊᓇ ᑭᒋᐃᓇᐱᓗᑦᐃᓇ – ᑲᑦᕿᒋᒪ ᑭᒪᖅᑭᑭᑦᐃᓂᓂᒪ ᐊᓂᓇ ᕿᑐᑕᒪᓇ.

ᐊᓇᑎ ᕿᑭᐅᒋ ᑲᒋᑎᓂᑦᐁᒪᑲᑦ ᓯᓯᐸᑯᑦᑕᐱᓗᑦᐃᓇ.

ᑭᖅᐱᓇ 40 ᑕᓯᐱᐳᓗᓴᓇ ᕿᒪ ᐊᑦᐊᓂᒥ, ᑭᐁᑦᓵᐸᑕᓇ ᒋᑲᒋᑎᓂᑯᓴᓇ ᓯᓯᐸᑯᑦᑕᐱᓗᑦᐃᓇ ᐁᑯ ᑕᖅ ᒋᑭ ᓇᓇᑲᒋᐃᑯᓴᐸᓇ ᑕᓯᓂᓯᐱᐳᓇ. ᑦᐃᐸ ᕿᒪ ᒧᓵᑦ ᑭᑕᓇᓇᑲᒋᐃᑯ ᑭᖅᐱᓇ:

- ᐁᐅᓇᑕᑲᓗᓯᓴᓇ ᐅᑯᑦᐁᓂᑦᐊᑦ ᑲᑦᐊᕿᑦᐃ ᐃᓇᐱᓗᑦᐊᒃ ᓯᓯᐸᑯᑦᑕᐱᓗᑦᐃᓂ: ᐊᓂᒍᓇᐯ, ᐃᔅᐸᓂᑦ, ᐁᒍᓴᓇ, ᓵᑦᐊᓄ ᐁᒍᓴᓇ ᕿᒪ ᒪᑲᑐᑦᐃᔅᔅ
- ᐁᑭᒋᐊᓇᒋᐳᓴᓇ – ᑭᖅᐱᓇ ᐅᔅᒥᑯ ᓂᐱᑦᐊ ᐁᐊᓇᒋᐳᓴᓇ ᑐᑎᐸᐃ ᑭᒥᔅᑕᑦ
- ᑭᓂᑭᐃᑦ, ᕿᒪ ᑲᑭᑦᐃᒋᓂᑕᑦᐃᑭᒪᒃ ᐁᓯᓯᐸᑯᑦᑕᐱᓗᑦᐊᒃ
- ᐁᑭᑭᖅᑲᑯᓴᓇ ᐊᑯᓯᑦᐃᓇ ᑕᑯ ᑲᓯᓯᐸᑯᑦᑕᐱᓗᓴᓇ, ᑕᐱᖅᑯ ᑭᖅᑭᒍᑯᑦ, ᑲᐅᒋᓂᓯᐳᒪᒋᐅᓴᓇ ᕿᒪ ᑭᑎᑎᑯᓯᑦ
- ᐁᑭᐊᓴᑦᐊᒃ ᐊᐱᓄᒋᖅ ᐁᑭᒥᑎᑐᒃ ᑲᓂᑕᑦᐃᑭᒃ ᐊᐊᑦᒍᒥ 4 kg (9 lbs ᓴᑲᓯᑎᐸᐱᖅᑯᒋᑲᓇ ᐁᑭᐊᐱᑕᓂᒃ)
- ᐁᑭ ᓯᓯᐸᑯᑦᑕᐱᓗᓴᓇ ᒥᑦᑲ ᑭ ᑭᑭᖅᑲᑦᐊᑦᐊᓯᓴᓇ
- ᒥᑦᐃᓵ ᐁᑭᐱᒪᒍᖅᑲᑦ ᑲᐅᒋ ᐱᒥ ᑎᐸᐸᒋᑲᑐᑦ ᑲᐊᓂ ᐊᐱᑕᐱᑭᖅᑲᒪᑲᑦ ᓯᓯᐸᑦᑲᑦ ᑭᒥᔅᑭᒥᑦ
- (ᐃᖅᐱᓴᑦ ᑭᒥᔅᑭᒪ)
- (ᓂᐱᑦᐊ ᐁᐊᔭᒪᑲᑦ ᐱᒥᑐ ᑭᒥᔅᑭᒥᑦ) ᕿᒪ ᑯᑕᑦ ᐸᑲᓇ ᐁᐃᖅᐸᑦ ᐱᒥᑐ ᑭᒥᔅᑭᒥᑦ
- ᐁᑭᑦᐃᓇᑕᒪᑯᓴᓇ ᐁᐃᓇᐱᓗᓴᓇ ᐅᐅᑦᐁ ᑎᓄᑦᐃ ᐃᓇᐱᓗᑦᐃᓇ:
  - ᐁᐸᑭᓴᓇ ᑭᑦᐊᑦᐊᓄᓇ ᑲᐃᒍᐱᓇᑐᑭᓇ
  - ᐸᐯᑦᑲᒃ ᐁᒪᒪᑲᑐᐊᑦᓵᕐᖅᑲᓴᓇ
  - ᑭᒪᒥᑐᑐᒋᑲᓂᑦ ᐁᐃᒍᔭᑯᓯᓴᓇ ᑕᐱᖅᑯ ᓄᒋᑯ ᑲᐃᑐᓂᒧᓇᓂᑦᐊᑦ

Ojibway Catalogue No.013125 August 2009 © Queen's Printer for Ontario

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Diabetes.

Ontario

ᐊᑯᓯ·ᐃ ·ᐃᒋᐃᑯ·ᐃᓐ

ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒡ ᕿᒪᐃᓂ·ᐃᑐᑲ·ᐃ·ᑕᐸᓐ ᐅᐅᒪ ·ᐃᒋᐃᑯ·ᐃᓂᑦ

ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒡ ᓂᐱ·ᐊ ᐸᓇᒋᒋᕿ·ᐊᑦ ᑲᑎᐸᐊᒧ·ᐊᒡ ᐅᒪᖅᑭᑭ·ᐃ ᐊᐸᒋᑕᑲᓂ·ᐊ, ᒪᖅᑭᑭᓐ ᑲᔪ ᑯᑕᑭᔭᓐ ᑲᐱᒥᐊᐸᒋᑐ·ᐊᒡ. ᐸᓐᑭ ᑕᖅ ᒋᐅᒋ ᓇᓐᑭᓇᒪ·ᐃ·ᑕ, ᐊᓂᑦ ·ᐃᒋᐃᑯ·ᐃᓇᓐ ᑕ·ᑲᓄᓐ ᑲᐃᓯᓴᓂᑦ ᐅᐅᒪ ᒋᐅᒋ ·ᐃᒋᐃ·ᑕ.

ᐅᖅᑭᑦᑯᒪᑭᑭ ·ᐃᒋᐃᑯ·ᐃᓇᓐ	
·ᐃᒋᐃᑯ·ᐃᓐ ᐁᐅᒋᑦ: **ᐅᓇᑐᕆᐅ ᐅᑭᒪ·ᐃᓐ ᑲᑎᐸᐊᑦ ᒪᖅᑭᓇ (Ontario Health Insurance Plan (OHIP))**	
ᐊ·ᐁᑐᓐ ᐅᐅᒪ ᕿᑭᐅᒋ ·ᐃᑐᑲ·ᐊᑲᓂ·ᐃᒡ?	**·ᐁᑯᑐᓐ ᑎᓄ·ᐃ ·ᐃᒋᐃᑯ·ᐃᓇᓐ?**
ᑲᐊᑯᓯ·ᐊᒡ 65 ᑲᑕᓱᐱᐳᑐ·ᐊᒡ ᑲᔪ ᑲᐊᓂᑭᒋᐊ·ᐃ·ᐊᒡ ᑲᔪ ᑕᖅ ᑲᐊᑯᓯ·ᐊᒡ 19 ᑲᑕᓱᐱᐳᑐ·ᐊᒡ ᐱᓂᖅ ᑕᐸᖅ.	ᐯᒋ·ᑦ ᐅᖅᑭᑦᑯ ᓇᓇᑲᒋᐃᑯ·ᐃᓐ ᑕᓱ ᒥᑕᒋᓂᓇᑭᓯᒡ 12 ᑲᔪ ᑲᐃᒋᓴᓂᑦ ᒋᐊᓂᒋ ᐱᒥᓇᓇᑲᒋᐃ·ᑕ.
ᑲᐊᑯᓯ·ᐊᒡ 20 ᐱᓂᖅ 64 ᑲᑕᓱᐱᐳᑐ·ᐊᒡ ᐅᐅ·ᐁ ᑲᐃᓇᐱᑐ·ᐊᒡ: ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒡ, ᐊᓂᓂᑯ ᐯᐸᑲᓐ ᑲᐃᒋᔭᒪᑲᑦ ᐅᖅᑭᑦᑯ·ᐊᐱᑐ·ᐃᓇᓐ, ᑕᐱᖅᑯ ᑲᔪ ᑲᐅᒋ·ᐊᐱᓇᓂ·ᐊᑦ ᑲᐃᒋᐊᑯᓯᓇᓂ·ᐊᑦ.	ᑕᓱᒥᑕᒋᓂᓇᑭᓯᒡ ᒋᓇᓇᑲᒋᐃᑯᒡ ᑭᒋ ᐅᖅᑭᑦᑯᒪᖅᑭᑭ·ᐃᓂᓂ·ᐊᓐ ᕿᒪ ᑯᑕᑦ ᑭᒋᒪᖅᑭᑭ·ᐃᓂᓂ ᑲᔪ ᑯᑕᑦ ᑲᐃᒋᓴᓂᑦ ᒋᐊᓂᒋ ᐱᒥᓇᓇᑲᒋᐃ·ᑕ.
ᐊᓂᓂᑯ ᑲᑕᓱᐱᐳᑐ·ᐊᒡ ᑲᐊᑯᓯ·ᐊᒡ.	ᒥᐅᒪ ᐁᒋᐊᓄᑭ·ᐊᒡ ᑲᐅᖅᑭᑦᑯᒪᖅᑭᑭ·ᐊᓄᑭᑕᒪᕿ·ᐊᒡ ᑲᐃᒋᓴᓂᑦ ᒋᑭᐅᒋ ·ᐃᒋᐊᑲᓂ·ᐃ·ᐊᒡ ᑲᐊᑯᓯ·ᐊᒡ.

ᐃᒋᑭᑭᑐᓐ:

- ServiceOntario: 1-800-268-1154 (ᑲᑎᐸᐃᑲᒐᓯᓄᑦ ᐅᐅᒪ ᐁᑕ ᐅᓇᑐᕆᐅ). ᑐᕋᓐᑐ ᑭᒋᐅᒐᓇᑦ): 416-314-5518
- ᐃᓇᐱᓐ ᐱ·ᐊᐱᑯᑦ **www.health.gov.on.ca/english/public/pub/ohip/eyecare.html**

Ontario

ᐊᑯᓯ·ᐃ ·ᐃᒋᐃᑯ·ᐃᓇ - ᑲᓯᓯᐸᑯ·ᑕᐱᓗ·ᐊᒡ ᕿᐃᓱ·ᐃᒋᐃ·ᑕᐸᓇ ᐅᐅᒪ ·ᐃᒋᐃᑯ·ᐃᓂᒃ

ᒪᖅᑭᑭ·ᐃᓂᓂ ᑲᐸᑭᑎᓇᑭᓇ ᒪᖅᑭᑭᓇ ᑲᓴ ᐊᐸᒋᑕᑲᓇᓇ
·ᐃᒋᐃᑯ·ᐃᓇ ᐁᐅᒋᒃ: **ᐅᑭᒪ·ᐃᓇ ᑲᐸᒥᓇᒃ ᒥᓄᔭ·ᐃᓇ ᑲᓴ ᑭ·ᓗᖅ ᑲᐅᒋ ᐊᓄᑲᑐᒃ ᐸᒥᐃᑯ·ᐃᓇ (Ministry of Health and Long-Term Care), ᐅᓇᑐᕆᐅ ᒪᖅᑭᑭᓇ (Ontario Drug Benefit Plan (ODB))**

ᐊ·ᐁᓗᓇ ᐅᐅᒪ ᕿᑭᐅᒋ ·ᐃᑐᑲ·ᐊᑲᓂ·ᐃᒡ?	·ᐁᑯᓗᓇ ᑎᓄ·ᐃ ᐊᐸᒋᑕᑲᓇᓇ?
ᑲᐊᑯᓯ·ᐊᒡ ᐅᓇᑐᕆᐅ ᐅᑭᒪ·ᐃᓂᒃ ᑲᐅᒋ ᐸᒥᓂᑲᑐᑭᓇ ᒪᖅᑭᑭ·ᐃ ·ᐃᒋᐃᑯ·ᐃᓇᓇ ᑲᓴ 65 ᑲᑕᓯᐱᐳᓗ·ᐊᒡ ᑲᓴ ᑲᐊᓂᑭᒋᐊ·ᐃ·ᐊᒡ.	ᓯᓯᐸ·ᑲ·ᑕᐱᓗ·ᐃ ᐊᐸᒋᑕᑲᓇᓇ ᑕᑯ ᑲᓴ ᕿᑲ ᑲᑭᓇ ᒋᑕᐅᑎᓯ ᒪᖅᑭᑭᓇ, ᑲᓴ ᑲᒥ·ᓴᐸᓂᒋᑲᑐᑭᓇ ᒪᖅᑭᑭᓇ (hypoglycemics), ᑲᓴ ᑕᖅ ᒥᓴ·ᑭ ᓇᓇᑲᒋᒋᑲᓗᔭᐱᓇ.

ᒋᑭᕿᒪᓇ: ᑭᖅᐱᓇ 65 ᕿᒪ ᐊ·ᐊᓱᒥ ᑕᓯᐱᐳᓗᔭᓇ, ᐅᓇᑐᕆᐅ ᐅᑭᒪ·ᐃᓂᒃ ᐁᐅᒋ·ᐃᑐᑲᑯᔭᓇ ᑲᓴ ᑕᖅ $16,018 ᕿᒪ ᐊ·ᐊᓱᒥ (ᕿᒪ ᒪᒪᑊ ᑲᐃᓱᓂᓱᔭᒃ $24,175 ᕿᒪ ᐊ·ᐊᓱᒥ ᐁᓇᓂᔭᕿᔭᒃ) ᑲᓇᑕ·ᐁᓂᒥᑯ ᖓᒪᒃ $100 ᒋᑎᐸᐃᕿᔭᓇ. ᒥᓇ·ᐊ ᑕᖅ ᐊᐸᓇ ᐊᑯᓇᒃ $6.11 ᐯᓱᒃ ᐃᐃ·ᐁ ᑎᓄ·ᐃ ᒪᖅᑭᑭ ᑲᑎᐸᐃᕿᐃᑯ. ᑭᖅᐱᓇ ᑲ·ᐃᓇ ᑲᓇᕿ $16,018 ᕿᒪ $24,175 ᑲᐃᓱᓂᓱᔭᒃ, ᑲ·ᐃ ᒣ·ᒣᒡ ᑲᓇᑐᑕᒪᑯᓯᓇ ᓂᑲ ᒋᑎᐸᐃᕿᔭᓇ ᓴᑯᒡ ᑕ·ᓴ ᑲᑲ·ᕿᒋᒥᑯ $2 ᒋᑎᐸᐊᒪᓇ ᒪᖅᑭᑭ ᐃᓇᑭᑕᒪᕿ·ᐃᓇ.

ᑕᓯᓇ ᕿᑯᓇᓇ ᑲᓂᐱᐃᐱᐃᑲᒐᑭᓇ ᐅᑭᒪ·ᐃᓂᒃ ᑲᐅᒋ ᑎᐸᐃᑲᒐᑭᓇ ODB ᑲᓯᓯᐸᑯ·ᑕᐱᓗ·ᐊᒡ ᑲᐱᒥᐊᐸᒋᑐ·ᐊᒡ:

- ᑲᒥ·ᓴᐸᓂᒋᑲᒐᑭᓇ ᓯᓯᐸᑯ·ᑕᐱᓗ·ᐃᓇ ᒪᖅᑭᑭᓇ (Oral antidiabetic agents)
- ᒋᑕᐅᑎᓯ·ᐃ ᒪᖅᑭᑭᓇ (Insulins)
- ᒥᓴ·ᑭ ᓇᓇᑲᒋᒋᑲᓗᔭᐱᓇ (Testing strips)

ᐃᓱᑭᑭᑐᓇ:

- ᑭᑕᓱᕿ·ᐃᓂᒃ ᑲᑕᓇᓄᑲᒐᒃ ·ᐃᑐᑲᕿ·ᐃᓇᓇ ᒋᓇᓇᑐᑭᕿᑕᒪᓇ ᒋᑭᐅᒋ ·ᐃᒋᐃᑯ·ᐊᓗᓇ ᐅᐅᒪ. ᐃᓱᑭᑭᑐᓇ ᑲᐅᒋ ᒪᒪ·ᐃ ᐊᓄᑲᒐᑭᓇ ·ᐃᑐᑲᑯ·ᐃᓇᓇ ᐊᓄᑭ·ᐃᑲᒥᑯᒃ ᒋᓇᓇᑐᑭᕿᑕᒪᓇ ·ᐁᑯᓗᓇ ᑭᑕᓱᕿ·ᐃᓂᒃ ᐁᐊᓄᑲᒐᑭᓇ: **www.mcss.gov.on.ca/mcss/english/ministry/regionaloffices**
- ᒪᖅᑭᑭᓇ ᑲᐸᒥᓇᑭᓇ
- ᐃᓇᐱᓇ ᐱ·ᐊᐱᑯᒃ **www.health.gov.on.ca/english/providers/program/drugs/odbf_mn.html**

·ᐃᒋᐃᑯ·ᐃᓇ ᐁᐅᒋᒃ: **ᐅᑭᒪ·ᐃᓇ ᑲᐸᒥᓇᒃ ᒥᓄᔭ·ᐃᓇ ᑲᓴ ᑭ·ᓗᖅ ᑲᐅᒋ ᐊᓄᑲᒐᒃ ᐸᒥᐃᑯ·ᐃᓇ, ·ᕿᓕᔭᒪ ᒪᖅᑭᑭ ·ᐃᒋᐃᑯ·ᐃᓇ (Trillium Drug Program)**	
ᐊ·ᐁᓗᓇ ᐅᐅᒪ ᕿᑭᐅᒋ ·ᐃᑐᑲ·ᐊᑲᓂ·ᐃᒡ?	**·ᐁᑯᓗᓇ ᑎᓄ·ᐃ ᐊᐸᒋᑕᑲᓇᓇ?**
ᑲᐊᑯᓯ·ᐊᒡ ᓂᐱ·ᐊ ᑲᐃᓇᑭᒐᓂᒃ ᐅᒪᖅᑭᑭᒥ·ᐊ ᑲᑭᐅᒋ ᑎᐸᐸᒋᑲᒐᓂᒃ ᒥᓂᑯᒃ ᐯᓱᑯᐱᐳᓇ ᑲᐱᒥ ᓇᓂᔭᕿ·ᐊᒡ. ᑲᓇᑕ·ᐁᓂᒥᑯ ᖓᒪᒃ ᒋᑎᐸᐃᕿᔭᓇ, ᓂ·ᐊ ᒋᐃᓱ ᐱᒥᑎᐸᐃᕿᔭᓇ ᐯᓱᑯᐱᐳᓇ, ᐅᐅᒪ ᒋᐅᒋ ·ᐃᒋᐃᑯᔭᓇ. ᐅᐅ·ᐁ ᑎᐸᐃᕿᐃᑯ·ᐃᓇ ᑕᐅᒋ ᑎᐸᐸᒋᑲᒐ ᑲᑭ·ᐁ ᑲᓇ·ᐊᐸᒋᑲᒐᒃ ᒥᓂᑯᒃ ᑲᐱᒥᓇᓂᔭᕿᔭᓇ.	ᓯᓯᐸ·ᑲ·ᑕᐱᓗ·ᐃ ᐊᐸᒋᑕᑲᓇᓇ ᑕᑯ ᑲᓴ ᕿᑲ ᑲᑭᓇ ᒋᑕᐅᑎᓯ ᒪᖅᑭᑭᓇ, ᑲᓴ ᑲᒥ·ᓴᐸᓂᒋᑲᒐᑭᓇ ᒪᖅᑭᑭᓇ, ᑲᓴ ᑕᖅ ᒥᓴ·ᑭ ᓇᓇᑲᒋᒋᑲᓗᔭᐱᓇ.

ᐃᓱᑭᑭᑐᓇ:

- 1-800-575-5386
- ᐃᓇᐱᓇ ᐱ·ᐊᐱᑯᒃ **www.health.gov.on.ca/english/public/pub/drugs/trillium.html**

ᑕᒋᐃᑯᐃᓐ ᐁᐅᒋᒃ: ᐅᑭᒪᐃᓐ ᑲᐸᒥᓇᒃ ᒥᓄᔭᐃᓐ ᑲᓴ ᑭᖅᑐᖅ ᑲᐅᒋ ᐊᓄᑲᒐᒃ ᐸᒥᐃᑯᐃᓐ, ᒪᖅᑭᑭᐃ ᐊᐸᒋᑕᑲᓇᓐ ᑲᐅᒋᑎᐸᐃᑲᒐᑭᓐ (Assistive Devices Program (ADP))

ᐊᐃᖃᓐ ᐅᐅᒪ ᕿᑭᐅᒋ ᐃᑐᑲᐊᑲᓂᐃᒐ?	ᐃᖃᓐ ᑎᓄᐃ ᐊᐸᒋᑕᑲᓇᓐ?
ᑲᐊᑯᓯᐊᒐ 65 ᕿᒪ ᐊᐃᓱᒥ ᑲᑕᓱᐱᐳᖃᐊᒐ ᒋᑕᐅᑎᓱ ᒪᖅᑭᑭᓇ ᑲᐊᐸᒋᑐᐊᒐ ᑕᓱᑭᓱᑲ.	ᐯᓱᑯᐱᐳᓇ ᑕᐃᓱᒥᓇᑲᓂᐃ $170, ᐯᓱᑲ ᑕᐃᓱᒥᓇᑲᓂᐃ, ᒋᐊᑕᐃᒐ ᒪᖅᑭᑭᓇ ᑲᓴ ᐊᓯᐊᒋᑲᓇᐱᑯᓇ ᑲᒋᑕᐅᑎᓱᐊᕿᓇᓂᐊᒃ.
ᐊᐱᓄᒋᖅᑲᒃ, ᐅᑲᑎᓴᒃ ᑲᓴ ᑲᑭᒋᐊᐃᐊᒐ ᑲᓱᓱᐸᑯᐊᑕᐱᖃᐊᒐ (type 1 diabetes) ᑲᐃᓱᓴᓂᒃ ᐅᐅᒪ ᒋᐅᒋ ᐃᒋᐃᑕ. ᓂᑲᓇ ᑲᓇᑲᒋᐃᑯ ᑲᓴ ᑕᐅᒋ ᐱᒥᓂᖅᐃᑲᒐ ᓯᓱᐸᑯᑕᐱᖃᐃ ᑭᑭᓄᐊᒪᕿᐃ ᐃᑐᑲᕿᐃᓐ. ᑲᐊᑯᓯᐊᒐ ᑲᐃᓱᓴᓂᒃ ᐅᐅᒪ ᒋᐅᒋ ᐃᒋᐃᑕ ᓇᑕᐃᖅᓂᒪᐊᒃ ᒋᐊᐸᑕᐃᖅᐊᒐ ᑐᐃᐯ ᐅᐅᒪ ᒋᐅᒋ ᐃᒋᐃᑕ.	• ᒥᓱᐃ ᑕᐃᓱᑎᐸᐃᑲᒐᓂ ᑲᐃᓇᑭᒋᑲᒐᒃ ᒋᑕᐅᑎᓱᐃ ᐊᐸᒋᑕᑲᓇᓐ, ᒋᒥᓇᑲᓂᐃᒐ ᑲᐊᑯᓯᒐ ᒋᐊᑕᐃᖅ ᑲᑭᐃᓱ ᐅᖃᒋᑲᒐᓂᒃ ᒋᐃᓇᑭᒋᑲᒐᓂᒃ $6,300 ᑕᐧᓴᐱᒃ. • ᑕᓱᓇᓄᐱᐳᓇ ᑕᐃᓱᐊᔭᑲᐃ ᒥᓇᑲᓂᐃ ᓇᓂᔭ ᒋᐊᑕᐃᖅ ᐅᖅᑭ ᒋᑕᐅᑎᓱᐃ ᐊᐸᒋᑕᑲᓂ, ᑭᖅᐱᓇ ᐊᐸᓇ ᐅᒋᐱᖃᓴᓂᒃ. • ᑕᓱᐱᐳᓇ ᑕᐃᓱᒥᓇᑲᓂᐃ ᓇᓂᔭ $2,400 ᑯᑕᑭᔭᓇ ᒋᑕᐅᑎᓱᐃ ᐊᐸᒋᑕᑲᓇᓐ ᒋᐊᑕᐃᖅ, ᓂᐊ ᐯᓱᑯᐱᐳᓇ ᑕᐃᓱᒥᓇᑲᓂᐃ ($600 ᐯᓱᑲ) ᑕᒥᓇᑲᓂᐃ ᑲᐊᑯᓯᒐ ᕿᒪ ᑲᑲᓇᐅᓂᒪᒐ ᑲᐊᑯᓯᓂᒐ. ᒥᐁᑕ ᕿᐃᓇᐸᒋᐊᒐ ᒋᐊᑕᐃᖅ ᐊᐸᒋᑕᑲᓇᓐ ᒋᐅᒋ ᐊᓄᑭᒪᑲᓂᒃ ᒋᑕᐅᑎᓱᐃ ᐊᐸᒋᑕᑲᓂ ᑲᓴ ᑕᓱᐱᐳᓇ ᒋᐅᖅᑭᒋᑲᒐᓂᒃ.

ᐃᓱᑭᑭᑐᓇ:

- ᒪᖅᑭᑭᐃ ᐊᐸᒋᑕᑲᓇᓐ ᑲᐅᒋᐸᑭᑎᓂᑲᒐᑭᓇ (Assistive Devices Program): 1-800-268-6021 (ᑲᑎᐸᐃᑲᒐᓱᓄᒃ ᐅᐅᒪ ᐁᑕ ᐅᓇᒐᕆᐅ). ᑐᕋᓇᑐ ᑭᒋᐅᒐᓇᒃ: 416-327-8804

ᑕᒋᐃᑯᐃᓐ ᐁᐅᒋᒃ: ᐅᑭᒪᐃᓐ ᑲᐸᒥᓇᒃ ᒥᓄᔭᐃᓐ ᑲᓴ ᑭᖅᑐᖅ ᑲᐅᒋ ᐊᓄᑲᒐᒃ ᐸᒥᐃᑯᐃᓐ, ᒪᖅᑭᑭᐃ ᐊᐸᒋᑕᑲᓇᓐ ᑲᐅᒋᑎᐸᐃᑲᒐᑭᓇ, ᑲᓇᑕ ᓯᓱᐸᑯᑕᐱᖃᐃᓐ ᑲᐊᓄᑲᑕᒧᐊᒐ ᑲᐸᒥᓇᒧᐊᒐ (Canadian Diabetes Association)

ᐊᐃᖃᓐ ᐅᐅᒪ ᕿᑭᐅᒋ ᐃᑐᑲᐊᑲᓂᐃᒐ?	ᐃᖃᓐ ᑎᓄᐃ ᐊᐸᒋᑕᑲᓇᓐ?
ᑲᐃᓱᓴᓂᒃ ᐅᐅᒪ ᒋᐅᒋ ᐃᒋᐃᑕ ᑲᒋᑕᐅᑎᓱᐊᒐ ᑲᓴ ᑲᑭᑭᖅᑲᐊᐊᓱᐊᒐ ᑲᓱᓱᐸᑯᑕᐱᖃᐊᒐ.	• 75% ᒥᓂᑯᒃ ᑕᐃᓱᑎᐸᐃᑲᒐᓂ ᒥᓴᑭ ᓇᓇᑐᑭᕿᒋᑲᓂ ᐊᑯᓇᒃ $75 ᐃᓇᑭᒐᒃ, ᕿᒪ 75% ᑲᐃᓇᑭᒐᒃ ᑲᐃᑕᒪᕿᒪᑲᒃ ᓯᓱᐸᑲᒃᑕ ᑎᐸᐸᒋᑲᓇᐱᒃ ᐊᑯᓇᒃ $300 ᐃᓇᑭᒐᒃ. ᑕᑭᒥᓇᐊᒃ ᐅᐅᒪ ᐃᑐᑲᑯᐃᓐ ᑕᓱᓇᓄᐱᐳᓇ. • 75% ᒥᓂᑯᒃ ᑲᐃᓇᑭᒐᓂᒃ ᒋᑕᐃᑲᓇᐱᑯᓇ ᑲᓴ ᑎᐸᐸᒋᑲᐅᔭᐱᓇ ᐊᑯᓇᒃ $820 ᐯᓱᑯᐱᐳᓇ ᑕᐃᓱᒥᓇᑲᓂᐃ.

ᐃᓱᑭᑭᑐᓇ:

ᑲᓇᑕ ᓯᓱᐸᑯᑕᐱᖃᐃᓐ ᑲᒪᒪᐊᓄᑲᑕᒧᐊᒐ: 1-800-361-0796

ᐊᑯᓯ·ᐃ ·ᐃᒋᐃᑯ·ᐃᓇ - ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒡ ᕿᐃᓂ·ᐃᒋᐃ·ᑕᐸᓇ ᐅᐅᒪ ·ᐃᒋᐃᑯ·ᐃᓂᒃ

ᑲᑭᑭᓄᐊᒪᕿ·ᐊᒡ ᐃᓇᒋᕿ·ᐃᓇᓇ

ᑲᑭᑭᓄᐊᒪᕿ·ᐊᒡ ᐃᓇᒋᕿ·ᐃᓇᓇ ᑕᓇᓄᑭ·ᐊᒃ ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃ ᑭᑭᓄᐊᒪᕿ·ᑲᒥᑯᓇ (Diabetes Education Centres) ᑲᑭᒋᐃᓇᐱᑐ·ᐊᒡ ᑲᔪ ᑕᓂᕿ·ᐃᓂᒃ ᑲᑕᓂ·ᐃᒋᐃ·ᑕ ᑲᔪ ᒪᖅᑭᑭ·ᐃ ᐊᓄᑭᑕᒪᕿ·ᐃᓂᒃ ᑲᐅᒋᑎᐸᐃᑲᒐᓂᒃ (OHIP). ᒪᑭ·ᔅ ᑎᐱᓇ·ᐁ ᑲᐱᒥᑎᐸᐊᒧ·ᐊᒡ ᑕᑭᐅᒋ ·ᐃᑐᑲ·ᐊᑲᓂ·ᐃ·ᐊᒃ ᒋ·ᐃᒋᐃᑯ·ᐊᒡ ᑲᑭᑭᓄᐊᒪᕿᓂᒡ ᐃᓇᒋᕿ·ᐃᓇᓇ. ᐃᓂᑲ·ᕿ·ᒐᓇ ᑲᐅᒋᐱᒥᑎᐸᐊᒪᓇ ᐃᓇᔅᕿᓇᔅ. ·ᐃᑭᕿᑕᒪᓇ ᐊᓇᑎ ᐁᓂᑕ·ᑲᒃ ᑭᑭᓄᐊᒪᕿ·ᐃᑲᒥᒃ ᕿᒪ ᑲᑭᑭᓄᐊᒪᕿᒡ, ᐃᓂᑭᑭᑐᓇ ᕿᒪ ᐃᓇᐱᓇ ᐱ·ᐊᐱᑯᒃ ᑕᐸᓂᖅ.

ᐃᓂᑭᑭᑐᓇ:

- ᑲᑭᑭᓄᐊᒪᕿᒡ ᐃᓇᒋᕿ·ᐃᓇᓇ ᑲᑎᐱᓇ·ᐁᐱᒥ·ᐃᑐᒡ ᐅᑕᓄᑭ·ᐃᓇ ᐃᓂᑭᑭᑐ·ᐃᓇ ᐅᐅᒪ 1-877-510-510-2
- ᐃᓇᐱᓇ ᐱ·ᐊᐱᑯᒃ **www.ontario.ca/eatright**

ᒥᓯᑦ ᕿᐃᐸᒥᒋᑲᒐᒃ

ᐃᒋᐃᑯ·ᐃᓇ ᐁᐅᒋᒃ: **ᐅᓇᑎᐅ ᐅᑭᒪ·ᐃᓇ ᑲᑎᐸᐊᒃ ᒪᖅᑭᑭᓇ (OHIP)**

ᐊ·ᐁᓇᓇ ᐅᐅᒪ ᕿᑭᐅᒋ ·ᐃᑐᑲ·ᐊᑲᓂ·ᐃᒡ?	·ᐁᑯᓇᓇ ᑎᓄ·ᐃ ᐊᐸᒋᑕᑲᓇᓇ?
ᐅᓇᑎᐅ ᐊᑭᒃ ᑲᐃᕿᑕ·ᐊᒡ	ᓂᑲᓇ ᐅᑲᓇᓇᑲᒋᐃᑯᓇ ᒪᖅᑭᑭ·ᐃᓂᓂ·ᐊᓇ ᐊᓂᓇ ᕿᐃᕿ ·ᐃᑐᑲ·ᐊᑲᓂ·ᐃᒡ ᑲᓯᓯᐸᑯ·ᑕᐱᑐᒡ, ᑕᑯ ᑲᔪ ᒋᓇᓇᑲᒋᒋᑲᒐᓂᒃ ᐅᓯᑕᓇ. (OHIP) ᑲ·ᐃᓇ ᑎᐸᐃᑲᒐᓯᓄᓇ ᓂᖅᑭᑲᕿᕿᕿᕿ·ᐃᓇ.

ᐃᓂᑭᑭᑐᓇ:

- ServiceOntario: 1-800-268-1154 (ᑲᑎᐸᐃᑲᒐᓯᓄᒃ ᐅᐅᒪ ᐁᑕ ᐅᓇᑎᐅ). ᑐᕋᓇᑐ ᑭᒋᐅᒐᓇᒃ: 416-314-5518

Ojibway Catalogue No.013112 August 2009 © Queen's Printer for Ontario

Ontario

ᒋᑕᐅᑎᓱᐧᐃᓐ ᑲᐊᐸᒋᒋᑲᒐᒃ

ᑎᓄᐧᐃ ᒋᑕᐅᑎᓱᐧᐃᓇᓐ

ᐸᑎᓇᑐᓐ ᐁᐸᐸᑲᓇᑎᑭᓐ ᒋᑕᐅᑎᓱᓇᓐ, ᒋᐅᒋᐧᐁᓐᒋᔭᒃ ᐊᓂᓐ ᑕᐧᓴ ᑲᔭ ᐊᐱ ᑫᐊᓂᓱ ᒋᑕᐅᑎᓱᔭᓐ ᑲᔭ ᒋᐧᐁᑕᒃ ᒋᐅᒋ ᐱᒥ ᑲᓇᐧᐁᑕᒪᓐ ᑲᐃᓱᐊᑕᐧᐁᑕᒪᓐ ᒋᐊᐱᑕᑭᐱᖅᑲᒪᑲᒃ ᑭᓱᓱᐸᐧᑲᑎᒻ. ᒪᑭᐧᓴ ᐯᓱᐧᑲ ᕿᒪ ᐊᐧᐊᓱᒥ ᑲᒋᑕᐅᑎᔅ ᐯᓱᐧᑲ ᑲᑭᓱᑲᒃ ᒋᐅᒋ ᐧᐃᒋᐃᑯᔭᓐ ᐧᐁᐧᐁᓂ ᒋᐱᒥ ᓇᓇᑲᒋᑐᔭᓐ ᐊᓂᓐ ᐁᓂᐱᒥ ᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᔅᑭᒥᒃ ᑲᐊᔭᒃ ᓱᓱᐸᐧᑲᑕ.

ᒋᑕᐃᑲᓇᓐ ᐯᐸᑲᓐ ᐃᓇᓄᑭᒪᑲᓄᓐ (ᑕᐱᖅᑯ ᐊᓂᓐ ᒥᓂᑯᒃ ᕿᐱᒪᓄᑭᒪᑲᒃ), ᐊᐱ ᕿᐊᓂᒪᑕᓄᑭᒪᑲᒃ (ᐊᓂᓐ ᐁᓂᐊᐱᒋ ᑭᓴᑕᐸᓄᑭᒪᑲᒃ) ᑲᔭ ᐊᓂᓐ ᐊᐱ ᒪᐧᐊᒃ ᐁᓱᑭᒋᐊᓄᑭᒪᑲᒃ (ᒣᐧᑲ ᐊᐱ ᐁᓱᑭᒋ ᐧᐃᒋᐃᐧᐁᒪᑲᒃ). ᑭᖅᐱᓐ ᑭᕿᑕᒪ ᐊᓂᓐ ᐁᓱᐊᓄᑭᒪᑲᒃ ᑲᐊᐸᒋᑐᔭᓐ ᒋᑕᐅᑎᓱᓇᓐ, ᒥᐃᒪ ᕿᐅᒋ ᑭᕿᑕᒪᓐ ᒋᑎᐸᐸᑕᒪᓐ ᐊᐱ ᕿᐧᐃᓱᓂᔭᓐ, ᐸᓇᑭ ᕿᐧᐃᓱᓂᔭᓐ ᑲᔭ ᒥᓂᑯᒃ ᕿᑲᐧᕿᒋᔭᓐ.

ᐧᐁᑯᑐᓐ ᒋᑕᐅᑎᓱᐧᐃᓐ ᑲᐃᒋᑲᒐᒃ?

ᐅᐅᐧᐁ ᓱᓱᐸᐧᑲᑎ ᒪᖅᑭᑭ ᐊᔭᒪᑲᓇᓐ ᑭᐧᐃᓱᒥᒃ ᒋᐅᒋ ᑎᐱᐊᐸᒋᑕᒪᓱᒪᑲᒃ ᓱᓱᐸᐧᑲᑕ ᑭᒥᔅᑭᒥᒃ. ᐁᑯ ᐧᐃᓐ ᑲᓱᓱᐸᑯᐧᑕᐱᑐᐧᐊᒐ, ᑲᐧᐃᓐ ᒋᑲᖅᑭᑕᒪᓱᒪᑲᓂᒃ ᐅᐧᐃᓱᒥᐧᐊ ᒋᑭᐅᐱᐅᒪᑲᓂᒃ ᓱᓱᐸᐧᑲᑕ ᒥᔅᑭᒃ, ᕿᒪ ᑲᐧᐃᓐ ᐧᐁᐧᐁᓂ ᒋᑭᐊᓄᑭᒪᑲᓂᒃ ᑲᐅᐱᑕᒪᓱᒪᑲᓂᒃ ᓱᓱᐸᐧᑲᑕ. ᒥᑕᖅ ᐊᐸᓇ ᐁᐱᖅᑲ ᓱᓱᐸᐧᑲᑕ ᐁᓂᒪᐧᐊᑐᖅᑲᒐᒃ ᒥᔅᑭᔭᐱᑲᒃ, ᑲᔭ ᐊᐸᓇ ᐁᓂᑭᒋᐊᑯᓱᓇᓂᐧᐊᒃ ᑕᐱᖅᑯ ᐁᓂᐧᐊᓂᒋᑲᒐᒃ ᐧᐊᐱᐧᐃᓇ, ᐅᐃᐁᐊᐱᑐᐧᐃᓇ, ᐅᑎᑎᑯᓱᐧᐊᐱᑐᐧᐃᓇ, ᑭᖅᑭᓇᑯᐧᐃᓇ, ᑲᐅᒋᓂᓱᑐᓱᓇᓂᐧᐊᒃ ᐁᐊᓂᓂᐳᒪᑲᒃ ᑲᔭ ᐃᓂᓂᐧᐊᐱᑐᐧᐃᓇ.

ᓱᓱᐸᐧᑲᑎ ᒪᖅᑭᑭ ᑲᔭ ᓱᓱᐸᑯᐧᑕᐱᑐᐧᐃᓇ (type 1 diabetes)

ᐊᐧᐃᔭᒃ ᑲᓱᓱᐸᑯᐧᑕᐱᑐᐧᐊᒐ ᑲᐧᐃᓐ ᐧᐃᔭᐧᐃᐧᐊ ᒋᑲᖅᑭᑕᒪᓱᒪᑲᓂᒃ ᓱᓱᐸᐧᑲᑎ ᒪᖅᑭᑭᓂ. ᒥᑕᖅ ᐁᑕ ᐁᓱᓴᓂᒃ ᒋᒋᑕᐅᑎᓱᐧᐊᒐ ᒋᐅᒋᐅᑕᐱᓇᒧᐧᐊᒐ ᓱᓱᐸᐧᑲᑎ ᒪᖅᑭᑭᓂ.

ᓱᓱᐸᐧᑲᑎ ᒪᖅᑭᑭ ᑲᔭ ᓱᓱᐸᑯᐧᑕᐱᑐᐧᐃᓇ (type 2 diabetes)

ᐊᐧᐃᔭᒃ ᑲᓱᓱᐸᑯᐧᑕᐱᑐᐧᐊᒐ ᒪᑭᐧᓴ ᐅᑲᑭᑲᖅᑭᑐᓇᐧᐊ ᒋᐱᒥ ᒥᐧᓇᐱᑭᖅᑲᒪᑲᓂᒃ ᓱᓱᐸᐧᑲᑕ ᑲᐊᔭᓂᒃ ᐅᒥᔅᑭᒥᒃ ᑭᖅᐱᓐ ᐧᐁᐧᐁᓂ ᐃᓇᒋᑭᐧᐊᒐ, ᑲᐧᑭᒋᐧᐊᒐ ᑲᔭ ᐱᒥ ᐅᑕᐱᓇᒧᐧᐊᒐ ᓱᓱᐸᐧᑲᑎ ᒪᖅᑭᑭᓇ.

ᓴᑯᒐ ᐃᑕᖅ ᐸᑎᓄᐧᐊᒃ ᑲᓱᓱᐸᑯᐧᑕᐱᑐᐧᐊᒐ ᒋᐊᐸᒋᑐᐧᐊᒐ ᒋᑕᐅᑎᓱᐧᐃᓇ ᒋᐧᐃᒋᐃᑯᐧᐊᒐ ᐧᐁᐧᐁᓂ ᒋᐃᓇᐱᑭᖅᑲᒪᑲᓂᒃ ᐅᓱᓱᐸᐧᑲᑎᒥᐧᐊ. ᑭᒋᑐᑕᐧᑲᓇ ᒋᐱᒥ ᓇᓇᑲᒋᐃᑎᓱᔭᓐ ᑲᔭ ᒋᑲᐧᕿ ᓇᑲᓇᒪᓱᔭᓐ ᐊᐧᐊᓱᒥ ᒋᐊᓂᑭᒋᐊᑯᓱᓱᐧᐊᓐ. ᒥᐧᓇᒋᒧᔭᓐ ᐊᔭᒪᑲᓇᓐ ᐁᑕᐧᑲᑭᓇ ᐅᖅᑭ ᒋᑕᐅᑎᓱᐧᐃ ᐊᐸᒋᑕᑲᓇᓐ, ᑕᐱᖅᑯ ᒋᑕᐅᑎᓱᑐᔭᓐ, ᐧᐁᓇᑕᓇ ᐁᐊᐸᑕᑭᓇ ᑲᔭ ᑲᐧᐃᓇ ᒋᐧᐃᔭᒋᔭᒃ.

ᒋᑕᐅᑎᓱᓇᓐ ᐊᓇᒥᒃ ᑭᓴᑲᒃ, ᑲᐧᐃᓇ ᒪᔭ ᒥᔅᑭᒃ ᒋᐊᓄᑭᒪᑲᒃ ᒋᑕᐅᑎᓱᐧᐃᓇ. ᒋᑕᐃᑲᓇᐳ ᑯᓇᑕᐧᐃᑕᒪᑲᓇ ᐯᐸᑲᓇ ᒥᔭᐧᐃᒃ ᒣᐧᑲ ᐱᑯ ᑲᔭ ᑕᑭᐅᒋ ᐧᐊᓂᖅᐧᕿᒋᕿᒪᑲᓇ ᐊᓂᓐ ᒥᓂᑯᒃ ᕿᑯᓇ ᑲᑐᑕᒪᓇ. ᐯᐸᑲᓇ ᑲᔭ ᑲᐊᐸᑕᑭᓇ ᒋᑕᐊᑲᓇᓐ ᐯᐸᑲᓇ ᒥᔭᐧᐃᒃ ᓇᑕᐧᐁᑕᐧᑲᓇ ᒋᐃᓱ ᒋᑕᐅᑎᓱᓇᓂᐧᐊᒃ. ᑲᐧᕿᒋᒻ ᒪᖅᑭᑭᐧᐃᓂᓂ ᕿᒪ ᑲᑭᑭᓄᐊᒪᕿᒐᒃ ᐃᓇᒋᕿᐧᐃᓇ ᐊᓇᑎ ᕿᐃᓱ ᒐᒋᑕᐅᑎᓱᔭᓐ.

Canadian Diabetes Association

Ontario

ᒋᑕᐅᑎᓯᐧᐃᓐ ᑲᐊᐸᒋᒋᑲᒐᒃ

ᑭᒋᖃᑕᐧᑲᓐ ᒋᐱᒥ ᓇᓇᑲᒋᑐᔭᓐ ᐅᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᓯᓯᐸᐧᑲᑦ ᑲᐊᔭᒃ ᑭᒥᔅᑭᒥᑲᒃ

ᐱᒥᐊᔭᑲᐧᐃ ᓇᓇᑲᒋᑐᓐ ᐊᓂᓐ ᐅᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᓯᓯᐸᐧᑲᑦ ᑲᐊᔭᒃ ᑭᒥᔅᑭᒥᑲᒃ.

ᐱᒥᐊᔭᑲᐧᐃ ᓇᓇᑲᒋᒋᑐᔭᓐ ᑭᒥᔅᑭ ᒥᐃᒪ ᐅᐱᐅᓂᐱᐱᒃ ᒋᐅᒋ ᑭᑫᑕᒪᓐ ᐅᐱᑕᐱᑭᖅᑲᒪᑲᒃ. ᐱᒥᐊᔭᑲᐧᐃ ᓇᓇᑲᒋᒋᑐᔭᓐ ᑲᔭ ᑭᑐᒋᐧᐃᒋᐃᑯᓐ ᐅᑭᒋᖃᑕᐧᑲᒃ ᒋᑭᑫᑕᒪᓐ ᐊᓂᓐ ᐅᐸᑕᒪᓐ ᐅᓇᐱᑭᔭᒃ ᑭᓯᓯᐸᐧᑲᑎᒪ ᒥᐧᑲ ᑭᐱᒥ ᑲᑭᐱᑲᒃ, ᐊᓂᓐ ᒥᓂᑯᒃ ᒋᑕᐅᑎᓯ ᒪᖅᑭᑭ ᕿᐊᐸᒋᑐᔭᓐ ᑲᔭ ᑭᖅᐱᓐ ᒥᓇᐧᐊ ᒋᑭᐧᐅ ᒥᓄᔭᕿᓐ ᑭᓯᓯᐸᐧᑲᑎᒪ.

ᐧᐅᑯᖃᓐ ᑎᓄᐧᐃ ᒋᑕᐅᑎᓯᐧᐃᓐ ᕿᐧᐃᒋᐃᑯᔭᓐ?

ᐊᐱ ᐅᓇᑕᒪᑯᔭᓐ ᕿᐃᓂᐧᐃᑐᑲᑯᔭᓐ, ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ ᐅᑲᓇᓇᑲᑕᐧᐅᑕᓇᓐ ᐊᓂᑦ ᕿᑯᓇᓐ, ᑕᑯ ᕿᐃᓂᐱᒥ ᐊᓐᑕᐧᐃᐃᑯᔭᓐ, ᑲᐊᐱᑕᑎᓯᔭᓐ, ᑲᐃᓂᐱᒪᑎᓯᔭᓐ, ᑭᑎᓇᒋᕿᐧᐃᓐ, ᑭᒥᓄᔭᐧᐃᓐ, ᐅᓂᓇᓂᓴᓂᓯᔭᓐ ᑲᔭ ᒋᓂᓯᑕᐧᐅᑕᒧᐧᐊᑐᓐ ᑲᑕᐸᓯᖅᑲᒪᑲᒃ ᑭᓯᓯᐸᐧᑲᑎᒪ (hypoglycemia), ᑲᔭ ᒋᑲᐧᕿᐃᑐᑲᓯᐧᐊᑐᓐ. ᑭᐱᒪᑎᓯᐧᐃᓐ ᑲᐃᓂᓇᐧᑲᒃ ᑲᔭ ᑭᓇᓂᔭᕿᐧᐃᓐ ᑲᔭ ᑕᓇᓇᑲᒋᒋᑲᒐᒃ. ᑲᐧᐃᓐ ᐯᓂᐧᕿᑭᓇᓯᓄᓐ ᐅᐅᐧᐅ ᑎᓄᐧᐃ ᐧᐃᑐᑲᕿᐧᐃᓐ.

ᑲᒪᖅᑭᑭᐧᐃ ᐊᓄᑭᑕᒪᐧᐃᐧᑲ ᑲᐧᐃᓇᑕᒪᑯᒃ ᐧᐅᑯᖃᓐ ᒪᐧᐊᒡ ᕿᐅᓂᓂᓂᒃ ᒋᑕᐅᑎᓯᐧᐃᓐ ᕿᐧᐃᒋᐃᑯᔭᓐ. ᑭᕿᑕᓐ ᑲᔭ ᓄᒪᕿ ᒋᐃᓂᔭᒃ ᐸᒪ ᐊᐸᓐ ᑭᑭᕿᑕᒪᓐ ᕿᐃᓂᐱᒥ ᐅᑕᐱᓇᒪᓐ ᑭᒋᑕᐅᑎᓯᐧᐃᓐ, ᑭᐊᓂᐱᒥ ᐊᓇᒋᔭᒃ ᕿᑯᓐ ᑲᑭᐃᓂᐧᐅᐱᓯᔭᓐ (ᑕᐱᖅᑯ ᐅᑭ ᑭᒋᐊᑯᓯᔭᓐ) ᕿᒪ ᐅᑭ ᐊᓇᒋᔭᑐᔭᓐ ᑭᐱᒪᑎᓯᐧᐃᓐ (ᑕᐱᖅᑯ ᐅᑭᐅᖅᑭ ᒪᒋᑕᔭᓐ ᒋᑲᐧᕿᒋᔭᓐ).

ᑲᐧᕿᒥᒪ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ ᕿᒪ ᑲᑭᑭᓄᐊᒪᕿᒐᒃ ᐃᓇᒋᕿᐧᐃᓐ ᑭᖅᐱᓐ ᕿᑯᓐ ᐧᐃᑭᕿᑕᒪᓐ ᕿᒪ ᕿᑯᓐ ᒥᑯᖅᑲᒐᑕᒪᓐ ᑲᑭᐃᓂ ᐅᓇᑕᒪᑯᔭᓐ ᕿᐃᓂᐱᒥ ᒋᑕᐅᑎᓯᔭᓐ, ᕿᒪ ᑭᕿᑕᓯᐧᐊᓐ ᐊᓂᓐ ᕿᑐᑕᒪᓐ ᕿᑯᓐ, ᑕᐱᖅᑯ ᐊᓂᓐ ᕿᐃᓂᑭᐧᐅ ᑎᐱᐅᑕᐱᓇᒪᓐ ᑭᒋᑕᐅᑎᓯᐧᐃᓐ ᒥᐧᑲ ᑭᐸᐸᐊᔭᔭᓐ.

ᐊᓂᓐ ᕿᑐᑕᒪᓐ ᐊᐸᒋᑐᔭᓐ ᒋᑕᐅᑎᓯᐧᐃᓐ?

ᓯᓯᐸᐧᑲᑎ ᒪᖅᑭᑭ ᑲᐅᑕᐱᓂᑲᒐᒃ ᑕᑭᐅᒋ ᐅᑕᐱᓂᑲᒐ ᒋᑕᐅᑎᓯᐧᐃᓂᑲ, ᐅᓂᐱᐃᑲᓇᑎᑯᑲ ᑲᐃᓂᓇᐧᑲᒃ ᕿᒪ ᐧᐃᕿᐸᐃᑲᓇ, ᑭᓂᑯ ᕿᐃᓂᐱ ᓇᐅᑕᒪᓇ. ᐊᓂᑦ ᐊᐧᐃᔭᒃ ᐅᐸᐸᒥᐧᐃᑐᓇᐧᐊ ᓂᓂᓇ ᕿᒪ ᐊᐧᐊᓂᒥ ᐅᓂᐱᐃᑲᓇᑎᑯᓇ ᑭᖅᐱᓇ ᐊᐧᐊᓂᒥ ᐯᓂᒃ ᒪᖅᑭᑭᐧᐊᐳᓂ ᐊᐸᒋᑐᐧᐊᒡ ᐯᐸᑲᓇ ᑭᐱᒥᑭᓂᑲᓂᒃ. ᑭᖅᐱᓇ ᓂᓂᓇ ᐸᑲᓇ ᒪᖅᑭᑭᐧᐊᐳᓇ ᒪᔭ ᐃᓂᐊᐸᒋᑐᔭᓐ, ᓂᓂᓇ ᐸᑲᓇ ᐅᓂᐱᐃᑲᓇᑎᑯᓇ ᑲᓇᑕᐧᐅᑕᓇᓐ ᓂᐧᓴ ᒋᒋᑕᐅᑎᓯᔭᓐ. ᐯᓂᐧᑲᔭᒃ ᐃᓂᐧᐃᒋᐃᐧᐅᒪᑲᓇ ᐅᐊᑲᓯᑭᓇ ᒋᐸᐸᒥᐧᐃᒋᑲᐯᑭᓇ.

- ᑯᑕᑭᔭᓐ ᑲᒪᑯᐧᐅᐱᓂᑲᐯᑭᓇ ᑲᐧᐃᓇ ᒋᓴᐳᓂᑲᓂᐧᐊᑭᓇ. ᐸᓇᑭ ᒪᖅᑭᑭᐧᐊᐳ ᐃᓂᒪᑯᐧᐅᐱᓂᑲᐯ ᐅᓴᑲᒃ. ᐊᓂᑦ ᐊᐧᐃᔭᒃ ᐅᐸᐸᒥᐧᐃᑐᓇᐧᐊ, ᐅᓂᐱᐃᑲᓇᑎᑯᓇ ᑭᖅᐱᓇᐧᐃᒃ ᒪᖅᑭᑭᐧᐊᐳ ᐸᐯᓂᑯᖅᑭᑐᐧᐊᓇ. ᐊᓂᑦ ᐊᐧᐃᔭᒃ ᐅᐸᐸᒥᐧᐃᑐᓇᐧᐊ ᓂᓂᓇ ᕿᒪ ᐊᐧᐊᓂᒥ ᐅᓂᐱᐃᑲᓇᑎᑯᓇ ᑭᖅᐱᓇ ᐊᐧᐊᓂᒥ ᐯᓂᒃ ᒪᖅᑭᑭᐧᐊᐳᓂ ᐊᐸᒋᑐᐧᐊᒡ ᐯᐸᑲᓇ ᑭᐱᒥᑭᓂᑲᓂᒃ. ᐊᓂᑦ ᐊᐧᐃᔭᒃ ᐅᐸᐸᒥᐧᐃᑐᓇᐧᐊ ᓂᓂᓇ ᕿᒪ ᐊᐧᐊᓂᒥ ᐅᓂᐱᐃᑲᓇᑎᑯᓇ ᑭᖅᐱᓇᐧᐃᒃ ᒪᖅᑭᑭᐧᐊᐳᓇ ᒪᔭ ᐃᓂᐊᐸᒋᑐᔭᓐ, ᓂᓂᓇ ᐸᑲᓇ ᐅᓂᐱᐃᑲᓇᑎᑯᓇ ᑲᓇᑕᐧᐅᑕᓇᓐ ᓂᐧᓴ ᒋᒋᑕᐅᑎᓯᔭᓐ. ᐯᓂᐧᑲᔭᒃ ᐃᓂᐧᐃᒋᐃᐧᐅᒪᑲᓇ ᐅᐊᑲᓯᑭᓇ ᒋᐸᐸᒥᐧᐃᒋᑲᐯᑭᓇ.

- ᑯᑕᑭᔭᓐ ᑲᒪᑯᐧᐅᐱᓂᑲᐯᑭᓇ ᑲᐧᐃᓇ ᒋᓴᐳᓂᑲᓂᐧᐊᑭᓇ. ᐸᓇᑭ ᒪᖅᑭᑭᐧᐊᐳᓇ ᐃᓂᒪᑯᐧᐅᐱᓂᑲᐯ ᐊᑲᓯᑭᓇ ᑲᔭ ᐊᑲᓴᐱᑲᓇᑎᑯᓇ ᓴᐳᓂᑲᓇᑎᑯᓇ ᑲᔭ ᐊᔭᒪᑲᓇ ᐳᓴᐱᑭᓂᑲᓇ ᒋᐧᐃᓴᑭᓴᓯᒃ. ᑭᖅᐱᓇ ᐊᐸᒋᑐᔭᓐ ᓂᓂᓇ ᐸᑲᓇ ᒪᖅᑭᑭᐧᐊᐳᓇ ᐯᓂᐧᑲ ᐅᒋᑕᐅᑎᓯᔭᓐ, ᑭᑕᒪᒪᐧᐊᑲᒥᓇᓇᓇ ᒪᖅᑭᑭᐧᐊᐳᓇ ᐯᓂᐧᑲ ᐅᑕ ᒋᒋᑕᐅᑎᓯᔭᓐ, ᕿᒪ ᑲᔭ ᐊᓴ ᑲᑭ ᒪᒪᐧᐊᑲᒥᓂᑲᐯᑭᓇ ᑭᑕᒥᓂᑯ.

- ᓄᑯᒪ ᑲᐃᓂᒋᑲᐯᑭᓇ ᒋᑕᐃᑲᓇᐱᑯᓇ ᐊᑲᓯᓄᓇ ᑲᔭ ᐊᑲᓴᐱᑲᓄᓇ ᓴᐳᓂᑲᓇ ᑲᔭ ᐊᔭᒪᑲᓇ ᐳᓴᐱᑭᓂᑲᓇ ᒋᐧᐃᓴᑭᓴᓯᒃ. ᑭᖅᐱᓇ ᐊᐸᒋᑐᔭᓐ ᓂᓂᓇ ᐸᑲᓇ ᒪᖅᑭᑭᐧᐊᐳᓇ ᐯᓂᐧᑲ ᐅᒋᑕᐅᑎᓯᔭᓐ, ᑭᑕᒪᒪᐧᐊᑲᒥᓇᓇᓇ ᒪᖅᑭᑭᐧᐊᐳᓇ ᐯᓂᐧᑲ ᐅᑕ ᒋᒋᑕᐅᑎᓯᔭᓐ, ᕿᒪ ᑲᔭ ᐊᓴ ᑲᑭ ᒪᒪᐧᐊᑲᒥᓂᑲᐯᑭᓇ ᑭᑕᒥᓂᑯ.

- ᒪᖅᑭᑭᐧᐊᐳ ᑲᐅᒋᐧᐃᐧᕿᐸᐃᑲᐯᑭᓇ ᐅᓂᐱᐃᓇ ᑲᔭ ᐧᐅᑕᓇ ᒋᐊᐸᑕᑲ ᑭᐅᑕᐱᓂᑲᐯᑭᓇ ᓯᓯᐸᐧᑲᑎ ᒪᖅᑭᑭ. ᐅᐅᐧᐅ ᑎᓄᐧᐃ ᐊᐸᒋᑕᑲᓇ ᐃᐱᒋᑲᐯ ᐊᓯᐧᐊᒋᑲᓇᐱᑯᓯᐧᐊᓇ, ᐃᐱᖁᑯᓂᑲᐯ ᐊᓇᒥᐅᓴᑲᒃ, ᐅᑯ ᑕᖅ ᐧᐃᕿᐸᐃᑲᓇ ᓇᐧᐊᒡ ᐃᑯ ᐊᑲᓯᓇ, ᑭᑭᖅᑲᐯᑭᓇ ᐧᐊᑭᒡ ᑭᔭᐧᐃᑲᒃ. ᐧᐃᕿᐸᐃᑲᓇ ᓇᓯᐧᐊᒋᑲᓂᐧᐊᓇ ᑲᔭ ᐃᓇᐧᑲᐃᑲᐯᑭᓇ ᐯᐸᑭ ᒪᖅᑭᑭ ᐱᑯ ᐊᐱ ᑲᑭᐃᐧᐅᓇᑲᐧᐊᒪᓇ. ᐊᐱ ᐊᑕᐧᐅᑕᒪᓇ ᐊᐧᐊᓂᒥ ᒋᐃᓴᒪᑲᒃ ᒪᖅᑭᑭ (ᒥᐧᑲ ᐧᐃᓯᓂᔭᓇ), ᑲᑭᒧᒋ ᒪᑯᓇᓇ ᑲᓇᐱᖅᑲᒪᓇ.

ᑲᐧᕿᒥᒪ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ ᕿᒪ ᑲᑭᑭᓄᐊᒪᕿᒐᒃ ᐃᓇᒋᕿᐧᐃᓐ ᐧᐅᑯᖃᓐ ᑎᓄᐧᐃ ᒋᑕᐃᑲᓇ ᕿᑭᐊᐸᒋᑐᔭᐸᓇ. ᕿᔭᐱ ᐧᐃᑭᕿᑕᒪᓇ ᒋᑕᐅᑎᓯᐧᐃᓇ, ᑲᓇᐧᐊᐸᓇ “ᒪᖅᑭᑭ” “Medication”, ᒪᓯᓇᐃᓯᒋᑲᓇ.

ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ ᕿᒪ ᑲᑭᑭᓄᐊᒪᕿᒐᒃ ᐃᓇᒋᕿᐧᐃᓐ ᐧᐅᑯᖃᓐ ᑎᓄᐧᐃ ᒋᑕᐃᑲᓇ ᕿᑭᐊᐸᒋᑐᔭᐸᓇ. ᕿᔭᐱ ᐧᐃᑭᕿᑕᒪᓇ ᒋᑕᐅᑎᓯᐧᐃᓇ, ᑲᓇᐧᐊᐸᓇ “ᒪᖅᑭᑭ” “Medication”, ᒪᓯᓇᐃᓯᒋᑲᓇ.

ᑉᐁᑯᑐᓐ ᑎᓄᑉᐃ ᓯᓯᐸᑉᑲᑎ ᒪᖅᑭᑭᓐ (ᑲᐸᑭᑎᓂᑲᒐᒃ ᑲᓇᑕ ᐊᑭᒃ ᒋᐊᐸᒋᒋᑲᒐᒃ)

ᑎᓄᑉᐃ ᒪᖅᑭᑭᑉᐊᐳ (ᐁᑦᓇᑉᑲᒃ)	ᐁᓇᓄᑭᒪᑲᒃ	ᐁᑦᓂᑲᒐᑭᓐ ᒪᖅᑭᑭᓐ (ᑲᐃᑦᒪᖅᑭᑭᑉᐃ ᐃᑦᓂᑲᒋᑲᒐᑭᓐ)	ᒥᓂᑯᒃ ᕿᐊᓂᑦᐱᒥ ᐅᑕᐱᓂᑲᒐᑭᓐ
ᑲᑭᖅᑕᐸᓄᑭᒪᑲᒃ (ᑉᐊᐱᖅᑲᑲᒥᓐ)	ᐁᓂᐊᐱᒋᒪᑕᓄᑭᒪᑲᒃ: 10-15 ᑎᐸᐃᑲᑐᔅ ᐁᑦᐱᒪᓄᑭᒪᑲᒃ: 60-90 ᑎᐸᐃᑲᑐᔅ ᒥᓂᑯᒃ ᐁᐱᒪᓄᑭᒪᑲᒃ: 3-5 ᑎᐸᐃᑲᓐ	Apidra® (insulin glulisine) Humalog® (insulin lispro) NovoRapid® (insulin aspart)	ᐅᑕᐱᓂᑲᑐ ᒋᑉᐸ ᑉᐃᓯᓂᔭᓐ, ᕿᒪ ᑉᐃᓂᔅᑯᒪᑉᓐ ᑲᐃᖅᐸᐱᑭᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᑲᐊᔭᒃ ᑭᒥᔅᑭᒥᒃ
ᐊᑲᑉᐁ ᐊᓄᑭᒪᑲᓐ (ᑉᐊᐱᖅᑲᑲᒥᓐ)	ᐁᓂᐊᐱᒋᒪᑕᓄᑭᒪᑲᒃ: 30 ᑎᐸᐃᑲᑐᔅ ᐁᑦᐱᒪᓄᑭᒪᑲᒃ: 2-3 ᑎᐸᐃᑲᓐ ᒥᓂᑯᒃ ᐁᐱᒪᓄᑭᒪᑲᒃ: 6.5 ᑎᐸᐃᑲᓐ	Humulin®-R Novolin®ge Toronto	ᐅᑕᐱᓂᑲᑐ 30 ᑎᐸᐃᑲᑐᔅ ᒋᑉᐸ ᑉᐃᓯᓂᔭᓐ, ᕿᒪ ᑉᐃᓂᔅᑯᓇᒪᓐ ᑲᐃᖅᐸᐱᑭᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᑲᐊᔭᒃ ᑭᒥᔅᑭᒥᒃ
ᖓᒪᒃ ᐊᓄᑭᒪᑲᓐ (ᐸᖅᑭᑐᔭᑲᒥᓐ)	ᐁᓂᐊᐱᒋᒪᑕᓄᑭᒪᑲᒃ: 1-3 ᑎᐸᐃᑲᓐ ᐁᑦᐱᒪᓄᑭᒪᑲᒃ: 5-8 ᑎᐸᐃᑲᓐ ᒥᓂᑯᒃ ᐁᐱᒪᓄᑭᒪᑲᒃ: ᐊᑯᓇᒃ 18 ᑎᐸᐃᑲᓐ	Humulin®-N Novolin®ge NPH	ᐅᑕᐱᓂᑲᑐ ᐊᓂᑲᑉᐃᑦᒧᔭᓐ, ᕿᒪ ᓂᑉᓴ ᐯᑦᑉᑲ ᐁᑭᑦᑲᒃ (ᑭᖑᐸᑉᐊᑲᒃ ᑲᔪ ᐊᓂᑲᑉᐃᑦᒧᔭᓐ)
ᑭᑉᑐᖅ ᐊᓄᑭᒪᑲᓐ (ᑉᐊᐱᖅᑲᑲᒥᓐ ᑲᔪ ᐸᖅᑭᑐᔭᑲᒥᓐ)	ᐁᓂᐊᐱᒋᒪᑕᓄᑭᒪᑲᒃ: 90 ᑎᐸᐃᑲᑐᔅ ᐁᑦᐱᒪᓄᑭᒪᑲᒃ: ᑲᑉᐃᓐ ᕿᑯᓐ ᒥᓂᑯᒃ ᐁᐱᒪᓄᑭᒪᑲᒃ: ᐊᑯᓇᒃ 24 ᑎᐸᐃᑲᓐ (Lantus 24 ᑎᐸᐃᑲᓐ, Levemir 16-24 ᑎᐸᐃᑲᓐ)	Lantus® (insulin glargine) Levemir® (insulin detemir)	ᐯᑦᑉᑲ ᕿᒪ ᓂᑉᓴ ᐁᑭᑦᑲᒃ ᐃᑦᐱᒥᐅᑕᐱᓂᑲᑐ
ᑭᒪᒪᑉᐊᑲᒥᓂᑲᑐ (ᐸᖅᑭᑐᔭᑲᒥᓐ)	ᐯᑦᑲ ᒪᖅᑭᑭᑉᐃᐱᑉᐊᐱᒃ ᕿᒪ ᑲᐃᑦᐊᓯᑉᐊᑐᒃ ᐊᓴ ᑭᐅᓇᑲᒥᓂᑲᑐ ᓯᓯᐸᑉᑲᑎ ᒪᖅᑭᑭ (ᑲᐃᓇᑭᑕᓱᑐᔭᒃ ᑉᐃᒋᕿᒪᑲᓐ ᒥᓂᑯᒃ ᐁᐱᒋᑭᓴᑕᐸᓄᑭᒪᑲᒃ ᐱᒋᑉᐃᓐ ᒥᓂᑯᒃ ᖓᒪᒃ ᑲᒪᑕᓄᑭᒪᑲᒃ ᒪᖅᑭᑭ)	**ᑭᓴᒃ ᑲᑭᐅᓇᑲᒥᓂᑲᑐᑭᓐ ᓯᓯᐸᑉᑲᑎ ᒪᖅᑭᑭᓐ** NPH Humulin® (30/70) Novolin®ge (30/70, 40/60, 50/50) **ᑭᓴᒃ ᑲᑭᐅᓇᑲᒥᓂᑲᑐᑭᓐ ᓯᓯᐸᑉᑲᑎ ᒪᖅᑭᑭᓐ** Humalog® Mix25 ᑲᔪ Mix50 NovoMix 30	ᐊᓂᓂᑯ ᕿᐃᑦᓴᒃ ᑲᒪᒪᑉᐃ ᐅᑕᐱᓂᑲᑐᒃ

ᑭᐅᑎᓂᑲᑐ ᐅᐅᒪ ᑲᑭᐅᑦᐱᐃᑲᑐᑭᓐ ᑲᓇᑕ ᓯᓯᐸᑯᑉᑕᐱᑐᑉᐃᓐ ᑲᒪᒪᑉᐊᓄᑲᑕᒧᑉᐊᒃ, (Canadian Diabetes Association) ᓯᓯᐸᑉᑲᑎ ᒪᖅᑭᑭ ᕿᑯᓇᓐ ᕿᑭ ᑭᕿᑕᒪᐸᓐ *(Insulin: Things you should know)* © 2008.

ᒋᑕᐅᑎᓯᑦᐃᓐ ᑲᐊᐸᒋᒋᑲᒐᒃ

ᕿᑐᑕᒪᓐ ᐊᐸᒋᑐᔭᓐ ᒋᑕᐅᑎᓯᑦᐃᓐ

- ᐊᓂᐅᓯᐱᐊᓐ ᑲᐃᓯᓂᑲᒐᒋᓐ ᑲᔪ ᒥᓂᑯᒃ ᑲᐱᒥᐊᐸᒋᑐᔭᓐ ᓯᓯᐸᑦᑲᑎ ᒪᕐᑭᑭᓐ, ᐁᑕᓱᑎᐸᐃᑲᓗᔭᒃ ᒣᑦᑲ ᑭᐱᒥᑭᓯᑲᒃ ᕿᐃᓯ ᒋᑕᐅᑎᓯᔭᓐ, ᐊᓂᓐ ᒥᓂᑯᒃ ᐱᒪᓄᑭᒪᑲᒃ ᑲᔪ ᐊᓇᐱ ᒪᑦᐊᒡ ᐁᓯᑦᐃᒋᐃᑯᔭᓐ.
- ᑕᑭᓯᒋᑲᓂᒃ ᐃᓯᐊᑐᓐ ᒋᐸᑭᓂᑲᒐᓯᓄᒃ ᑭᓯᓯᐸᑦᑲᑎ ᒪᕐᑭᑭᒪᓐ ᐁᑯ ᑕᕐ ᒋᐊᐱᒋᑕᑭᔭᒃ 2°C ᐊᑯᓇᒃ 10°C (35°F ᐊᑯᓇᒃ 50°F). ᐊᐱ ᐸᑭᓂᑲᒐᒃ, ᐊᑯᓇᒃ 28 ᑕᓱᑭᓯᑲ ᑲᑭᐱᒥ ᑲᓇᑦᐁᑕᓐ. ᑲᑭᐸᑭᓂᑲᒐᓯᓄᒃ ᐅᓂᓯᓯᓐ ᐸᒪ ᐱᑯ ᑲᑭᐃᓯ ᑭᑭᓇᑦᐊᒋᐱᐃᑲᒐᒃ ᒋᐃᓯᐳᓂᔭᒃ, ᓇᓇᑲᒋᑐᓐ ᑕᕐ ᒋᑦᐸ ᐊᐸᒋᑐᔭᓐ.
- ᐅᒋᑲᓇᑦᐁᑕᓐ ᒋᒪᓇᐊᑦᑲᒋᑐᔭᓐ ᕿᒪ ᒋᒪᓇᑭᓯᒐᒃ ᑭᓯᓯᐸᑦᑲᑎ ᒪᕐᑭᑭᒪᓐ (ᑲᑦᐃᓐ ᐊᑦᐊᓯᒥ ᒋᐊᐱᒋᑭᓯᒐᒃ 37°C ᕿᒪ 98.6°F).

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This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Insulin: Things you should know © 2008

Ontario

ᕿᐃᓱ ᐱᒥᓇᓇᑲᒋᒋᑲᒐᒃ ᓯᓯᐸᑉᑲᑦ (Blood Glucose Levels)

ᑭᖅᐱᓇ ᓯᓯᐸᑯᑉᑕᐱᑐᔭᓇ, ᑲᑉᕿᑐᑕᓇ ᒪᔭ ᒋᐃᓇᐱᑭᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᑲᐊᔭᒃ ᑭᒥᓴᑉᑭᒥᒃ ᐅᑯᑲᖅᑭᑐᔭᓇ. ᑲᐃᒋᐃᑯᓇ ᑉᐅᑉᐃᑉ ᒋᐊᑯᓯᓯᑉᐊᓇ ᑲᔪ ᒋᓇᑲᓇᒪᓇ ᒋᐊᓂᑭᒋᐊᑯᓯᔭᓇ.

ᑉᐅᑯᑐᓇ ᓯᓯᐸᑉᑲᑦ ᑲᐊᔭᒃ ᒥᓴᑉᑭᒃ ᑲᐃᒋᑲᒐᒃ?

ᒥᐅᑉᐅ ᒥᓂᑯᒃ ᑲᐊᔭᒐ ᓯᓯᐸᑉᑲᑦ ᑭᒥᓴᑉᑭᒥᒃ ᒣᑉᑲ ᐱᑯ ᐊᐱ.

ᐊᓂᓇ ᐅᑐᒋᑲᒐᒃ ᒋᐅᒋ ᓇᓇᑲᒋᒋᑲᒐᒃ ᐅᐱᑕᑯᖅᑲᒪᑲᒃ ᒥᓂᑯᒃ ᓯᓯᐸᑉᑲᑦ ᐅᐊᔭᑉᕿᓇ ᒥᓴᑉᑭᒃ?

ᓯᓯᐸᑉᑲᑎ ᓇᓇᑐᑭᕿᒋᑲᓇᐱᒃ ᐊᐸᒋᒋᑲᒐ ᒋᐅᒋ ᓇᓇᑲᒋᒋᑲᒐᒃ ᐅᐱᑕᑯᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᑲᐃᒋᑕᔭᓇ. ᐊᑕᑉᐅᑉᐃᑲᒥᑯᒃ ᐊᑕᑉᐊᑐᑉᐊᓇ. ᑲᑉᕿᒋᒻ ᑲᑭᑭᓄᐊᒪᕿᒐᒃ ᐃᓇᒋᕿᑉᐃᓇ ᕿᒪ ᑲᐸᑭᑎᓇᑭᓇ ᒪᖅᑭᑭᓇ ᑉᐅᑯᑐᓇ ᑎᓄᑉᐃ ᓇᓇᑐᑭᕿᒋᑲᓇᐱᒃ ᕿᑭᐊᐸᒋᑐᔭᓇ. ᐊᐱ ᑭᐃᖅᑉᑲ ᐊᑕᑉᐅᔭᓇ, ᑲᑉᕿᒋᒻ ᐊᑉᐃᔭ ᒋᑭᑭᓄᐊᒪᑉᐃᒃ ᒋᑉᐸ ᐊᐸᒋᑐᔭᓇ.

ᑲᑉᕿᒋᒻ ᓯᓯᐸᑉᑯᑕᐱᑐᑉᐃᓇ ᑲᑭᑭᓄᐊᒪᕿᒐᒃ ᐅᑉᐅᓂ:

- ᕿᐃᓂᑯᑉᑲᒃ ᒋᐸᓇᑭᑲᑉᐃᒃ ᒥᓴᑉᑭ ᕿᐊᑕᑉᐅᑕᑉᑲᒃ;
- ᑉᐅᑯᑐᓇ ᑎᓄᑉᐃ ᑎᐸᐸᒋᑲᑐᔭᐱᓇ ᕿᐊᐸᒋᑐᔭᓇ;
- ᕿᑐᑕᒪᓇ ᒋᑲᓯᓇᒪᓇ ᑎᐸᐸᒋᑲᓇ;
- ᕿᑐᑕᒪᓇ ᑭᖅᐱᓇ ᑎᐸᐸᒋᑲᓇ ᒪᔭᒻ ᒋᐃᓇᑭᒋᕿᒪᑲᓄᑉᕿᓇ; ᑲᔪ
- ᕿᐃᓱ ᑭᑭᓇᑉᐊᒋᑐᔭᓇ ᑭᑎᐸᐸᒋᑲᓇ.

ᑉᐅᑯᑐᓇ ᐃᑕᖅ ᕿᑭᐅᒋ ᓇᓇᑲᒋᑐᔭᓇ ᑭᒥᓴᑉᑭᒻ?

ᑭᖅᐱᓇ ᓇᓇᑲᒋᑐᔭᓇ ᑭᒥᓴᑉᑭᒻ ᐊᓂᓇ ᒥᓂᑯᒃ ᐅᐱᑕᑲᒥᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ:

- ᖓᒪᒃ ᑲᑭᕿᑕᓇ ᐊᓂᓇ ᒥᓂᑯᒃ ᐅᐱᑕᑲᒥᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᐱᑯ ᐊᐱ.
- ᑲᐅᒋᑭᕿᑕᓇ ᐃᖅᐱᖅᑲᒪᑲᓄᑉᕿᓇ ᕿᒪ ᓂᓴᐱᑭᖅᑲᒪᑲᓄᑉᕿᓇ ᐊᓂᓇ ᒥᓂᑯᒃ ᐅᐱᑕᑲᒥᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᐱᑯ ᐊᐱ.
- ᑲᐅᒋ ᑉᐊᐸᑕᓇ ᐊᓂᓇ ᑲᐃᓱᐱᒥᑉᐃᑐᔭᓇ ᑭᐱᒪᑎᓯᑉᐃᓇ ᑲᔪ ᑲᐱᒥ ᒪᖅᑭᑭᕿᔭᓇ ᐅᑐᒋᕿᒪᑲᒃ ᐊᓂᓇ ᒥᓂᑯᒃ ᐅᐱᑕᑲᒥᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ.
- ᑲᑉᐃᒋᐃᑯᓇ ᑲᔪ ᑭᒪᖅᑭᑭᑉᐃᓂᓂᒪᒃ ᒋᑉᐃᒋᐃᑉᑲ ᒋᐊᒋᑐᔭᓇ ᑭᐱᒪᑎᓯᑉᐃᓇ ᑲᔪ ᑭᒪᖅᑭᑭᒪᓇ ᒋᒥᓄᔭᒃ ᐅᐱᑕᑲᒥᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ.

ᑲᓇᑕ ᓯᓯᐸᑯᑉᑕᐱᑐᑉᐃᐃ ᑲᐊᓄᑲᑕᒧᑉᐊᒃ (Canadian Diabetes Association) ᕿᐊᐱᑕᑯᖅᑲᒪᑲᒃ ᓯᓯᐸᑉᑲᑦ ᑲᓯᓯᐸᑯᑉᑕᐱᑐᑉᐊᒃ*

	A1C	ᑲᑉᐃᓯᓂᓯᒃ ᑲᑉᐃᐅᑕᐱᓂᑲᒐᓂᒃ ᐅᒥᓴᑉᑭᒻ ᕿᐊᐱᑕᑯᖅᑲᒪᑲᓂᒃ	ᓯᓯᐸᑉᑲᑦ ᐅᐱᑕᑯᖅᑲᒪᑲᒃ ᓂᓇᑎᐸᐃᑲᓇ ᑭᐃᖅᑉᑲ ᑉᐃᓯᓂᒃ
ᕿᑲ ᑲᑭᓇ ᑲᓯᓯᐸᑯᑉᑕᐱᑐᑉᐊᒃ ᕿᐊᐱᑕᐱᑭᖅᑲᒪᑲᓂᒃ ᓯᓯᐸᑉᑲᑦ	≤7.0%	4.0 ᐊᑯᓇᒃ 7.0 mmol/L	5.0 ᐊᑯᓇᒃ 10 mmol/L. 5.0 ᐊᑯᓇᒃ 8.0 mmol/L ᑭᖅᐱᓇ (A1C) ᑎᐸᐸᒋᑲᓇ ᑭᑲᖅᑭᒋᑲᒐᓯᓄᒃ ᒋᑭᒐᐱᓂᑲᒐᒃ

* ᐅᓄ ᑲᑲᑉᕿ ᒐᐱᓂᑲᒐᑭᓇ ᒋᐊᐸᒋᑐᑉᐊᒃ ᑲᑭᒋᐊᑉᐃᑉᐊᒃ ᑲᓯᓯᐸᑯᑉᑕᐱᑐᑉᐊᒃ ᒋᐅᒋ ᑭᑭᓄᖅᑲᒪᑯᑉᐊᒃ. ᑲᑉᐃᓇ ᑉᐃᓇ ᐊᐱᓄᒋᖅᑲᒃ 12 ᐱᓂᖅ ᑕᐸᒋᖅ ᑲᑕᓯᐱᐳᑐᑉᐊᒃ, ᕿᒪ ᑲᑭᑭᖅᑲᑉᐊᑉᓱᑉᐊᒃ ᐅᑲᐊᐸᒋᑐᓯᓇᑉᐊ. ᑲᑉᕿᒋᒻ ᑭᒪᖅᑭᑭᑉᐃᓂᓂᒪ ᐊᓂᓇ ᕿᑭᐊᐱᑕᐱᑭᖅᑲᒪᑲᑭᐸᓇ ᑭᓯᓯᐸᑉᑲᑎᒻ.

Canadian Diabetes Association

Ontario

ᕿᐃᓂ ᐱᒥᓇᓇᑲᒋᒋᑲᒐᒃ ᓯᓯᐸᑦᑲᑦ

ᕿᐃᓂ ᐱᒥᓇᓇᑲᒋᑐᔭᓇ ᑭᓯᓯᐸᑦᑲᑎᒻ ᒥᑦᑲ ᑭᐊᑯᓯᔭᓇ?

ᒥᑦᑲ ᑭᐊᑯᓯᔭᓇ, ᒪᑭᑦᓴ ᑕᐃᓂᓴ ᑭᒥᓴᑦᑭᒻ ᐯᐸᑲᓇ ᒋᐃᓂᓴᑲᒃ ᕿᒪ ᑲᑦᐃᓇ ᒪᔭ ᓂᑲᓇ ᒋᑭᕿᒋᑲᒐᒃ ᕿᐃᓇᐱᑭᖅᑲᒪᑲᒃ. ᐅᓂᓂᓄᐸᓇ ᐃᑕᖅ ᑕᓯᓂᓇᑎᐸᐃᑲᓇ ᕿᒪ ᑕᓯᓂᐅᑎᐸᐃᑲᓇ ᒋᑭᓇᓇᑲᒋᑐᐊᐸᓇ ᑭᒥᓴᑦᑭᒻ. ᑭᒋᑐᑕᑦᑲᓇ ᑲᔪ ᒋᐱᒥ ᐅᑕᐱᓇᒪᓇ ᑭᓯᓯᐸᑦᑲᑎ ᒪᖅᑭᑭᒪᓇ. ᑭᖅᐱᓇ ᐅᑕᑭᑯᒥᔭᓇ ᐁᑯ ᑕᖅ ᐁᑦᐃᐊᐸᒋᑐᔭᓇ ᐊᑭᑯᒪᖅᑭᑭ ᕿᒪ ᐅᓯᓯᑕᒧᒪᖅᑭᑭ, ᑲᑦᕿᒻ ᒪᖅᑭᑭᓇ ᑲᐸᒥᓇᒃ ᒪᖅᑭᑭᑦᐃ ᐊᑕᑦᐁᑦᐃᑲᒥᑯᒃ ᒋᑦᐃᑕᒪᑦᐃᒃ ᑦᐁᑯᑐᓇ ᕿᐅᓂᓂᒃ ᒋᐊᐸᒋᑐᔭᓇ. ᐸᑎᓇᑐᓇ ᐊᑭᑯᒪᖅᑭᑭᓇ ᓂᐱᑦᐊ ᐁᓯᓯᐸᑦᑲᑎᑦᐊᑭᓇ, ᒋᐊᐸᒋᑐᔭᓇ ᑕᖅ ᑲᓯᓯᐸᑯᑎᓯᓄᒃ.

ᒥᑦᑲ ᑭᐊᑯᓯᔭᓇ, ᐊᐱᒋ **ᑭᒋᑐᑕᑦᑲᓇ** ᐅᐅᑦᐁ ᒋᑐᑕᒪᓇ:

- ᓂᐱᑦᐊ ᒥᓂᑦᕿᓇ ᑲᓯᓯᐸᑯᑦᑕᑲᒥᓯᓄᒃ ᓂᑦᐊᐳ ᕿᒪ ᐊᓂᓯᐸ, ᕿᑯᑦᐃᓇ ᒥᓂᑦᑲᑕᕿᓇ ᑦᑲᐱ, ᑎ ᕿᒪ ᑯᓚ ᑲᐊᔭᒪᑲᑭᓇ ᑲᐱᓇ, ᐊᓇᒋᑯ ᑲᐅᒋ ᐸᓇᑯᖅᑲᑯᓇ ᑭᔭᑦᐃᒃ.
- ᒥᖅᑦᑲᒃ ᐅᑕᐱᓇᓇ ᑲᒥᓂᑦᑲᑐᑭᓇ ᑲᓯᓯᐸᑯᑦᑕᑲᒥᑭᓇ ᑲᑦᐃᓇ ᑕᖅ ᑦᐃᓯᓂᕿᓇ, ᑭᖅᐱᓇ ᑲᖅᑭᑐᓯᑦᐊᓇ ᒋᑭᑦᐃᓯᓂᔭᓇ;
- ᑲᑦᕿᒥᓇ ᑲᓇᕿ 15 grams ᑲᒥᒋᒥᖅᑲᕿᒪᑲᒃ ᒥᒋᒻ ᑕᓯᑎᐸᐃᑲᓇ;
- ᑲᓄᖅ ᑭᒪᖅᑭᑭᑦᐃᓂᓂᒻ ᕿᒪ ᐃᓴᓇ ᑦᐁᑦᐃᐸ ᑲᐃᑦᐊᐸᒥᑦᑕ ᑲᐊᑯᓯᑦᐊᒃ ᑭᖅᐱᓇ ᑦᑦᑲᑯᑦᐁᔭᓇ ᕿᒪ ᑲᔪ ᓴᐳᑲᑦᐃᓯᔭᓇ ᓂᑦᓴ ᕿᒪ ᐊᑦᐊᑦᑐ ᓂᐅᑎᐸᐃᑲᓇ ᒥᓂᑯᒃ; ᑲᔪ
- ᑭᖅᐱᓇ ᐱᒥᒋᑕᐅᑎᓯᔭᓇ, ᕿᑯᑦᐃᓇ ᐳᓂᐊᐸᒋᑐᕿᓇ ᑭᒪᖅᑭᑭᒪᓇ ᒥᑦᑲ ᑭᐊᑯᓯᔭᓇ.

ᑲᑦᕿᒻ ᑲᒪᖅᑭᑭᑦᐊᓄᑭᑕᒪᕿᑦᐊᒃ ᐊᓂᓇ ᕿᑐᑕᒪᓇ ᑭᒋᑕᐅᑎᓯᑦᐃᓇ ᒥᑦᑲ ᑭᐊᑯᓯᔭᓇ.

ᑲᑕᐸᓯᓴᒃ ᑲᓴ ᑲᐃᖅᐱᓴᒃ: ᓯᓯᐸᑦᑲᑦ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑲᐸᑦᑕᐱᑭᖅᑲᒪᑲᒃ

ᑉᐁᑯᑐᓇ ᑲᑕᐸᓯᓴᒃ ᓯᓯᐸᑦᑲᑦ ᑲᐃᒋᑲᒐᒃ.

ᑭᖅᐱᓇ ᐊᐸᓇ ᑭᒥᓪᑭᒥᒃ ᑲᐊᔭᒃ ᓯᓯᐸᑦᑲᑦ ᑕᐸᓯᓴᒃ ᐁᐅᑎᐸᐱᑭᖅᑲᒪᑲᓯᓄᒃ ᑲᐃᑦᒥᑦᓇᐱᑭᖅᑲᒪᑲᒃ (ᑲᑉᐃᓇ ᑲᓇᑫ 4 mmol/L), ᒥᐅᑉᐁ ᑲᐃᒋᑲᒐᒃ ᑲᑕᐸᓯᓴᒃ ᑭᒥᓪᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸᑦᑲᑦ ᕿᒪ (hypoglycemia).

ᐊᓂᓇ ᐁᓇᑦᔭᓇᓂᑉᐊᒃ ᑲᑕᐸᓯᓴᒃ ᓯᓯᐸᑦᑲᑦ.

ᒪᑭᑉᓵ ᐅᐅᑉᐁ ᑲᐃᓇᒪᓇᒋᐅ:

- ᑲᓂᓂᓇᑭᖅᑲ, ᑲᓇᓇᑭᐱᑉᑲᑐᒪᒋᐅ, ᑲᑉᐃᑦᑦᑲᑯᑉᐁᖅᑲ
- ᑭᓴᑭᓴ, ᑭᓂᖅᕿᓇᑕᒪ, ᑭᒥᑯᖅᑲᑐᑕᒪ
- ᑭᑉᐊᑉᐊᑐᑕᒪ, ᑲᑉᐃᓇ ᑭᑭᑯᖅᑲᑉᐊᑐᑕᓯᓇ
- ᑭᐸᑉᐊᓂ
- ᑭᑦᐱᑐ ᑭᑐᐃ
- ᑭᑕᑉᐯᖅᑲ, ᑭᑐᑉᐃᖅᑎᑉᑲᑐᖅᑲ
- ᓂᓇᒥᑲᑐᒪᓇᒋᐅ, ᑉᐃᓂᐸᖅᑲ
- ᑭᑭᒥᖅᑲ ᕿᒪ ᒋᒋᓯᓴ ᑭᑐᓇᓂᒃ ᕿᒪ ᑭᑐᓂᒃ

ᑉᐁᑯᑐᓇ ᑲᑐᒋᕿᒪᑲᒃ ᑲᐅᒋ ᑕᐸᓯᓴᒃ ᓯᓯᐸᑦᑲᑦ (hypoglycemia)?

ᑲᑕᐸᓯᓴᒃ ᓯᓯᐸᑦᑲᑦ ᑲᑐᒋᕿᒪᑲᒃ:

- ᐊᑉᐊᑦᑎ ᐁᑭᐊᓂ ᑲᑉᕿᒋᔭᓇ ᐱᒋᑉᐃᓇ ᐅᑕᓇᒃ
- ᑲᑉᐃᓇ ᒪᔭ ᐁᓂᑉᐃᓯᓂᔭᓇ ᑲᐊᓂᑦᑎᐱᓴᒃ
- ᐅᓴᒪ ᐸᓇᑭ ᐁᑉᐃᓯᓂᔭᓇ
- ᐅᓴᒪ ᓂᐱᑉᐊ ᒪᖅ ᐁᐊᐸᒋᑐᔭᓇ
- ᒥᓂᑉᕿᑉᐃᓇ ᐁᐊᐸᒋᑐᔭᓇ

ᐊᐱᒋ ᑭᓴᑕᐱᓴ ᑲᐅᒋ ᑕᐸᓯᓴᒃ ᓯᓯᐸᑦᑲᑦ, ᑭᒋᑐᑕᑉᑲᓇ ᑕᖅ ᖑᒪᒃ ᒋᐊᓇᑕᑉᐃᐃᑎᓯᔭᓇ. ᑭᖅᐱᓇ ᓂᐱᑉᐊ ᐅᒋᑕᐸᓯᓴᒃ ᑭᓯᓯᐸᑦᑲᑎᒪ, ᒥᐅᑉᐁ ᕿᐃᓂᔭᔭᓇ:

- ᑲᑉᐊᑉᐊᑐᑕᒪ ᑲᓴ ᑲᑉᐃᓇ ᑲᐊᓂᐸᑲᕿᓇᑕᓯᓇ
- ᑲᑉᐊᓂᒥᑲᑊ
- ᑲᐅᒋᐱᓂᒃ

ᑲᓇᑕᑉᐁᑕᓇ ᒋᑉᐃᒋᐃᒃ ᐊᑉᐃᔭ. ᑭᕿᑕᓇ ᒋᑭᑭᖅᑲᒪᓇ ᑲᑭᒥᓂᑯᔭᓇ MedicAlert® ᑭᑭᓇᑉᐊᒋᐅᓇ, ᑲᓴ ᒋᑲᑉᕿᒋᒪᒃ ᑭᒪᖅᑭᑭᑉᐃᓂᓂᒪ ᕿᒪ ᑲᑭᑭᓄᐊᒪᕿᒃ ᐃᓇᒋᕿᑉᐃᓇᓇ ᐊᓂᓇ ᕿᑭᑐᑕᒪᐸᓇ ᒋᓇᑲᓇᒪᓯᔭᓇ ᑲᓴ ᑉᐁᑉᐃᑉ ᕿᐃᓂ ᐊᓇᑕᑉᐃᐃᑎᓯᔭᓇ ᐅᒋᑕᐸᓯᓴᒃ ᑭᓯᓯᐸᑦᑲᑎᒪ.

ᐊᓂᓇ ᕿᑐᑕᒪᓇ ᒋᐊᓇᑕᑉᐃᑐᔭᓇ ᑲᑕᐸᓯᓴᒃ ᓯᓯᐸᑦᑲᑦ.

ᑭᖅᐱᓇ ᐊᐸᓇ ᑭᕿᑕᒪᓇ ᐁᓂᑕᐸᓯᓴᒃ ᑭᓯᓯᐸᑦᑲᑎᒪ, ᖓᒪᒃ ᓇᓇᑲᒋᑐᓇ ᑭᒥᓪᑭᒪ. ᑭᖅᐱᓇ ᐊᔭᓯᑉᐊᓇ ᑎᐸᐸᒋᑲᓇ, ᒥᐱᑯ ᐃᓱᐊᓇᑕᑉᐃᐃᑎᓯᓇ. ᐅᓂᓱᓱᓇ ᒋᐊᔭᑉᑲᒥᓯᔭᓇ.

ᒥᒋᓇ ᕿᒪ ᒥᓂᑉᑲᑕᓇ ᑲᒥᒋᒥᖅᑲᕿᒪᑲᒃ (15 grams) ᒥᓂᑯᒃ:

- 15 g ᓯᓯᐸᑦᑲᑦ ᑕᐱᖅᑯ ᓯᓯᐸᑦᑲᑎᒃ ᑲᐃᓱᓇᑯᒋᑲᐅᑭᓇ (ᒥᐅᑉᐁ ᐊᓇᑕᑉᐁᑕᑉᑲᒃ ᒋᐊᐸᑕᒃ)
- 15 mL (3 ᐁᒥᑉᑲᑐᔮ ᕿᒪ ᓂᑉᓴᑭᓂᑲᑐᔮ ᓯᓯᐸᑦᑲᑦ ᒋᐃᓱᑉᑲᓇᐱᓇᒃ ᓂᐱᑲᒃ
- 175 mL (3/4 ᒥᓂᑉᑲᑲᓇ) ᓱᑉᐊᐳ ᕿᒪ ᑲᒪᖅᑲᑉᐊᑲᒥᒃ ᓱᑉᐊᐳ
- 6 Life Savers® ᑕᓯᓇ ᒪᖅᑭᑭᓴᒃ (1 = 2.5 g ᑲᑭᓱᓵᑉᐃᓯᖅᑲᕿᒪᑲᒃ)
- 15 mL (ᐯᓱᒃ ᑭᒋᐁᒥᑉᑲᓇ) ᐊᒧᓯᓯᐸᑦᑲᑦ

ᐱᐅᓇ 10 ᐊᑯᓇᒃ 15 ᑎᐸᐃᑲᑐᔮ, ᒥᓇᑉᐊ ᑕᖅ ᓇᓇᑲᒋᑐᓇ ᑭᒥᓪᑭᒪ. ᑭᖅᐱᓇ ᕿᔭᐱ ᑕᐸᓯᖅᑲᒪᑲᒃ:

- ᒥᓇᑉᐊ ᐊᓇᑕᑉᐃᐃᑎᓯᓇ
- ᑭᖅᐱᓇ ᕿᔭᐱ ᐯᓱᑯᑎᐸᐃᑲᓇ ᒥᓂᑯᒃ ᒋᐱᐅᔭᓇ ᒋᑉᐃᓯᓂᔭᓇ, ᕿᒪ ᑲᓴ ᑉᐃᑲᑉᕿᒋᔭᓇ, ᐸᓇᑭ ᒥᒋᒥᔮ ᐅᑕᐱᓇᓇ ᑕᐱᖅᑯ ᐊᐱᑕ ᓇᐳᓂᑲᓇ ᕿᒪ ᒋᔮ ᑲᓴ ᐸᑉᕿᓱᑲᑐᔭᒃ (ᕿᑯᓂᑯ 15 grams ᒥᓂᑯᒃ ᑲᑭᓱᓵᑉᐃᓯᖅᑲᕿᒪᑲᒃ ᑲᓴ ᑲᑉᐃᔭᓯᑉᐊᒃ).

ᕿᔭᐱ ᑉᐃᑭᕿᑕᓇ ᕿᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᒥᔮᑉᑭ ᑲᐊᔭᒃ ᓯᓯᐸᑦᑲᑦ, ᑲᓇᑉᐊᐸᑕᓇ, "Managing Your Blood Glucose" ᒪᓯᓇᑐᓯᒋᑲᓇ.

ᑭᐃᓱ ᐱᒥᓇᓇᑲᒋᒋᑲᒐᒃ ᓯᓯᐸᑦᑲᑦ

ᑦᐁᑯᑐᓇ (high blood glucose) ᑲᐃᖅᐱᓴᒃ ᓯᓯᐸᑦᑲᑦ ᑲᓴ ᐊᓂᓇ ᐁᓱᔭᓇᓂᑦᐊᒃ?

ᐊᐱ ᑭᒥᓵᑭ ᑲᐊᔭᒃ ᓯᓯᐸᑦᑲᑦ ᐃᖅᐸᐱᒋᓴᒃ (ᐃᓇᐱᓇ ᑲᐃᓱ ᑭᑭᓇᑦᐊᒋᐱᐃᑲᒐᒃ ᐅᐅᒪ ᑲᐅᓱᐱᐃᑲᒐᒃ), ᒥᐅᑦᐁ ᑭᐃᓱᔭᔭᓇ:

- ᒋᐸᑲᐸᑦᑭᔭᓇ
- ᑲᓂᐸᒋᓱᓱᒃ
- ᑲᐊᔪᑯᔅ

ᑦᐁᑯᑐᓇ ᑲᑐᒋᑭᒪᑲᒃ ᑲᐃᖅᐱᓴᒃ ᓯᓯᐸᑦᑲᑦ (hyperglycemia)?

ᑕᐅᒋ ᐃᖅᐱᓴ ᓯᓯᐸᑦᑲᑦ ᐊᐱ ᑭᑦᐃᓯᓂᑦᐃᓇ, ᑭᑦᐊᑦᐊᑲᑦᐃᑦᐃᓇ ᑲᓴ ᑭᒪᖅᑭᑭᑭᑦᐃᓇ ᑎᐱᑐᑕᓯᑦᐊᓇ. ᑕᐅᒋ ᐃᖅᐱᓴ ᓯᓯᐸᑦᑲᑦ ᑭᖅᐱᓇ ᐊᑯᓯᔭᓇ ᑭᒪ ᒥᓴᒥᑕᒪᓇ.

ᐊᓂᓇ ᑭᑐᑕᒪᓇ ᑭᖅᐱᓇ ᐃᖅᐱᓴᒃ ᓯᓯᐸᑦᑲᑦ?

ᑦᐁᑦᐁᓂ ᒋᐱᒥ ᑦᐃᓯᓂᔭᓇ ᑲᓴ ᒋᑦᐊᑦᐊᑲᑦᐃᔭᓇ ᑭᑯᓂᑯ ᒋᐊᐃᑐᑕᒪᓇ, ᑲᓴ ᒋᐱᒥ ᐅᑕᐱᓇᒪᓇ ᑭᒪᖅᑭᑭᒪᓇ, ᒥᐅᒪ ᑭᐅᒋ ᑦᐃᒋᐃᑯᔭᓇ ᒋᐱᒥ ᒥᑦᓇᑯᖅᑲᒪᑲᒃ ᑭᒥᓵᑭᒥᑲ ᑲᐊᔭᒃ ᓯᓯᐸᑦᑲᑦ. ᑭᖅᐱᓇ ᐅᔾᒪ ᐃᖅᐱᓴᒃ, ᑲᑦᑭᒪ ᑭᒪᖅᑭᑭᑦᐃᓂᓂᒪ ᐅᐅᑦᐁᓂ:

- ᒋᑭᐊᓇᒋᑐᐸᓇ ᑭᒪᖅᑭᑭᒪᓇ ᑲᐱᒥ ᐅᑕᐱᓇᒪᓇ ᑭᒪ ᑲᓴ ᑲᒋᑕᐅᑎᓱᔭᓇ
- ᒋᒥᑦᓇᑐᔭᓇ ᑭᑎᓇᒋᑭᑦᐃᓇ
- ᐊᑦᐊᓱᒥ ᒋᑲᑦᑭᒋᔭᓇ

Content taken from the Canadian Diabetes Association's consumer fact sheets, Managing Blood Glucose and Lows and Highs: Blood Glucose Levels © 2008.

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ᑭᐃᓱᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ

ᓯᓯᐸᑯᑦᑕᐱᑐᑦᐃᓐ ᑲᓴ ᑭᓯᑕᓐ

ᑲᓯᓯᐸᑯᑦᑕᐱᑐᑦᐊᒡ ᐊᐱᒋ ᓂᑕᑲᑭᒋᓯᒐᑦᐊᒃ ᐱᓂᖅ ᑲᓴ ᐊᐸᑐ ᐊᑦᐊᓱᒥ ᐅᐊᓄᒋ ᑭᒋᐊᑯᓯᑦᐊᒡ ᑲ ᑲᑭᒋᓯᒐᑦᐊᒡ.

ᓯᓯᐸᑯᑦᑕᐱᑐᑦᐃᓐ ᐃᓱᓄᒋᐃᑦᐅᒪᑲᓐ ᑲᐅᒋᓇᑕᒪᓯᒪᑲᒃ ᒥᔭᑦ ᑲᓴ ᑲᐊᐃᓴᒪᑲᒃ ᒥᑦᑭ, ᑦᐃᓐᑫ ᑕᖅ ᓴᓇᑭᓐ ᒋᑭ ᑭᑫᐃᑎᓯᒪᑲᒃ ᒥᔭᑦ. ᐱᓂᖅ ᑲᓴ ᐊᓂᐱᒥ ᒪᓱᑐᒋᑫᒪᑲᓐ ᑲᐅᒋᓂᓯᑐᓯᓇᓂᑦᐊᒃ (neuropathy), ᐃᐃᒪ ᒪᑦᐊᒡ ᒥᓂᒋᒃ ᑲᓴ ᒥᓯᑕᒃ. ᐃᓱᔭᑦᐊᒃ ᑲᓯᓯᐸᑯᑦᑕᐱᑐᑦᐊᒡ ᑲᑦᐃᓐ ᒋᓂᓯᑐᒪᒋᑐᑦᐊᒡ ᑭᖅᐱᓐ ᐅᑲᑭᒋᓯᒐᑦᐊᒡ, ᑕᐱᖅᑯ ᐱᑐᐱᑭᓯᒋᒐᓴᒡ ᕿᒪ ᑲᑭᖅᑭᓱᑦ. ᑭᖅᐱᓐ ᑭᕿᑕᓯᑦ ᑲᓴ ᓇᑕᑦᐃᒋᑲᒐᓯᓄᑦ, ᒪᑦᐊᒡ ᐸᑭ ᐃᓱᓇᑦᑲᑦ ᑲᐃᓱᑲᑭᒋᓯᒐᔭᓐ ᑕᐅᒋ ᑭᑕᑕᐱ ᐱᒋᐳᑦᐃᓴ, ᐱᓂᖅ ᒋᐅᒋ ᑭᒋᐊᑯᓯᒡ.

ᑕᓯᑭᓱᑦ ᒋᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ

ᐱᓱᓱᑦ ᑲᑦᕿ ᓇᑲᓇᑲᓯᓇᓂᑦᐊᑦ ᕿᑯᓐ ᒥᐅᑦᐅ ᑦᐃᒋᐃᑦᐅᒪᑲᑦ. ᑕᓯᑭᓱᑦ ᑕᖅ ᒋᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ ᒋᒥᓄᔭᒪᑲᑭᓐ.

ᒪᑦᐊᑐᓇᓐ ᒋᐅᑎᓇᒪᓯᔭᓐ ᐊᐸᒋᑕᑲᓇᓐ ᑕᐱᖅᑯ ᑭᖅᑭᑲᓱᓱᑲᓐ, ᓇᓴᑦᐊᐃᑲᓐ, ᓱᓇᐱᑭᓂᑲᓐ, ᐊᓯᓐ ᑲᓴ ᑦᐊᐸᒧᓇᐱᑯᓴ. ᑲᑭᓇ ᒋᐃᓱ ᐅᑯᑲᓇᑦᐅᑕᒪᓐ ᒋᐅᒋᑦᐃᒋᐃᑯᔭᓐ ᑕᓯᑭᓱᑦ ᒋᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ:

1. ᑭᓯᓴᐸᑦᐊᑐᓐ ᑭᓯᑕᓐ ᓇᐱᒐᑦᐊᐳᑦ (ᑲᑦᐃᓐ ᑲᐊᑦᑲᑲᒥᒐᑦ), ᒋᐊᐸᒋᐊᒡ ᓇᐸ ᑲᓄᓯᑭᓯᒡ. ᕿᑯᑦᐃᓐ ᐃᓇᑦᑲᑭᒋᑐᕿᓐ ᑭᓯᑕᓐ, ᐊᓇᒋᑯ ᑕᐸᓐᑦᑲᓴᕿᖅᑲᑦᐊᓐ ᑭᓯᑕᓐ.
2. ᒣᑦᑲ ᕿᔭᐱ ᓴᑭᓯᒐᔭᓐ, ᓇᓇᓱᓯᒐᐅᑎᓯᓐ ᐊᓯᓐ ᒋᓇᓴᑦᐅᐸᐊᒪᓐ, ᒋᐊᓂ ᐸᐱᑦᑲᖅᑲᓴᕿᖅᑲᓯᓄᑦ ᑭᓯᑕᓐ.
3. ᑦᐅᑦᐅᓂ ᐸᓇᑯᓯᒐᐅᑎᓯᓐ, ᑲᓴ ᐃᐃᒪ ᓯᓇᑕᑦ ᑭᓂᓯᑭᓯᑕᓂᑦ.
4. ᒥᓯᑦᐅ ᓇᓇᑲᒋᑐᓐ ᑭᓯᑕᓐ ᑲᓴ ᓯᓇᑕᑦ ᑲᐃᓱᓂᓯᑭᓯᒐᔭᓐ ᒋᑭᖅᑭᖅᑲᓯᓄᑦ, ᒋᑕᖅᑭᖅᑲᓯᓄᑦ, ᑭᖅᑲᖅ ᒋᐱᓇᑎᕿᑭᒐᔭᓐ. ᐊᐸᒋᑐᓐ ᑦᐊᐸᒧᓇᐱᑯᓴ ᒋᐅᒋ ᑦᐊᐸᑕᒪᓐ ᑭᓇᑲᑭᓯᑕᓂᑦ ᕿᒪ ᑲᑦᕿᒥᒻ ᐊᑦᐃᔭ ᒋᓇᓇᑲᒋᑐᒐ ᐅᓱᓇᑦᑲᑦ ᑭᓇᑲᑭᓯᑕᓇᓐ.
5. ᑲᑲᓯᓇᓐ ᑲᐃᓱᑭᖅᑭᖅᑲᔭᓐ ᕿᒪ ᑲᑭᐃᓱ ᐯᓱᓱᓇᓐ ᓇᐸ ᑲᓴ ᓂᐱ ᒋᑭᓯᐊᐸᑦᐊᒋᑲᕿᔭᓐ, ᑲᓴ ᐊᑯᐱᒋᑲᕿᓐ ᐊᑯᐱᒋᑲᓂᑭᓐ ᑲᑦᐊᑦᑲᖅᐊᖅᕿᒡ ᑲᐊᐸᒋᑕᒧᓇᑲᓂᑦᐃᒡ.
6. ᑎᐱᖅᑯᒋᑭᖅᑭᓇᑦ ᑭᖅᑲᓱᑦ ᑲᓴ ᒋᓇᓴᑦᐅᐸᑦᐊᑦᑕ ᑲᐃᓱ ᑲᓱᓯᑦᐊᒡ. ᒪᓇᐅᓴᒥ ᒐᑯᑲᓱᐅᑎᓯᓐ.
7. ᐳᓯᓂᑲᕿᓐ ᑲᒥᓇᑦᑲᓯᓄᑦ ᐳᓯᓂᑲᓐ ᑭᑐᓇᑕᓂᑦ ᑲᓴ ᑭᓇᑲᑭᓯᑕᓂᑦ. ᑲᓯᑦᐅᐸᐊᓐ ᓂᐱᑦᐊ ᐊᑐᔭᓐ. ᕿᑯᑦᐃᓐ ᓯᓇᑕᑦ ᑲᐃᓱᓂᓯᑭᓯᒐᔭᓐ ᐃᓱᐊᑐᕿᓐ, ᐊᓇᒋᑐ ᑕᐅᒋ ᐊᑦᐯᑕᒪᓐ ᒋᐅᒋ ᐅᒥᑭᑦᐃᓯᒐᓴᔭᓐ.
8. ᑭᑭᖅᑲᑦ ᑲᐸᓴᑭᑭᓯᑦᐊᒡ ᐊᓱᑲᓇᑦ ᑲᓴ ᑦᐅᑦᐅᓂ ᒋᒥᓄᖅᑲᑦᐊᑦᑕ ᑕᓯᑭᓱᑦ. ᑲᓴ ᑲᑦᕿᑕᓇᓐ, ᑭᑭᒡᑲᑦᐃᑦ ᑲᑦᐊᐱᓯᑦᐊᒡ ᐊᓱᑲᓇᑦ, ᑭᖅᐱᓐ ᑭᖅᑭᖅᓱᓇᓐ ᕿᒪ ᐅᒥᑭᑦᐃᔭᓐ, ᒥᐃᒪ ᕿᐅᒋᑦᐊᐸᒪᓐ ᒋᒥᔭᑭᑦᐊᑦ ᕿᒪ ᒋᒥᓂᑦᐊᑦ.

ᐸᐸᑭᒐᓯᑐᓐ ᑭᒪᑭᓯᓇᓐ ᕿᒪ ᐸᐱᓇᒋᓂᒋᓂᓐ ᒋᑦᐸ ᐱᑕᓯᑐᔭᓐ, ᐊᓂᓐ ᐅᑭᕿᑕᓯᑦᐊᓐ ᑦᐅᑯᑐᓐ ᐱᓇᑦᑎᕿᓐ ᑭᒪᑭᓯᓂᑦ.

Canadian Diabetes Association
Ontario

ᕿᐃᓱᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ

ᐊᐱ ᕿᐃᓱᐧᐊᐸᒪᒡ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ

- ᑭᖅᐱᓐ ᐸᑭᓴᔭᓐ, ᑭᓱᓯᔭᓐ, ᒥᔅᑯᓴᔭᓐ ᕿᒪ ᐧᐃᓴᕿᑕᒪᓐ ᑭᑲᑎᒃ ᕿᒪ ᑭᓯᑕᓐ, ᖓᒪᒃ ᐊᓐᑕᐧᐃᐧᐊᐸᒪ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ.
- ᑭᖅᐱᓐ ᐱᐧᑲᖅᑭᓴᔭᓐ (ᑲᒪᖅᑲᐧᐊᓴᕿᔭᓐ ᑭᓂᓯᑭᓯᑕᓂᒃ), ᕿᒪ ᓂᑕᐧᐃᑭᒪᑲᒃ ᕿᑯᓐ (ᑭᐸᑲᓴᕿᖅᑲᒃ ᐅᓇᑲᑭᓯᑕᓂᒃ), ᑲᐱᓐᑎᕿᑭᒡ ᐅᖅᑲᖅ, ᒋᒋᑯᒪ, ᕿᒪ ᖓᑯᑭᑭᓱᓇᓐ, ᓇᓯᑲᒥ ᒪᖅᑭᑭᐧᐃᓂᓂ ᒋᓇᓇᑲᒋᑐᒡ ᕿᒪ ᒥᓯᑎ ᒪᖅᑭᑭᐧᐃᓂ (ᐯᐸᑲᓇ ᐃᓇᓄᑭᐧᐊᒃ ᒥᓯᑎ ᒪᖅᑭᑭᐧᐃᓂᓂᐧᐊᒃ ᕿᒪ ᒪᖅᑭᑭᐧᐃᐧᕿ ᒥᓯᑕᓐ ᑲᐸᒥᓇᑭᓐ). ᕿᑯᐧᐃᓐ ᑭᓐ ᑲᐧᕿᓇᑕᐧᐃᐃᑎᓯᕿᓐ ᑭᑲᑭᒋᓯᑐᔭᓐ.
- ᑲᓇᕿ ᐯᓱᐧᑲ ᐯᓱᑯᐱᐳᓐ ᐅᑲᓇᓇᑲᒋᑐᓐ ᑭᓯᑕᓐ ᑭᒪᖅᑭᑭᐧᐃᓂᒪ. ᑲᔭ ᑕᖅ ᒋᑲᐧᕿᒋᒪᒡ ᒋᓇᓇᑲᒋᐃᒃ ᑲᐅᒋᓂᓯᑐᓯᔭᓐ ᑲᔭ ᑲᐅᒋ ᐧᐊᐧᐊᑲᐧᐃᓯᑐᑕᔭᓐ ᐯᓱᐧᑲ ᐯᓱᑯᐱᐳᓐ.
- ᑭᑕᓱᑲᓂᓐ ᑕᐧᓴ ᑭᐊᑕᐧᐃ ᐧᐊᐸᒪᒡ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒡ ᐁᐧᐃᓇᓇᑲᒋᐃᒃ ᑭᓯᓯᐸᑯᐧᑕᐱᓂᔭᓐ ᑲᔭ ᒋᑲᐧᕿᒋᒪᒡ ᒋᓇᓇᑲᒋᑐᒡ ᑭᓯᑕᓐ.

ᓯᓯᐸᑯᐧᑕᐱᓂᐧᐃᓐ ᕿᐃᓱᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ ᕿᑐᑕᒪᓐ ᑲᔭ ᕿᑐᑕᓯᐧᐊᓐ

ᑐᑕᓐ ᒋᑭᑭᖅᑲᒪᓐ ᐧᐁᐧᐁᓂ ᒋᑌᐱᖅᑲᒪᓐ ᒪᑭᓯᓇᓐ. ᒋᒥᓄᖅᑲᒪᔭᓐ, ᒋᑕᐧᑲᑯᑐᑕᓂᔭᑭᓐ (ᑲᐧᐃᓐ ᐊᐊᐧᓱᒥ 5 cm ᒋᐊᐱᒋᑲᐸᐧᐃᒪᑲᑭᓐ) ᑲᔭ ᐁᑲ ᒋᓱᓇᖅᑲᑯᔭᓐ ᑲᔭ ᒋᒪᑯᒥᑯᔭᓐ. ᑲᐃᓱ ᐅᓂᓱᓱᑭᓐ ᒪᑭᓯᓂᐊᑕᐧᐁᐧᐃᑲᒥᑯᒃ ᐅᒋᐊᑕᐧᐁᓐ ᒪᑭᓯᓇᓐ ᑲᔭ ᒋᑲᐧᕿᒋᖅᑲᒧᓂᑯᔭᓐ ᒪᑭᓯᓇᓐ ᑲᐧᐃᐊᑕᐧᐁᔭᓐ.

ᑐᑕᓐ ᒋᑭᑲᓱᑲᓂᔭᓐ ᒣᑲ ᑭᑎᐱᑲᒃ ᑭᖅᐱᓐ ᒪᖅᑲᐧᐊᑯᓯᒐᐧᐊᒋᔭᓐ.

ᑐᑕᓐ ᒋᐃᖅᐸᑐᔭᓐ ᑭᓯᑕᓐ ᒣᑲ ᑭᐊᐱᔭᓐ.

ᑐᑕᓐ ᒋᐊᔭᑲᐧᐃ ᐧᐊᐧᐊᑲᐧᐃᓯᒐᓂᓐ ᑭᓂᓯᑭᓯᑕᓇᓐ ᑲᔭ ᑭᐳᓇᑲᓇᓐ ᐯᓱᐧᑲ ᑲᐱᒥᑭᓱᑲᒃ ᒋᐅᒋ ᐃᖅᒪᑲᒃ ᒥᔅᑭ ᑭᓯᑎᒃ ᑲᔭ ᑭᑲᑎᒃ.

ᑐᑕᓐ ᒋᐊᔭᑲᐧᐃ ᑲᐧᕿᓐ ᒋᖓᖅᐧᐃᐸᓂᐅᔭᓐ ᑲᔭ ᒋᒥᓄᖅᑲᒪᑲᒃ ᑭᓂᓯᑐᓯᐧᐃᓐ.

ᑐᑕᓐ ᒋᓇᓇᑲᒋᑐᔭᓐ ᑭᓯᑕᓐ ᑕᓯᑭᓱᑲ ᑲᔭ ᒋᓇᓇᑐᒥᑯᓇᒪᓐ ᑭᖅᑲᒃ ᐊᓂᓐ ᐁᐱᒋᑭᓱᐧᐊᐧᕿᓐ.

ᕿᔭᐱ ᐧᐃᑭᕿᑕᒪᓐ ᕿᐃᓱ ᐸᒥᑐᔭᓐ ᑭᓯᑕᓐ, ᑲᓇᐧᐊᐸᑕᓐ “Managing Your Feet” ᒪᓯᓇᐅᓯᒋᑲᓐ.

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Foot Care: A step toward good health © 2008

Ojibway Catalogue No.013216 August 2009 © Queen's Printer for Ontario

Ontario

ᐱᒥᑲᓇᐧᐁᑕᓇ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ

ᐅᑌᐃᒃ ᐊᓂᐃᑦᑯᐊᑯᓯᐧᐊᒃ ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ (type 2 diabetes). ᐅᑌᐃᔭᐱᓇ ᐊᓂᐱᑯᖅᑲᒪᑲᓄᓇ ᑲᐅᑌᐃᐊᐱᑐᓇᓂᐧᐊᒃ. ᐊᓂᒥᓯᑌᖅᑲᒪᑲᓇ ᐊᐱ ᒥᓴᐧᑭᔭᐱᓇ ᐅᑌᐃᒃ ᕿᒪ ᐧᐃᓇᑎᐱᒃ ᑲᐃᓴᒪᑲᒃ ᒥᓴᐧᑭ ᐱᓂᖅ ᑲᐊᓂ ᐊᑲᓯᐸᑯᑐᔭᒃ ᕿᒪ ᑲᐊᓂᑭᐱᖅᑭᕿᒪᑲᒃ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ, ᐱᓂᖅ ᒋᐅᒋ ᑭᐱᒋᑌᐅᔭᓇ ᕿᒪ ᒋᓂᐳᐧᐃᔭᓇ. ᐊᑯᓇᒃ 80% ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ ᐅᑲᓂᓯᑯᓇᐧᐊ ᑭᐱᒋᑌᐅᔭᐧᐃᓇ ᕿᒪ ᓂᐳᐧᐃᔭᐧᐃᓇ.

ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ ᐸᑎᐧᓇᔭᒃ ᐃᑯᓇᓂᓴᓂᓯᐧᐊᒃ ᒋᐊᓂ ᐅᑌᐅᐊᐱᑐᐧᐊᒡ, ᑕᐱᖅᑯ ᑲᔭ ᐅᓄᐧᐅᓂᐧᐊᓇ:

- ᑕᐃᖅᐸᑲᒥᖅᑲᓂ ᓯᓯᐸᐧᑲᑦ ᐅᒥᓴᐧᑭᒥᒃ
- ᑕᐊᓇᒋᐳ (ᐃᐃᒪ ᒪᐧᐊᒡ ᐅᒥᓴᑕᒃ)
- ᑲᒧᒋᐊᔭᐱᓇᓂᐧᐊᒃ ᕿᑯᓇ ᑲᐃᓇᓄᑭᓯᒃ
- ᑕᐃᖅᐸᑯᖅᑲᒪᑲᓂᒃ ᐅᐸᓇᑲᐅᑯᐧᐃᓇ
- ᓂᐱᐧᐊ ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋ

ᑭᓂᑕᓴᑲᐧᓴᒡ ᕿᒪ ᐅᑎᓇᐧᐁᒪᑲᓇᓇ ᐁᑭ ᐃᓇᐱᑐᓂᒡ ᐅᑌᐁᐱᑐᐧᐃᓇ ᕿᒪ ᓂᐳᐧᐃᔭᐧᐃᓇ ᐊᐧᐊᑦᑎ ᓇᓂᓴᓂᓯᐧᐊᒃ ᐅᐅᐧᐁ ᒋᐃᓇᐱᑐᐧᐊᒡ.

ᑲᐧᕋᒋᒡ ᒪᖅᑭᑭᐧᐃᓂᓂ ᕿᐃᑦᐃᒋᐃᑎᓯᔭᓇ ᒋᓂᓯᔭᒃ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ LDL ᑭᒥᓴᐧᑭᒃ. ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ ᐊᓂᑦ ᐅᒥᐱᐊᐸᒋᑐᓇᐧᐊ ᒪᖅᑭᑭᓂ ᒋᑎᐱᐊᐱᑎᓂᑯᓂᐧᐊᒡ, ᐧᐁᐧᐁᓂ ᒋᐃᓇᒋᕿᐧᐊᒡ ᑲᔭ ᒋᖓᓴᐧᐃᐸᓂᐅᐧᐊᒡ.

ᐁᐧᐊᐧᐃᓇᑌᒃ ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ: ᐃᑦᓂᑲᒋᕿᐧᐃᓇᓇ

ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ: ᐅᐅᐧᐁ ᑎᓂᐧᐃ ᐱᒥᑌ ᐅᓇᒋᑕᐱ ᐅᑌᐅᒪᑲᓇ ᒥᓴᐧᑭᒃ ᑲᔭ ᐧᐃᔭᓯᒃ. ᓂᐧᓴᔭᑲᓄᓇ ᐅᓄ ᐱᒥᑌᓇ: LDL ᑲᔭ HDL.

- LDL: ᒥᐅᐧᐁ ᑕᐱᖅᑯ ᑲᒪᓇᑕᒃ ᐱᒥᑌ ᑭᖅᐱᓇ ᓂᐱᐧᐊ ᐊᔭᒪᑲᒃ ᐅᐅᐧᐁ ᑎᓄᐧᐃ ᐱᒥᑌ ᑭᔭᐧᐃᒃ LDL ᑲᑭᐅᒋ ᑲᒋᑎᓂᑯᓇ ᑭᑌᐃᒃ ᒋᐊᓂᐱᐊᑯᓯᔭᓇ.
- HDL: ᒥᐅᐧᐁ ᑕᐱᖅᑯ ᑲᐅᓂᐱᐱᒃ ᐱᒥᑌ ᑭᖅᐱᓇ ᓂᐱᐧᐊ ᐊᔭᒪᑲᒃ ᐅᐅᐧᐁ ᑎᓄᐧᐃ ᐱᒥᑌ ᑭᔭᐧᐃᒃ HDL ᑲᑭᐅᒋ ᓇᑕᒪᑯᓇ ᒋᐊᔭᓯᐧᐊᓇ ᐅᑌᐁᐱᑐᐧᐃᓇ.

LLᐤ ᐁᐱᑎᐸᑭᒋᑲᑌᒃ ᑲᐊᔭᒪᑲᒃ HDL : ᐊᑭᑕᓯᓇᓇ ᐊᐸᒋᒋᑲᑌᐧᐊᓇ ᐁᑎᐸᑭᒋᑲᑌᒃ ᐊᓂᓇ ᐁᐱᒋᖅᑲᒪᑲᒃ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ HDL.

ᐱᒥᑌ ᑲᐊᔭᒪᑲᒃ ᒥᓴᐧᑭᒃ (Triglyceride): ᒥᐅᐧᐁ ᑯᑕᒃ ᑎᓄᐧᐃ ᐱᒥᑌ ᒥᔭᐧᐃᒃ ᑲᐅᒋᐅᐱᐅᒪᑲᒃ ᓯᓯᐸᐧᑲᑎᒃ, ᐃᖅᑯᑌᐧᐊᐳᒃ ᕿᒪ ᑯᑕᑭᔭᓇ ᐸᑲᓇ ᒥᒋᒥᑲᒃ.

ᐅᑌᐁᐊᐱᑐᐧᐃᓇ ᒥᓴᐧᑭᔭᐱᒃ (Cardiovascular disease): ᐱᑯᖅᑲᒪᑲᓇ ᒥᑌᐃ ᑲᔭ ᒥᓴᐧᑭᔭᐱᓇ. ᐯᐱᐧᑲᔭᒃ ᑲᐅᒋᐃᐱᔭᓇᓂᐧᐊᒃ ᐁᐊᓂ ᑭᐳᑕᒪᑲᒃ ᐱᒥᑌ ᑲᐧᐃᓇ ᑕᖅ ᒋᑭᓴᐳᖅᑲᒪᑲᒃ ᒥᓴᐧᑭ.

ᓄᑯᒥᕿ ᓇ ᑭᓇᓇᑲᒋᒋᑲᑌ ᑭᒥᓴᐧᑭ ᒋᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᐧᐊᑐᓇ?

ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ ᐊᓂ ᓇᓂᓴᓂᔭᐧᐊᒃ ᒋᐧᐊᕿᐧᐃ ᑭᐱᒋᑌᐁᔭᐧᐊᒡ ᑲᔭ ᒋᓂᐳᐧᐃᔭᐧᐊᒡ ᒥᓴᐧᐊᒡ LDL ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᐧᐃᓇ (ᑲᒪᓇᑕᒃ ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᐧᐃᓇ ᐊᓇᑭᒥᓇᐱᑭᖅᑲᒪᑲᒃ). ᐊᐧᐊᐧᑎ ᑲᔭ ᓇᓂᓴᓂᓯᐧᐊᒃ ᑭᖅᐱᓇ LDL-ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᐧᐃᓇ ᐃᖅᐱᔭᓂᒃ ᑲᐃᑦᒥᓇᐱᑭᖅᑲᒪᑲᓂᒃ.

ᑭᖅᐱᓇ ᓯᓯᐸᑯᐧᑕᐱᑐᔭᓇ, ᐃᑦᓴᔭᑐᓇ ᒋᓇᓇᑲᒋᒋᐃᑯᔭᓇ ᑕᓯᐯᑦᑯᐱᐳᓇ ᐊᑯᓇᒃ ᑕᓯᓂᓯᐱᐳᓇ, ᕿᒪ ᒧᓴᒃ ᒋᐊᔭᑲᐧᐃ ᓇᓇᑲᒋᒋᑲᑌᒃ ᑭᖅᐱᓇ ᐱᒥᐊᐸᒋᑐᔭᓇ ᒋᓂᓯᖅᑲᒪᑲᒃ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ.

ᑲᐧᕋᒋᒡ ᒪᖅᑭᑭᐧᐃᓂᓂ ᕿᐃᑦᐃᒋᐃᑎᓯᔭᓇ ᒋᓂᓯᔭᒃ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ LDL ᑭᒥᓴᐧᑭᒃ. ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ ᐊᓂᑦ ᐅᒥᐱᐊᐸᒋᑐᓇᐧᐊ ᒪᖅᑭᑭᓂ ᒋᑎᐱᐊᐱᑎᓂᑯᓂᐧᐊᒡ, ᐧᐁᐧᐁᓂ ᒋᐃᓇᒋᕿᐧᐊᒡ ᑲᔭ ᒋᖓᓴᐧᐃᐸᓂᐅᐧᐊᒡ.

ᐁᐧᐊᐧᐃᓇᑌᒃ ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ: ᐃᑦᓂᑲᒋᕿᐧᐃᓇᓇ

ᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ: ᐅᐅᐧᐁ ᑎᓂᐧᐃ ᐱᒥᑌ ᐅᓇᒋᑕᐱ ᐅᑌᐅᒪᑲᓇ ᒥᓴᐧᑭᒃ ᑲᔭ ᐧᐃᔭᓯᒃ. ᓂᐧᓴᔭᑲᓄᓇ ᐅᓄ ᐱᒥᑌᓇ: LDL ᑲᔭ HDL.

- LDL: ᒥᐅᐧᐁ ᑕᐱᖅᑯ ᑲᒪᓇᑕᒃ ᐱᒥᑌ ᑭᖅᐱᓇ ᓂᐱᐧᐊ ᐊᔭᒪᑲᒃ ᐅᐅᐧᐁ ᑎᓄᐧᐃ ᐱᒥᑌ ᑭᔭᐧᐃᒃ LDL ᑲᑭᐅᒋ ᑲᒋᑎᓂᑯᓇ ᑭᑌᐃᒃ ᒋᐊᓂᐱᐊᑯᓯᔭᓇ.
- HDL: ᒥᐅᐧᐁ ᑕᐱᖅᑯ ᑲᐅᓂᐱᐱᒃ ᐱᒥᑌ ᑭᖅᐱᓇ ᓂᐱᐧᐊ ᐊᔭᒪᑲᒃ ᐅᐅᐧᐁ ᑎᓄᐧᐃ ᐱᒥᑌ ᑭᔭᐧᐃᒃ HDL ᑲᑭᐅᒋ ᓇᑕᒪᑯᓇ ᒋᐊᔭᓯᐧᐊᓇ ᐅᑌᐁᐱᑐᐧᐃᓇ.

LLᐤ ᐁᐱᑎᐸᑭᒋᑲᑌᒃ ᑲᐊᔭᒪᑲᒃ HDL : ᐊᑭᑕᓯᓇᓇ ᐊᐸᒋᒋᑲᑌᐧᐊᓇ ᐁᑎᐸᑭᒋᑲᑌᒃ ᐊᓂᓇ ᐁᐱᒋᖅᑲᒪᑲᒃ ᑲᐱᒥᑌᐧᐊᑲᒥᓴᐧᕋᔭᓇ HDL.

ᐱᒥᑌ ᑲᐊᔭᒪᑲᒃ ᒥᓴᐧᑭᒃ (Triglyceride): ᒥᐅᐧᐁ ᑯᑕᒃ ᑎᓄᐧᐃ ᐱᒥᑌ ᒥᔭᐧᐃᒃ ᑲᐅᒋᐅᐱᐅᒪᑲᒃ ᓯᓯᐸᐧᑲᑎᒃ, ᐃᖅᑯᑌᐧᐊᐳᒃ ᕿᒪ ᑯᑕᑭᔭᓇ ᐸᑲᓇ ᒥᒋᒥᑲᒃ.

ᐅᑌᐁᐊᐱᑐᐧᐃᓇ ᒥᓴᐧᑭᔭᐱᒃ (Cardiovascular disease): ᐱᑯᖅᑲᒪᑲᓇ ᒥᑌᐃ ᑲᔭ ᒥᓴᐧᑭᔭᐱᓇ. ᐯᐱᐧᑲᔭᒃ ᑲᐅᒋᐃᐱᔭᓇᓂᐧᐊᒃ ᐁᐊᓂ ᑭᐳᑕᒪᑲᒃ ᐱᒥᑌ ᑲᐧᐃᓇ ᑕᖅ ᒋᑭᓴᐳᖅᑲᒪᑲᒃ ᒥᓴᐧᑭ.

Canadian Diabetes Association

Ontario

ᐱᒥᑲᓇᐧᐁᑕᓇ ᑲᐱᒥᐡᐊᑲᒥᔅᑫᔭᓇ

ᑫᔭᐱ ᐧᐃᑭᑫᑕᒪᓇ ᐱᒥᐡᐊᑲᒥᔅᑫᐧᐃᓇ ᑲᔪ ᓯᓯᐸᑯᐧᑕᐱᑐᐧᐃᓇ, ᑲᓇᐧᐊᐸᑕᓇ ᒪᓯᓇᐡᓯᒋᑲᓇ "Blood Pressure and Cholesterol" ᑲᐃᑦᓂᑲᐡᑲ.

ᐧᐁᐧᐁᓂ ᓇ ᑭᑐᑕᓇ ᒋᐅᒋ ᓂᓯᖅᑲᒪᑲᒃ LDL ᐱᒥᐡ ᓂᐱᐧᐊ ᑲᐊᔭᒪᑲᒃ ᑭᒥᔅᑭᑲᒃ?	ᐁᐁ	ᑲᐧᐃᓇ
ᓂᐱᒥᐊᐸᒋᑐᓇᓇ ᓂᒪᖅᑭᑭᒪᓇ ᑲᑭᒥᓂᑦᒐ ᒪᖅᑭᑭᐧᐃᓂᓂ ᒋᐧᐃᒋᐃᑯᐊᓇ		
ᓂᑎᐱᑕᓯ ᑎᐸᐱᖅᑯᒋᑲᑐᔅ		
ᓂᓇᐃ ᐊᐱᑕᑯᓇᐧᐁ ᓂᒥᔅᑕᑲ ᑲᐊᐱᑕᑯᓇᐧᐁᔭᓇ		
ᐧᐁᐧᐁᓂ ᓂᓇᓇᑲᒋᑐᓇ ᑲᒥᓄᖅᑲᑫᒪᑲᑭᓇ ᒥᒋᒪᓇ ᒋᒥᒋᔭᓇ ᑲᔪ ᑲᐧᐃᓇ ᓂᒥᒋᓯᓇ ᑲᐧᐃᓂᓄᐧᐊᑭᓇ ᒥᒋᒪᓇ		
ᓂᑎᐱᓇᒪᑎᔅ ᑲᔪ ᓂᐱᐧᐊ ᑲᐊᔭᒪᑲᒃ ᑲᐱᒥᐡᐊᑭᓇ ᒥᒋᒪᓇ ᓂᐱᐧᐊ ᒋᒥᒋᓯᐧᐊᓇ		
ᓂᒥᒋᓇᓇ ᑲᒪᖅᑯᓂᐧᐊᑭᓇ ᒥᒋᒪᓇ (ᑕᐱᖅᑯ ᐸᐧᑫᓂᑲᓂ ᒥᒋᒪᓇ)		
ᑕᓯᑭᓂᑲ ᓂᑎᐱ ᒥᒋᓇᓇ ᑭᑎᑲᓂᒥᒋᒪᓇ ᑲᔪ ᒥᓇᓇ		
ᐁᓇᑕᓯᑭᓂᑲ ᓂᐧᐊᐧᐊᑲᐧᐃ ᐁᑲᐧᑫᒋᔭᓇ ᒋᐅᒋᖓᓱᐧᐃᐸᓂᐅᔭᓇ		

ᑭᑭᑎᐱᑐᑕᓇ ᐃᓇ ᑲᐱᒥ ᓇᓇᑲᒋᑐᔭᓇ ᑲᒪᓂᑐᑕᑫᒪᑲᑲ LDL ᐱᒥᐡ. ᑫᔭᐱ ᓇ ᐊᐧᐊᓂᒥ ᑲᑲᐧᑫᐧᐃᒋᐃᑎᔅ ᒋᐅᒋ ᒪᖅᑲᐧᐃᓯᒪᑲᑲ ᑭᐡᐃᓇ?

ᒥᓇᐧᐊ ᑫᐊᓂᑐᑕᒪᓇ: ᒋᑲᐧᑫᓂᓯᓇᒪᓇ ᑲᐱᒥᐡᐊᑲ ᑭᒥᔅᑭ HDL ᒋᒥᐧᓇᑲᒥᑲ ᑭᒥᔅᑭ ᑲᔪ ᐱᒥᐡ ᑲᐊᔭᒪᑲᑲ ᒥᔅᑭᑲ. ᐃᓇᑭᒋᑲᐡ ᐊᑭᑕᓯᓂᑲ ᑲᐧᐃᓇ ᐊᐧᐊᓂᒥ 4.0 ᒋᐊᐱᑕᑯᖅᑲᒪᑲᑲ. ᑲᐧᑫᒋᒻ ᒪᖅᑭᑭᐧᐃᓂᓂ ᐊᓂᓇ ᒥᓂᑯᑲ ᐁᐱᑕᐱᑭᖅᑲᑲ ᑭᒥᔅᑭ.

ᐯᓂᐧᑲᔭᑲ ᑫᑭᑐᑕᒪᐸᓇ ᒋᓂᓯᓇᒪᓇ ᒋᐃᖅᐸᑐᔭᓇ HDL. ᐯᑲ ᐊᓂᐱᒥ ᓇᓇᑭ ᐃᖅᐸᑐᓇ HDL ᑭᔭᐧᐃᑲ ᐯᐸᑭ ᒋᐊᓂ ᒥᒋᔭᓇ ᑲᐅᓂᓂᓂᑭᓇ ᐱᒥᐡᓇ ᒣᖅᐧᑲᒻ ᐃᑕᖅ ᑲᐧᐃᓇ ᑲᒪᓇᑕᑭᓇ ᐱᒥᐡᓇ:

- ᑭᑎᑲᓂᒥᒋᒥᑲ ᑲᐅᑎᓂᑲᐡᑲ ᐱᒥᐡᐊᐳ: ᑲᓄᑕ, ᐧᐊᓕᐸ, ᐱᓇᑦ
- ᐧᐊᓕᐸ, ᐊᐳᑫᑐᔅ
- ᑲᓄᓯᑲᑭᓇ ᓂᐱᐧᐊ ᑫᑯᓇᓇ ᑲᑭᑭᓂᑲᐡᓯᓄᑭᓇ ᒪᒐᓂ
- ᐊᑲᑕᒥᓇᑲ ᑕᐱᖅᑯ ᐱᓇᑦ, ᐊᓕᒪᓇᑦ, ᑲᐱᐧᐊᐧᐊᑲᑲ ᐸᒪᑲᔅ

ᑭᖅᐱᓇ ᐅᔭᒻ ᓂᐱᐧᐊ ᐱᒥᐡᐊᑲᒥᑲ ᑭᒥᔅᑭᒻ, ᒪᖅᑭᑭᐧᐃᓂᓂ ᑲᐧᐃᑕᒪᑲ ᒋᑲᐧᑫ ᐊᒋᐧᐃᓇᒪᓇ ᒋᐅᑕᐱᓇᒪᓇ ᒪᖅᑭᑭ ᑲᔪ ᐸᑲᓇ ᒋᐃᓂᓇᑯᑐᔭᓇ ᑭᐱᒪᑎᓯᐧᐃᓇ. ᑲᐊᓂ ᐧᐃᑕᒪᑫᒪᑲᑲ ᑲᐧᐃᒋᐃᑯᓇ ᒋᓂᓯᓇᒪᓇ ᑲᐱᒥᐡᐊᑲᒥᔅᑫᔭᓇ:

- ᑫᑯᐧᐃᓇ ᓂᐱᐧᐊ ᒥᓂᐧᑫᐧᐃᓇ ᐊᐸᒋᑐᑫᓇ
- ᑲᐧᑫᐱᐱᓇᓇ ᑲᔪ ᐱᒥᑲᓇᐧᐁᑕᓇ ᒋᐱᒥ ᒥᓄᖅᑲᒪᑲᑲ ᑭᑭᓯᐸᐧᑲᑦ ᑲᐊᔭᑲ ᑭᒥᔅᑭᒥᑲ
- ᑲᐧᑫᐱᐱᓇᓇ ᑲᔪ ᐱᒥᑲᓇᐧᐁᑕᓇ ᒋᐱᒥ ᑎᐱᐊᐱᑎᓂᑯᓂᔭᓇ
- ᐸᑭ ᐁᑕ ᐊᐸᒋᑐᓇ ᑲᓯᓯᐸᐧᑲᑐᐧᐊᑭᓇ ᑲᔪ ᐸᓇᑭ ᑲᒪᖅᑯᓂᐧᐊᑭᓇ ᒥᒋᒪᓇ ᑕᐱᖅᑯ ᓂᐧᐊᐳᓇ, ᒪᖅᑭᑭᔭᓇ, ᑲᓂᐧᐊᑭᓇ ᑭᖓᐸᒥᒋᒪᓇ

Ojibway Catalogue No.013164 August 2009 © Queen's Printer for Ontario

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Cholesterol and Diabetes.

Ontario

ᒥᓂᕐᓇᕐᐃᓐ ᑲᔪ ᓯᓯᐸᑯᕐᑕᐱᑐᕐᐃᓐ

ᒪᒥᑲᕐᐅᑕᓐ ᐅᐅᕐᐅ, ᒥᐅᕐᐅ ᐅᑐᒋᕐᓇᒪᑲᒃ ᒥᓂᕐᓇᕐᐃᓐ:

- ᑲᕐᐃᓐ ᑭᑕᓴᕐᐊᒐᑕᓯᓐ ᓇᑯᓐ ᑲᕐᐃᑐᑕᒪᓐ
- ᓂᐱᕐᐊ ᑲᐊᓐᒋᐳᖅᑲᓇᒪᑲᒃ ᑭᑕᓂᐊᔭᓐ ᑭᔭᕐᐃᒃ ᓇᑭᐅᒋ ᓴᓇᑭᐃᑯᔭᓐ ᒋᐸᑲᒐᔭᓐ ᓇᒪ ᑭᑎᐱᐊᐱᑎᓂᑯᓂᔭᓐ.
- ᐊᓂᐃᖅᐸᐱᑭᖅᑲᒪᑲᒃ ᑭᐸᓐᑲᐅᑯᕐᐃᓐ ᑲᔪ ᒋᐊᓂᐱᒥᒐᕐᐊᑲᒥᒃ ᑭᒥᓴᕐᑭᒪ
- ᐊᓂᒪᕐᓴ ᑭᕐᐃᐯᓇᕐᐃᓂᒃ ᐃᑐᕐᓇ ᑲᔪ ᑕᐊᓂᐸᑭᓴ ᑭᕐᐃᓯᒥᒃ
- ᑕᐊᓂᐱᒥ ᓂᕐᐊᓇᒋᒋᕐᓇᒪᓐ ᑭᕐᐃᓇᑎᐱᒃ, ᑲᐅᒋᓂᓯᑐᓯᔭᓐ ᑲᔪ ᑭᑯᓂᒃ
- ᐸᓯᕐᓇᒪᑲᓐ ᒥᓯᕐᐅ ᒥᔭᕐᐃᒃ, ᐧᐃᓇᕐᓇ ᐅᓇᓂᓴᓂᐃᑯᓐ ᐊᕐᐃᔭ ᐅᒥᓴᕐᑭᒥᒃ ᑲᐊᔭᓂᒃ ᓯᓯᐸᕐᑲᒃ ᑲᐃᖅᐸᐱᑭᓴᓂᒃ
- ᐊᓂᐱᒥ ᐅᕐᐅᒪᑲᓄᓐ ᐯᐸᑲᓐ ᑎᓄᕐᐃ ᐃᓇᐱᑐᕐᐃᓇᓐ ᑲᐊᒧᕐᐅᒪᑲᑭᓐ
- ᑲᑭᐊᓂ ᓴᓯᐱᓴᑲᐅᓇᑕᒪᐱᑐ ᑲᔪ ᑲᑭᐊᓂ ᐊᕐᑲᑎᓯᕐᐅᓂᒪ
- ᐊᕐᐊᕐᒥᒃ ᑲᑭᐊᓂ ᑲᑭᒋᒐᐸ

ᑭᖅᐱᓇ ᐊᕐᐊᕐᒥᒃ ᓂᓇᒥᓂᕐᑲᑲᓇ ᒥᓂᕐᓇᔭᓇ ᐯᕐᑲ ᑲᑭᕐᑲᒃ (ᐊᑯᓇᒃ ᓴᓇᑲᓯ ᒥᓂᕐᑲᑲᓇ ᐃᕐᓇ ᓇᒪ ᒥᑕᕐᓂᕐᐃ ᒥᓂᕐᑲᑲᓇ ᐃᓂᓂ), ᑭᑲᓄᓂᑯ ᒋᐊᒋᕐᐃᓇᒪᓇ ᒥᓂᑯᒃ ᑲᒥᓂᕐᓇᔭᓇ. ᓂᐱᕐᐊ ᑲᒥᓂᕐᑲᒐᒃ ᐃᖅᑯᒐᕐᐊᐳ ᓴᓇᑲᓇ ᒋᑭᑲᓇᕐᐅᒋᑲᒐᒃ ᓯᓯᐸᕐᑲᑦ ᓇᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑲᔪ ᑲᐅᒋ ᑭᒋᐊᑯᓯᕐᓴ ᑕᐱᖅᑯ ᑲᓴᓇᑲᒃ ᐊᑯᓯᕐᐃᓇᓐ.

ᑲᕐᓇᓂᓯᑕᕐᐅᑕᓇ ᐅᕐᓇᓂᓴᓂᓯᕐᐊᒐ ᑲᓯᓯᐸᑯᕐᑕᐱᑐᕐᐊᒐ

- ᑕᓯᓇ ᑲᐊᐸᒋᑐᕐᐊᒐ ᒋᑕᐅᑎᓯᕐᐃᓇ: ᓂᓴᐱᑭᓴ ᒥᓴᕐᑭ (ᒥᓴᕐᑭᑲ ᑲᐊᔭᑲ ᓯᓯᐸᕐᑲᑦ ᓂᓴᐱᑭᓴ) ᐅᑲᕐᐸᑕᕐᐃ ᒥᕐᑲᒪᓇᒋᑐᓇᕐᐊ ᐊᑯᓇᒃ 24 ᑎᐸᐃᑲᓇ ᑭᐃᖅᑲ ᒥᓂᕐᓇᕐᐊᒐ.
- ᑕᓯᓇ ᑲᓯᓯᐸᑯᕐᑕᐱᑐᕐᐊᒐ (type 1 diabetes): ᑕᑭᓂᓴᓯᑭᓴᓂ ᐅᒥᓴᕐᑭᒪ (hypoglycemia) ᑭᖅᐱᓇ ᐅᑭᒥᓂᕐᓇᒐ ᐊᑯᓇᒃ ᓂᓯᑎᐸᐃᑲᓇ ᑲᑭᐃᖅᑲ ᐅᓇᑯᕐᐃᓂᐱᐸᓇ.

ᑭᖅᐱᓇ ᐧᐃᒥᓂᕐᓇᔭᓇ, ᑭᕐᑕᓇ ᐊᓂᓇ ᓇᑐᑕᒪᓇ ᐊᐸᓇ ᐅᒋ ᓂᓴᐱᑭᓴᒃ ᑭᒥᓴᕐᑭᒪ ᑲᐊᔭᑲ ᓯᓯᐸᕐᑲᑦ.

ᑲᐧᐃᓇ ᐃᓇ ᑕᑭᒥᓂᕐᓇᓯᓇ ᑲᓯᓯᐸᑯᕐᑕᐱᑐᒃ ᐊᐧᐃᔭ?

ᑲᐧᐃᓇ ᒣᕐᒣᒃ.

ᑲᐧᐃᓇ ᓇᑲᓂᓴᐧᐊᓯ ᒋᒥᓂᕐᓇᓯᒃ ᑲᓯᓯᐸᑯᕐᑕᐱᑐᒃ ᐊᐧᐃᔭ. ᐸᑎᓄᐧᐊᒃ ᐸᓯᓯᐸᑯᕐᑕᐱᑐᕐᐊᒃ ᐧᐅᐧᐅᓂ ᑲᐧᐃᑐᑲᓯᕐᐊᒃ ᒋᑭᒥᓂᕐᓇᕐᐊᒃ ᐃᖅᑯᒐᕐᐊᐳᓂ ᑲᓇᕐᓇ ᓂᐱᕐᐊ ᒋᒥᓂᕐᓇᓯᕐᑲ: ᒥᐅᕐᐅ ᐅᐱᕐᐊᔭᕐᑲᒥᑕᑯᓯᓇᓂᕐᐊᒃ ᑲᓇᕐᓇ ᐱᑯ ᒥᓕᒥᓂᕐᑲᓇ ᐯᐱᑯᑭᐱᑲ ᒋᒥᓂᕐᓇᔭᓇ ᐊᑯᓇᒃ 14 ᑕᓯᒥᓂᕐᑲᑲᓇ ᒋᒥᓂᕐᓇᕐᐊᒃ ᐃᓂᓂᕐᐊᒃ ᐅᑯ ᐧᐃᓇ ᐃᕐᓇᕐᐊᒃ ᓴᓇᑲᓯ ᒥᓂᕐᑲᑲᓇ ᐯᐱᑯᑕᕐᐊᐅ. ᓴᑯᒃ ᓂᑲᓇ ᑭᑕᑲᕐᓇᒋᒪ ᑭᒪᖅᑭᑭᕐᐃᓂᓂᒪ, ᑭᖅᐱᓇ ᐅᐅᕐᐅ ᐃᓇᐱᑐᔭᓇ ᑲᔪ ᐃᐱᓇᑭᖅᑲᒪᓇ:

- ᐅᐊᓂᑭᒋ ᐊᑯᓯᔭᓇ ᑲᓯᓯᐸᑯᕐᑕᐱᑐᔭᓇ ᐃᐃᒪ ᑭᕐᐃᓯᒥᑲᒃ ᓇᒪ ᑭᖅᑭᐱᑯᒃ ᐯᐱᑯᑯᓯᔭᓇ, ᑭᐸᓇᑲᐅᑯᕐᐃᓇ ᐅᐃᖅᐸᐱᑭᔭᒃ ᓇᒪ ᐅᐱᒥᑐᕐᐊᑲᒥᒃ ᑭᒥᓴᕐᑭᒪ, ᑭᑯᓂᒃ ᐯᐱᑯᑯᓯᔭᓇ, ᑲᐅᒋᓂᓯᑐᓯᔭᓇ ᐅᐱᑯᖅᑲᒃ ᓇᒪ ᐅᑭᓂᐳᕐᐃᔭᔭᓇ.
- ᐅᑭᑲᖅᑭᑐᓯᕐᐊᓇ ᒋᑭᐱᑎᓇᒪᓇ ᓇᒪ ᒋᑭᕐᐃᒋᑐᔭᓇ ᑲᑕᐸᔭᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᓴᕐᑭ ᑲᐊᔭᑲ ᓯᓯᐸᕐᑲᑦ.

ᓇᑯᕐᐃᓇ ᒥᓂᕐᓇᓇ ᑭᖅᐱᓇ:

- ᑭᑭᖅᑲᕐᐊᕐᐊᓯᔭᓇ ᓇᒪ ᐧᐃᑲᕐᓇ ᐅᓂᒐᓂᓯᔭᓇ;
- ᓄᓂᐊᕐᐊᓯᔭᓇ;
- ᑎᐱᓇᕐᐅ ᑭᐱᒪᑎᓯᕐᐃᓇ ᒪᕐᓴᔭᓇ ᓇᒪ ᑭᑎᓇᕐᐅᒪᑲᓂᑲᒃ ᐅᑭᐱᒪᕐᓴᐃᑯᕐᐊᒐ ᒥᓂᕐᓇᓂ;
- ᐅᕐᐃᐱᒥᐱᓯᔭᓇ ᓇᒪ ᓇᑯᓇ ᐅᕐᐃᐃᕐᒋᔭᓇ ᒋᐊᐸᒋᑐᔭᓇ ᑭᒪᒥᑐᓇᒋᑲᓇ ᓇᒪ ᑭᓇᑲᒋᕐᐃᓇ;
- ᑭᖅᐱᓇ ᐅᐱᒥ ᒪᖅᑭᑭᓇᔭᓇ. ᑲᕐᓇᒋᒪ ᒪᖅᑭᑭᓇ ᑲᒥᑭᕐᐅᒐ ᑭᒪᖅᑭᑭᒪᓇ ᑲᔪ ᐊᓂᓇ ᓇᑐᒋᓇᒪᑲᒃ ᑭᖅᐱᓇ ᑭᑭᐊᐸᒋᑐᔭᓇ ᒥᓂᕐᓇᕐᐃᓇ.

ᑭᓇᕐᐊ ᑲᒋᑕᐅᑎᓯᔭᒃ ᑲᔪ ᐊᓂᑦ ᑲᐊᑕᐱᒋᑐᔭᒃ ᒪᖅᑭᑭᓇ: ᐱᒥᓂᓴᐊᓇ ᓇᑐᑕᒪᓇ ᑲᐃᕐᐱᐃᑲᒐᒃ ᐅᐅᒪ ᐧᓇᑭᒐ ᒪᓯᓇᐃᑲᓇ ᒋᐅᒋ ᐊᒋᕐᐃᓇᒪᓯᔭᓇ ᑲᑕᐸᓯᔭᒃ ᑭᒥᓴᕐᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸᕐᑲᑦ ᑲᐊᐸᑕᒃ ᒥᓂᕐᓇᕐᐃᓇ.

Canadian Diabetes Association

Ontario

ᒥᓂᕐᓇᐅ ᑲᓴ ᓯᓯᐸᑯᑦᑕᐱᑐᐅᐅ

ᒋᑉ ᐅᐊᓂ ᒥᓂᕐᓇᔭᓇ

- ᐅᑦᐅᓂ ᐅᓱᓂᓇ, ᐅᑕᐱᓇᓇ ᑭᒪᖅᑭᑭᒪᓇ, ᐊᔭᑲᐅ ᓇᓇᑲᒋᑐᓇ ᑭᒥᖅᑭᒪ ᑲᐊᔭᑲ ᓯᓯᐸᑦᑲᑦ (ᐸᐸᒥᐅᑐᓇ ᑭᓇᑐᑭᕐᑭᑲᓇᐱᑲ).
- ᑕᖅ ᐸᐸᒥᐅᑐᓇ ᒋᐅᒋ ᐅᒋᐃᑎᓯᔭᓇ ᑭᖅᐱᓇ ᑕᐸᓯᔭᑲ ᑭᒥᖅᑭᒪ (ᑕᐱᖅᑯ ᓂᓯᓇ ᓯᓯᐸᑦᑲᑦ ᒪᖅᑭᑭᓇ ᕿᒪ ¾ ᒥᓂᑲᑲᓇ ᓱᐊᐳ ᕿᒪ ᓂᑯᑦᑕᓯ Life Savers® ᒪᖅᑭᑭᔭᑲ).
- ᐱᑯ ᐊᓇᑎ ᐊᔭᔭᓇ, ᐅᓇᑕᒪᑉ ᑲᑭᕐᓂᒥᑲ ᐅᓯᓯᐸᑯᑦᑕᐱᑐᔭᓇ ᑲᓴ ᑲᑕᐸᓯᔭᑲ ᑭᒥᖅᑭᒪ, ᑲᓴ ᐊᓂᓇ ᕿᑐᑕᑲ ᒋᐅᑯᑲᐅᑦ.
- ᐅᒋ ᐊᔭᑲᒥᓯᓇ ᑲᐃᓱ ᑲᕐᓇᑕᐅᒋᑲᑲᑦ ᑲᑕᐸᓴᐱᑭᔭᑲ ᒥᖅᑭ, ᑲᐅᓇ ᑕᐊᓄᑭᒪᑲᓯᓄᓇ ᑭᖅᐱᓇ ᒥᓂᕐᓇᐅᓇ ᐊᔭᒪᑲᑲ ᒥᔭᐅᑦ ᐅᑲᐅ ᑕᖅ ᓴᒋᓇᒐᑦ ᐊᐅᔭ ᒋᑭᕐᑕᑲ ᐊᐅᔭ ᒋᑲᓄᓇᑦ ᐊᑯᓯᐅᑦᑕᐸᓇᓇ ᑭᖅᐱᓇ ᐊᓂᒥᑲᐅᔭᓇ.
- ᑭᑭᖅᑲᓇ ᓯᓯᐸᑯᑦᑕᐱᑐᐅᐅ ᑭᑭᓇᐊᒋᒋᑲᓇ ᑕᐱᖅᑯ MedicAlert® ᑲᖅᕐᓇᐱᓯᓇ ᕿᒪ ᑲᖅᑲᑯᓂᕐᓇᐱᓯᓇ.

ᒥᑦᑲ ᒥᓂᕐᓇᔭᓇ

- ᒥᒋᓇ ᑲᒥᒋᒥᖅᑲᕐᓇᒪᑲᑭᓇ ᒥᒋᒪᓇ ᒥᑦᑲ ᒥᓂᕐᓇᔭᓇ.
- ᒥᒋᓇ ᑲᒥᒋᒥᖅᑲᕐᓇᒪᑲᑭᓇ ᒥᒋᒪᓇ ᒥᑦᑲ ᑲᕐᓇᒋᔭᓇ.
- ᑭᓂᑯ ᑕᖅᑲ ᓯᑭᓇᒪᓯᓇ ᑲᐃᒥᓂᕐᑲᑕᒪᓇ. ᐸᑭ ᐅᑕ ᓯᑭᓇᓇ ᒥᓂᕐᓇᐅᓇ ᐅᑯ ᑕᖅ ᓂᐱᐊ ᒋᐊᐸᑲᒥᓂᑲᕐᔭᓇ ᑲᓯᓯᐸᑯᑦᑕᑲᒥᓯᓄᑲ ᓱᐊᐳ.
- ᐅᑲ ᒥᓂᕐᓇ. ᕐᔭᐱ ᐃᒥᓂᕐᔭᓇ ᐸᓂᖅᕐᓇ ᐅᑕ ᓱᐊᐳ ᒥᓂᑲᑕᓇ.

ᐊᐱ ᑭᐃᖅᑲ ᒥᓂᕐᓇᔭᓇ

- ᐃᓇᑕᒪᑉ ᑲᑲᑭᑕᐃᓯᒐ ᐅᑭᒥᓂᕐᔭᓇ. ᒋᐅᒋ ᓇᓇᑲᒋᐃᑲ ᐃᑕᖅ ᒪᑭᖅᓴ ᐊᐸᑐ ᐅᒋᓂᔭᐱᑭᔭᑲ ᑭᒥᖅᑭᒥᑲ ᑲᐊᔭᑲ ᓯᓯᐸᑦᑲᑦ.
- ᓇᓇᑲᒋᑐᓇ ᑭᒥᖅᑭᒪ ᒋᑉ ᐊᓂᑲᐃᓱᒍᔭᓇ. ᐸᓇᑭ ᒥᒋᓇ ᑲᒥᒋᒥᖅᑲᕐᓇᒪᑲᑲ ᒥᒋᒪ ᑭᖅᐱᓇ ᑭᓯᓯᐸᑦᑲᑦᑎᒪ ᓇᐊᒐ ᓂᔭᐱᑭᖅᑲᒪᑲᑦ.
- ᐅᓇᑦᑲᐅ ᑭᑭᓯᓯᑲᓇ ᒋᒪᑎᓂᑲ ᕿᒪ ᑲᑲᑭᑕᐃᓯᒐ ᐊᐃᔭ ᑲᐱᒥ ᐊᔭᑲᐃ ᑯᖅᑯᓂᑲ ᑭᐱᒥᑎᐱᑲᑦ ᑲᔭ ᐊᓂᕐᑭᕐᖓᐸᐊᑲᑦ, ᐊᐱᐱᑯ ᑕᑭᐅᒋ ᓇᔭᐱᑭᔭ ᑭᒥᖅᑭ ᐊᑯᓇᑦ 24 ᑎᐸᐃᑲᓇ ᑭᐃᖅᑲ ᒥᓂᕐᓇᔭᓇ.
- ᐅᑦᐅᐃᑉ ᐅᐊᓂᖅᑲᓇ ᐊᓂᑭᖓᐸᐊᑲᑦ ᒋᐊᓂᐃᓯᓂᔭᓇ, ᒋᐅᑕᐱᓇᒪᓇ ᑭᒪᖅᑭᑭᒪ ᕿᒪ ᒋᒋᑕᐅᑎᓯᔭᓇ ᑲᐱᒥᐅᑕᐱᓇᒪᓇ. ᑭᖅᐱᓇ ᐸᓂᔭᔭᓇ ᑕᐃᖅᐸᐱᑭᔭ ᑭᒥᖅᑭᒪ, ᑭᑎᑎᑯᓯᑲ ᑲᒪᓂᔭ (ketones) ᑲᓴ ᑭᓯᓯᐸᑦᑕᐱᑐᐅᐅ ᐊᐊᑦᓂᒥ ᑲᐅᒋᐊᑯᑦ (diabetic ketoacidosis (DKA)).

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Alcohol and Diabetes.

ᒥᓂᑯᑦ ᑲᐊᔭᒪᑲᑭᓇ ᕿᑯᓇᓇ ᒥᓂᕐᓇᐅᓂᑦ ᑲᓴ ᑲᐊᐸᑕᑭᓇ ᑲᑕᑦᑲᑲᒥᓂᑲᑐᑭᓇ (ᒧᒋ ᑭᑭᓇᐊᒋᒋᑲᑐ ᒥᓂᑯᑦ ᑲᐃᓱ ᑕᑎᐸᓯᑦᐊᒋᑲᑐᑭᓇ)

ᑲᒥᓂᑦᑲᑐᑭᓇ	ᑲᑎᐸᑲᒥᓂᑲᑐᑭᓇ ᕿᐊᐱᑕᓯᑦᐊᒋᑲᑐᑭᓇ ᒥᓂᑦᑲᑲᓂᑦ	ᑲᑭᓱᕐᓇᐅᓯᔭᖅ ᑲᕿᒪᑲᑦ (kcal)	ᑲᑎᐸᑭᓇᒋᑲᑐᑦ ᒥᓂᑯᑦ ᕿᑯᓇ ᑲᑕᑦᑲᑲᒥᓂᑲᑐᑦ (g)
ᓱᑯᐱᑦᐊᐳ:			
ᐊᐱᑕ ᑲᐊᐱᑕᑲᒥᑦ	360 mL (12 fl. oz)	140	10
ᑲᓄᑲᑲᒥᑦ	360 mL (12 fl. oz)	100	5
ᑲᐃᖅᑯᑐᑦᐊᐳᑦᐊᑲᒥᓯᓄᑦ*	360 mL (12 fl. oz)	50-75	11-15
ᑲᐊᓂᓯᑐᐊᑲᒥᑦ*	360 mL (12 fl. oz)	90-97	2.5
ᐃᖅᑯᑐᐊᐳ ᑲᒪᖅᑲᑦᐊᑲᒥᑦ	45 mL (1.5 fl. oz)	98	0
ᐃᖅᑯᑐᐊᐳ ᑲᓱᑦᐊᑲᒥᓂᑲᑐᑭᓇ	45 mL (1.5 fl. oz)	163-190	17-21
ᓇᒥᓇᐳ:			
ᐊᐱᑕ ᑲᐊᐱᑕᑲᒥᑦ	150 mL (5 fl. oz)	102-108	1-2.5
ᑲᓱᑦᐊᑲᒥᑦ	150 mL (5 fl. oz)	231-243	17-21
ᑲᐃᖅᑯᑐᑦᐊᐳᑦᐊᑲᒥᓯᓄᑦ	150 mL (5 fl. oz)	9	1.6
ᓇᒥᓇᐳ ᑲᐊᑯᓱᑦᐊᑲᒥᓂᑲᑐᑭᓇ:			
ᐊᐱᑕ ᑲᐊᐱᑕᑲᒥᑦ**	360 mL (12 fl. oz)	310	48
ᑲᓄᑲᑲᒥᑦ**	360 mL (12 fl. oz)	210	26
ᑲᐊᐸᑲᒥᓂᑲᑲᓂᑦᐊᑦ:			
ᑲᓯᓯᐸᑦᑲᑎᓯᓄᑦ ᓱᑦᐊᐳ	240 mL (8 fl. oz)	2	0.2
ᑲᓯᓯᐸᑦᑲᑎᑦᐊᑦ ᓱᑦᐊᐳ	240 mL (8 fl. oz)	84-120	22-31
ᓱᑦᐊᐳᑲᓇ ᐊᐸᑲᒥᓂᑲᓇ	240 mL (8 fl. oz)	0	0
ᐊᐸᑲᒥᓂᑲᓇ	240 mL (8 fl. oz)	84	22
ᐅᓴᑦᐃᒋᒥᓇᐳ	240 mL (8 fl. oz)	110	25
ᑭᒋᐅᑭᓂᑦᐊᐳ	240 mL (8 fl. oz)	41	9
ᑭᒋᐅᑭᓂᑦᐊᐳ ᑲᓴ ᐊᓇᕐᓱᑦᐊᐳ†	240 mL (8 fl. oz)	116	26

*ᑭᑭᓇᐊᐸᒋᕐᓇᓇ: Canadian Nutrient File, 2005 *Actual labels **Manufacturer †USDA, 2004 (Release 17)*

ᕐᔭᐱ ᐃᑭᕐᑕᒪᓇ, ᐃᓇᐱᓇ ᑲᐃᓱᑦᐃᓇᑐᑦ ᐊᐱᒋ ᓂᐱᑦᐊ ᒋᐊᐸᒋᑐᓯᑦᐊᓇ ᒥᓂᕐᓇᐅᓇ ᐅᐅᒪ, www.lrdg.net

ᐅᑯᐅᓇ ᑲᑎᐸᑲᒥᓂᑲᑐᑦ ᒥᓂᕐᓇᐅᓇ ᑲᐃᒋᑲᑐᑦ?

ᐯᓱᑯᒥᓂᑦᑲᑲᓇ ᑲᑎᐸᑲᒥᓂᑲᑐᑦ ᒥᓂᕐᓇᐅᓇ (13.6 g ᐃᖅᑯᑐᐊᐳ):

ᓱᑯᐱᑦᐊᐳ: 360 mL (12 fl.oz) ᐊᐱᑕ ᑲᐊᐱᑕᑲᒥᑦ ᓱᑯᐱᑦᐊᐳ (5% ᐊᔭᒪᑲᓇ ᐃᖅᑯᑐᐊᐳ)

ᑲᒪᖅᑲᑦᐊᑲᒥᑦ ᒥᓂᕐᓇᐅᓇ: 45 mL (1.5 fl.oz) ᑲᒪᖅᑲᑦᐊᑲᒥᑦ ᒥᓂᕐᓇᐅᓇ (40% ᐊᔭᒪᑲᓇ ᐃᖅᑯᑐᐊᐳ)

ᓇᒥᓇᐳ: 150 mL (5 fl.oz) ᓇᒥᓇᐳ (12% ᐊᔭᒪᑲᓇ ᐃᖅᑯᑐᐊᐳ)

ᒋᑭᕐᑕᒪᓇ: ᑭᖅᐱᓇ ᑎᐸᐸᑕᒪᓇ ᑲᑭᓱᖅᓂᐃᓯᖅᑲᕐᓇᒪᑲᑦ, ᕐᑯᑦᐃᓇ ᒋᑕᐅᑎᓯᕐᓇᓇ ᑭᖅᐱᓇ ᒥᓂᕐᓇᔭᓇ.

ᕐᔭᐱ ᐃᑭᕐᑕᒪᓇ ᒥᓂᕐᓇᐅᓇ ᑲᓴ ᓯᓯᐸᑦᑕᐱᑐᐅᐅ, ᑲᓇᐊᐸᑕᓇ "Managing Your Lifestyle" ᒪᓯᓇᑐᓯᒋᑲᓇ. ᑲᓴ ᑕᖅ ᑲᓯᓯᐸᑦᑕᐱᑐᐅᐅ ᒋᑲᕐᕿᒋᒪᔭᑦ ᑲᒪᖅᑭᑭᐊᓄᑭᑕᒪᕐᓇᒪ ᐃᑭᕐᑕᒪᓇ ᑲᒥᓂᑦᑲᓂᐊᑦ ᐃᖅᑯᑐᐊᐳ ᕿᐃᓱᐊᔭᑦᑲᒥᓯᔭᓇ.

Ojibway Catalogue No.0131138 August 2009 © Queen's Printer for Ontario

Ontario

ᑭᐃᓱ ᑎᐱᐊᐱᑎᓂᑯᓂᔭᓐ

ᐊᐱᒋ ᑭᒋᑐᑕᑉᑲᓐ ᒋᑎᐱ ᐊᐱᑎᓂᑯᓂᔭᓐ ᑲᑭᑭᖅᑲᑯᔭᓐ ᓯᓯᐸᑯᑉᑕᐱᑐᑉᐃᓐ (type 2 diabetes). ᒥᐅᒪ ᑲᔪ ᑭᐅᒋ ᒥᑉᓇᑯᖅᑲᒪᑲᒃ ᑭᒥᓵᑉᑭᑲᒃ ᑲᐊᔭᒃ ᓯᓯᐸᑉᑲᑦ, ᒥᓵᑉᑭ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑲᔪ ᑭᒥᓵᑉᑭᑲᒃ ᒥᓂᑯᒃ ᑲᐊᐱᒋᐱᒥᐅᑉᐊᑲᒥᒃ. ᑭᖅᐱᓐ ᑎᐱᐊᐱᐱᓂᑯᓂᔭᓐ ᑲᑉᐃᑐᑲᑯᓐ ᒋᐊᑯᓯᓯᑉᐊᓐ ᐅᐅᐃᐊᐱᑐᑉᐃᓐ ᑲᔪ ᓂᐳᑉᐃᔭᑉᐃᓐ ᑲᔪ ᑕᖅ ᐃᑯ ᑲᑉᐃᑐᑲᑯᓐ ᒋᒥᓄᒪᒋᐅᔭᓐ ᑲᔪ ᒋᐅᑎᐱᓯᔭᓐ!

ᐊᓐᑎ ᑭᐅᒋ ᑭᑭᑕᒪᓐ ᑭᖅᐱᓐ ᑎᐱᐊᐱᑎᓂᑯᓂᔭᓐ?

ᐸᑎᓇᑐᓐ ᐊᓐᑎ ᑭᑭᐅᒋ ᑭᑭᑕᒪᓐ ᑭᖅᐱᓐ ᑎᐱᐊᐱᑎᓂᑯᓂᐊᑐᓐ. ᑲᑉᑭᒋᒻ ᑲᒪᖅᑭᑭᑉᐃ ᐊᓄᑭᑕᒪᑭᑉᐊᒡ ᒥᔭᑉ ᑲᐅᒋᑎᐸᐸᒋᑲᒐᒃ ᐊᐱᑕᓂᑉᐃᓐ (BMI), ᑲᐃᑉᑲᑯᓇᑉᐅᔭᓐ ᑲᔪ ᒥᓂᑯᒃ ᑭᐊᐱᑕᓂᔭᓐ.

ᒥᔭᑉ ᑲᐅᒋᑎᐸᐸᒋᑲᒐᒃ ᐊᐱᒋᑲᒍᑉᐃᓐ (Body Mass Index (BMI)) ᒋᑭᑭᒋᑲᒐᓂᒃ ᐅᐱᑕᓂᒡ ᑲᔪ ᑲᐊᐱᒋᑲᐸᑉᐃᒡ. ᑭᑲ ᑲᑭᓇ ᑲᑭᒋᐊᑉᐃᑉᐊᒡ 18 ᐊᑯᓇᒃ 64 ᑲᑕᓯᐱᐳᑐᑉᐊᒡ, ᑭᖅᐱᓐ ᒥᔭᑉ ᑲᐅᒋᑎᐸᐸᒋᑲᒐᒃ ᐊᐱᒋᑲᒍᑉᐃᓐ (BMI) 25 ᑭᒪ ᐊᑉᐊᓂᒥ ᐃᓇᑭᓐᒋᑭᒪᑲᒃ ᑉᐃᓂᓄᑉᐃ. ᑲᑉᐃᓐ ᑉᐃᓐ ᐃᑭ ᑲᐃᓂᑉᑕ ᐃᑉᑭᑉᐊᒃ ᑲᑭᑭᖅᑲᑉᐊᑉᐊᓯᑉᐊᒡ ᑭᒪ ᑲᓄᓇᑉᐊᓯᑉᐊᒡ, ᑲᒪᖅᑲᑉᐃᒋᑉᐊᑭᓯᑉᐊᒡ ᐃᓂᓂᑉᐊᒃ, ᑭᒪ ᑲᔪ ᐃᓂᓂᑉᐊᒃ ᑲᐅᑲᓂᑉᐃᑉᐊᒡ.

ᒥᐅᑉᐅ ᑭᑐᑕᒪᓐ ᒋᐅᒋ ᑎᐸᑭᓐᑕᒪᓐ ᒥᔭᑉ ᑲᐅᒋᑎᐸᐸᒋᑲᒐᒃ ᐊᐱᒋᑲᒍᑉᐃᓐ (BMI) ᐱᒥᓂᖅᐊᓐ ᐅᐅᑉᐅ:

$$\text{ᒥᔭᑉ ᑲᐅᒋᑎᐸᐸᒋᑲᒐᒃ ᐊᐱᒋᑲᒍᑉᐃᓐ (BMI)} = \frac{\text{ᐊᐱᑕᓂᑉᐃᓐ (kg)}}{[\text{ᐊᐱᒋᑲᐸᑉᐃᑉᐃᓐ (m)} \times \text{ᐊᐱᒋᑲᐸᑉᐃᑉᐃᓐ (m)}]}$$

ᓇᖅᑭ ᑕᐱᖅᑯ ᑭᖅᐱᓐ 69 kg ᐊᐱᑎᓂᑯᓂᔭᓐ ᑲᔪ ᑕᖅ 1.73 m ᐊᐱᒋᑲᐸᑉᐃᔭᓐ, ᒥᑕᖅ ᐃᑯ ᐃᐃᒪ ᓴᓯᒃ 23 ᒥᓂᑯᒃ ᐅᐱᒋᑲᒍᔭᓐ BMI, ᒪᑯ ᑕᖅ ᑭᓇᐃᐊᐱᑎᓂᑯᓐ.

ᒥᓂᑯᒃ ᑲᐊᐱᑕᑯᓇᑉᐅᔭᓐ (Waist Circumference (WC)) ᑲᔪ ᐊᐱᒋ ᑭᒋᑐᑕᑉᑲᓐ. ᑭᖅᐱᓐ ᐅᔭᒻ ᑭᒪᑭᒥᓴᐅᓇᓂᑉᐊᒃ (ᑕᐱᖅᑯ ᒥᓂᒥᓐ) ᒥᐃᒪ ᑭᐊᓄᒋ ᐊᑯᓯᔭᓐ ᑕᐱᖅᑯ ᐅᐱᐃᐊᐱᑐᑉᐃᓐ ᑲᔪ ᒋᐃᖅᐸᐱᑭᖅᑲᒪᑲᒃ ᑭᐸᓇᑲᐅᑯᑉᐃᓐ. ᐊᐱᑕᑯᓇᑉᐅᑉᐃᓐ ᐯᐸᑲᓂᔭ ᑲᐅᑕᑲᑐᓯᓇᓂᑉᐊᒃ ᑲᔪ ᐊᑉᐅᑐᓂᑉᐃᔭᓐ. ᐃᓂᓂ ᐅᓂᓂᓂᓐ ᒋᐊᐱᑕᑯᓇᑉᐅᒡ 40 in (102 cm), ᑲᔪ ᐃᑉᑭᑉᐊᒃ ᑲᑉᐃᓐ ᐊᑉᐊᓂᒥ 35 in (88 cm).

ᑉᐅᑉᐅᓂ ᑉᐃᓯᓂᔭᓐ ᑲᔪ ᑉᐊᑉᐊᑲᑉᐃᔭᓐ ᒥᐅᒪ ᒪᔭ ᑭᑉᐃᒋᐃᑯᔭᓐ ᒋᒥᓄᖅᑲᒪᑲᒃ ᑲᐊᐱᑎᓂᑯᓂᔭᓐ.

Canadian Diabetes Association

Ontario

ᕿᐃᓂ ᑎᐱᐊᐱᑎᓂᑯᓂᔭᓐ

ᕿᐱᒥᓂᔪᐊᒪᓐ ᕿᑯᓐ ᒋᒥᓄᖅᑲᒪᑲᒃ ᑭᑕᐱᑎᓂᑯᓂᐅᓐ

ᒥᐅᒪ ᕿᐅᒋ ᐃᐱᓇᒪᓐ ᑲᔪ ᒋᒥᓄᖅᑲᒪᑲᒃ ᑭᑕᐱᑎᓂᑯᓂᐅᓐ ᒋᐅᑐᑕᒪᓐ ᒋᐸᑲᓂᔅᑐᔭᓐ ᑭᐱᒪᑎᓯᐅᓐ ᕿᑭᑲᖅᑭᑐᔭᓐ ᒋᐱᒥᓂᔪᐊᒪᓐ. ᒋᐅᓇᑐᔭᓐ ᕿᑲᖅᑭᑐᔭᓐ. ᐯᓂᒃ ᕿᒪ ᓂᓂᓐ ᕿᑯᑐᔭᓐ ᐊᓂᐱᒥ ᐅᓇᑐᓇᓐ. ᐊᐱ ᑕᖅ ᐅᓄᐅᓂᐊᓐ ᑲᑭᐊᓐᒋᔅᑐᔭᓐ ᕿᑯᓇᓐ ᐱᒥᓂᔪᐊᒪᓐ, ᐅᖅᑭᕿᑯᓇᓐ ᐊᓂᐅᑕᐱᓇᓐ.

ᐅᓇᒋᕿᓐᐃᓐ	ᓐᐃᓐᑕᒪᕿᓐᐃᓇᓐ	ᕿᑯᓇᓐ ᕿᐸᑲᓇᑐᔭᓐ
ᒋᑲᓐᕿᒋᔭᓐ ᐅᓐᑕᓯᑭᓂᑲᒃ	ᑲᓐᕿᒋᔭᓐ ᑲᓐᐃᒋᐃᑯᓐ ᑭᒋᑕᑕᑲᒃ ᒋᒐᑭᒪᑲᒃ ᓯᓯᐸᓐᑲᑦ ᑲᔪ ᕿᑯᓇᓐ ᑲᑭᒥᒋᔭᓐ. ᐅᓂᑯᒃ ᑲᓐᕿᒋᓐᐃᓐ ᑲᑐᒋᑲᑐᒃ ᑕᐱᖅᑯ ᒋᐱᒧᔪᔭᓐ, ᒋᐱᒪᓐᕿᐸᐅᑎᓯᔭᓐ, ᕿᒪ ᑎᑎᐱᓐᐅᐱᖅᑭᑲᓐ ᑲᐊᐸᑎᓯᒡ ᑲᓇᕿ ᐱᑯ 150 ᑎᐸᐃᑲᑐᔅ ᐯᓂᑯᑕᓐᐊᑐ (ᑕᐱᖅᑯ 30 ᑎᐸᐃᑲᑐᔅ, ᓇᓄᑯᓇ ᑕᓯ ᐯᓂᑯᑕᓐᐊᑐ). ᑭᖅᐱᓇ ᑲᖅᑭᑐᔭᓐ ᐯᑲ ᐊᓂ ᐱᒥᓇᓇᑭᔭᑐᓇ ᑲᑲᓐᕿᒋᔭᓐ. ᑲᔪ ᒋᐅᒻᐱᓂᕿᔭᓐ ᓂᓐᔅ ᐯᓂᑯᑕᓐᐊᑐ. ᑲᓐᕿᒋᒻ ᑭᒪᖅᑭᑭᓐᐃᓂᓂᒻ ᒋᓐᐸ ᒪᒋᑕᔭᓐ.	
ᐸᒪ ᐱᑯ ᐅᑕ ᓐᐃᓐᐃᓯᓂᒪᓇᒋᐅᔭᓇ ᒋᐅᑕᐱᓇᒪᓇ ᒥᒋᒻ	ᑲᓐᕿᒋᒥᑎᓯᓇ ᑭᖅᐱᓇ ᑌᓐᐯ ᓄᑌᔅᑲᑌᓐᐊᑐᓇ. ᕿᑯᓐᐃᓇ ᓄᒋᑯ ᓐᐃᓯᓂᕿᓇ, ᑭᖅᐱᓇ ᑭᓇᓐᐃᑐᑕᒪᓇ ᕿᒪ ᑲᒥᑯᖅᑲᑌᑕᒪᓇ. ᓇᓇᑐᑭᕿᑕᓇ ᓐᐅᑯᑐᓇ ᐃᐃᓐᐅ ᑲᓄᑌᔅᓐᐊᕿᑕᒪᓇ.	
ᐅᑦᑭᐅᓂᑦᑭᓇᓐᑲᒃ ᒋᑕᑦ ᓐᐃᓯᓂᔭᓐ	ᑭᑦᑌᐳᑲᒥᑯᒃ ᑕᑦ ᐸᑭᑕᐊᒪᓯᓇ ᕿᒥᒋᔭᓐ ᐱᒋᓐᐃᓇ ᐊᑐᐳᓐᐃᓇᑎᑯᒃ. ᑲᔪ ᐊᑐᐳᓐᐃᓇᑎᑯᒃ ᒋᑕᑦᓐᐃᓯᓂᔭᓐ, ᕿᑯᓐᐃᓇ ᐅᒋᖅᑲᒃ ᑎᐱᑲᒃ ᕿᒪ ᑲᒻᐱᑕᕐ. ᐯᑲ ᓐᐃᓯᓂᓇ.	
ᒥᒋᒪᓇ ᑲᒥᓄᖅᑲᕿᒪᑲᑭᓇ ᒋᒥᒋᔭᓇ	ᓂᓐᔅ ᐯᓂᑯᑭᓂᑲ ᓐᐃᓯᓂᔭᓇ ᑲᓐᐃᒋᐃᑯᓇ ᓂᐱᓐᐊ ᒋᓐᐃᓯᓂᓯᓐᐊᓇ. ᑕᓐᔅ ᑲᔪ ᒋᑭᖑᐸᑐᓐᕿᔭᓇ. ᑕᓯᓂᐅᑎᐸᐃᑲᓇ ᐊᑯᓇᒃ ᑕᓯᓂᑯᓐᑕᓯᑎᐸᐃᑲᓇ ᐱᐅᓇ ᒥᓇᓐᐊ ᒋᐃᓂᓐᐃᓯᓂᔭᓇ ᑲᒥᓄᖅᑲᕿᒪᑲᑭᓇ ᒥᒋᒪᓇ.	
ᑎᐱᓇᒪᓯᓇ ᓐᐅᓐᐅᓂ ᒋᐃᓐᑲᑭᓇ ᒋᐃᓇᔪᒥᑎᓯᔭᓇ ᕿᑯᓇ ᑲᓐᐃᒥᒋᔭᓇ	ᑭᖅᐱᓇ ᓂᐱᓐᐊ ᒥᒋᒻ ᐊᐸᒋᑐᔭᓇ, ᑲᒥᓄᖅᑲᕿᒪᑲᒃ ᕿᒪ ᑲᒥᓄᖅᑲᕿᒪᑲᓯᓄᒃ, ᒥᐃᒪ ᕿᑭᐊᓄᒋᐊᓇᒋᐳᔭᓇ. ᐅᒋᓇᓇᑲᒋᑐᓇ ᕿᑯᓇ ᑲᓐᐃᒥᒋᔭᓇ ᒋᐊᐸᒋᑐᔭᓇ ᒋᑎᐸᓯᓐᐊᒋᑲᕿᔭᓇ ᒥᓂᓐᑲᑲᓇ ᕿᒪ ᑎᐸᐱᖅᑯᒋᑲᓇ. ᑲᓐᕿᒋᒻ ᐃᓇᒋᕿᓐᐃᓇ ᑲᑭᑭᓄᐊᒪᕿᓐᒃ ᓐᐅᑯᑐᓇ ᑎᓄᓐᐃ ᒥᒋᒪᓇ ᕿᒥᓄᖅᑲᑯᔭᓇ.	
ᒥᒋᓇᓇ ᑲᒪᖅᑯᓂᓐᐊᑭᓇ ᒥᒋᒪᓇ	ᑲᒪᖅᑯᓂᓐᐊᑭᓇ ᒥᒋᒪᓇ ᑲᓐᐃᒋᐃᑯᓇ ᑭᓐᑐᖅ ᒋᐅᒋ ᑭᖅᐳᒪᒋᐅᔭᓇ. ᑲᒪᖅᑯᓂᓐᐊᑭᓇ, ᑭᑎᑲᓂᒥᒋᒪᓇ, ᒥᓇᓇ, ᑲᔪ ᐊᓇᒋᒥᓇᒃ ᓂᐱᓐᐊ ᐊᔭᒪᑲᓇ ᑲᒪᖅᑲᓐᐃᓯᖅᑲᕿᒪᑲᒃ ᒥᔭᓐᐃᒃ.	
ᒥᒋᓐᑲᑕᓇ ᑲᒥᓄᖅᑲᕿᒪᑲᑭᓇ ᑲᒥᓂᓐᑲᑌᑭᓇ ᑲᔪ ᐸᓇᑭ ᓐᐃᓯᓂᓐᐃᓇᓇ	ᓂᐱ ᒥᓂᓐᕿᓇ ᑭᖅᐱᓇ ᓄᑌᔅᑲᑌᔭᓇ. ᓂᓐᐊᐳᓇ, ᑲᓂᓐᐊᑭᒥᓂᑲᑌᒃ ᑲᒥᓂᓐᑲᑌᒃ ᑲᓇᐱᑌᒃ ᕿᒪ ᑲᑕᑭᑲᒥᒃ, ᒥᓂᖅᐊᐳᓇ ᑲᔪ ᐃᖅᑯᑌᓐᐊᐳ ᓂᐱᓐᐊ ᐊᔭᒪᑲᓄᓇ ᑲᐊᓇᒋᐳᖅᑲᕿᒪᑲᑭᓇ. ᐯᐸᑭ ᐊᔭᑲᓐᐃ ᒥᒋᓇ ᒥᒋᒥᔭᓇ. ᓐᑲᔭᑕᐅᓇ ᑲᑭᐱᖅᑭᑲᑲᑌᑭᓇ ᑭᑎᑲᓂᒥᒋᒪᓇ ᑲᔪ ᒥᓇᓇ ᕿᒥᒋᔭᓇ. ᕿᑯᓐᐃᓇ ᒥᒋᕿᓇ ᑲᔪᔪᐱᑭᑌᒃ, ᑲᓂᓐᐃᑕᑲᓂᓐᐊᒃ, ᑲᓯᓯᐸᑯᑎᓐᐊᒃ ᒥᒋᒥᔭᓇ.	

ᑲᓴᓇᑭᐃ·ᐁᒪᒃᑭᓐ ᕿᑯᓇᓐ ᑲᑲ·ᕿ ᐸᒃᑲᐃᑎᓱᓇᓂ·ᐊᒃ ᑲᓴ ᕿᑯᓇᓐ ᕿᑭ·ᐃᒋᐃ·ᐁᒪᒃᑭᓐ

ᓂᑲᓐ ᐁᐅᓇᒋᑲᓂ·ᐊᒃ ᑲᑭᒥᑲᓐ ᕿᐃᓂ·ᐃᒋᐃᑎᓱᓇᓂᓴᓐ ᑭᖅᐱᓐ ᓴᓇᑭᐃᑯᓴᓐ ᐁᑲ·ᕿ ᐸᒃᑲᐃᑎᓱᓇᓂᓴᓐ.

ᓴᓇᑭᓴ·ᐃᓇᓐ ᕿᓇᑭᖅᑲᒪᓐ	ᕿᑯᓇᓐ ᕿᑭ·ᐃᒋᐃᑯᓴᓐ
• ᑲ·ᐃᓐ ᒋᑭᕿᑕᒪᓐ ᐊᓐᑎ ᕿᐅᒋᒪᒋᑕᓴᓐ. • ᑲ·ᐃᓐ ᒪᓂ ᓂ·ᑲᓴᒋᓱᓐ ᓂᑎᑐᑕᓐ ᒋᐊᓐᒋᑐᓴᓐ ᓂᐱᒪᑎᓱ·ᐃᓐ. • ᓂᓄᑌ·ᐊᓂᖅ·ᕿᓴ ᒥᐊᐸᓐ ᐁᓂᓄᑌ ᐳᓂᒋᕿᓴᓐ. • ᑭᖅᐱᓐ ᑲᐊᓂᐸᒃᑌᓴᓐ, ᒥᐱᑯ ᐊᐸᓐ ᒥᓇ·ᐊ ᐁᑭ·ᐁ ᐊᓐᒋᐳᓴᓐ. • ᐅᐅ·ᐁ ᑲᐃᓇᐱᑐᓴᓐ ᓂᑭᐳᓂᑯᓐ ᒋᑭᐊᓐᒋᓴᑐᓴᓐ ᓂᐱᒪᑎᓱ·ᐃᓐ.	• ᒋᓇᑭᖅᑲ·ᐊᒃ ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ ᐅᐅ·ᐁᓂ ᒋᑭᐃᓂ·ᐃᑐᑲ·ᐃᑭᐸᓐ: ᒋᑕᓂᓇᑕᒪ·ᐊᒃ ᑭᑎᓂᓴ·ᐃᓐ ᑲᓴ ᑭᖅᐱᓐ ·ᑲᓴᒋ·ᐊᑐᓐ ᒋᐊᓐᒋᓴᑐᓴᓐ ᑭᐱᒪᑎᓱ·ᐃᓐ; ᒋᐅᓇᑐᓴᓐ ᕿᑲᖅᑭᑐᓴᓐ ᐅᓇᒋᕿ·ᐃᓇᓐ ᑲᓴ ᑭᓂᑯ ᑎᐱᓇ·ᐁ ᕿᐊᐸᒋᑐᓴᓐ ᑭᑐᓇᒋᕿ·ᐃᓇᓐ; ᑲᓴ ᒋ·ᐃᒋᐃᒃ ᕿᑯᓐ ᑲᓴᓇᑭᐃᑯᓴᓐ.
• ᓂᑎᓇ·ᐁᒪᑲᓇᒃ ᑲᓴ ᓂᑐᒐᒪᒃ ᐁᖅᑲᒪ ᓂ·ᐊᓂᖅ·ᕿᐃᑯᒃ ᑲᑲ·ᕿ ·ᐃᑐᑲᓱ·ᐊᒃ.	• ᒋᑕᓂᓇᑕᒪ·ᐊ·ᑕ ᑭᑎᓇ·ᐁᒪᑲᓇᒃ ᑲᓴ ᑲᒥᓄ·ᐃᒋ·ᐊ·ᑕ ᑲᑭᐃᓂ ᐅᓇᑕᒪᓱᓐ. ᒋᑲ·ᕿᒋᒪ·ᑕ ᐊᓂᓇ ᕿᑭᐃᓂ·ᐃᒋᐃ·ᑲᐸᓐ. ᓇᓇᑐᓇ ·ᐃᑐᑲᕿ·ᐃᓇᓐ ᑭᑕᓂᕿ·ᐃᓂᒃ.
• ᓄᒋᑯ ᕿᑯᓐ ᓂᑎᓂ ᐅᑕᐱᓇᒪᓴ ᑭᖅᐱᓐ ᑲᒥᑯᖅᑲᑕᒪᓐ, ᑲ·ᑭᓇ·ᐃᑐᑕᒪᓐ ᕿᒪ ᑲ·ᐊ·ᐊᑐᑕᒪᓐ. • ᑲ·ᐃᓐ ᓂᑭᕿᑕᓱᓐ ·ᐁᑯᑐᓐ ᕿᒥᒋᓴᓐ ᕿᒪ ᐊᓂᓇ ᒥᓂᑯᒃ ᕿ·ᐃᓱᓂᓴᐸᓐ. • ᑲ·ᐃᓐ ᓂᑌᐱᓴᓱᓐ ᒋᑭᑲ·ᕿᒋᓴᓐ ᕿᒪ ᑲᓴ ·ᐁ·ᐁᓂ ᒋᑲ·ᕿ ᐃᓇᒋᕿᓴᓐ.	• ᓂᑲᓐ ᕿᑯᓇᓐ ᐃᓂᐅᓇᒋᕿᓇ (ᑕᐱᖅᑯ ᑕᓱᑕ·ᐊᑌ ᒋᐅᓂᑐᓴᓐ ᑭ·ᐃᓱᓂ·ᐃᓐ ᑲᓴ ᕿᐊᑕ·ᐁᓴᓐ ᒥᒋᒪᓇ, ᐊᓇᐱ ᕿᐃᓂ ᐱᒥ ᐊᓴᑲ·ᐃ ᑲ·ᕿᒋᓴᓐ). • ᐅᒋᐱᒥᑲᓇ·ᐁᑕᓇ ᕿᑯᓇᓐ ᑲᒪᓂᓴᐃᑯᓴᓐ ᑲᑭᐃᓂ ᐅᑐᑕᒪᓱᓴᓐ.
• ᑕᐱᖅᑯ ᕿᑯᓐ ᑲᑭᐱᓇᒪᑯᓴᓐ ᓂᑎᑐᑕᓇ ᑭᖅᐱᓐ ᑲᐅᓇᒋᑲᑐᒃ ᕿᐃᓇᒋᕿᓴᓐ. • ᓴᓇᑲᓐ ·ᐁ·ᐁᓂ ᒋᐃᓇᒋᕿᓴᓐ ᕿᒪ ᑲᓴ ᒋᑲ·ᕿᒋᓴᓐ ᑭᖅᐱᓐ ᐸᑲᓐ ᑲᐃᓂᑕᓴᓐ ᑲᐊᓴᓴᓐ. • ᑲᑲ·ᕿᒋᓇᓂ·ᐊᒃ ᑲᓴ ·ᐁ·ᐁᓂ ᑲᑲ·ᕿ ᐃᓇᒋᕿᓇᓂ·ᐊᒃ ᐊᐱᒋ ᓂᐱ·ᐊ ᐃᓇᑭᓇᑐ. • ᑯᑕᑭᓴᓐ:	• ᑲ·ᕿᑭᕿᑕᓐ ·ᐁ·ᐁᓂ ·ᐃᓱᓂ·ᐃᓐ ᑲᓴ ᑲᑎᐱᓇᒪᓱᓇᓂ·ᐊᒃ ᒥᓂᑯᒃ ᕿᒥᒋᑲᑐᑭᓇ ᕿᑯᓇᓐ ᑲᓴ ᒥᒋᒥᓴᓐ. ᕿᑯ·ᐃᓐ ᑲ·ᕿᒋᑐᕿᓇ ᐸ·ᐊᓂᐃᑐᓱ·ᐃᓇᓐ. ᕿᓴᐱ ·ᐃᑭᕿᑕᒪᓐ, ᐃᓇᐱᓇ ᑲᐅᓱᐱᐃᑲᑐᑭᓇ ᑲᒥᓄᖅᑲᕿᒪᑲᒃ ᒥᒋᒪ ᑲᒥᒋᑲᑐᒃ ᒪᓴ ᕿᑯᓇᓐ ᕿᑲᓇ·ᐊᐸᒋᑲᑐᑭᓇ (Healthy Eating: The Basics) ᐅᐅᒪ ᑲᑕ·ᕿᑭᓂᑲᑐᑭᓇ. • ᒪᓇᒋᐃ ᑭᓕᓂᓴᒪ: ᑕᓱᓇ ᐁᑕ ᑲᑭᐅᓱᐱᐊᒪᓇ ᐊᑕ·ᐁᓇ ᒥᒋᒪᓇ ᑲᒥᓄᖅᑲᕿᒪᑲᑭᓇ, ᕿᑯ·ᐃᓇ ᓄᒋᑯ ᐃᓱᒪᓂᐱᑐᓇ ᑲᒥᓴ·ᐃᓇᒪᓇ. ᐊᑕ·ᐁᓇ ᒥᓇᓇ ᑲᓴ ᑭᑎᑲᓂᒥᒋᒪᓇ ᒣ·ᑲ ᑲᓂᑕ·ᐃᑭᒪᑲᑭᓇ, ᑲᐊ·ᑲᑎᑭᓇ ᒣ·ᑲ ᑭᓂᑕ·ᐃᑭᓱᓄᑭᓇ. ᑲ·ᐃᓐ ᑲᓴ ᑭᑕᐃᓂᓱᓇ ᑲ·ᕿᒋ·ᐃᑲᒥᑯᒃ ᑲᐊᑕ·ᐃᑲ·ᕿᒋᓴᓐ, ᐸᐸᒧᓴᓴᓐ ᐃᑯ ᑲᓴ ᐯᓱ·ᑲᓐ ᑲᐃᓱ·ᐃᒋᐃᑯᓇ. • ᑯᑕᑭᓴᓐ:

ᐸᐯᓱᒃ ᐯᒪᑎᓱᒡ ᐃᓂᑭᓂ ᑲᓴ ᐃᓱᓇᑯᓱ. ᒋᑭᒋᑐᑕᒪᓐ ᑭᐱᒪᑎᓱ·ᐃᓐ ᑲᓴ ᑲ·ᐃᐊᓇᒋᑐᓴᓐ ᑭᐱᒪᑎᓱ·ᐃᓐ. ᑭᕿᑕᓐ ᑲᓴ ·ᐊᓴ ᓂᑲᓐ ᒋᐃᓇᐱᓴᓐ, ᓴᑯᒡᑲ ᒋᐊᓇᒋᓴᑐᓴᓐ ᑭᐱᒪᑎᓱ·ᐃᓐ.

ᑭᐃᓱ ᑎᐱᐊᐱᑎᓂᑯᓂᔭᓇ

ᑲᓯᓯᐸᑯᑦᑕᐱᑐᐧᐊᒃ ᑭᑭᐃᓱ ᓇᓇᑲᑕᐧᐁᑕᒧᐧᐊᐸᓇ

ᑲᓯᓯᐸᑯᑦᑕᐱᑐᐧᐊᒃ ᐊᓇᑕᐧᐁᑕᑯᓯᐧᐊᒃ ᒪᔭ ᒋᑲᐧᑭ ᑎᐱᐊᐱᑎᓂᑯᓂᐧᐊᒃ ᑲᔪ ᒪᔭ ᒋᐊᐱᑕᐱᑭᖅᑲᒪᑲᓂᒃ ᐅᓯᓯᐸᐧᑲᑎᒥᐧᐊ ᑲᐃᓱᒥᐧᓇᐱᑭᓴᓂᒃ. ᑲᐧᑭᒋᒪ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒪ ᐊᓂᓇ ᑭᓇ ᑭᐃᓱᓇᐃᓴᒃ ᐅᐅᒪ ᐃᑐᑭ.

- ᑲᐸᐧᐊᓂᐃᑎᓱᓇᓂᐧᐊᒃ ᑲᔪ ᑲᐊᓇᒋᓴᒋᑲᒐᒃ ᐱᒪᑎᓯᐧᐃᓇ ᑲᔪ ᑕᑭᐅᒋ ᐸᑲᓂᓴ ᒥᓴᐧᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸᐧᑲᑕ. ᑲᐧᑭᑭᑕᓇ ᒋᓇᓇᑲᒋᑐᔭᓇ ᐊᓇᑎ ᐁᓱᒥᐧᓇᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᓴᐧᑭ ᒥᓇ ᒋᐱᒥ ᓇᓇᑲᒋᑐᔭᓇ ᐊᓂᓇ ᐁᓱᐱᒥᖅᑲᒪᑲᒃ. ᒪᖅᑭᑭᓇ ᑲᐊᐸᒋᑐᔭᓇ ᒪᑭᐧᓴ ᑕᑭᐧᐁ ᓇᓇᑲᒋᒋᑲᒐᐧᐊᓇ.
- ᑫᑯᐧᐃᓇ ᓴᑭᓯᑫᓇ ᑭᖅᐱᓇ ᐅᒋᑕᐸᓯᓴᒃ ᒥᑭᓴᐧᑭ ᑲᐊᔭᒃ ᑭᑭᓯᐧᑲᑕ ᑲᔪ ᑫᑯᐧᐃᓇ ᐃᓱᐳᓂᑐᓇ ᑲᑲᐧᑫᒋᔭᓇ ᑫᒪ ᑲᔪ ᐸᓇᑭ ᑲᐅᑕᐱᓇᒪᓇ ᒥᒋᒥᓴ.
- ᐊᓂᑦ ᓯᓯᐸᑯᑦᑕᐱᑐ ᒪᖅᑭᑭᓇ ᐊᒋᐳᖅᑲᑫᒪᑲᓄᓇ.
- ᐊᓂᑦ ᐊᑯᓯᐧᐃᓇᓇ ᑲᐊᔭᔭᓇ ᑕᐱᖅᑯ ᑲᐃᖅᐱᖅᑲᒃ ᑭᐸᓇᑲᐅᑯᐧᐃᓇ, ᑲᐅᒥᑭᐧᐊᓯᒐᔭᓇ, ᑭᑲᑭᒋᒐᐱᔭᓇ ᑲᑭᐅᒋ ᐊᓇᒋᓴᑐᓇᓇ ᑎᓄᐧᐃ ᑲᐧᑭᒋᐧᐃᓇᓇ ᑫᑭᑐᑕᒪᐸᓇ.
- ᑭᖅᐱᓇ ᑲᑭᐃᓱ ᐊᓇᒋᓴᑐᔭᓇ ᑭᐱᒪᑎᓯᐧᐃᓇ ᐧᐃᓯᐃᑯᓯᐧᐊᓇ ᒋᐸᑲᒐᔭᓇ, ᑲᐧᑭᒋᒪ ᑲᒪᖅᑭᑭᐧᐊᓄᑭᑕᒪᑫᒐ ᐧᐁᑯᑐᓇ ᐸᑲᓇ ᑫᑭᑐᑕᒪᐸᓇ.

ᑫᔭᐱ ᐧᐃᑭᑫᑕᒪᓇ ᑎᐱ ᐊᐱᑎᓂᑯᓂᐧᐃᓇ, ᑲᓇᐧᐊᐸᑕᓇ “Managing Your Weight” ᒪᓯᓇᒐᓯᒋᑲᓇ.

ᒪᔭ ᑭᑭᐊᐱᑎᓂᑯᔭᓇ

ᐁᐊᐱᑕᑯᓇᐧᐁᔭᓇ BMI: _____

ᑫᑲᐧᑫᐊᐱᑕᑯᓇᐧᐁᔭᓇ BMI: _____

ᐁᐱᑕᒐᓯᔭᓇ ᓂᒥᓴᑕᒃ: _____

ᑫᑲᐧᑫ ᐊᐱᑕᒐᓯᔭᓇ ᓂᒥᓴᑕᒃ: _____

ᒥᐧᑲ ᐁᐊᐱᒋᑎᐸᐱᖅᑯᒋᑲᓄᓯᔭᓇ: _____

ᒥᓂᑯᒃ 5 ᐊᑯᓇᒃ 10% ᑲᐧᐃᐃᓱ ᐸᑲᒐᐃᑎᓯᔭᓇ: _____

ᑭᓇᓂᓴᓂᔅ ᑭᖅᐱᓇ ᒥᐱᐧᐊ ᑯᓯᐧᑲᓂᔭᓇ ᒐᑎᐸᐃ ᑭᒥᓴᑕᒃ. ᑭᖅᐱᓇ ᐊᓇᒋᐳᔭᓇ, ᐁᑯ ᑕᖅ ᐸᑲᒐᐃᑎᓯᔭᓇ 5 ᑫᒪ 10% ᒥᓂᑯᒃ ᐃᐃᐧᐁ ᒣᐧᑲ ᑲᐊᐱᑎᓂᑯᓂᔭᓇ 2 ᐊᑯᓇᒃ 4 ᑎᐸᐱᖅᑯᒋᑲᓇ (1 ᐊᑯᓇᓇᒃ 2 kg) ᑕᓯᐯᓱᑯᑭᓯᔅ ᐅᓂᓱᓱᓇ ᐅᐅᐧᐁ ᒋᐃᓱᐅᓇᒋᑫᔭᓇ. ᓇᖅᑫ ᐊᐧᐃᔭ 200 ᑕᓯᑎᐸᐱᖅᑯᒋᑲᓄᓯᒐ (90 kg), 5 ᐊᑯᓇᒃ 10% ᑲᐃᒋᑲᒐᒃ ᒥᑕᓯ ᐊᑯᓇᒃ ᓂᓱᑕᓇ ᑎᐸᐱᖅᑯᒋᑲᓇ (4.5 ᐊᔭᓇᒃ 9 kg).

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Managing Weight and Diabetes.

Ojibway Catalogue No.013242 August 2009 © Queen's Printer for Ontario

Ontario

ᐧᐊᐧᐊᑲᐧᐃᐧᐃᓇ ᒋᑭᒋᓴᐧᐃᓯᔭᓇ

ᐊᔭᐧᑲᒥᓯᐧᐃᓇ ᓂᑲᓇ

- ᑭᖅᐱᓇ ᓄᒪᑫ ᐁᑭᐱᐅᒋ ᐧᐊᐧᐊᑲᐧᐃᓯᐧᐊᓇ, ᐱᓇᒪ ᑲᐧᑫᒋᒻ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒻ ᒋᐧᐸ ᐧᐃᐊᓂᒪᒋᑕᔭᓇ ᑭᑲᐧᑫᒋᐧᐃᓇ ᓇᐧᐊᒡ ᑲᓯᓇᒋᓇᓂᐧᐊᑲ ᐱᒋᐧᐃᓇ ᑲᑭᒋᐱᒧᔅᓇᓂᐧᐊᑲ.
- ᑫᒋᓇᒡ ᑲᔭ ᒋᑭᑭᖅᑲᒪᓇ ᐧᐁᐧᐁᓂ ᒋᑌᐱᖅᑲᒪᓇ ᒪᑭᓯᓇᓇ.
- ᑭᑭᖅᑲᓇ ᑲᑭᒥᓂᑯᔭᓇ MedicAlert® ᑲᖅᐧᑫᐱᓯᓇ ᑫᒪ ᑲᖅᑲᑯᓂᑫᐱᓯᓇ.
- ᐱᓯᓇᑕᓇ ᑭᔭᑊ. ᐧᐃᓇᑕᒪᑊ ᑭᒪᖅᑭᑭᐧᐃᓂᓂᒻ ᑭᖅᐱᓇ ᑕᑕᓇᒧᖅᑲᔭᓇ ᑫᒪ ᑌᐧᐊᑭᑲᓇᒪᓇᒋᐅᔭᓇ.
- ᓇᓇᑲᒋᑐᓇ ᑭᒥᔅᑭᒻ ᑲᐊᔭᑲ ᓯᓯᐸᑲᐧᑦ ᒋᐧᐸ, ᒣᐧᑲ ᑲᔭ ᐸᑎᓄᑎᐸᐃᑲᓇ ᑭᐃᖅᐧᑲ ᑲᐧᑫᒋᔭᓇ ᐊᓂᓇ ᐅᓇᑐᒋᑫᒪᑲᓄᐧᑫᓇ ᑭᓯᓯᐸᐧᑲᑐᒻ ᑲᑭᑲᐧᑫᒋᔭᓇ.
- ᐸᐸᒥᐱᓇᐊᓇ ᑲᑭᖅᑕᐸᓄᑲᒪᑲᑲ ᑕᐱᖅᑯ ᓯᓯᐸᑯᑦ ᑲᑐᑕᑲ ᑲᐃᖅᐸᑭᔭᑐᒡ ᑭᖅᐱᓇ ᐊᐸᓇ ᐅᒋ ᑕᐸᔭᑭᐱᔭᑲ ᑭᒥᔅᑭᒥᑲ ᑲᐊᔭᑲ ᓯᓯᐸᐧᑲᑦ ᑲᐊᔭᓯᓄᑲ ᓯᓯᐸᐧᑲᑦ (hypoglycemia) – ᑕᐱᖅᑯ, ᓯᓯᐸᐧᑲᑎ ᒪᖅᑭᑭᓇ (ᐊᓇᑕᐧᐁᐧᑲᓇ ᒋᐊᐸᒋᑐᔭᓇ) ᑫᒪ Life Savers® ᒪᖅᑭᑭᔅ.

ᑭᒋᑐᑕᐧᑲᓇ ᑲᓯᓯᐸᑯᐧᑕᐱᑐᐧᐊᒡ ᒋᑭᑲᐧᑫᒋᐧᐊᐸᓇ ᑕᐱᖅᑯ ᓂᒥᐧᐃᓇ ᑲᔭ ᐅᒪᐱᓂᑫᐧᐃᓇ.

ᐧᐁᑯᑐᓇ ᐧᐊᐧᐊᑲᐧᐃᐧᐃᓇ ᐁᐅᒋ ᑭᒋᑐᑕᐧᑲᑲ?

ᐧᐃᒋᐃᐧᐁᒪᑲᓇ ᒥᓄᔭᐧᐃᓂᑲ ᑲᐊᔭᑲᐧᐃ ᑲᐧᑫᒋᓇᓂᐧᐊᑲ ᒋᐊᓂ ᓇᓇᑲᓂᔭᓇ, ᒋᒪᖅᑲᐧᐃᑲᑐᔭᓇ, ᒋᒥᓄᖅᑲᒪᑲᑲ ᑭᐸᓇᑲᐅᑯᐧᐃᓇ, ᒋᐅᒋ ᐊᒋᐧᐃᓇᒪᓯᔭᓇ ᐅᑌᐃᐊᐱᑐᐧᐃᓇ ᑲᔭ ᑲᓴᓇᑲᑲ ᐊᑯᓯᐧᐃᓇ, ᑲᔭ ᒋᐊᓂ ᐅᑎᐱᓯᔭᓇ. ᑭᖅᐱᓇ ᐊᔭᔭᓇ ᓯᓯᐸᑯᐧᑕᐱᑐᐧᐃᓇ (type 2 diabetes), ᐧᐃᑐᑲᑫᒪᑲᓇ ᑲᖓᓴᐧᐃᐸᓂᐅᓇᓂᐧᐊᑲ: ᐁᐅᒋ ᐧᐃᒋᐃᑎᓯᒪᑲᑲ ᑭᔭᑊ ᒋᓂᓯᑐᒪᒋᐅᒪᑲᑲ ᒥᓂᑯᑲ ᑲᐊᔭᒪᑲᑲ ᓯᓯᐸᐧᑲᑦ ᑲᔭ ᒋᐧᐃᒋᐃᑯᔭᓇ ᒥᓂᑯᑲ ᒪᔭ ᒋᐊᐱᑕᐱᑭᖅᑲᒪᑲᑲ ᑭᒥᔅᑭᒥᑲ ᑲᐊᔭᑲ ᓯᓯᐸᐧᑲᑦ.

ᐧᐁᑯᑐᓇ ᑎᓄᐧᐃ ᑲᐧᑫᒋᐧᐃᓇ ᐁᐅᓂᓂᓂᑲ ᒋᑐᒋᑲᑌᑲ?

ᐁᓂᑯᑲ ᑲᑲᐧᑫᒋᓇᓂᐧᐊᑲ (Aerobic exercises) (ᑕᐱᖅᑯ ᑲᑭᓂᑲᓂᐧᐊᑲ, ᐱᒥᐸᑐᐧᐃᓇ, ᑲᐸᓂᒧᐧᐃᓇ, ᓂᒥᐧᐃᓇ, ᐱᒪᑯᐧᐁᐸᐃᑫᐧᐃᓇ ᑫᒪ ᐱᒪᐧᑫᐸᐅᑎᓯᓇ) ᒋᐅᒋ ᐊᓄᑭᒪᑲᑲ ᑭᑌᐃ ᑲᔭ ᑭᐸᓇᓇ ᒋᐃᖅᒪᑲᑲ ᐸᑭᑕᓇᒧᐧᐃᓇ ᑭᒋᑕᑕᑲ.

ᐅᒪᐱᓂᑫᐧᐃᓇ (Resistance exercises) (ᑕᐱᖅᑯ ᑲᑲᑲᐧᑫᒋ ᐅ?ᐱᓂᑫᓇᓂᐧᐊᑲ) ᐧᐃᒋᐃᐧᐁᒪᑲᓇ ᒋᐊᓂ ᒪᖅᑲᐧᐃᒪᑲᑭᓇ ᑭᒋᑕᑎᔭᐱᓇ ᑲᔭ ᑲᐧᐃᒋᐃᑯᓇ ᐁᑯᓂᑲ ᑲᐧᐊᐧᑲᐧᐃᓇᓂᐧᐊᑲ. ᑭᖅᐱᓇ ᐧᐃᐅᒪᐱᓂᑫᔭᓇ, ᓂᑲᓇ ᑲᐧᑫᒋᒻ ᑲᐧᑫᒋᐧᐃᓇ ᑲᑭᑭᓄᐊᒪᑫᒡ ᑲᔭ ᐁᑲ ᐱᑯ ᐊᓂᒪᒋᑕᓇ.

ᐊᓂᓇ ᒥᓂᑯᑲ ᑌᒥᓂᑲ ᑫᑐᑕᒪᐸᓇ?

ᐅᓇᑕᒪᓯᓇ ᑲᓇᑫ ᐱᑯ 150 ᑎᐸᐃᑲᑐᔅ ᐯᓂᑯᑕᐧᐊᑌ ᒋᐃᓂ ᑲᐧᑫᒋᔭᓇ ᐁᑲ ᐱᓂᖅ ᐁᓂᑯᑲ ᑲᑲᐧᑫᒋᓇᓂᐧᐊᑲ ᒋᐃᓂᒋᑫᔭᓇ (ᑕᐱᖅᑯ 30 ᑎᐸᐃᑲᑐᔅ, ᓇᓄᑯᓇ ᑕᓯ ᐯᓂᑯ ᑕᐧᐊᑌ).

ᐁᑲ ᐃᓂᒋᑫᓇ ᐊᓂᐅᖅᑭᒪᒋᑕᔭᓇ, ᑲᓇᑫ 5 ᓇᓄᑎᐸᐃᑲᑐᔅ ᐱᓂᖅ 10 ᒥᑕᓯᑎᐸᐃᑲᑐᔅ ᐯᓂᑯᑭᓂᑲ, ᐱᓂᖅ ᑭᐧᑐᖅ ᒋᐱᒥᑲᐧᑫᒋᔭᓇ ᐸᒪ ᑭᐅᑎᑕᒪᓇ ᑲᐧᐃᐃᓂᐱᒥ ᑲᐧᑫᒋᔭᓇ. ᐅᓂᓂᓇ ᑭᖅᐱᓇ ᐸᑎᓄᑐᔭᓇ ᑲᔭ ᐊᑲᐧᐁ ᑲᐧᑫᒋᔭᓇ ᑲᓇᑫ ᐱᑯ 10 ᒥᑕᓯᑎᐸᐃᑲᑐᔅ ᑕᓯᑭᓂᑲ ᐱᒋᐧᐃᓇ ᑭᐧᑐᖅ ᐃᓂᐱᒥ ᑲᐧᑫᒋᔭᓇ ᐯᓂᑲᓇ ᑲᐃᓂᐧᐃᒋᐃᑯᔭᓇ.

ᑭᖅᐱᓇ ᐃᓂᐅᑐᒪᓇ ᑲᔭ ᐧᑲᔭᓇᒋᔭᓇ, ᑯᒋᑐᓇ ᐅᒪᐱᓂᑫᐧᐃᓇ ᑲᓇᑫ ᐱᑯ ᓂᐧᓴ ᐯᓂᑯᑕᐧᐊᑌ.

Vb ᐊᓂᒪᒋᑕᓇ. ᐸᓇᑭ ᑲᐧᑫᒋᓇ, ᑕᐱᖅᑯ ᒋᐱᒧᔭᓇ 5 ᓇᓇᓇ ᐊᑯᓇᑲ 10 ᒥᑕᓯ ᑎᐸᐃᑲᑐᔅ ᐯᓂᑯᑭᓂᑲ, ᑲᑭᐅᒋ ᐧᐃᒋᐃᑯᓇ.

Canadian Diabetes Association
Ontario

ᐧᐊᐧᐊᑲᐧᐃᐧᐃᓇ ᒋᑭᓯᓴᐧᐃᓯᔭᓇ

ᐊᐧᐊᓱᒥ ᐧᐊᐧᐊᑲᐧᐃᓇ ᒋᐅᒋ ᑭᓯᓴᐧᐃᓯᔭᓇ

- ᐅᓇᑐᓇ ᐊᓂᓇ ᐊᐱ ᑫᐃᓱ ᑲᐧᑫᒋᔭᓇ ᒣᐧᑲ ᑭᑭᓯᑲᒃ ᑫᑯᓇᓇ ᑲᒥᐱᐊᐃᓱᒋᑫᔭᓇ.
- ᑲᐧᑫᐃᓱᒋᑫᓇ ᒋᐱᒥ ᐧᐊᐧᐊᑲᐧᐃᔭᓇ ᑲᐱᒥᑲᑭᓯᑲᒃ ᒣᐧᑲ ᑭᐱᒥᑕᐧᐊᒐᒃ.
- ᑲᐧᑫᐃᓱᔭᑐᓇ ᒋᐱᒧᔭᔭᓇ, ᑲᐧᐃᓇ ᑕᔭ ᒣᔭᐧᑲᒃ ᐱᒥᐱᓯᑫᓇ.
- ᐯᑲ ᐊᓂᒪᒋᑕᓇ ᐱᓂᔭ ᐃᑕᔭ ᑭᐧᑐᔭ ᐊᓂᐱᒥ ᑲᐧᑫᒋᓇ; ᓇᔭᑫ ᑕᐱᔭᑯ ᐯᑲ ᒋᐱᒧᔭᔭᓇ ᐱᓂᔭ ᐁᓂᑯᒃ ᒋᐱᒧᔭᔭᓇ.
- ᐅᓇᑐᓇ ᒋᐧᐃᒋᐧᐊᐧᑕ ᑲᐧᐃᒋᑕᒪᐧᑕ; ᒋᒪᒪᐧᐃ ᑲᐸᓱᒧᔭᒃ ᑫᒪ ᒋᐱᒪᑕᐁᔭᒃ ᑲᐧᐃᓇ ᒣᔭᐧᑲᒃ ᒋᒪᓯᓇᐅᓯᒋᑫᔭᒃ.
- ᑯᒋᑐᓇᓇ ᐅᔭᑭ ᑲᐧᑫᒋᐧᐃᓇᓇ; ᑲᐧᑫᒋᑐᓇ ᒋᓂᒥᔭᓇ, ᒋᐧᑲᔭᐧᑫᓇᑐᐁᔭᓇ. ᑫᒪ ᑎᑎᐱᐧᐁᐱᔭᑭᑲᓇ ᒋᐊᐸᒋᐊᒃ.
- ᑭᒋᑐᑕᐧᑲᓇ ᑲᐊᓂ ᒥᓇᔭᑲᒪᑲᒃ ᑭᐱᒪᑎᓯᐧᐃᓇ ᑲᔭ ᐁᐊᓂ ᒪᔭᑲᐧᐃᐱᒪᑎᓯᔭᓇ.

ᑫᑯᐧᐃᓇ ᐳᓂᒋᑫᑫᓇ!

ᐊᐱᒋ ᓴᓇᑲᓄᓇ ᒋᑭᐳᓂᒋᑲᒐᑭᓇ ᑲᐸᑲᒋ ᑐᒋᑲᒐᑭᓇ ᑫᑯᓇᓇ, ᐅᓇᒋᑫᓇ ᑫᐧᐃᒋᐃᑯᔭᓇ ᑭᔭᐱᓇ ᐊᐸᓇ ᐧᐃᓄᒐ ᐳᓂᒋᑫᔭᓇ ᑫᒪ ᐅᒋᓴᐯᓇᑕᓯᐧᐊᓇ:

- ᐃᓱᒋᑫᓇ ᑫᑯᓇ ᑲᒥᐧᑐᑕᒪᓇ. ᓴᓇᑲᓇ ᑫᑯᓇ ᒋᑐᒋᑲᒐᒃ ᑲᓴᐯᒋᑲᒐᓯᓄᒃ. ᓄᒪᑫ ᑕᐃᓱᓴ ᐱᓂᔭ ᒋᐊᓂ ᒥᑭᑲᒐᒃ ᐧᐁᑯᑐᓇ ᑫᒥᐧᑐᑕᒪᓇ ᐃᓱᒋᑫᐧᐃᓇ ᑫᐱᒥᓂᔭᐊᒪᓇ.
- ᓇᓇᑕᐧᐊᐸᑕᓇ ᑫᑭᐅᒋ ᐊᓯᔭᑲᑯᔭᓇ. ᒋᑲᐧᑫᒋᒪᐧᑕ ᑭᑎᓇᐧᐁᒪᑲᓇᒃ, ᑭᑐᒐᒪᒃ ᑲᔭ ᑲᐧᐃᑕᓄᑭᒪᐧᑕ ᒋᐱᒥ ᒋᑭᔭᑲᒪᐧᐃᐧᑲ ᑭᐸᐸᒧᔭᔭᓇ ᑫᒪ ᐧᐃᐊᓇᑐ ᑲᐧᑫᒋᔭᓇ ᑲᐧᑫᒋᐧᐃᑲᒥᑯᒃ.
- ᐅᓇᑐᓇ ᑲᐊᑲᓯᑭᓇ ᑫᑲᔭᑭᑐᔭᓇ ᒋᐱᐱᓇᒪᓇ ᑲᔭ ᐧᐁᐧᐁᓂ ᒋᐃᓱᔭᑐᔭᓇ ᐊᐱ ᑭᐱᐱᓇᒪᓂᓇ.
- ᑲᑲᓄᓱᒃ ᑭᑐᒐᒪᒃ ᑕᓯᑭᓱᑲ ᑲᓂᑕ ᑲᐧᑫᒋᐧᐊᒃ ᒋᑲᐧᑫᒋᒪᐧᑕ ᐊᓂᓇ ᐧᐃᓇᐧᐊ ᑲᑐᑕᒧᐧᐊᒃ ᐁᐊᓂᒪᒋᑕᐧᐊᒃ.
- ᐊᑕᐧᐁᓇ ᒪᑭᓯᓇᓇ ᑫᐸᐸᒧᔭᐧᐊᑫᔭᓇ.
- ᓂᐱᐃᐱᐊᓇ ᑫᑯᓇᓇ ᐧᐁᑯᓇᓇ ᑲᑭᐅᒋᐃᓇᑕᒪᓇ ᒋᑭ ᑭᑲᑐᔭᐸᓇ ᑲᐧᑫᒋᐧᐃᓇ ᑭᐱᒪᑎᓯᐧᐃᓂᒃ.

ᐅᓇᑐᓇ ᐱᓱᓱᒃ ᒋᐧᐊᐧᐊᑲᐧᐃᔭᓇ!

ᑲᐧᑫᑐᑕᓇ ᒋᒧᔭᑭᓇᐱᐊᒪᓇ ᐅᐅᐧᐁ ᑲᔭ ᒋᐊᓂ ᑭᑭᓇᐧᐊᒋᐱᐊᒪᓇ ᑕᓯᓇ ᑫᑯᓇ ᐃᓱᒋᑫᐧᐃᓇ ᑲᑭᐃᔭᐧᑲ ᑐᑕᒪᓇ, ᒋᐅᒋ ᐅᔭᑭᒪᒋᑕᔭᓇ ᑭᑲᐧᑫᒋᐧᐃᓇ. ᐊᐱ ᑕᔭ ᑭᔭᒃ ᐊᓂ ᓇᓇᒪᔭᑕᒧᒪᑲᒃ, ᐱᓂᔭ ᐊᓂᐱᒥ ᓇᓇᑭ ᐃᓱᔭᑐᓇ ᑲᔭ 30 ᑎᐸᐃᑲᑐᔮ ᑕᓯᑭᓱᑲ ᒋᑲᐧᑫᒋᔭᓇ ᑫᒪ ᑫᔭᐱ ᐊᐧᐊᓱᒥ. ᑫᔭᐱ ᐧᐃᑭᑫᑕᒪᓇ ᑲᐧᑫᒋᐧᐃᓇ ᐅᒋ, ᑲᓇᐧᐊᐸᑕᓇ, “Managing Your Fitness” ᒪᓯᓇᐅᓯᒋᑲᓇ ᐅᐅᒪ ᑲᑭᐊᒋᑲᐅᒃ.

	ᐊᓇᒥᐁᑭᓱᑲᒃ	ᐅᔭᑭᑭᓱᑲᒃ	ᓂᓇᑭᓱᑲᒃ	ᐊᐱᑕᐧᐊᑲ	ᓂᐅᑭᓱᑲᒃ	ᐸᐧᑫᓱᑲᓇᑭᓱᑲᒃ	ᒪᑎᓇᐧᐁᑭᓱᑲᒃ
ᑕᐱᔭᑯ ᐅᐅᐧᐁ	ᑭᒐᐸᐧᐊᑲᒃ ᐱᒧᔭᐧᐃᓇ	ᐃᔭᐧᑲ ᐅᓇᑯᓱᐧᐃᓯᓂᐧᐃᓇ ᐱᒧᔭᐧᐃᓇ	ᐧᐃᒋᐱᒪᑕᐁᒥᑲ ᑭᐧᐃᔭᔭᒃ	ᑎᑎᐱᐧᐁᐱᔭᑭᑲᓇ ᐃᓇᐧᑫᐸᐅᑎᓯᓇ ᒪᓯᓇᐃᑲᓇᓇ ᑲᐃᓱᐊᐁᑭᓇ ᒣᔭᐧᑲᒃ ᑲᐧᐃᓇ ᐱᒥᐱᓯᐧᐊᑫᑫᓇ ᑭᑐᑕᐸᓇ	ᒪᒪᐧ ᑲᐧᐃᒋᑕᒪᐧᑕ ᒋᑲᐸᓱᒧᔭᒃ	ᐅᓇᑯᓱᒃ ᐧᑲᔭᐧᑫᓇᑐᐁᐧᐃᓇ	ᓂᐱᔭᓇ ᒋᐧᐁᐸᐊᒪᓇ
1 ᐯᓱᑯᑕᐧᐊᑌ							
2 ᓂᓇᑕᐧᐊᑌ							
3 ᓂᓯᑕᐧᐊᑌ							

ᐅᓇᒋᑫᓇ ᒋᑲᐧᑫ ᑌᐱᓇᒪᓇ ᑲᓇᑫ ᐱᑯ 150 ᑎᐸᐃᑲᑐᔮ ᓇᐧᐊᒃ ᐱᓂᔭ ᑲᓯᓇᒋᓇᓂᐧᐊᒃ ᑲᐧᑫᒋᐧᐃᓇ ᑕᓯ ᐯᓱᑯᑕᐧᐊᑌ (ᑕᐱᔭᑯ 30 ᑎᐸᐃᑲᑐᔮ, ᓇᓄᑯᓇ ᑕᓯ ᐯᓱᑯ ᑕᐧᐊᑌ).

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Physical Activity and Diabetes © 2009.

Ojibway Catalogue No.013229 August 2009 © Queen's Printer for Ontario

Ontario

ᑲᒥᓄᖅᑲᕋᒪᑲᒃ ᒥᒋᒪ ᑲᒥᒋᑲᒐᒃ

ᒪᔭ ᕋᑯᓇᓐ ᕋᑲᓇ·ᐊᐸᒋᑲᒐᒋᓐ

ᑲ·ᕋᒋᒪ ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ ᒋ·ᐊᐸᒪᒐ ᐃᓇᒋᕋ·ᐃᓇᓐ ᑲᑭᑭᓄᐊᒪᕋᒐ. ᐱ·ᐊᐱᑯᒃ ᐃᓇᐱᓐ **ontario.ca/eatright**, ᕋᒪ ᐃᒋᑭᑭᑐᓐ 1-877-510-510-2 ᒋᑲᓄᓇᒐ EatRight Ontario ᐃᓇᒋᕋ·ᐃᓇᓐ ᑲᑭᑭᓄᐊᒪᕋᒐ ᕋᑐᑕᒪᓐ ᒋᐅᒋᓯᑐᔭᓐ ᕋᐃᓇᒋᕋᔭᓐ ᑲᔪ ᕋ·ᐃᒋᐃᑯᔭᓐ. ᐅᓄ·ᐁ ᑲᔪ ᑯᑕᑭᔭᓐ ·ᐃᑕᒪᕋ·ᐃᓇᓐ ᕋ·ᐃᒋᐃᑯᔭᓐ ᒋᒪᒋᑕᔭᓐ.

ᑭᒋᑐᑕ·ᑲᓐ ·ᐁ·ᐁᓂ ᒋᐃᓇᒋᕋᔭᓐ ᒋᐅᒋ ᒪᒋᔭᓯ·ᐊᓐ ᑭᓯᓯᐸᑯ·ᑕᐱᑐᔭᓐ.

ᑭᑭᓄᖅᑭᕋ·ᐃᓇᓐ	·ᐁᑯᑐᓐ ᐅᒋ
ᓂ·ᓴ ᐯᒋᑯᑭᒋᑲ ·ᐃᓯᓂᓐ ᑲᔪ ᑕ·ᓴ ᒪᔭ ᒋᐃᒋ ·ᐃᓯᓂᔭᓐ ᑲᔪ ᑲ·ᐃᓐ ᐊ·ᐊᒋᒥ ᓂᑯ·ᑕᓯᑎᐸᐃᑲᓐ ᐱᐅᓐ ᒋᐊᓂ·ᐃᓯᓂᔭᓐ. ᑲᑭ·ᐃᒋᐃᑯᓐ ᑲᔪ ᐸᓐᑭ ᑲᐱᒥ ᐅᑕᐱᓂᑲᒐᒃ ·ᐃᓯᓂ·ᐃᓐ.	ᑕ·ᓴ ᒪᔭ ᑲᐊᓂᒋ ·ᐃᓯᓇᓂ·ᐊᒃ ᑲ·ᐃᒋᐃᑯᓐ ᑭᔭ·ᐃᒃ ᒋᒥ·ᓇᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᔅ·ᑭᒥᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ.
ᐸᓐᑭ ᐁᑕ ᐊᐸᒋᑐᓐ ᑲᓯᓯᐸ·ᑲᑎ·ᐊᑭᓐ ᑲᔪ ᑲᒋ·ᐊᑭᓐ ᑕᐱᖅᑯ ᓯᓯᐸ·ᑲᑦ, ᒋ·ᐊᐳ, ᐃᖅ·ᑲᔭᒐ ᒥᒋᒪ, ᒪᖅᑭᑭᔭᒃ, ᒐᒪ ᑲᔪ ᐊᒧᓯᓯᐸ·ᑲᑦ.	ᑭᖅᐱᓐ ᓂᐱ·ᐊ ᐊᐸᒋᐊᒐ ᓯᓯᐸ·ᑲᑦ, ᐊ·ᐊᒋᒥ ᑕᐃᖅᐱᔭ ᑭᒥᔅ·ᑭᒥᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ. ᓇ·ᐊᒐ ᑕᐅᓂᒋᒋᓐ ᒋᐊᐸᒋᐊᒐ ᓯᓯᐸ·ᑲᑎᑲᓐ.
ᐊᒋ·ᐃᓇᒪᓯᓐ ᓂᐱ·ᐊ ᑲᐱᒥᒐ·ᐊᑭᓐ ᑕᐱᖅᑯ ᑲᔭᔭᐱᑭᒐᑭᓐ ᒥᒋᒪᓐ, ᑲᐸᒐᑭᓐ ᒋᐸᔅ, ᑲᔪ ᒋ·ᐃᐸ·ᕋᒋᑲᑐᔭᒃ.	ᓂᐱ·ᐊ ᑲ·ᐃᓂᓄ·ᐊᑭᓐ ᒥᒋᒪᓐ ᑲᑭᐅᒋ ᐊᓇᒋᐳᖅᑲᑯᓐ. ᑲ·ᐃᑐᑲᑯᓐ ᒋᒪᖅᑲ·ᐃᓯᒪᑲᒃ ᑭᒐᐃ ᑭᖅᐱᓐ ᓇᐃᐊᐱᑕᓂᔭᓐ.
ᐊᐸᒋᑐᓐ ᐸ·ᕋᒋᑲᓐ ᑲᔪ ᐊᓂᒥᓂ ᒥᒋᒪᓐ, ᒪᓄᒥᓐ, ᒋ·ᑲᒋ·ᐊᓯᑲᓐ ᕋᒪ ᐅᐱᓂᓐ ᑕ·ᓴ ·ᐃᓯᓂᔭᓐ.	ᐊᓂᑦ ᐸ·ᕋᒋᑲᓂᒥᒋᒪᓐ ᐊᓂᐸᐸ·ᕋᑕᒪᑲᓐ ᐅᐅᒋ ᓯᓯᐸ·ᑲᑎᑕᒪᑲᑭᓐ, ᒥᑕᖅ ᐃᐃᒪ ᑭᔭ·ᐃᒃ ᐅᐅᒋ ᐅᕐᐱᒪᑲᒃ.
ᓂᐱ·ᐊ ᐊᓂᒥᒋᓐ ᑭᑎᑲᓂ ᒥᒋᒪᓐ (ᐸ·ᕋᒋᑲᓐ ᑲᔪ ᐊᓄᒥᓐ, ᑲᐸᓯ·ᐊᒃ ᐊᓇᒋᒥᓇᓇᒃ, ᑲᐅᓴ·ᐃᓯᒃ ᒪᓄᒥᓐ, ᑭᑎᑲᓇᖅᑯᒋᓐ ᑲᔪ ᒥᓇᓐ).	ᑭᑎᑲᓂᒥᒋᒪᓐ ᑲ·ᐃᒋᐃᑯᓐ ᒋᑭᖅᐳᒪᒋᐅᔭᓐ ᑲᔪ ·ᐃᒋᐃ·ᐁᒪᑲᓐ ᒋᓂᓯᑕᒪᑲᒃ ᓯᓯᐸ·ᑲᑦ ᑲᔪ ᐱᒥᒐ ᑭᔭ·ᐃᒃ. ᑭᑎᑲᓂᒥᒋᒪᓐ ᓂᐱ·ᐊ ᐊᔭᒪᑲᓐ ᑲᒥᓄᖅᑲᕋᒪᑲᑭᓐ ᑲᔪ ᑲ·ᐃᓐ ᓄᒋᑯ ᕋᑯᓇᓐ ᒋᐊᔭᒪᑲᑭᓐ ᑲᒪᓂᑐᑕᕋᒪᑲᑭᓐ.
ᑲ·ᕋᒋᒪ ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ ᑭᖅᐱᓐ ᒋᑭᑕᑯ ᐊᐸᒋᑐᔭᐸᓐ ᐃᖅᑯᒐ·ᐊᐳ ᑭ·ᐃᓯᓂ·ᐃᓂᒃ ᑲᔪ ᐊᓂᓐ ᒥᓂᑯᒃ ᕋᑭᐊᐸᒋᑐᔭᓐ ᒋᒪᓂᑐᑕᑯᓯᓐᐊᓐ.	ᐃᖅᑯᒐ·ᐊᐳ ᒥᓂ·ᑲᑕᒪᓐ ᑕᐅᒋ ·ᐊᓂᖅ·ᕋᒋᕋᒪᑲᓐ ᑭᒥᔅ·ᑭᒥᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ ᑲᔪ ᑲᑭᐅᒋᑯᓯ·ᑲᓐ.
ᑭᖅᐱᓐ ᓄᒐᔭᐸ·ᕋᔭᓐ, ᐊᓂᓯᐸ ᒥᓂ·ᕋᓐ.	ᓂ·ᐊᐳᓐ ᑲᔪ ᒥᓂᖅᐊᐳᓐ ᒥᓂ·ᑲᑕᒪᓐ ᑕᐅᒋ ᐃᖅᐸᐱᑭᖅᑲᒪᑲᓐ ᑭᒥᔅ·ᑭᒥᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ.
·ᐁᑯᑐᓐ ᐃᑯ ᐃᒋᒋᕋᓐ ᒋ·ᐊ·ᐊᑲ·ᐃᔭᓐ.	ᑭᖅᐱᓐ ᒧᓴᒃ ᕋᑯᓐ ᐃᒋᒋᕋᔭᓐ ᒋ·ᐊ·ᐊᑲ·ᐃᔭᓐ ᑲ·ᐃᒋᐃᑯᓐ ᒋᒥᓄᖅᑲᒪᑲᒃ ᑭᒥᔅ·ᑭᒥᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ.

ᐅᓇᒋᑕᑯ ᐃᒋᔅ ᒋᓇᓇᑐᑭᕋᑕᒪᓐ ·ᐁᑯᑐᓐ ᑎᓄ ᒥᒋᒪᓐ ᕋᐊᐸᒋᑐᔭᓐ. ᐃᓇᒋᕋ·ᐃᓇᓐ ᑲᑭᑭᓄᐊᒪᕋᒐ ᑲ·ᐃᑐᑲᒃ ᒋᑕᑯᒥᒋᔭᓐ ᑲᒥᓄᐱᑕᒪᓐ ᕋᑯᓇᓐ ᑭ·ᐃᓯᓂ·ᐃᓂᒃ. ᑭᑕᑲᓄᓇ ᑲᔪ EatRight Ontario ᐃᓇᒋᕋ·ᐃᓇᓐ ᑲᑭᑭᓄᐊᒪᕋᒐ ᑲᑎᐸᐃᑲᒐᓯᓄᒃ ᐃᒋᑭᑭᑐᓐ ᐅᐅᒪ 1-877-510-510-2 ᕋᒪ ᐃᓇᐱᓐ EatRight Ontario ᐅᐅᒪ **ontario.ca/eatright**

Canadian Diabetes Association

Ontario

ᑲᒥᓄᖅᑲᕋᒪᑲᒃ ᒥᒋᒪ ᑲᒥᒋᑲᒐᒃ - ᒪᔭ ᕋᑯᓇᓇ ᕋᑲᓇ·ᐊᐸᒋᑲᒐᒋᓇ

ᓂᓯᑕ·ᐃᓇᓇ ᕋᐃ·ᑲᑐᔭᓇ ᕋᒥᒋᔭᓇ

ᐅᓇᒋᑲᓇ·ᐁᑕᓇ ᕋᐃ·ᑲᑐᔭᓇ ᕋᑯᓇ ᑲ·ᐃᒥᒋᔭᓇ – ᕋᑯᓇ ᑲᒥᒋᔭᓇ ᑕᑯ ᑕᕐ ᕋᐃ·ᑲᑐᔭᓇ ᑭᒋᓐᑕ·ᑲᓇ ᒋᐅᒋ ᓇᓇᑲᒋᑐᔭᓇ. ᑎᐸᐸᑕᒪᓇ ᒥᓂᑯᒃ ᕋᐃᓇᐅᓂᑎᓱᔭᓇ ᑲ·ᐃᒋᐃᑯᓇ ᒋᐃᐱᓇᒪᓇ ᕋᒪ ᒋᑎᐱ ᐊᐱᑕᓂᔭᓇ. ᐅᐅᒪ ᑲᐊᓂ ·ᐃᓇᒋᑲᒐᒋᓇ ᑲᐅᒋ ᑭᕋᑕᓇ ᒥᓂᑯᒃ ᕋᐃᑯᑎᐸᐅᓂᑎᓱᔭᓇ ᕋᑯᓇ ᑲ·ᐃᒥᒋᔭᓇ.

ᒥᓇᓇ*/ᐸ·ᕋᓂᑲᓂᒥᒋᒪᓇ ᑲᔪ ᒪᖅᑯᓂᓇ*:

ᑲᐊᐱᒋᐱ·ᑲᑯᓂᒋᔭᓇ ᐃ·ᑲᑐᓇ ᑲ·ᐃᒥᒋᔭᓇ ᑲᑕᓱᐸᐯᓂ·ᑲᒋᓇ ᐸ·ᕋᓂᑲᓂᒥᒋᒪᓇ ᑲᔪ ᒪᖅᑯᓂᓇ ᑲᔪ ᒥᓇᓇ.

ᑭᑎᑲᓂᒥᒋᒪᓇ*:

ᕋᐃᑯᐃᐱᑲᖅᑲᑯᓂᒋᑕᒪᓇ ᑕᐱᖅᑯ ᑭᓂᒋᓇ ᒋᐃᓂᐅᑐᑕᒪᓇ ᑲ·ᐃᒥᒋᔭᓇ.

·ᐃᔭᔅ ᑲᔪ ᑯᑕᑭᔭᓇ*:

ᑲᐊᐱᒐᒃ ᑭᑕᔭᒥᓂᒐᓇ ᒋᐃ·ᑲᑐᔭᓇ ᑲᔪ ᑲᐊᐱᒋᑭᐸᑲᒃ ᑭᑎᖅᕋᓂᒐᓇ ᒋᐊᐱᒐᑐᔭᓇ ᑲ·ᐃᒥᒋᔭᓇ.

ᐱᒥᑌ*:

ᐸᑭ ᐁᑕᑯ ᐊᐸᒋᑐᓇ ᐱᒥᑌ ᒋᑎᐸᐸᒋᑲᕋᔭᓇ ᑲᐊᐱᒐᒃ ᑭᑎᖅ·ᕋᒥᒋᒐᓇᓂᒃ.

ᒍᒍᓴᐳ ᑲᔪ ᑯᑕᑭᔭᓇ*:

ᒥᓂ·ᑲᑕᓇ ᐸᑭ ᑲᐱᒥᑌ·ᐊᑲᒥᒃ ᒍᒍᓴᐳ⁺ ᐊᑯᓇᒃ ᐯᕐᑯᒥᓂ·ᑲᑲᓇ 250 mL (8 oz) ᒣ·ᑲ ·ᐃᓯᓂᔭᓇ.

* ᒥᒋᒪᓇ ᑲᐃᕐᓂᑲᒐᑭᓇ ᑭᐅᑎᓂᑲᒐ (ᐊ·ᐊᓯᒐ ᒪᔭ ᕋᑯᓇ ᕋᑲᓇ·ᐊᐸᒋᑲᒐᑭᓇ: ·ᐃᓯᓂ·ᐃᓇ ᐁᐅᓇᒋᑲᒐᒃ ᑲᒥᓄᖅᕋᓂᑲᒪᑲᑭᓇ ᒥᒋᒪᓇ, ᐁᑲ·ᕋ ᓇᑲᓂᑲᓂᒐᒃ ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃᓇ ᑲᔪ ·ᐃᒋᐃᑎᓱᓇ) (*Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management* © Canadian Diabetes Association, 2005). ᐃᓇᐱᓇ ᑲᐃᕐ ᐅᕐᐱᐃᑲᒐᒃ ᕋᔭᐱ ·ᐃᑭᕋᑕᒪᓇ ·ᐃᓯᓂ·ᐃᓇ.

ᑭᑭᓇ·ᐊᒋᒋᑲᓇ ·ᐃᓯᓂ·ᐃᓇ ᐁᐅᓇᒋᑲᒐᒃ

ᐸᓇᑭ ᐁᑕ ᑲᓂᑕ·ᐃᓯᓂᒃ	ᓂᐱ·ᐊ ᑲᓂᑕ·ᐃᓯᓂᒃ
ᑭᖓᐸᑐ·ᕋ·ᐃᓇ: ᑕᑭ ᑭᖓᐸᒥᒋᒪ ᐊᐱᑕᒥᓂ·ᑲᑲᓇ (1/2 cup, 125 mL) ᐸ·ᕋᓂᑲᓇ ᑲᑲᐱᓱᒃ (ᐯᓂᑯᐱᑐᓂᑲᓇ) ᐯᓂᒃ ᐅᓴ·ᐃᒋᒥᓇ ᐸᑭ ᑲᐱᒥᑌ·ᐊᑲᒥᒃ ᒍᒍᓴᐳ⁺ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (1 cup, 250 mL) ᐸᑲᓂᐱᒥᑌ ᓂᓇᑭᒋᐁᒥ·ᑲᓇ (2 tbsp, 30 mL) ᑎ ᕋᒪ ·ᑲᐱ	ᑭᖓᐸᑐ·ᕋ·ᐃᓇ: ᑕᑭ ᑭᖓᐸᒥᒋᒪ ᐊᐱᑕᒥᓂ·ᑲᑲᓇ (1/2 cup, 125 mL) ᐸ·ᕋᓂᑲᓇ ᑲᑲᐱᓱᒃ (ᓂᓇᐱᑐᓂᑲᓇ) ᐯᓂᒃ ᐅᓴ·ᐃᒋᒥᓇ ᐸᑭ ᑲᐱᒥᑌ·ᐊᑲᒥᒃ ᒍᒍᓴᐳ⁺ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (1 cup, 250 mL) ᐸᓇᑭ ᑲᐱᒥᑌ·ᐊᒃ ᒋᔅ (2 oz, 60 g) ᑎ ᕋᒪ ·ᑲᐱ
ᐊᐱᑕᑭᓂᑲᓂᑐ·ᕋ·ᐃᓇ: ᐯᓂᒃ ᓇᐳᓂᑲᓇ ᓂᓇᐱᑐᓂᑲᓇ ᐸ·ᕋᓂᑲᓇ ᕋᒪ 6" ᐃᓂᑭᓂᔭ ᐱᑕ ·ᐃᔭᔅ, ᐸᓇᑲᐊ·ᑲᓇ ᕋᒪ ᑭᑯ (2 oz, 60 g) ᓂᐱ·ᐊ ᑲᐱᒥᑌ·ᐊᓯᓄᒃ ᒪᒐᓂ ᐯᓂᒃ ᐁᒥ·ᑲᑐᔅ (1 tsp, 5 mL) ᐅᑲᑕ·ᑲᒃ ᐸᓇᑭ ᑲᐱᒥᑌ·ᐊᒃ ᔪᑭᕐᑕ ᕋᑲ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (3/4 cup, 175 mL) ᑎ ᕋᒪ ·ᑲᐱ	ᐊᐱᑕᑭᓂᑲᓂᑐ·ᕋ·ᐃᓇ: ᐯᓂᒃ ᓇᐳᓂᑲᓇ ᓂᓇᐱᑐᓂᑲᓇ ᐸ·ᕋᓂᑲᓇ ᕋᒪ 6 ᑲᐃᓂᑭᓂᔭ ᐱᑕ ᑲᐱᒥᑌ·ᐊᓯᓄᒃ ·ᐃᔭᔅ, ᐸᓇᑲᐊ·ᑲᓇ ᕋᒪ ᑭᑯ (3 oz, 90 g) ᑭᒋᐅᑭᓇ ᒋᐱᑐᓂᑲᓯᔭ ᓂᐱ·ᐊ ᑲᐱᒥᑌ·ᐊᓯᓄᒃ ᒪᒐᓂ ᐯᓂᒃ ᐁᒥ·ᑲᑐᔅ (1 tsp, 5 mL) ᐅᑲᑕ·ᑲᒃ ᐸᓇᑭ ᑲᐱᒥᑌ·ᐊᒃ ᔪᑭᕐᑕ ᕋᑲ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (3/4 cup, 175 mL) ᑎ ᕋᒪ ·ᑲᐱ
ᐅᓇᑯᓂᑐ·ᕋ·ᐃᓇ: ᐯᓂᒃ ᐊᐱᑕ ᑲᐃ·ᑲᒃ ᐅᐱᓇ ᕋᒪ ᒪᓄᒥᓇ ᐊᐊ·ᓂᒥ ᐊᐱᑕ ᒥᓂ·ᑲᑲᓇ (2/3 cup, 150 mL) ᑭᑎᑲᓂᒥᒋᒪᓇ ᓂᐱ·ᐊ ᑲᐱᒥᑌ·ᐊᓯᓄᒃ ᒪᒐᓂ ᐯᓂᒃ ᐁᒥ·ᑲᑐᔅ (1 tsp, 5 mL) ᑲᐱᒥᑌ·ᐊᓯᓄᒃ ·ᐃᔭᔅ, ᐸᓇᑲᐊ·ᑲᓇ ᕋᒪ ᑭᑯ (2 oz, 60 g) ᑲᓇᑕᓗᐸ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (1 cup, 250 mL) ᐸᑭ ᑲᐱᒥᑌ·ᐊᑲᒥᒃ ᒍᒍᓴᐳ⁺ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (1 cup, 250 mL) ᑎ ᕋᒪ ·ᑲᐱ	ᐊᐱᑕᑭᓂᑲ ᐸᓇᑭ ·ᐃᓯᓂ·ᐃᓇ: ᐯᓂᒃ ᐊᐱᑕ ᑲᐃᓂᑭᓂᔭ ᒥᖅᕋᒥᓇ ᕋᒪ ᐯᓂᒃ ᐸᓇᓇ·ᐁᔅ ᐅᓇᑯᓂᑐ·ᕋ·ᐃᓇ: ᐯᓂᒃ ᑭᒋᐅᐱᓇ ᕋᒪ ᕐᑲᒋ·ᐊᓯᑲᓇ ᐯᓂᒃ ᐊᐱᑕ ᒥᓂ·ᑲᑲᓇ (1 1/2 cup, 375 mL) ᑭᑎᑲᓂᒥᒋᒪᓇ ᐊᓂᐱᓴᓇ ᑕᑯ ᐸᓇᑭ ᑲᐱᒥᑌ·ᐊᒃ ᐊᐸᓇᑭᑲᓇ ᑲᐱᒥᑌ·ᐊᓯᓄᒃ ·ᐃᔭᔅ, ᐸᓇᑲᐊ·ᑲᓇ ᕋᒪ ᑭᑯ (4 oz, 120 g) ᐯᓂᒃ ᐊᐱᑕ ᑲᐃᓂᑭᓂᒪ ᐯᕐ ᐸᑭ ᑲᐱᒥᑌ·ᐊᑲᒥᒃ ᒍᒍᓴᐳ⁺ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (1 cup, 250 mL) ᑎ ᕋᒪ ·ᑲᐱ
ᐅᓇᑯᓂᒃ ᐸᓇᑭ ·ᐃᓯᓂ·ᐃᓇ: ᐸᓇᑭ ᑲᐱᒥᑌ·ᐊᒃ ᒋᔅ (1 oz, 30 g) ᐅᓴ·ᐃ ᐸ·ᕋᓂᑲᓂᔭᒃ (4)	ᐅᓇᑯᓂᒃ ᐸᓇᑭ ·ᐃᓯᓂ·ᐃᓇ: ᐸᑲᓂᐱᒥᑌ ᓂᐅᑭᒋᐁᒥ·ᑲᓇ (4 tbsp, 60 mL) ᐅᓴ·ᐃ ᐸ·ᕋᓂᑲᓂᔭᒃ (4) ᐸᑭ ᑲᐱᒥᑌ·ᐊᑲᒥᒃ ᒍᒍᓴᐳ⁺ ᐯᓂᑯᒥᓂ·ᑲᑲᓇ (1 cup, 250 mL)

⁺ᑭᔅᐱᓇ ᒪᓂᑐᑕᑯᔭᓇ ᒍᒍᓴᐳ, ᑯᒋᑐᓇ ᓴᔭ ᑲᐃᒋᑲᒐᒃ ᑲᒍᒍᓴᐳᒋᑲᒐᒃ.

ᓇᓇᑲᒋᑐᓇ ᑲᐃᓱᐧᐊᐧᐃᓇᒐᒃ ᑲᑕᑯᓂᑲᒐᑭᓇ ᕋᑯᓇᓇ ᒥᒋᒪ ᒋᐅᒋ ᐧᐃᒋᐃᑯᔭᓇ ᐧᐁᐧᐁᓂ ᒋᐃᓇᒋᕋᔭᓇ.

ᑲᐃᐧᑲᒃ ᐯᓱᒃ ᑎᐸᐅᑭᐧᐃᓇ

ᓇᓇᑲᒋᑐᓇ ᑲᐃᓱᐱᐃᑲᒐᒃ ᒥᓂᑯᒃ ᑎᐸᐅᑭᐧᐃᓇ ᕋᒥᒋᔭᓇ ᑲᐃᓱᐱᓇᒐᒃ ᒥᒋᒪ.

ᒥᓂᑯᒃ % ᐯᓱᑯᑭᓱᑲ ᑲᒥᒋᑲᒐᒃ ᑲᐧᐃᑕᒪᑯᓇ ᒥᓂᑯᒃ ᐁᐊᔭᒪᑲᒃ ᑲᒥᓄᔅᑲᕋᒪᑲᒃ ᐯᓱᒃ ᑎᐸᐅᑭᐧᐃᓂᒃ. ᑎᐸᐸᑕᓇ ᑯᑕᑭᔭᓇ ᕋᑲ ᐯᓱᐧᑲᓇ ᑲᐃᓱᓇᐧᑲᑭᓇ ᒥᒋᒪᓇ. ᐅᑐᑕᓇ ᐸᓇᑭ % ᑲᐊᔭᑭᓇ ᑲᐱᒥᐧᐊᑭᓇ ᒣᔅᑲᒐ ᑕᔅ ᓂᐱᐧᐊ % ᑲᒪᔅᑯᓱᐧᐊᑭᓇ ᒋᒥᒋᔭᓇ.

ᐱᒥᐧ

- ᐅᑐᑕᓇ ᕋᒥᒋᔭᓇ ᐸᓇᑭ ᐁᑕ ᑲᐧᐃᓂᓄᐧᐊᑲ ᒥᒋᒪ
- ᐅᑐᑕᓇ ᕋᒥᒋᔭᓇ ᐸᓇᑭ ᐁᑕ ᕋᒪ ᑲᐊᔭᓯᓄᒃ ᑲᓴᐳᐧᐃᓂᓄᐧᐊᑲ ᒥᒋᒪ
- ᐅᑐᑕᓇ ᕋᒥᒋᔭᓇ ᒋᐊᔭᓯᓄᒃ ᑲᑭᑕᑯᓂᑲᒐᒃ ᐱᒥᐧ

ᐊᐊᐧᐃᓴ ᐱᒥᐧ

- ᐅᑐᑕᓇ ᕋᒥᒋᔭᓇ ᐸᓇᑭ ᐁᑕ ᕋᒪ ᑲᐊᔭᒪᑲᓯᓄᒃ ᐊᐊᐧᐃᓴ ᐱᒥᐧ ᒥᒋᒥᑲᒃ
- ᑲᐧᕋᑲᕿᑐᓇ ᑕᓯᑭᓱᑲ ᑲᐧᐃᓇ ᐊᐊᐧᓱᒥ 200 mg ᐊᐊᐧᐃᓴ ᐱᒥᐧ ᒋᒥᒋᔭᓇ

ᒪᖅᑯᓱᐧᐃᒥᒋᒪᓇ

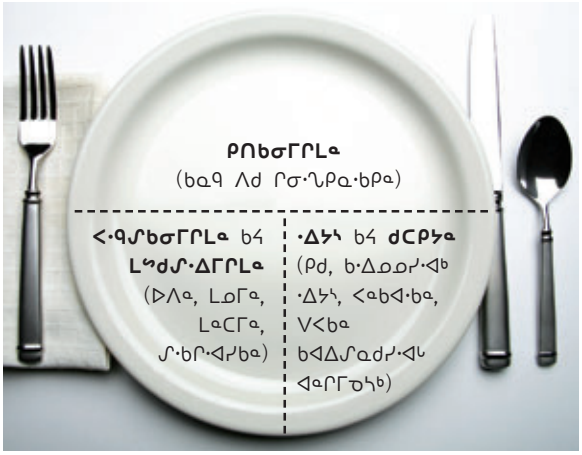
- ᐊᐸᒋᑐᓇ ᒥᒋᒪ ᓂᐱᐧᐊ ᑲᐊᔭᒪᑲᒃ ᒪᖅᑯᓱᐧᐃᒥᒋᒪ
- ᑲᐧᕋᑲᕿᑐᓇ ᑕᓯᑭᓱᑲ ᒋᐃᓱᐊᐸᒋᑐᔭᓇ 25 g ᐊᑯᓇᒃ 35 g ᕋᒪ ᐊᐧᐊᓱᒥ ᒪᖅᑭᓱᐧᐃᒥᒋᒪᓇ

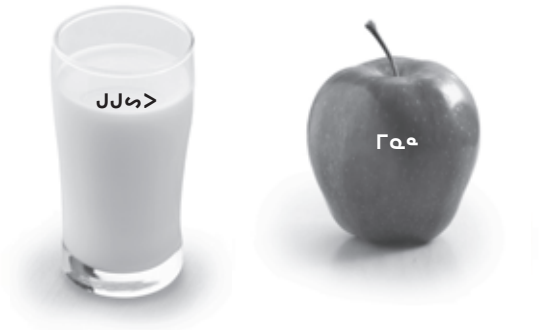
ᓇᓇᑲᒋᑐᓇ ᐊᓂᓇ ᐁᓱᐱᐃᑲᒐᒃ ᒥᒋᒥ ᐱᓇᐃᑲᓇᓇ. ᕋᑯᐧᐃᓇ ᐊᐸᒋᑐᕋᓇ ᐅᓄᐧᐁ ᑎᓄᐧᐃ ᐱᒥᐧᓇ:

- ᑲᓂᐱᐧᐊᑲᒥᑭᓇ ᐱᒥᐧᐊᐳᓇ ᕋᒪ ᐧᐊᐱᖅᑭᐱᒥᐧ
- ᑯᑕᑭᔭᓇ ᐯᐸᑲᓇ ᑲᑭᐅᒋ ᐅᓱᒋᑲᒐᑭᓇ ᑲᓂᐱᐧᐊᑲᒥᑭᓇ ᐱᒥᐧᐊᐳᓇ ᑕᐱᖅᑯ ᑯᑯᓇᑦ, ᐸᒪ, ᐸᒪ ᑯᕐᓄ

ᕋᔭᐱ ᐧᐃᑭᕋᑕᒪᓇ ᑲᑭᑭᓇᐧᐊᒋᐱᐃᑲᒐᑭᓇ ᕋᑯᓇᓇ ᒥᒋᒪ ᐱᓇᐃᑲᓂᒃ, ᐃᓇᐱᓇ **healthyeatingisinstore.ca**. ᕋᔭᐱ ᐧᐃᑭᕋᑕᒪᓇ ᑲᒥᓄᖅᑲᕋᒪᑲᑭᓇ ᒥᒋᒪᓇ ᑲᒥᒋᑲᒐᑭᓇ, ᑲᓇᐧᐊᐸᑕᓇ, "Managing Your Nutrition" ᒪᓯᓇᒐᓯᒋᑲᓇ.

ᒪᔭ ᕋᐃᓱᐱᒥ ᐅᑕᐱᓇᒪᓇ ᒥᒋᒪᓇ





- ᑲᓇᕋ ᐱᑯ ᓂᓯᓇ ᐅᓇᑎᓇᓇ ᒥᒋᒪᓇ ᐃᐃᒪ ᓂᐧᐊᔅᑲ ᑲᐅᒋ ᐸᐱᔅᑲᒋᑲᒐᑭᓇ ᒪᔭ ᒥᒋᒪᓇ ᑲᐊᐸᑕᑭᓇ ᐅᐅᒪ *Eating Well with Canada's Food Guide* ᑕᐧᔅ ᐧᐃ ᐧᐃᓯᓂᔭᓇ:

  ᑭᑎᑲᓂᒥᒋᒪᓇ ᑲᔭ ᒥᓇᓇ

  ᐸᐧᕋᓱᑲᓂᒥᒋᒪᓇ

  ᒍᒍᔅᐳ ᑲᔭ ᑯᑕᑭᔭᓇ

  ᐧᐃᔭᔅ ᑲᔭ ᑯᑕᑭᔭᓇ

- ᑕᑯ ᒥᒋᓇ ᑭᑯ, ᑲᐧᐃᓂᓄᓯᐧᐊᒃ ᐧᐃᔭᔅᓇ, ᐸᓇᑭ ᑲᑎᒥᑲᐧᐊᒃ ᒋᔅ, ᐧᐊᐧᐊᓄᓇ ᕋᒪ ᑲᐧᐃᔭᓯᐧᐊᓯᓄᑭᓇ ᒥᒋᒥᑲᓇ (ᑕᐱᖅᑯ ᑐᐳ, ᐊᓇᒋᒥᓇᒃ) ᒋᑕᑯᒥᒋᔭᓇ ᑭᐧᐃᓯᓂᔭᓇ.
- ᒥᓂᐧᕋᓇ ᑲᔭ ᐯᓱᑯᒥᓂᐧᑲᑲᓇ ᒍᒍᔅᐳ ᑕᑯ ᐯᓱᒃ ᒥᓇᓇ ᐯᓱᐧᑲ ᑲᐧᐃᓯᓂᔭᓇ.

ᑕᐧᔅ ᑭᖑᐸᑐᐧᕋᓇ. ᑲᐧᐃᒋᐃᑯᓇ ᐧᐁᐧᐁᓂ ᒋᔭᓂ ᐸᐱᒥᑭᓱᑲᓂᓱᔭᓇ.

ᑲᒥᓄᖅᑲᕋᒪᑲᒃ ᒥᒋᒪ ᑲᒥᒋᑲᒐᒃ - ᒪᔭ ᕋᑯᓇᓇ ᕋᑲᓇ·ᐊᐸᒋᑲᒐᒋᓇ

ᕋᑐᑕᒪᓇ ᕋᐊᐱᑕᐅᓂᑎᓱᔭᓇ: ᐊᐸᒋᑐᓇ ᐅᓇᑯᑐᔅ ᐱᒋ·ᐃᓇ ᑭᒋᐅᓇᑲᓇ. ᐃᑭᑐ·ᐊᒃ ᑲᑭᕋᑕᒧ·ᐊᒡ ᑭᖅᐱᓇ ᐊ·ᐃᔭᒃ ᑲᒥᓂ·ᑕ ᑭᒋᐅᓇᑲᓂᒃ ᐁᐊᓯ·ᐊᒐᓂᒃ ᒥᒋᒥᓂ ᓂᐱ·ᐊ ᐃ·ᓯᓂ·ᐊᒃ ᐱᒋ·ᐃᓇ ᑲᐃᓱᐊᑲᓯᓂᒃ ᐅᓇᑲᓂᒃ.

ᐅᑐᑕᓇ ᒋᐊᐸᒋᑐᔭᓇ ᐸᓇᑭ ᑲᐱᒥᒐ·ᐊᑭᓇ ᒥᒋᒪᓇ (ᑕᐱᖅᑯ, ᑲᐱᒥᒐ·ᐊᓯᓄᒃ ᒍᒍᓴᐳ, ᐸᓇᑭ ᑲᐱᒥᒐ·ᐊᒃ ᒋᔅ ᑲᔪ ᐸᓇᑭ ᑲ·ᐃᓂᓄ·ᐊᒃ ᑲᓱ·ᑲᐃᑲᒐᒃ ·ᐃᔭᔅ, ᒪᓂᓴᓇ ·ᐃᓂᓇ ·ᐃᔭᓯᒃ, ᐸᓇᑲᐊ·ᑲᓂᒃ, ᑲᔪ ᐸᓇᑭ ᐁᑕ ᒋᐊᐸᒋᑐᔭᓇ ᐱᒥᒐ ᑕᐱᖅᑯ ᐱᒥᒐ·ᐊᐳ ᕋᒪ ᑲᔪ ᐊᐸᓇᒋᑲᓇᐳ).

ᕋᑐᑕᒪᓇ ᐸᑲᓇ ·ᐃᐊᓇᑐ ·ᐃᓯᓂᔭᓇ

- ᖃᒪᒃ ᐳᓂ·ᐃᓯᓂᓇ ᐊᓂᐱᐱ·ᐃᓯᓂᔭᓇ, ᑭ·ᐁ·ᐃᑐᓇ ᑭᑎᖅ·ᑲᓇᒋᑲᓇ
- ᕋᑯ·ᐃᓇ ᐱᒃᑕᕋᓇ ᕋᒪ ᐅᒋᒥᖅ ᑯᑕᒃ ᐊ·ᐃᔭ ᓂᑲᓇ ᐸᑭ ·ᐃᓯᓂ·ᐃᓇ
- ᑭᖅᐱᓇ ᐊᐸᓇᒋᑲᓇᓇ ᑕᑯᓯᑭᓇ ᑲ·ᕋ·ᐃᓇ ᐸᑲᓇ ᒋᐃᓱᐊᓯ·ᐊᒋᑲᐃᑲᒃ ᑲᔪ ᐸᓇᑭ ᐁᑕ ᒥᒋᓇ
- ᑲᐃᓱ ᐅᓱᐱᐃᑲᐃᑭᓇ ᒥᒋᒪᓇ ᐅᒋᐊᓇᑐᒋᕋᓇ ᕋᑯ·ᐃᓇ ᐱᒃᑕᕋᓇ ᑲᐃᓱ·ᑲᔭᑕᐃᑭᓇ ᒥᒋᒪᓇ
- ᑕᐱᑕ ᐃᓱᑲᓇ·ᐊᐸᑕᓇ ᕋᑯᓇ ᑲ·ᐃᒥᒋᔭᓇ ᑭᖅᐱᓇ ᐅᓂᓱᓱᓯᓄᒃ ᑲ·ᐃᒥᒋᔭᓇ ᐯᑭᖅ ᑲᒥᓄᖅᑲᕋᒪᑲᒃ ᒋᑕᑯᒥᒋᔭᓇ (ᑕᐱᖅᑯ ᑲᑭᔅᓴᐱᑭᓯᒡ ᐸᓇᑲᐊ·ᑲᓇ ᒋᐊᓇᑐᑕᒪᓇ ᑲᐱᓇᑕᐱᑲᐃᑲᒐᒃ ᐅᐱᓇ ᒣᖅᑲᒡ ᑲ·ᐃᓇ ᐱᒥᒐ·ᐊᐳᑲᒃ ᑲᑭᐃᓱᒋᐸ·ᑲᒐᑭᓇ ᐅᐱᓂᓇ)

ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒡ ᐊ·ᐃᔭᒃ ᐱᓴᓂᑯ ᐯᐸᑭ ᐅᑕᑭ ᐊᐸᒋᑐᓇ·ᐊ ᓯᓯᐸ·ᑲᑦ ᑲᔪ ᑲᓱ·ᐊᓂᑭᓇ ᒥᒋᒪᓇ. ᐯᐸᑲᓇ ᐅᑲᐃᓱᖅᑲᑯᓇ·ᐊ ᐅᒥᓴ·ᑭᒥ·ᐊᒃ. ᑲ·ᕋᒋᒪ ᑕᖅ ᐃᓇᒋᕋ·ᐃᓇᓇ ᑲᑭᑭᓄᐊᒪᕋᒐ ᐁᐊᓇᑕ·ᐁᑕᒪᓇ ᐁ·ᐃᑕᑯᒥᒋᔭᓇ ᑲᓱ·ᐊᑭᓇ ᕋᑯᓇᓇ ᑲᑭᐃᓱ ᐅᓇᑐᔭᓇ ᑭᑎᓇᒋᕋ·ᐃᓂᒃ.

This document reflects our CPG Clinical Practice Guidelines

Content taken from the Canadian Diabetes Association's consumer fact sheet, Just the Basics © 2009.

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Ontario

ᕿᑐᑕᒪᓐ ᒋᒥᓄᔭᔭᓐ

ᕿᐃᕐᐱᒥ·ᐃᑐᑲᓱᔭᓐ ᓯᓯᐸᑯᑕ·ᐱᑐᔭᓐ (Type 2 Diabetes)

ᑭᑭᕿᓂᒪᒃ ᐃᓇ ᑲᐊᓂᐃᕐᐱᐃᑲᓱ·ᐊᒃ ABCs?

ᑲ·ᕿᒋᒪ ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ ·ᐁᑯᑐᓇᓐ ᕿᑭ·ᐃᒋᐃᑯᔭᓐ, ᑲᔪ ᐊᓂᓐ ᕿᑭᐊᓄᒋ ᐃᐱᓇᒪᓐ ᑲᔪ ᒋᐊᓂᕐᐱᒥᖅᑲᒪᑲᒃ.

A1C* (ᒥᓴ·ᑭ ᑎᐸᐸᒋᑲᓐ)
ᕿᐃᕐᐅᓂᕐᕐᒃ ᑲᑲ·ᕿᐃᐱᓂᑲᐃᒃ:
7.0% ᕿᒪ ᓇ·ᐊᒃ ᑕᐸᕐᖅ (ᑕᓯᓇ ᐃᑭ·ᐁᓂ·ᐊᒃ ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒃ)
ᓂᑐᓇᒋᕿ·ᐃᓇᓐ _____
_____

Blood Pressure (ᒥᓴ·ᑭ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ)
ᕿᐃᕐᐅᓂᕐᕐᒃ ᑲᑲ·ᕿᐃᐱᓂᑲᐃᒃ:
ᑕᐸᕐᖅ 130/80 mm Hg
ᓂᑐᓇᒋᕿ·ᐃᓇᓐ _____
_____

Cholesterol (ᑲᐱᒥᐃ·ᐊᑲᒥᒃ ᒥᓴ·ᑭ)
ᕿᐃᕐᐅᓂᕐᕐᒃ ᑲᑲ·ᕿᐃᐱᓂᑲᐃᒃ:
LDL: 2.0 mmol/L ᕿᒪ ᑕᐸᕐᖅ
ᒪᒪᒃ ᑲᐱᒥᐃ·ᐊᑲᒥᒃ ᒥᓴ·ᑭ HDL ᑲᐃᕐᑎᐸᐸᒋᑲᐃᒃ: ᑕᐸᕐᖅ 4
ᓂᑐᓇᒋᕿ·ᐃᓇᓐ _____
_____

* ᑲᐃᕐᐱᒥ ᑎᐸᐸᒋᑲᐃᒃ ᑲᐊᐱ ᐊᐱᑕᑲᒥᖅᑲᒃ ᓯᓯᐸ·ᑲᑦ ᒥᓴ·ᑭᑲᒃ. ᐅᐅ·ᐁ ᑎᐸᐸᒋᑲᓐ A1C ᐸᑲᓂᔪ ᑲᐊᐸᒋᑕᒧᓂ·ᑕ ᑲᑭᖅᑲ·ᐊ·ᐊᓯ·ᐊᒃ ᑲᔪ ᐊᐱᓄᒋᖅᑲ ᐊᑯᓇᒃ 12 ᑲᑕᓯᐱᐳᑐ·ᐊᒃ.

ᒥ·ᓇᒋᒧ·ᐃᓇ

ᑭ·ᑐᖅ ᑲᒥᓄᔭ ᑭᖅᐱᓇ ᐱᒥᑲᓇ·ᐁᑕᒪᓇ ᑭᒥᓴ·ᑭ ᒪᔭ ᒋᐃᓇᑯᖅᑲᒪᑲᒃ (ᒥᓂᑯᒃ ᓯᓯᐸ·ᑲᑦ ᒋᐊᔭᒃ ᑭᒥᓴ·ᑭᒥᒃ) ᕿᐃᕐᒥᓄᖅᒪᑲᒃ ᑲᑭᐃᕐ ᐅᕐᓯᑕᒪ·ᐃᒃ ᑭᒪᒡᑭᑭ·ᐃᓂᓂᒪ ᒋᐃᕐᐱᐃᒥᖅᑲᓇ·ᐁᑕᒪᓇ. ᐸᑎᓇᑐᓇ ᕿᑯᓇᓐ ᕿᑐᑕᒪᓇ ᒋᒥᓄᔭᔭᓐ ᑲᔪ ᒋᐱᒥ·ᐃᑐᑲᓱᔭᓐ ᑲᓯᓯᐸᑯ·ᑕᐱᑐᔭᓐ.

ᓇᓇᑐᓇᓐ ·ᐃᑐᑲᑯ·ᐃᓇ ᑲᐊᓇᑕ·ᐁᑕᒪᓇ.

ᐊᐱᒋ ᑭᓴᓇᕿᑕᓇᑐᒃ ᒋᐅᑕᐱᓇᒪᓇ ᑭᓇ ᕿᒪ ᑭᑎᓇ·ᐁᒪᑲᓇ ᐁᐊᔭᔭᒃ ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃᓇ. ᐅᓇᒋᑕ ᐱᑯ ᓴᑭᓯᓇᓂ·ᐊᓇ, ᑯᖅ·ᕿᓇᒋᑲᒐ, ·ᐊ·ᐊᑐᑕ·ᑲᓇ ᕿᒪ ᓂᖅᑲᑎᓯᓇᓂ·ᐊᓇ ᑲᑲᓄᕐᖅ ᑯᑕᑭᔭᒃ ᐊ·ᐃᔭᒃ ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒃ: ᑭᖅᐱᓇ ·ᐁ·ᐁᓂ ᑲᔪ ᑐ·ᐯ·ᐃᓂᒃ ᐃᕐᓇᓇᑲᑕ·ᐁᑕᒪᓇ ᑲ·ᐃᑐᑲᑯᓇ ᕿᐃᕐᐱᒥ·ᐃᑐᑲᓱᔭᓐ.

ᑲᔪ ᑕᖅ, ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃᓇ ᑲᑭᓄᐊᒪᕿ·ᐊᒃ ᐅᑲᓇ·ᕿ·ᐁᕐᑐᓇ·ᐊ ᕿᑯᓇᓐ ·ᐃᐃᕐᑲ·ᕿᒋᒪ·ᑕ ᐊᓂᓇ ᕿᐃᕐ ·ᐃᑐᑲᓱᔭᓐ ᑲᓯᓯᐸᑯ·ᑕᐱᑐᔭᓐ. ᒥᐅᑯ ᑲᐊᓄᑲᑕᒧ·ᐊᒃ ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ ᕿᒪ ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃ ᒪᖅᑭᑭ·ᐃᓂᓂ ᑲᔪ ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃᓇ ᑲᑭᑭᓄᐊᒪᕿ·ᐊᒃ ᒪᖅᑭᑭ·ᐃ·ᕿ ᑲᔪ ᑲᑭᑭᓄᐊᒪᕿᒃ ᐃᓇᓇᒋᕿ·ᐃᓇᓐ ᑕᑯ ᑲᔪ:

- ᒪᖅᑭᓇ ᑲᑲᓇ·ᐁᑕᒃ
- ᑲ·ᐊ·ᐃᑐᑲᕿᒃ
- ᑲᓇᓇᑲᑕ·ᐁᑕᒧ·ᐊᐱᑐᓂᒃ ᑲ·ᐃᑐᑲ·ᐊᒃ
- ᒥᓯᑎ ᒪᖅᑭᑭ·ᐃᓂᓂ
- ᑭᒋᒪᖅᑭᑭ·ᐃᓂᓂ
- ᐅᖅᑭᕐᑯ ᒪᖅᑭᑭ·ᐃᓂᓂ

ᒪᒥᑲ·ᐁᑕᓇ: ᑭᓇ ᑭᑭᒋᑐᑕᑯᔪ ᐅᐅᒪ ᑲᒪᒪ·ᐃᓄ·ᐊᒃ ᑲᒪᖅᑭᑭ·ᐃ ᐊᓄᑭᑕᒪᕿ·ᐊᒃ.

Canadian Diabetes Association

Ontario

ᕿᑐᑕᒪᓐ ᒋᒥᓄᔭᔭᓐ - ᕿᐃᕐᐱᒥ·ᐃᑐᑲᓯᔭᓐ ᓯᓯᐸᑯ·ᑕᐱᑐᔭᓐ

ᒪᒥᑲ·ᐅᑕᓐ, ᑭᖅᐱᓐ ᓂᓴᑯᖅᑲᒪᑲᒃ ᓯᓯᐸ·ᑲᑦ ᑭᒥᓴ·ᑭᒥᒃ ᑲᐊ ᑭᒥᓴ·ᑭ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ – ᐱᓴᓂᑯ ᐸᓇᑭ – ᑲ·ᐃᑐᑲᑯᓐ ᒋᐊᓂ ᒥᓄᔭᔭᓐ ᑲᐊ ᒋᐱᒥ ᒥᓄᔭᔭᓐ.

ᕿᑯᓇᓐ ᕿᐊᓄᑲᑕᒪᓐ.

ᒥᓴ·ᑭᒃ ᑲᐊᔭᒐ ᓯᓯᐸ·ᑲᑦ

ᑲ·ᐃᑐᑲ·ᐃᒃ ᑲᒪᖅᑭᑭ·ᐃᐊᓄᑭᑕᒪᕿᒐ ᒋᐅᕐᓯᑐᔭᓐ ᐊᓂᓐ ᒥᓂᑯᒃ ᕿᐃᕐᓇᐃᔭᒃ ᒋᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᓴ·ᑭᒥᒃ ᑲᐊᔭᒐ ᓯᓯᐸ·ᑲᑦ. ᑭᒋᑐᑕ·ᑲᓐ ᒋᓂᓯᑕ·ᐅᑕᒪᓐ ᑲᑲ·ᕿ·ᐃᑐᑲᓯᔭᓐᒪᑭ·ᑲ ᑲᔪ ᒋᐊᐸᒋᑐᔭᓐ ᒪᒡᑭᓐ ᑲᔪ ᒋᒋᑕᐅᑎᓯᔭᓐ ᑲᑲ·ᕿ ᐊᓐᒋᓴᑐᔭᓐ ᑭᐱᒪᑎᓯ·ᐃᓐ (ᒋᐅᑐᑕᒪᓐ ᕿᐃᓇᒋᕿᔭᓐ ᑲᔪ ᒋ·ᐊ·ᐊᑲ·ᐃᔭᓐ) ᕿᑭᐅᒋ ᑲᖅᑭᑐᔭᓐ ᒋᒥ·ᓇᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᓴ·ᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ. ᓇᓇᑐᖅᑲᒪᕿᓐ ᑲᐅᒋᑎᐸᐸᒋᕿᒪᑲᒃ ᒋ·ᐃᒋᐃᑯᔭᓐ ᑲᐱᒥ ᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑭᒥᓴ·ᑭᒪ. ᕿᔭᐱ ·ᐃᑭᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᕐᐱᐃᑲᑐᒃ ᒋᐱᒥᑲᓇ·ᐅᑕᒪᓐ ᕿᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᒥᓴ·ᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ “Managing Blood Glucose Levels” ᐅᐅᒪ ᑲᔪ ᒋᑲᓇ·ᐊᐸᑕᒪᓐ “Managing Your Blood Glucose” ᒪᓯᓇᑐᓯᒋᑲᓐ.

·ᐊ·ᐊᑲ·ᐃ·ᐃᓐ ᒋᑭᕐᓂ·ᐃᓯᔭᓐ

ᑭ·ᐊ·ᐊᑲ·ᐃᔭᓐ ᑲ·ᐃᒋᐃᑯᓐ ᒋᒥ·ᓇᐱᑭᖅᑲᒪᑲᒃ ᒥᓴ·ᑭᒃ ᑲᐊᔭᒐ ᓯᓯᐸ·ᑲᑦ, ᒋᐊᓂᓇᓐᑲᓂᔭᓐ ᑲᔪ ᒋᓂᓯᖅᑲᒪᑲᒃ ᑭᒥᑯᖅᑲᒐᑕᒧᐃᓐ. ᑲᓇᕿ ᐱᑯ 150 ᑎᐸᐃᑲᑐᔅ (ᑕᐱᖅᑯ 30 ᑎᐸᐃᑲᑐᔅ, ᓇᓄᑯᓐ ᐯᕐᑯᑕ·ᐊᑐ) ᐯᑲ ᐱᓂᖅ ᓇ·ᐊᒡ ᐃᑯ ᕿᐃᕐᓯᓇᒋᔭᓐ ᒋᑐᑕᒪᓐ ᑲᑲ·ᕿᒋᔭᓐ ᑕᓱᑕ·ᐊᑐ. ᓂᑲᓐ ᑐᑕᓐ 5 ᐊᑯᓇᒃ 10 ᑎᐸᐃᑲᑐᔅ ᐯᕐᑯᑭᕐᑲ ᐅᓂᑯᒃ ᒋᐱᒧᔭᔭᓐ. ᒥᓇ·ᐊ ᑕᖅ ᑯᑕᒃ ᑲ·ᕿᒋ·ᐃᓐ (ᑕᐱᖅᑯ ᑲᐅᒪᐱᓂᑲᓂ·ᐊᒃ) ᓂ·ᓴ ᐯᕐᑯᑕ·ᐊᑐ. ᑭᖅᐱᓐ ᐸᔪᖅ ᐊᓂᒪᒋᑕᔭᓐ, ᐱᓇᒪ ᓂᑲᓐ ᒪᖅᑭᑭ·ᐃᓂᓂ ᑲᓇᓇᑲᒋᐃᒃ. ᕿᔭᐱ ·ᐃᑭᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᕐᐱᐃᑲᑐᒃ ·ᐊ·ᐊᑲ·ᐃ·ᐃᓐ ᒋᑭᕐᓂ·ᐃᓯᔭᓐ “Physical Activity” ᐅᐅᒪ ᑲᔪ ᒋᑲᓇ·ᐊᐸᑕᒪᓐ ᒋᐱᒥ ᐅᕐᐱᓯᔭᓐ “Managing Your Fitness” ᒪᓯᓇᑐᓯᒋᑲᓐ.

·ᐅ·ᐅᓂ ᒋᐃᓇᓐᒋᕿᔭᓐ

ᐊᓂᓐ, ᐊᓂᓐ ᐊᐱ ᑲᔪ ᐊᓂᓐ ᒥᓂᑯᒃ ᕿ·ᐃᓯᓂᔭᓐ ᒥᐅᒪ ᑲᔪ ᐅᐃᕐᑭᒋᑐᑕ·ᑲᒃ ·ᐅ·ᐅᓂ ᒋᐃᕐᖅᑲᒪᑲᒃ ᑭᒥᓴ·ᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ. ᐅᓇᑐᓐ ᐃᑕᖅ ᒋᐱᓂᒥᓴᐊᓐ ᒋᑎᐱᐊᓴᒥᑎᓯᔭᓐ. ᑲ·ᕿᒋᒻ ᒪᖅᑭᑭ·ᐃᓂᓂ ᒋᐃᕐᓂᓴᐅᒃ ᐃᓇᓇᒋᕿ·ᐃᓇᓐ ᑲᑭᑭᓄᐊᒪᕿᒐ ᒋ·ᐊ·ᐃᑕᒪ·ᐃᒃ ᕿᐃᓇᒋᕿᔭᓐ ᑲᔪ ᒋᐱᒥᓂᓴᐊᒪᓐ *Eating Well with Canada’s Food Guide.* ᕿᔭᐱ ·ᐃᑭᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᕐᐱᐃᑲᑐᒃ ·ᐅ·ᐅᓂ ᒋᐃᓇᓐᒋᕿᔭᓐ ᑲ·ᐅᓇᑕᑭᓐ (“Healthy Eating: The Basics”) ᐅᐅᒪ ᑲᔪ ᒋᑲᓇ·ᐊᐸᑕᒪᓐ ᒋᐱᒥ ᑲᓇ·ᐅᑕᒪᓐ ·ᐅ·ᐅᓂ ᒋᐃᓇᓐᒋᕿᔭᓐ “Managing Your Nutrition” ᒪᓯᓇᑐᓯᒋᑲᓐ.

ᒋᐱᒥ ᑎᐱᐊᐱᑕᓂᔭᓐ

ᐊᐱᒋ ᑭᒋᑐᑕ·ᑲᓐ ᒋᐱᒥ ᑎᐱᐊᐱᑕᓂᔭᓐ ᑲᑭᑭᖅᑲᑯᔭᓐ ᓴᓴᐸᑯ·ᑕᐱᑐ·ᐃᓐ. ᒥᐅᒪ ᑲᔪ ᕿᐅᒋ ᒥ·ᓇᑯᖅᑲᒪᑲᒃ ᑭᒥᓴ·ᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ, ᒥᓴ·ᑭ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑲᔪ ᑭᒥᓴ·ᑭᒃ ᒥᓂᑯᒃ ᑲᐊᐱᒋᐱᒥᑎ·ᐊᑲᒥᒃ. ᕿᔭᐱ ·ᐃᑭᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᕐᐱᐃᑲᑐᒃ ᕿᑐᑕᒪᓐ ᒋᐱᒥ ᑎᐱᐊᐱᑕᓂᔭᓐ (Maintaining a Healthy Weight”) ᐅᐅᒪ ᑲᔪ ᒋᑲᓇ·ᐊᐸᑕᒪᓐ ᒋᐱᒥ ᑎᐱᐊᐱᑕᓂᔭᓐ “Managing Your Weight” ᒪᓯᓇᑐᓯᒋᑲᓐ.

ᒪᖅᑭᑭᓐ

ᐊᓂᑦ ᐃᕐᔭ·ᐊᒃ, ᐅᐅ·ᐅ ᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃᓐ ᑲᑲᖅᑭᑐᓐ ᐅᑲ ᒋᐅᒋ ᐊᑯᓯᓯ·ᐊᓐ ᑭᖅᐱᓐ ·ᐊ·ᐊᑲ·ᐃᔭᓐ ᑲᔪ ·ᐅ·ᐅᓂ ·ᐃᓯᓂᔭᓐ. ᓴᑯᒡ ᑲᒥᒋᑲᑐᒋᓇ ᒪᖅᑭᑭᓐ ᕿᒪ ᑲᔪ ᒋᑕᐃᑲᓇᓐ ᕿᑲ ᑕ·ᓴ ᒥᓇᑲᓂ·ᐃ·ᐊᒃ ᒥ ᐱᒥᐅᑕᐱᓇᓐ ᑲᑭᐃᕐ ·ᐃᑕᒪ·ᐃᒃ ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ. ᕿᔭᐱ ·ᐃᑭᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᕐᐱᐃᑲᑐᒃ ᑲᐊᐸᑕᒃ ᓯᓯᐸᑯ·ᑕᐱᑐ ᒪᖅᑭᑭ “Using Insulin” ᐅᐅᒪ ᑲᔪ ᒋᑲᓇ·ᐊᐸᑕᒪᓐ ᒪᖅᑭᑭᓐ “Medication” ᒪᓯᓇᑐᓯᒋᑲᓐ.

ᑲᐃᕐᐱᒪᑎᓯᔭᓐ ᕿᐃᕐᐱᒥ·ᐃᑐᔭᓐ

ᑲᒥᑯᖅᑲᑐᑕᒥᓇᓂ·ᐊᒃ ᐅᒋᒪᕐᓴ ᒥᒥᓴ·ᑭᒪ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ ᓄᒋᑯ ᒋᐃᓇᐱᑭᖅᑲᒪᑲᒃ. ᑭᖅᐱᓐ ᑭᕿᑕᒪᓐ ᕿᐃᕐ ᑲᓇ·ᐅᑕᒪᓐ ᑭᐱᒪᑎᓯ·ᐃᓐ ᒥᐃᒪ ᕿᐅᒋ ·ᐃᒋᐃᑎᓯᔭᓐ ᑐᒥᓂᒃ ᒋᐃᓇᑯᖅᑲᒪᑲᒃ ᒥᒥᓴ·ᑭᒃ ᑲᐊᔭᒃ ᓯᓯᐸ·ᑲᑦ. ᕿᔭᐱ ·ᐃᑭᕿᑕᒪᓐ ᕿᐃᕐ·ᐃᑐᑲᓯᔭᓐ ᐊᐱᒋ ᒋᒥᑯᖅᑲᑐᑕᓯ·ᐊᓐ, ᑲᓇ·ᐊᐸᑕᓐ ᒋᐅᒋᓂᒥᓐᑕᓯ·ᐊᓐ ᑭᐱᒪᑎᓯ·ᐃᓂᒃ “Managing Your Stress” ᑲᐃᕐᓂᑲᑐᒃ ᒪᓯᓇᑐᓯᒋᑲᓐ.

ᒋᑭᐱᒋᓴ·ᑲ·ᓴᔭᓐ

ᓇᓂᓴᓂᐃᑎᓯ ᑲᓯᓯᐸᑯ·ᑕᐱᑐᒃ ᑕᑯ ᑲᐃᕐᓴ·ᑲ·ᓴᒡ. ᑭᖅᐱᓐ ᑐ·ᐯ ·ᐃᑭᐱᒋ ᓴᑲ·ᓴᔭᓐ, ᑭᒪᖅᑭᑭ·ᐃᓂᓂᒪ ᕿᒪ ᑯᑕᑭᔭᒃ ᑲᒪᖅᑭᑭ·ᐃ ᐊᓄᑭᑕᒪᕿ·ᐊᒃ ᑲᑭ·ᐃᑐᑲᑯᒃ. ᒥᐱᑯ ᐃᕐᑯᒋᑐᓐ; ᐊᓂᖅ ᑭᒋᑐᑕ·ᑲᓐ ᑭᒥᓄᔭ·ᐃᓐ.

ᕿᑯᓇᓐ ᕿᑲᕿ ᓂᓯᑕᐅᐊᑕᒪᓐ

ᒥᓴᐅ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ

ᑭᖅᐱᓐ ᐃᖅᐸᐱᑭᖅᑲᒪᑲᒃ ᒥᓴᐅ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑲᑭᐊᓂ ᐃᓇᐱᑐ ᐅᖅᑭᓱᑯᐃᓇᐱᑐᐅᓐᐃᓐ, ᐅᑎᐅᐊᐱᑐᐅᓐᐃᓐ, ᓂᐳᐅᓴᐅᓐᐃᓐ ᑲᓴ ᐅᑎᑎᑯᓴ ᐃᓇᐱᑐᐅᓐᐃᓐ. ᐊᓐᒋᓴᑐᓐ ᑕᖅ ᑲᐃᓇᒋᕿᓴᓐ ᑲᓴ ᒋᖕᓴᐅᓐᐃᐸᓂᐅᓴᓐ ᕿᒪ ᑲᓴ ᒋᒪᖅᑭᑭᕿᓴᓐ ᑭᒥᓴᑭᒪ ᒋᐱᒥᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ 130/80 mm Hg.

ᑲᐱᒥᑎᐊᑲᒥᒃ ᒥᓴᐅ

ᑭᑭᖅᐱᓐ ᓂᐱᐊ ᑲᐱᒥᑎᐊᑲᒥᒃ ᒥᓴᐅ ᕿᒪ ᑲᓴ ᑯᑕᑭᓴᓐ ᐸᑲᓐ ᐱᒥᑎᓐ ᑲᐊᔭᒪᑲᑭᓐ ᒥᓴᐅᑲᒃ ᑲᑭᐊᓂ ᐅᑎᐅᐊᐱᑐ ᑲᓴ ᑲᓂᐳᐅᓴᐅᓐᐃᓐ. ᐊᓐᒋᓴᑐᓐ ᑕᖅ ᑲᐃᓇᒋᕿᓴᓐ ᑲᓴ ᒋᖕᓴᐅᓐᐃᐸᓂᐅᓴᓐ ᕿᒪ ᑲᓴ ᒋᒪᖅᑭᑭᕿᓴᓐ ᒋᓂᓯᖅᑲᒪᑲᒃ ᑲᐱᒥᑎᐊᒃ ᕿᒥᓴᐅ ᒋᑭᐅ ᒥᓇᑲᒥᒃ. ᕿᔭᐱ ᐅᕿᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᓯᐱᐃᑲᑎᒃ ᕿᐃᓯᐱᒥ ᑲᓇᐅᑕᒪᓐ ᑲᐱᒥᑎᐊᑲᒥᒃ ᕿᒥᓴᐅᒪ "Managing Your Cholesterol" ᐅᐅᒪ ᑲᓴ ᒋᑲᓇᐊᐸᑕᒪᓐ ᒥᓴᐅ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᒃ ᑲᓴ ᑲᐱᒥᑎᐊᑲᒥᒃ ᒥᓴᐅ "Blood Pressure and Cholesterol" ᒪᓯᓇᑎᓯᒋᑲᓇ.

ᐅᖅᑭᓯᑯᐃᓇᐱᑐᐅᓐᐃᓐ

ᒋᓇᓇᑲᒋᐃᒃ ᑲᓴ ᐅᖅᑭᓯᑯ ᒪᖅᑭᑭᐅᓐᐃᓂᓂ ᒋᓇᓇᑲᒋᑐᒐᒃ ᑭᖅᑭᓯᑯᓇ ᑭᖅᐱᓐ ᐅᖅᑭᓯᑯᐃᓇᐱᑐᐅᓐᐃᓐ ᐊᔭᐊᑐᓐ. ᑲᐅᓐ ᐅᓐ ᑭᒪᖅᑭᑭᐅᓐᐃᓂᒪ ᐅᑲᑭ ᑲᖅᑭᑐᓯᓐ ᒋᐃᓯᓇᓇᑲᒋᐃᒃ ᐅᐅᐅᓐᐅ ᑎᓄᐅᓐᐃ ᓇᓇᑲᒋᐃᑯᐅᓐᐃᓐ ᑲᑕᓇᓄᑭᒃ. ᑭᑕᑲᐅᕿᒋᒪ ᑕᖅ ᑭᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᒋᐃᓯᓂᓴᐅᒃ ᒋᓇᓇᑲᒋᐃᒃ ᐅᖅᑭᓯᑯ ᒪᖅᑭᑭᐅᓐᐃᓂᓂ.

ᑲᐸᒥᒋᑲᑎᒃ ᐅᓯᑦ

ᑭᑕᑭᓯᑐᓇ ᑲᓴ ᑭᑕᓯᑲᑐᓇ ᑕᐅᓴ ᓇᒋᒪᖅᑭᑭᐅᓐᐃᓂᓂᐅᓴᓇ (ᐱᓴᓂᑯ ᑲᓴ ᑭᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᐅᓂᕿᓴᑐ ᕿᒪ ᑯᑕᑭᓴᒃ ᑲᒪᖅᑭᑭᐅᓐᐊᓄᑭᑕᒪᕿᐅᓐᐊᑐ ᒋᑲᐅᕿᒋᑲᒃ.) ᑲᐱᓐᑎᕿᑭᐅᓐᐊᑐ ᐅᖅᑲᓱᒃ, ᑲᑭᖅᑭᖅᑲᒃ ᕿᒪ ᑲᐅᒥᑭᐅᓐᐊᒃ ᒥᓯᑦ ᑕᑭᐊᓄᒋ ᐸᑕᐱᒋᐳᐅᓐᐃᓴ. ᑲᐅᕿᕿᑕᓇ ᕿᐃᓱᑲᓇᐅᑕᒪᓇ ᑭᓯᑦ. ᕿᔭᐱ ᐅᕿᕿᑕᒪᓐ, ᐃᓇᐱᓐ ᑲᐅᓯᐱᐃᑲᑎᒃ ᑲᐸᒥᒋᑲᑎᒃ ᐅᓯᑦ "Foot Care" ᐅᐅᒪ ᑲᓴ ᒋᑲᓇᐊᐸᑕᒪᓐ ᕿᐃᓱᐸᒥᓇᒪᓐ ᑭᓯᑕᓇ "Managing Your Feet" ᒪᓯᓇᑎᓯᒋᑲᓇ.

ᓯᐱᔅᑲᑎᑕᒧᐅᓐᐃᓐ ᑲᓴ ᒥᓴᒣᓇᑕᒧᐅᓐᐃᓐ

ᒥᐅᓄ ᒪᐊᒃ ᕿᑯᓇᓐ ᑲᓂᑕ ᐃᓇᒪᒋᐅᐊᒃ ᑲᓯᓯᐸᑯᐅᑕᐱᐅᐊᒃ ᑲᓴ ᐊᓐᒋᑯ ᐊᐊᓱᒥ ᑭᑐᒪᓱᑐᑕᑯᓇ. ᐅᓐᑕᒪᒃ ᑭᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᕿᒪ ᑲᒪᖅᑭᑭᐅᓐᐊᓄᑭᐊᒃ ᑭᖅᐱᓐ ᓯᐱᔅᑕᑎᑕᒪᓇ ᕿᒪ ᒥᓴᒣᑕᒪᓇ.

ᐅᑎᑎᑯᓯ ᐃᓇᐱᐅᐅᓐᐃᓐ

ᓂᐱᐊ ᑲᐅᒋᐃᑯᓇ ᑭᖅᐱᓐ ᐅᓐᐃᐸ ᓂᓯᑕᐅᓇᒪᓇ ᐅᐊᓂ ᐊᔭᔭᓇ ᐅᑎᑎᑯᓯ ᐃᓇᐱᐅᐅᓐᐃᓐ. ᐃᓱᓴᑐᓐ ᒋᐱᒥ ᐊᔭᑲᐅᓐᐃ ᓇᓇᑲᒋᒋᑲᑎᒃ ᑭᓱᑭᐅᓇᐳ ᒋᐅᒋ ᓇᓇᑕᐸᒋᑲᑎᒃ ᐅᑎᑎᑯᓯ ᐃᓇᐱᐅᐅᓐᐃᓐ. ᑭᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᐃᑕᖅ ᑲᒥᓂᑲ ᒪᖅᑭᑭᓇ ᒋᐯᓯᑲᒪᑲᒃ ᒋᐅᒋ ᐊᓇᑎᓯᓯᐅᑲ ᑭᑎᑎᑯᓴᑲ.

ᑲᐅᓇ ᒋᐊᓄᑭᒪᑲᒃ ᑲᐅᒋ ᓂᓯᑐᓯᔭᓇ

ᐅᓐᑕᒪᒃ ᑭᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᑭᖅᐱᓐ ᑭᓂᒋᓇ ᕿᒪ ᑭᓯᑕᓇ ᑭᑭᒥᒪᓇᒋᑐᔭᓇ ᕿᒪ ᒐᒋᓴᒪᓇᒋᑐᔭᓇ.

ᑲᐅᓇ ᑲᑭᐸᑕᑭᒋᕿᓴ ᐃᓂᓂ

ᒥᐅᐅ ᐁᓱᔭᓇᓂᐊᒃ ᑲᓯᓯᐸᑯᐅᑕᐱᐅᒃ ᐃᓂᓂ ᑲᐅᓇ ᐅᑭᑲᖅᑭᑐᓯᓇ ᒋᑭᐸᑕᑭᒋᕿᓴ. ᕿᑯᐅᓇ ᐊᔭᑲᒋᕿᓇ ᒋᑎᐸᒋᒧᑕᐅᓴ ᑭᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᑭᖅᐱᓐ ᐅᐅᐅᓐᐅ ᐃᓱᐅᐊᓯᔭᓇ.

ᓯᓯᐸᑯᐅᑕᐱᐅᐅᓐᐃᓐ ᒥᓂᑯᒃ ᐃᑯ ᕿᐱᒪᑎᓯᓴ ᐅᓄᒋᐃᑯᓇ ᑲᓴ ᐊᓂᐱᒋᓂᒪᑭᐃᐅᐊᒐᒪᑲᓇ; ᐱᓂᖅ ᑲᓴ ᑕᓴᓇᑲᓇ ᒪᔭ ᒋᐊᐱᑕᑭᐱᖅᑲᒪᑲᒃ ᕿᒥᓴᑭᑲ ᑲᐊᔭᑲᒃ ᓯᓯᐸᓐᑲᑦ. ᑲᐅᐃᑐᑲᒃ ᕿᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᒋᒪᒥᓐᓇᑐᔭᓇ ᕿᑎᓇᒋᕿᓐᐃᓇ, ᑭᐅᐊᑲᐅᓐᐃᓐᐃᓇ ᑲᓴ ᕿᒪᖅᑭᑭᒪᓇ ᒋᐅᒋ ᑭᐅᒥᓄᔭᑲᒃ ᕿᒥᓴᕿᒪ.

ᕿᒋᑐᑕᑲᓇ ᒋᐱᒥ ᓇᓇᑲᒋᑐᔭᓇ ᕿᒥᓴᕿᒪ ᑲᐊᔭᑲᒃ ᓯᓯᐸᑯᐅᑕ. ᐅᐊᐸᑕᐃ ᕿᒪᖅᑭᑭᐅᓐᐃᓂᓂᒪ ᒋᐊᔭᑲᐅᓐᐃ ᓇᓇᑲᒋᑐᒐᒃ ᑲᐃᓱᑕᔭᓇ ᑲᐊᐸᒋᑐᔭᓇ ᑲᐅᒋ ᑎᐸᐸᑕᒪᓇ ᕿᒥᓴᕿᒪ. ᑲᓴ ᑕᖅ ᕿᒋᓇᒐᒃ ᒪᔭ ᒋᐃᓇᕿᓇᒋᕿᒪᑲᒃ ᕿᒥᓴᕿ ᑲᐅᒋ ᓇᓇᑲᑕᐊᐸᒋᕿᒪᑲᒃ ᑲᓇᕿ ᑕᓴ ᐯᓱᑲ ᐯᓱᑯᐱᐳᓇ.

ᕿᑐᑕᒪᓇ ᒋᒥᓄᔭᔭᓇ - ᕿᐃᕐᐱᒥ·ᐃᑐᑲᓯᔭᓇ ᓯᓯᐸᑯ·ᑕᐱᑐᔭᓇ

ᐱᕐᕐᒃ ᐃᑯ ·ᐁ·ᐁᓂ ᑲᓇ·ᐁᓇᑕᓇ ᑭᓯᓯᐸᑯ·ᑕᐱᑐ·ᐃᓇ

ᑲᑭᓇ ᕿᑯᓇ ᓇᓇᑐᑭᕿᑕᓇ ᑭᑎᓇᐱᑐ·ᐃᓇ: ᒥᐅᒪ ᕿᐅᒋ ᒥᓄᔭᔭᓇ ᑭᕿᑕᒪᓇ ᕿᐃᕐ ᑲᑲ·ᕿᑐᔭᓇ ᕿᑯᓇ. ᑲ·ᕿᒋᒪ ᒪᖅᑭᑭ·ᐃᓂᓂ ᑲᑭᒋᑐᑕ·ᑲᑭᓇ ᓇᓇᑲᒋᐃᑯ·ᐃᓇ. ᒥᑭ·ᔅ ᑲᔪ ᒧᔅᑲ ᒋᓇᓇᑲᒋᐃᑯᔭᓇ. ᐊᓂᖅ ᐯᐸᑲᓇ ᐃᓇᐱᑭᖅᑲᒪᑲᓇ ᒥᔅᑭᑲ ᑲᐊᔭᑲ ᓯᓯᐸ·ᑲᑦ ᑲᔪ ᒥᔅᑭ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᑦ, ᑲᔪ ᐁᕐᕐᖅᑲᒪᑲᓄᑦᓇ ᑭᒥᓄᔭ·ᐃᓇ.

ᐊᓂᓇ ᐊᐱ.	·ᐁᑯᑐᓇ ᓇᓇᑕ·ᐃᑭᕿᓂᒥᑯ·ᐃᓇ.
ᑲᑭ ᒥᑭᑲᒐᓂᑦ **ᐊᓂᓇ ᐁᐃᓇᐱᑐᒃ**	• ᐅᑎᑎᑯᓯᑦ ᓇᓇᑲᒋᐃᑯ·ᐃᓇ: ᐅᕐᑭ·ᐃᓇ> ᑕᓇᓇᑲᒋᒋᑲᒐᓂ • ᐅᖅᑭᕐᑯᑦ ᓇᓇᑲᒋᐃᑯ·ᐃᓇ: ᐅᖅᑭᕐᑯ ᒪᖅᑭᑭ·ᐃᓂᓂ ᐅᑲᐱᓇᒋᓯᑭᓇᓇ ᒪᖅᑭᑭ·ᐊᐳ ᐱᓇᒋᒐᑉ ᒋᒪᓇᑭᑕᒪᑲᓂᑦ • ᑲᐃ·ᓇ ᑲᐊᓄᑭᒪᑲᑦ ᑲᐅᒋᓂᓯᑐᓯᒐ ᓇᓇᑲᒋᐃᑯ·ᐃᓇ: ᐊᐸᑕᓇ 10-g ᓄᓯᑲᐱᑦ ᕿᒪ 128-Hz ᐱ·ᐊᐱᑦ • ᑲᐱᒥᒐ·ᐊᑲᒥᑦ ᒥᔅᑭ ᑲᔪ ᑯᑕᑭᔭᓇ ᑲᓇᓇᑲᒋᒋᑲᒐᑦ ᒋᐱᒥᒐ·ᐊᑦ ᒥᔅᑭ: ᒥᔅᑭ ᓇᓇᑲᒋᒋᑲᒐ
ᒪᑭ·ᔅ 3 ᑕᓯᓂᓯᑭᓯᔅ * ᕿᔭᐱ ᒧᔅᑲ ᑭᖅᐱᓇ ᐃᑭᑐᒐ ᒪᖅᑭᑭ·ᐃᓂᓂ ᒋᓇᑕ·ᐃᐊᑲᓂ·ᐃᒐ	• A1C (ᒥᔅᑭ ᑲᓇᓇᑲᒋᒋᑲᒐᑦ)* (ᐅᓇᒋᕐᑯ·ᐃᓇ: 7.0% ᕿᒪ ᑕᐸᕐᕐᖅ ᑲᓯᓯᐸᑯ·ᑕᐱᑐ·ᐊᒐᑦ) • ᒥᔅᑭ ᑲᐊᐱᑕᐱᑭᖅᑲᒪᑲᑦ (ᐅᓇᒋᕐᑯ·ᐃᓇ: ᑕᐸᕐᕐᖅ 130/80 mm Hg) • ᑭ·ᐁ ᑲᓇ·ᐊᐸᑕᓇ ᑲᐃᕐᑕᔭᓇ ᑲᑕᕐ ᐱᒥ ᓇᓇᑲᒋᑐᔭᓇ ᑭᒥᔅᑭᒥᔅᑦ ᑲᐊᔭᑲ ᓯᓯᐸ·ᑲᑦ ᑲᐊᓂᕐ ᐅᕐᐱᐊᒪᓇ
ᑕᓯ 6 ᓂᑯ·ᑕᓯᑭᓯᔅ ᐊᑯᓇᑦ **12 ᒥᑕᕐᓂᓇᑭᓯᔅ**	• ᑭᑎᑎᑯᔭᑦ ᒋᓇᓇᑲᒋᐃ·ᑕ • ᑭᓯᑕᓇ ᒋᓇᓇᑲᒋᒋᑲᒐᑭᓇ ᑲᓇᕿ ᐯᕐ·ᑦ ᐯᕐᑯᐱᐳᓇ ᑲᔪ ᖓᒪᑦ ᑭᖅᐱᓇ ᑭᖅᑲᔭ ᐱᖅᑎᕿᑭᒐ ᕿᒪ ᐸ·ᕿᖅᑲᔭᓇ ᑭᖅᑲᑦ ᕿᒪ ᐅᑭᒥ·ᐃᔭᓇ ᑲ·ᐃᑭᕿᓯᓄᑦ • ᓇᑐᑭᕿᑭᑲᓇᐱᑦ ᒋᓇᓇᑲᒋᒋᑲᒐᑦ
1 ᑕᓯᐯᕐᑯᐱᐳᓇ ᐊᑯᓇᑦ **2 ᑕᓯᓂᓇᐱᐳᓇ**	• ᒋᓇᓇᑲᒋᐃᑯᔭᓇ ᑭᖅᑭᕐᑯᑦ ᑕᓯᐯᕐᑯᐱᐳᓇ ᐊᑯᓇᑦ ᑕᓯᓂᓇᐱᐳᓇ (ᑭᖅᐱᓇ ᐊᔭᓯᓄᑦ ᐅᖅᑭᕐᑯᐃᓇᐱᑐ·ᐃᓇ), ᕿᔭᐱ ᒧᔅᑲ ᑭᖅᐱᓇ ᐅᖅᑭᕐᑯᐃᓇᐱᑐᔭᓇ
1 ᑕᓯᐯᕐᑯᐱᐳᓇ ᐊᑯᓇᑦ **3 ᑕᓯᓂᓯᐱᐳᓇ**	• (ᑲᐱᒥᒐ·ᐊᑲᒥᑦ ᒥᔅᑭ) ᕿᒪ ᑲᔪ ᑯᑕᑭᔭᓇ ᐸᑲᓇ ᐱᒥᒐᓇ ᑲᐊᔭᒪᑲᑭᓇ ᒥᔅᑭᑲᑦ ᓇᓇᑲᒋᐃᑯ·ᐃᓇ
ᐊᔭᑲᑉ/ᐊᐁᖅᑲᒪ	• ᑲ·ᕿᒐ·ᐃᓇᓇ ᑕᐱᖅᑯ ᐃᓂᓂ ᑲᑭᑲᖅᑭᑐᓯᒐ ᒋᑭᐸᑕᑭᕿᒐ • ᑲ·ᕿᒐ·ᐃᓇᓇ ᑕᐱᖅᑯ ᓯᐱᔅᑲᒐᑕᒧ·ᐃᓇ ᕿᒪ ᑲᔪ ᒥᓴᓇᑕᒧ·ᐃᓇ • ᑲ·ᕿᒐ·ᐃᓇᓇ ᑕᐱᖅᑯ ·ᐁ·ᐁᓂ ᐃᓇᓇᑭᕿᒐ·ᐃᓇ ᑲᔪ ·ᐊ·ᐊᑲ·ᐃ·ᐃᓇ ᑲᐃᕐᑭᕿᓇᓂ·ᐊᑦ

Ojibway Catalogue No.013151 August 2009 © Queen's Printer for Ontario

This document reflects our CPG Clinical Practice Guidelines

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

Ontario