ᐅ ᒥᓄᐸᓂᑕᔭᑦ ᑭᐱᒪᑎᓯᐧᐃᑦ

ᐅᓇᓇᑲᒋᑕᓂᐊᑊ ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ

(Type 2 Diabetes)

ᑭ ᑭᑫᑕᒍᑦ ᓇ ᑫᐧᑲᓇ ᑫᓄᓯᒃᐊᒪᑦ ABCDEs?

ᐊᔭᒥ ᑲ ᐢᑐᑯᓄᓂᐧᐃ ᐊᐸᑎᓯᐟ ᑭᒋ ᑲᐧᑫᒋᒪᐟ ᑫᐧᑲᓇ ᑫ ᓄᓯᒃᐊᒪᑦ ᑭᒋ ᓇᓇᑲᒋᐃᑎᓯᔭᑦx

A1C* (ᐊᑭᑕᓯᐧᐃᓇ ᑲᐅᒋ ᓇᑕᐧᐅ ᑭᑫᓂᒋᑲᒐᑊ ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ) ᑫᐧᑲᓇ ᑫ ᓄᓯᒃᐃᑲᒐᑭ ᑲᑭ ᐃᑕᑦᑕᓂᐧᐊᑊ ᑭᒋ ᓄᓯᒃᐊᒪᑦ:
7.0% ᒃᑦᑕ ᐱᑯ ᒐᐸᓱᒡ (ᐊᓂᑭ ᑲ ᓇᑲᐧᐊᑲᒥᐧᑫᒋᑊ)
ᑫ ᑐᑕᒪᑦ ᐅ ᓇᓇᑲᒋᐃᑎᓯᔭᑦ _____

Blood Pressure (ᐃᒡᐸᑲᒥᐧᑫᐧᐃᓂᑊ ᐃᓱ)
ᑲ ᐃᓱ ᐢᑕᐧᐅᓂᑕᑯᓯᔭᑦ ᑭᒋ ᓄᓯᒃᐊᒪᑦ ᑫ ᐃᓱ ᒥᓄᐸᑊ ᑭᒥᑯ: ᑕᐸᓱᒡ (130/80 mm Hg)
ᑫᐧᑲᓇ ᑫ ᐃᓱ ᓄᓯᒃᐊᒪᑦ _____

Cholesterol (ᐱᒥᐧᐊᑲᒥᐧᑫᐧᐃᑦ)
ᑫᐧᑲᓇ ᑫ ᓄᓯᒃᐊᒪᑦ ᑭᒋ ᒥᓄᐸᐱᑕᔭᑦ ᑲ ᐱᒥᐧᐊᑲᒥᐧᑫᔭᑦ:
LDL: 2.0 mmol/L ᐅᑯᒪ ᐊᑭᑕᓯᐧᐃᑦ ᑕᒃᑦᐱᒋ ᐱᒥᐧᐊᑲᒥᐧᑫᑊ ᐊᐧᐅᓇ
ᑲᒥᐧᓇᑲᒥᑊ ᐱᒥᐧᐊᑲᒥᐧᑫᐧᐃ HDL: ᒥᓇ ᑲᐅᒋ ᓇᑕᐧᐅ ᑭᑫᓂᒥᑊ ᐅ ᐱᒥᐧᐊᑲᒥᐧᑫᑊ ᐊᐧᐅᓇ ᐅᐅ ᐊᑭᑕᓯᐧᐃᓇ 4 ᑫᐧᑲᓇ ᑫ ᐊᑎ ᓄᓯᒃᐊᒪᑦ_____

ᐃᑕᐧᑲᐧᓇ ᐢᑐᑯᓄᓇ ᐅᑲ ᑫ ᐊᑯᐃᑯᓇᓂᐧᐊᑊ ᒥᑎᐃᑊ ᐢᑐᑯᓄᓇ ᑲ ᐊᐸᑕᑭ ᐅᑲ ᑭᒋ ᑐᒪᑲᒥᑊ ᒥᑯ ᒃᑦᑕ ᒪᑲ ᐅᑦᑎᐧᑲᑦ ᐢᑐᑯᓄᓇx ᐅᑯ ᐅᐅ ᑫᐧᐃᒋᐃᑯᓇᓂᐧᐊᑭ ᐢᑐᑯᓄᓇ ᒥᑎᐃᑊx

ᑫᓂᑯᑊ ᒪᑲ ᒃᑦᑕ ᐅᔭᒋᓇᓂᐧᐊᑊ ᐅᓴᓱᐱᓇᓂᐧᐊᑊ ᑕᓱᒃ ᐅᒪ ᐅᑐᒋᑲᒐᑊ ᐧᐃᒋᐃᑯᓇᓂᐧᐊᑭ ᒃᑦᑕ ᒪᑲ ᐧᑲᔭᑦ ᐅᒥᒋᓯᓇᓂᐧᐊᑊ ᐅᓇᑲᒋᑕᓂᐧᐊᑊ ᐅ ᑕᑐ ᑎᐸᐯᑯᒋᑲᒃᓯᓇᓂᐧᐊᑊx

ᑭᒋ ᐳᓂᑕᓂᐧᐊᑊ ᐅᐱᐧᑕᓂᐧᐊᑊx

* ᓇᑲᐧᐊᑲᒥᐧᑫᒋᑊ ᐊᑭᑕᓯᐧᐃᓇ ᑲᑎ ᐊᐃᑦᐸᓂᑭ, (AIC) ᑲ ᑭᑦᑲᐧᐊᐧᐊᓯᒋᑊ ᐃᑦᐧᑫᐧᐊᑊ ᒃᑦᑕ ᐊᐧᐊᓱᓴᑊ 12 ᓂᓇᓴᑊ ᑲᑕᑐᐱᐳᒃᓯᒋᑊ ᒐᐸᓱᒡ ᒪᑲ ᐊᐱᑐᓱᐸᓂᓂᐧᐊ ᐅᓇᑲᒥᐧᐊᐧᐊ ᐊᑭᑕᓯᐧᐃᓂᑊx

ᒥᐧᓇᒋᒧᐧᐃᑦ

ᑭᐧᒃᑦ ᑲᑭ ᐱᒪᑎᓯᑦ ᑭᓴᒡᐱᑦ ᑎᐱ ᑐᑕᒪᒃ ᑲ ᐃᑕᓇᐧᐊᑎᑦᑊ ᑭᑦᑐᑯᓄᓂᑦ ᑭᒋ ᓇᓇᑲᒋᑕᔭᑦ (ᑲ ᐃᑦᐸᓂᑊ ᑭ ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ ᐊᑭᑕᓯᐧᐃᓂᑊ ᐃᑎᑫ), ᒥᑫᐧᑕᔭᑊ ᑲᑭ ᐃᓱ ᐧᐊᐧᐃᒋᐃᑎᓯᐧᑭ ᑭᒋ ᒥᓄᐸᓂᐃᑎᓯᔭᑦx

ᑫᐧᑲᑦ ᐊᓂᒪ ᑲ ᐃᓱᓂᑲᑎᑊ ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ?

ᒪᒡᑲᐧᐃᓯᐧᐃᑦ ᒥᒋᒥᑊ ᐅᒋᐸᓂᑭ, ᑭᔭᑭ ᑐᑕᐧᐅᓂᑕᑦ ᐅᒪᒡᑫᑊ ᒥᑯᓂᑭx ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ ᐅᐧᑲᓂ ᐅ ᑕᑦᐱᐅᒋᑊ ᐅᑲ ᐅᑎᐱᔭᒋᑊ ᐅᒪᐧᐊᑊ ᐅᒪᒡᑫᑊ ᒥᑯᓂᑭ, ᑫ ᐅᒋ ᒥᓄᐸᓂᐃᑯᒋᑊ ᐅᒥᑯᐧᐊᑊ, ᑭᓴᒡᐱᑦ ᐅ ᐊᔭᔭᑦ ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ ᓴᑲᑭ ᑕᓱ ᑕᓱᓇᐧᐃᒪᑲᑊ ᑭᒥᑯᑊ, ᒧᓇ ᐧᐊᐸᒡ ᐅᓱ ᐊᐸᑎᓯᒪᑲᑊ ᑭᔭᐧᐃᑊ ᒪᒡᑲᐧᐃᓯᐧᐃᓂᑊ ᐃᓱx

ᓇᑕᐧᐅ ᑭᑫᓂᑕ ᑕᑐᑐ ᑭᒋ ᐧᐊᐧᐃᒋᐃᑯᐧᐃᔭᑦ

ᐊᑦᑲᑭ ᐅᑭᑊ ᐃᑦᐱ ᐅ ᑭᑫᓂᑕᑊ ᐊᐧᐅᓇ ᐅ ᓇᑲᐧᐊᑲᒥᐧᑫᐟ, ᐊᑎ ᓴᑭᓯᑭ, ᐅᑯᒡᐧᑫᑐᑕᑊ, ᒃᑦᑕ ᐧᐃ ᑭᓱᐧᐅᑕᑦx ᐧᐃᒋ ᐊᔭᒥᐃᑊ ᒪᑲ ᑲ ᓇᑲᐧᐊᑲᒥᐧᑫᒋᑊ ᑭᒋ ᐧᐊᐧᐃᑕᒪᑦᑭᑊ ᑫ ᐊᐃᑐᑕᒪᑦ ᑲᑭ ᐅᒋ ᐧᐃᒋᐃᑯᑦ ᐅᒪ ᑐᑕᒪᒃx

ᑲᐧᑫᒋᑦ ᑲ ᐢᑐᑯᓄᓂᐧᐃ ᐊᐸᑎᓯᐟ, ᑫᐧᑲᓇ ᑲᐧᐃ ᐃᓱ ᓇᑕᐧᐅ ᑭᑫᓂᑕᒪᑦ, ᑕᒃ ᑫᑐᑕᒪᑦ ᑭᒋ ᐧᐊᐧᐃᒋᐃᑎᓯᔭᑦx ᑕᐱᒡᑯᒻ ᐢᑐᑯᓄᓇᑊ, ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᓂᑭ ᑲ ᐊᐸᑎᓯᑲᑕᑊ ᐃᑕᒋᑫᐧᐃᓇ ᑲ ᐃᓱ ᑭᑭᓄᐊᒪᑫᐟ ᐊᓂᒪ ᒃᑦᑕ ᑯᑕᑭᔭᑊ:

- ᐢᑐᑯᓄᓇ ᑲ ᐸᐸᑭᑎᓇᑊ ᐢᑐᑯᓄᓂᑲᒥᑯᑊ
- ᐧᐃᒋᐃᐧᐅᐧᐃᓇ ᑲ ᐊᑐᑦᑲᑕᑊ
- ᐢᑐᑯᓄᑦ ᒥᓯᑕ ᑲ ᓇᓇᑲᒋᑕᐟ
- ᐢᑐᑯᓄᑦ ᒥᓯᑕ ᑲ ᓇᓇᑲᒋᑕᐟ
- ᐢᑐᑯᓄᑦ ᒥᑯᑊ ᑲ ᓇᓇᑲᒋᑕᐟ ᑫᐧᑲᓇ ᒥᑯᑊ ᑲ ᐊᓱᑕᑲᒥᐸᓂᓂᑭ ᐊᑯᓯᐧᐃᓇ
- ᒥᒡᑭᓱᑯᐧᐃ ᑭᒋ ᐢᑐᑯᓄᑦ

ᑭᑫᓂᑕᒧᐧᐃᐧᐅᐧᐃᑦ: ᑲ ᓇᓇᑲᒋᑕᒋᑊ ᓇᑲᐧᐊᑲᒥᐧᑫᐧᐃᑦ ᑭᓇ ᒪᐧᐊᒻ ᑭ ᑭᑦᑐᓂᒥᑯᐧᐃᑦ ᐅ ᓇᓇᑲᑕᐧᐅ ᑭᑫᓂᒥᑲᐧᐃᔭᑦ ᐅᒪ ᐃᓱx

Canadian Diabetes Association
Ontario

ᐁ ᒥᓄᐸᓂᑦᑕᔭᑦ ᑭᐱᒪᑎᓯᑦᐃᑦ - ᓇᓇᑲᒋᐃᑎᓱᑦᐃᑦ ᓴᑲᑦᐊᑲᒥᑦᑫᑦᐃᑦ

ᑭᑦᑭᓱᒥᑦᐁᑦᐃᑦ, ᑕᑯᑐ ᑭᒋ ᓇᓴᐊᒪᑦ ᑭᓴᑲᑦ ᐊᑭᑕᓱᑦᐃᑦ ᑐᑦᑕ ᐃᒡᐸᑲᒥᑦᑫᑦᐃᑦ ᐊᑕ ᐊᔭᐱᑯᒡ ᑲᑎ ᑦᐊᑦᐃᒋᐃᑎᓱᑦ ᐅᒪ ᑐᑕᒪᑐᓐ

ᑫᑦᑲᓇ ᑫ ᐊᐸᑎᓯᑲᒪᑕᑦ!

ᓴᑲᑦᐊᑲᒥᑦᑫᑦᐃᑦ, ᑯᑦᐊᑲᒥᑦᑫᑦᐃᑦ (Blood glucose)

ᑲᑦᐃᒋ ᐊᐸᑎᓯᒪᑉ ᑐᑐᑯᓄᓂᑦᐃ ᐊᑐᑦᑫᓇᑲᑦ ᑭᒋ ᓇᓇᑲᒋᑕᔭᑦ ᑕᑐ ᑫᑐᑕᒪᑦ ᑭᓴᑲᑦᑕᓐ ᑲ ᑭᑦᑫᑦᑕᑦᒪᒡ ᑕᓂᑦᐱ ᑫᒥᓂᑦᑭᒡ ᑭᒋ ᐊᐸᒋᑕᔭᑦ ᑐᑐᑯᓄᓇ ᑐᑦᑕ ᑫ ᐃᑕᒋᑫᔭᑦ ᑐᑦᑕ ᑲ ᑭᑦᑕᑦᐁᓂᑕᑯᓯᑦ ᑭᒋ ᐊᔭᒋᔭᑦ ᐸᐸᒧᒐᔭᑦ ᑭᒋ ᓇᑯᐸᓂᑦᑕᔭᑦ ᑭᓴᑲᑦ ᑭᒥᑯᒡᓐ ᑲᑦᑫᒋᑫᒧ ᑭᒋ ᒥᓂᑲᑦᐃᔭᑦ ᑲ ᐅᒋ ᑲᓇᑦᐊᐸᒋᑲᒐᒡ ᐊᑭᑕᓱᑦᐃᑦ ᑲ ᐃᑦᐸᓂᒡ ᓴᑲᑦ ᑭᒥᑯᒡ ᒥᓇ ᑦᐃᓇᑕᑦᐁ ᑭᑦᑫᓂᑕᒪᓐ ᐅᒪ, (Managing Blood Glucose Levels) ᒪᑦᐊᑐᓯᓇᐃᑲᓂᒡ ᐅᒪ ᑐᑦᐃ ᑫᑦᑲᑦ ᑲ ᐃᓱ ᐊᓂᒧᒋᑲᒐᒡ the “Managing Your Blood Glucose” ᒐᑲᑦᒐᐸᓂᒋᑲᓂᒡ ᑲᑦᑫᒋᑫᒧᓐ

ᓴᑯᐱᑦᐃᓇ, ᐸᐸᒧᒐᑦᐃᑦ

ᐁ ᐸᐸᒧᒐᔭᑦ ᑐᑦᑕ ᐱᑯ ᐁ ᓴᑯᐱᔭᑦ ᑭᒋ ᑦᐃᒋᐃᑦᐁᒪᑲᑦ ᐁᓇᑯᐸᓂᑦᑕᓂᑦᐊᒡ ᓴᑲᑦ ᒥᑯᒡ ᐅᒋᓐ ᒥᓯᑦᐁ ᐱᑯ ᑭᒋ ᐃᑯ ᑦᐃᒋᐃᑯᑦ ᐊᓂᒣᑦᑕᒧᑦᐃᓂᒡᓐ ᑦᐊᔭᒡ 150 ᒥᓂᑯᑯᒡ ᐯᔭᑯᑕᑦᐊᑦᒐᑦ ᓴᑯᐱ ᑐᑦᑕ ᐸᐸᒧᒐᓐ (30 ᒥᓂᑯᑯᒡ ᓂᔭᓄᑭᑯᑲᑦ ᐯᔭᑯᑕᑦᐊᑦᒐᑦ) ᓴᑯᒻ ᐊᔭᐱᑯᒡ ᐅᒡᑲ ᐁ ᐊᑎ ᒪᒋᑕᔭᑦ ᐊᐃᑐᑕ, ᓂᑦᑕ ᒪᑲ ᐅᒪ ᑲᑐᒐᑦ ᐯᔭᑯ ᑕᑦᐊᑦᒐᑦᓐ (Physical Activity) ᐊᓂᒪ ᒪᑲ ᑦᐃᓇ ᑲᑎ ᓇᑭᑕᓂᑦᐊᑭ ᑲᑦᑫᒋᑦᐃᓇ ᐱᑕᒪ ᑲ ᐊᔭᒥᐊᑦ ᑭᑐᑐᑯᓄᓂᑕ ᑉᐸᒪᑯ ᒪᒋᑕᔭᑦᓐ ᑦᐃᑕᒪᑫᑦᐃᓂᒡ ᐃᑕᑦᑲᑦᓇ ᐅᐅ ᒪᑦᐊᑐᓯᓇᐃᑲᓂᒡ “Managing Your fitness” ᒪᓯᓇᒐᓯᒋᑲᓇᓐ

ᐁ ᓇᓇᑲᒋᑕᔭᑦ ᑲ ᐃᑕᒋᑲᓂᑦᐊᒡ

ᑕᑦᑕᑦᑕ ᒥᒋᓱᔭᑦ, ᑫᑦᑲᑦ ᒥᒋᔭᑦ, ᑕᑐᑦᐱ ᒥᒋᓱᔭᑦ, ᑭᑦᒐᓂᑕᑦᑲᑦ ᑭᒋ ᐃᑯ ᓇᓇᑲᒋᑕᔭᑦ ᑭᒋ ᐅᒋ ᒥᓄᐸᓂᒡ ᑭᓴᑲᑦᐃᒥᑯ, ᓄᓱᑐᐊ ᑲ ᐃᑕᒋᑫᐃᑲᑦᐃᔭᑦ *Eating Well with Canada’s Food Guide*ᓐ ᑲᑦᑫᒋᑦ ᑐᑐᑯᓄᓂᑦᐃ ᐊᐸᒋᐊᑲᑦ ᑫᑐᑕᒪᑦ ᑭᒋ ᑦᐊᐸᒪᑉ ᐅᒪ ᑲ ᐃᑯ ᑭᑦᑭᓄᐊᒪᑫᑉᓐ ᓄᓱᑐᐊ ᑲ ᐃᑕᓯᓇᒐᒡ ᑲᓇᑕ ᐃᑕᒋᑫᐃᑦᐃᑦᐃᑦ ᑭᒋ ᒥᓄᐱᒪᑎᓯᔭᑦ ᐅᒋ ᑲᑦᐊᐸᒐᑦ ᐅᑕ ᑭᒋ ᒪᓯᓇᒐᒡ “Healthy Eating: The Basics” ᒐᑲᑦᒐᐸᓂᒋᑲᓂᒡ “Managing Your Nutrition” ᐃᑕᑦᑲᑦ ᑐᑦᑕ ᑫ ᑲᓇᑦᐊᐸᑕᒪᑦᓐ

ᓇᓇᑲᒋᑕ ᑕᑐᑦᐱᒋᓂᑦᑲᑎᔭᑦ

ᑭᒋ ᑭᑦᑕᐸᑕᑦ ᑭᒋ ᓇᓇᑲᒋᑕᔭᑦ ᑕᑐᑦᐱᑎᓂᑦᑲᑎᔭᑦ ᐅᑯ 2 ᑲ ᓴᑲᑦᐊᑲᒥᑦᑫᒋᒡᓐ ᑭᒋᐅᒋᒋ ᒥᓄᐸᓂᑦᑕᔭᑦ ᑭᓴᑲᑦ ᐊᑭᑕᓱᑦᐃᑦ ᐃᒡᐸᑲᒥᑦᑫᑦᐃᓂᒡ ᑐᑦᑕ ᐱᒥᑦᐊᑲᒥᑦᑫᑦᐃᓂᒡ ᒋ ᒥᑐᓂᓯᑦᐃ ᓇᓇᑲᒋᑕᔭᑦᓐ (“Maintaining a Healthy Weight”) ᑦᐃᓇᑕᑦᐁ ᑭᑦᑫᑦᑕᒪᑐ ᐅᑕ ᒪᑦᐊᑐᓯᓇᐃᑲᓂᒡ ᑐᑦᑕ “Managing Your Weight” ᒐᑲᑦᒐᐸᓂᒋᑲᓂᒡᓐ

ᑐᑐᑯᓄᓇ

2 ᓴᑲᑦᐊᑲᒥᑦᑫᑦᐃᑦ ᑲ ᐊᔭᒋᒡ ᑕᓂᑦᑐ ᐁ ᐊᔭᒋᒋᒡ ᑐᑦᑕ ᑕᑐᑕᒋᑫᒋᒡ ᐁ ᒥᑐᓂᑦᐃ ᓇᓇᑲᒋᑕᒋᒡ ᒥᓄᓂᐃᐃᑎᓯᑦᐊᒡ ᓴᑯᒻ ᐊᑦᑲᑦ ᐁᑭᑦ ᑐᑦᑕᓄᓇ ᑐᑦᑕ ᒋᑦᑕᐃᑲᓇ ᐁᒥᓂᒋᒡ ᑭᒋ ᐊᐸᒋᑕᒋᒡ -- ᑦᑲᔭᑦᒡ ᓇᓇᑲᒋᑕ ᑕᑐᑕᓴᐊᑎᑦᒡ ᑐᑦᑕᓄᓇᑦᓐ ᒪᐊᑦᑐᓯᓇᐃᑲᑦ ᑲ ᐃᓱ ᐊᓂᒧᒋᑲᒐᒡ “Using Insulin” ᒋᑦᑕᐃᑲᓇ ᑐᑦᑕ ᑐᑦᑕᓄᓇ ᒐᑲᑦᒐᐸᓂᒋᑲᑦ “Medication” ᐊᓱᑕᑯᑦᑫᑦᓐ

ᐁ ᓇᓇᑲᑕᒋᑕᑦᐊᒡ ᑲ ᐊᐃᓱᓇᑦᑲᒡ ᐱᒪᑎᓯᑦᐃᑦ

ᑦᐊᔭᒡ ᑲ ᐃᓱ ᒥᓴᑐᑕᒪᑦ ᑭᐱᒪᑎᓯᑦᐃᓂᒡ ᐅᒋ ᒪᒋᐸᓂᒋᑫᒪᑲᑦ ᓴᑲᑦᐊᑲᒥᑦᑫᑦᐃᓂᒡᓐ ᐁᒥᑐᓂᓯᑦᐁ ᓇᓇᑲᒋᑕᔭᑦ ᒪᑲ ᐁᑲ ᓱᑭ ᑭᒋ ᐊᓂᑐᑕᒪᑦ ᑲᑦᐃ ᑲᑦᑫᑐᒐᑕᔾ, ᑲᒥᓄᐸᓂᐸᑦ ᒪᑲ ᑭ ᓴᑲᑦᐊᑦᐱᑐᑦᐃᑦᓐ ᒪᑦᐊᑐᓯᓇᐃᑲᑦ ᑐᑦᑕ ᒐᑲᑦᒐᐸᓂᒋᑲᑦ “Managing Your Stress” ᐃᑕᑦᑲᑦ ᑦᐃᓇᑕᑦᐁ ᑭᑦᑫᓂᑕᒪᑐ ᐅᒪ ᐅᒋᓐ

ᐳᓂ ᐱᑦᑕ

ᑭᒋ ᑯᑦᑕᑎᑦᑲᑦ ᑭᒋ ᒪᒧᑦᐃᓂᑲᒐᑭ ᐅᐅ ᐱᑦᑕᑦᐃᑦ ᐁᑯ ᒪᑲ ᓴᑲᑦᐊᑦᐱᑐᑦᐃᑦᓐ ᑭᓴᒡᐱᑦ ᑦᐃ ᑯᒋᑕᔭᑐ ᐁᑦᐃ ᐳᓂᐱᑦᑕᔭᑦ ᑲ ᐃᑕᑦ ᑐᑦᑐᑯᓄᓂᑦᐃ ᐊᑐᑦᑫᓇᑲᑦ ᑫ ᑦᐊᑦᐃᒋᐃᑦᓐ ᐁᓂ ᑲᒡᑭᑕᔭᑦ ᑯᒋᑕ, ᑭᐱᒪᑎᓯᑦᐃᑦ ᒪᑦᐊᒻ ᑭᑦᒐᓂᑕᑦᑲᑦᓐ

ᕿᑦᑲᓇ ᕿ ᓇᓇᑲᒋᑕᔭᐸᑦ

ᐃᖑᐸᑲᒥᑦᕿᑦᐃᑦ

ᒥᓯᑦᐅ ᕿᑦᑲᑦ ᐅᒋ ᒪᓂᐱᒋᕿᒪᑲᑊ ᐅ ᐃᖑᐸᑲᒥᑦᕿᑦᐃᓂᑊ, ᒥᖑᒋᓱᑦᑊ, ᒥᑌᐃᑦᐊᒋᐸᓐᑦᐃᑦ, ᐅᑌᐃ ᐅᒋᐱᑎᑦᑯᓯᑦᐃᑦ ᑭᒋᒥᐸᓂᑦᐃᑦ, ᐅᑯ ᒪᑲ ᐅᑌᑎᑦᑲᓯᔭᑦᐊᒋᑕ ᑲ ᐃᑕᒋᕿᔭᑦᐊᔭᔭᒋ ᐸᐸᒧᑌᐊᑎᐱᑕᑕ ᐅᐅᑎᓇᒪᑦ ᑭᑦᑐᑯᓄᓂᒪ, ᑲᑦᕿ ᓇᓱᐸᓂᑦᑕ ᐃᖑᐸᑲᒥᑦᕿᑦᐃᑦ 130/80 mm Hg.

ᐱᒥᑦᐃᑲᒥᑦᕿᑦᐃᑦ

ᒥᑦᑕᐃ ᐅ ᒥᒋᑊ ᐊᑦᐅᓇ ᑲ ᑦᐃᓂᓂᑦᐊᓂᓂᑭ ᕿᑦᑲᓇ ᐅᑯᑕᓂ ᑦᐅᒋ ᐅᓱᐅᒪᑲᑊ ᐅᑌᑦᐊᒋᐱᑦᐃᑦ ᑦᑕ ᑭᑦᑭᒥᐸᓂᑦᐃᑦᐊᒋᑕ ᑲ ᐃᑕᒋᕿᔭᑦ , ᐊᔭᒋ, ᐸᐸᒧᑌ, ᑦᑲᔭᑦᑊ ᐅᑎᓇ ᑭᑦᑐᑯᓄᓂᒪ ᒋᒋ ᐅᒋ ᒪᒥᓄᐱᑕᒪᑦ ᐱᒥᑦᐃᑲᒥᑦᕿᑦᐃᑦ, ᐃᑕᑦᑲᑦ ᐅᑕ ᓇᑕᑦᐅ ᑭᑦᕿᓂᑕᒧᑦᐃᑦ ᒪᓯᓇᐃᑲᓇ "Managing Your Cholesterol" ᑦᑕ ᒐᑲᑦᑌᐸᓂᒋᑲᓇ "Blood Pressure and Cholesterol" ᒋᒋ ᑲᓇᑦᐊᐸᒋᑲᑌᒋᓐ

ᒥᖑᒋᑦᑯᑦᐃ ᐊᑯᓯᑦᐃᑦ

ᑭᑦᑕᑦᐅᓂᑕᑯᓯᑦ ᒋᒋ ᓇᓇᑕᑦᐅᓂᒥᑦᑊ ᐅᖑᒋᑦᑊ ᑐᑦᑯᓄᑦ ᒋᒋ ᐱᑕᐸᑦᐊᑕᑊ ᑭᖑᒋᑦᑲ ᐅ ᓇᑕᑦᐅ ᑭᑦᕿᓂᑕᑊ ᐊᑎ ᒪᓇᑕᓂᑦᕿ ᑭᖑᒋᑦᑲᓐ ᑲᑦᕿᒋᑦ ᑐᑦᑯᓄᑦᐃ ᐊᑐᑦᕿᓇᑲᑦ ᑲ ᐃᑦᒋᓵᐅᑊ ᒪᑲ ᒋᒋ ᑦᐊᐸᒪᑊ ᐅᒪ ᑲ ᐃᓇᐸᑎᓯᑊ ᑐᑦᑯᓄᑦᐃᓐ

ᒥᓯᑕ ᐅ ᓇᑲᒋᑕᓂᑦᐊᑭ

ᑭᒋᑯᓇ ᑭᒪᑦᑭᓯᓇ ᑐᑦᑕ ᑭᑕᑦᑲᓇᑊ ᑭᒋ ᑲᓇᑦᐊᐸᒋᑲᑌᑭ ᑭᓯᑕᓐ ᑲ ᑯᑕᑦᐃᑭᒋᑊ ᒥᖑᑦᑲᑦᑦᑐ, ᒪᒋᓇᓯᑎᓯᑦᐃᑦ, ᐱᑯᑌᓂᐃᑦ ᐅᑯᑕᓂ ᑦᐅᒋ ᒪᒋ ᐊᑯᓯᓇᓂᑦᐊᑊ ᐅᑲ ᑦᑲᔭᑦᑊ ᐅ ᓇᓇᑲᒋᑕᓂᑦᐊᑭᓐ ᑭᑦᑭᓄᐊᒪᓯ ᑕᑐᑭᑐᑕᒪᑦ ᑭᓯᑕ ᐅ ᓇᓇᑲᒋᑕᔭᑦᐅ "Foot Care" ᐃᑕᑦᑲᑦ ᐅᑕ ᑦᐃᑕᒪᑭᑦᐃ ᒪᓯᓇᐃᑲᑦ ᑐᑦᑕ ᒥᑲᒧ "Managing Your Feet" ᒐᑲᑦᑌᐸᓂᒋᑲᑦᑐᓐ

ᐱᑭᑦᑲᑌᑦᑕᒧᑦᐃᑦ ᑐᑦᑕ ᑦᐊᑦᐊᑐᑦᑕᒧᑦᐃᑦ

ᐅᑦᑲᓂ ᐅᑌᓂᒧᒋᑊ ᑲ ᓵᑲᑦᐊᑲᒥᑦᕿᒋᑊ ᑦᐅᔅ ᒪᑲ ᐅ ᒪᑯᖑᑲᑌᓂᒥᐃᑯᒋᑊ ᐅ ᓵᑲᑦᐊᑲᒥᑦᕿᒋᑊ ᑦᐅᒋᑌᓇᒧᒋᑊ ᐅᑦᑲᓂ ᐅᑲ ᑭᑭ ᓱᑭ ᑦᐅᒋ ᓇᓇᑲᒋᑕᒋᑊ ᐅ ᓵᑲᑦᐊᑲᒥᑦᕿᒋᑦᑊᓐ ᐊᔭᒥ ᑐᑦᑯᓄᑦᐃ ᐊᐸᒋᐊᑲᑦ ᐅᒪ ᐅᐃᑌᓂᒧᔭᑦᑊᓐ

ᒥᑐᑎᑦᑲᓯᑦᐃ ᐊᑯᓯᑦᐃᑦ

ᐸᑎᒪ ᐱᑯ ᑕᓱᑐ ᓇᓇᑲᑕᑦᐅᓂᒥᑦᑕᑦᐅ ᑭᑌᑎᑦᑲᓯᔭᑦ ᑦᐃᐸᒻ ᑲᑭ ᒥᑦᑭᑲᑌᑭ ᑦᐊᔪᑦ ᐅ ᐃᑎᔭᑦ ᑭᓯᑌᑎᑦᑲᓯᑦᐊᑊᓐ ᑕᓱᑐ ᑲ ᐅᑎᓂᑲᑌᑭ ᑭᓱᑦᑲᐃᓇᐳᔭ ᑭᒋᓇᑕᑦᐅ ᑭᑦᕿᓂᒥᑲᑦᐃᔭᑦ, ᑭᑦᑐᑯᓄᓂᑦ ᑲ ᒥᓂᑊ ᑦᑐᑯᓄᓇ ᑭᒋ ᑦᐃᒋᐃᑯᔭᑦᑊᓐ

ᓂᓯᑐᓯᑦᐃᑦ ᒧᓱᐅᑦᐃᑦ ᑲᑭ ᐃᓱ ᐊᑎ ᓂᓱᑦᐊᓇᒋᑭᕿᒪᑲᑊ ᓵᑲᑦᐊᑲᒥᑦᕿᑦᐃᑦ

ᑦᐃᐸᒻ ᑦᐃᑕᒪᑭ ᑦᑐᑯᓄᑦ ᐅᒪ ᐅ ᐃᑕᒪᒋᑕᔭᑦ ᑭᒋᒋᔭ ᑐᑦᑕ ᑭᓯᑕ ᐅ ᑭᑦᑭᒥᓯᔭᑦ ᑐᑦᑕ ᐅ ᒋᒋᑦᑐᑦᐅᐸᐃᑲᑌᑭ ᐅ ᑕᒪᒋᐅᔭᑦᑊᓐ

ᐅᒪᓂᐸᓂᐃᑯᓯ ᓇᐯᑭ ᐅᑦᐃ ᒋᒪᓯᓯ ᐅᒥᑦᑎᑯᑦ

ᐅᑦᑲᓂ ᐅᑎᒋᑊ ᓇᐯᑦᐊᑊ ᑲ ᓵᑲᑦᐊᑲᒥᑦᕿᒋᑊᓐ ᐅᑲᑦᐃᓇ ᓂᖓᓂᒧ ᐅᒪ ᐅᐃᑎᔭᑦ ᑦᐃᑕᒪᑭ ᐱᑯ ᑐᑦᑯᓄᑦᐃᓐ

ᓴᑲᑦᐊᑲᒥᑦᕿᑦᐃᑦ ᑭᑦᑐᒡ ᑕᓱᓇᑦᐃᒪᑲᑦ ᑦᐸᒪᓱ ᐊᑎ ᓂᓱᑦᐊᓇᒋᐃᑯᑊ ᐊᑦᐅᓂᑲᑦ, ᐊᑎ ᐊᓂᒥᐸᓂᑭ ᒋᒋ ᓇᓇᑲᒋᑕᓂᑦᐊᑊ ᓴᑲᑭᑦᑊ ᐃᑦᒋᑊ ᑲᒋᑦᐃᒋᐃᑊ ᐅᑌ ᐃᓱ, ᒋᒋᑲᓇᑦᐊᐸᑕᑊ ᑕᑐᑕᒋᕿᔭᑦ, ᑲ ᐃᓱ ᐊᔭᒋᔭᑦ ᑐᑦᑕ ᑭᑦᑐᓄᓂᒪ ᑲ ᐅᑎᓇᒪᑦᑊᓐ

ᒋᒋ ᑭᑦᑌᓂᑕᑦᑲᑦ ᑦᑲᑦᑊ ᒋᒋ ᓇᓇᑲᒋᑕᔭᑦ ᑕᑐᑦᐸᓂᑊ ᒋᖓᑦᑕ ᐊᒋᑕᓯᑦᐃᓂᑊ ᐊᓂᒧᑕᒪᑭ ᑭᖓᑦᑕᓐ ᒋᒋ ᒥᑯ ᑲ ᐃᓱ ᓇᑕᑦᐅᒋᕿᓂᒋᑲᑌ ᐊ ᐊᐸᑎᓯᑦᐃᑲᒥᑯᑊᓐ

ᐁ ᒥᓄᐸᓂᑦᑕᔭᑦ ᑭᐱᒪᑎᓯᑦᐃᑦ - ᓇᓇᑲᒋᐃᑎᓱᑦᐃᑦ ᓇᑲᑦᐊᑲᒥᑦᑫᑦᐃᑦ

ᐁ ᒥᑐᓐᓯᑦᐃ ᓇᓇᑲᒋᑕᔭᑦ ᓇᑲᑦᐊᑲᒥᑦᑫᑦᐃᑦ

ᑕᑯᓐ ᓇᑕᑦᐁᑭᑦᑫᓂᑕ ᑫᑦᑲᓇ ᐅᒪ ᐅᒋ ᑭᒋ ᐅᒋ ᒥᓄᐱᒪᑎᓯᔭᑦᐧᐧ ᐊᔭᒥ ᑐᑐᑯᓄᓂᑦᐃ ᐊᐸᒋᐊᑲᑦ ᒥᓯᑦᐁ ᑲ ᐃᑯ ᓇᓇᑲᒋᐃᒋᑦ ᑲ ᓇᑲᑦᐊᑲᒥᑦᑫᒋᑦᐧᐧ ᑕᑯᓐ ᒪᑲ ᒪᒡᑯᒻ ᑭᓇ ᑲ ᓇᓇᑲᒋᐃᑯᑦᐃᑦ ᐁᑲ ᐁ ᑭᑦᑫᓂᑕᒪᑦ ᑕᓐᑎᔭᑦᐧᐧ ᑕᑯᓐ ᓇᓇᑲᒋᑕ ᑕᓐᑦᐸᓂᑦ ᑭ ᓇᑲᑦ ᓐᑦᑕ ᐃᒡᐸᑲᒥᑦᑫᑦᐃᑦᐧᐧ

ᑕᓂᑦᐱ ᒪᑲ ᐅᒪ ᑫᑐᑕᒪᑦ?	ᑫᑯ ᓇᑕᑦᐁ ᑭᑦᑫᓂᒋᑫᑦᐃᑦ ᒪᑲ?
ᐃᑦᐱ ᐃᓴ ᐱᑯ ᑲ ᒥᑦᑲᑲᑦᐃᔭᑦ ᐁ ᓇᑲᑦᐊᑲᒥᑦᑫᔭᑦ	• ᑭᑎᑦᑲᓯᔭᑦ ᑲ ᓇᑕᑦᐁ ᑭᑦᑫᓂᒪᑲᓂᑦᐊᓇᑦ, ᑭᑯᑭᑦᐃᓇᐳᔭ ᑲ ᐅᑎᓂᑲᑎᑦ • ᐅᒡᑭᑯᑯᑦᐃ ᑐᑐᑯᓄᑦ ᑲ ᑦᐊᐸᒥᑦ, ᑭᒋ ᐱᑕᐸᑦᐊᑕᑦ ᑭᒡᑭᑯᑦᑲ • ᑲᓇᑕᑦᐁ ᑭᑦᑫᓂᒥᑯᑦᐃᑦ ᓂᓯᑐᓯᑦᐊᑲ, ᑲᑕᒋᑦᑕᑦᐁᐸᐅᑯᑦᐃᓄ ᑭᓴᑲᑦ 10-g ᐱᑦᐊᐱᑦᑦ ᑲᑦᑕ 128-Hz ᐱᑦᐊᐱᑦᑦ • ᑲᓇᑕᑦᐁ ᑭᑦᑫᓂᒋᑲᒡᑦ ᑭᒋ ᐱᒥᑦᐊᓂᑦᑫ ᑭᒥᑯᑦ
ᑕᓂᑦᐱ ᒪᑲ ᐅᒪ ᑫᑐᑕᒪᑦ *ᑕᑯᓐ ᒪᑲ ᑦᐃᓇ ᐊᓴᔭ ᐁ ᒥᑦᑲᑲᑦᐃᔭᑦ ᑭᒋ ᑕᑯᓐ ᓄᒋᐃᑲᑦᐃᔭᑦᐧᐧ	• AIC ᑲᐱᑐᑯᓇᑦᑲᑦ ᑲ ᐅᒋ ᓇᑕᑦᐁ ᑭᑦᑫᓂᒋᑲᒡᑦ ᒥᑯ ᒋ ᓇᑲᑦᐊᑲᒥᑦᑫᑦ ᐊᑦᐁᓇ * (6.5 ᐁᑦᑲᓂ ᑕᑐ ᐁᔭᒋᑦ ᓇᑲᑦᐊᑦᐱᑐᑦᐃᓂᓂᑦ) • ᑲ ᐃᒡᐸᑲᒥᑦᑫᑦ ᐊᑦᐁᓇ ᐁ ᓇᑕᑦᐁ ᑭᑦᑫᓂᒥᑦ (ᑫ ᐃᑯ ᓇᐃᓇᑦᑲᓂᓂᑦ ᐊᑭᑕᓯᑦᐃᓂᑦ 130/80 mm Hg) • ᐁ ᑭᑦᐁ ᑲᓇᑦᐊᐸᒋᑲᒡᑦ ᑲᑭ ᐯᒋ ᐃᑯ ᒪᑦᐊᑐᓯᓇᒡᑦ ᑲᐃᑦᐸᓂᑦ ᑭᒥᑯ ᐊᑭᑕᓯᑦᐃᓂᑦ
ᑕᑐ 12 ᐱᓯᑦ	• ᐁ ᓇᑕᑦᐁ ᑭᑦᑫᓂᒥᒋᑦ ᑭᑎᑦᑲᓯᑦᐊᔭᑦ • ᐯᔭᑯ ᐱᐳᑦ ᑲᓇᑕᑦᐁᑭᑦᑫᓂᒋᑲᒡᑭ ᑭᓯᑕ, ᐁᑦᑲᓂ ᒪᓇ ᑦᐃᓇ ᑫᑎᑯ ᓄᒋᐃᑦ ᑲ ᑯᑕᑦᐃᑭᑦ ᑭᒡᑲᑯᑦᔭ ᑐᑦᑕ ᐁᑲ ᐁᑭᑭᑫᑦ ᐁ ᒪᒋᓇᑎᓯᔭᑦ ᑦᐊᔪᒡ • ᑭᑕᐸᒋᑕᑦᐃᑦ ᑭᓇᑲᑦ ᑲ ᐅᒋ ᓇᑕᑦᐁ ᑭᑦᑫᓂᑕᒪᑦ ᑕᓐᑦᐸᓂᑦ ᑕᑯᓐ ᑲ ᓇᓇᑲᒋᑕᓂᑦᐊᑦ ᑭᒋᒥᓄᐸᓂᑦ ᐊᐸᒋᑕᑦᐃᑦ • ᑭᒋ ᓇᓇᑕᑦᐃᒥᑦ ᐊᑦᐁᑐᑲᑦ ᐅᒥᑯᑦ ᑐᑦᑕ ᐱᒥᑦᐊᒥᓂᓂᑦᑫ ᐅᒥᑯ ᑕᑐ 1 ᑐᑦᑕ 2 ᐱᐳᑦ ᑭᒋ ᓇᓇᑕᑦᐃ ᑭᑦᑫᓂᒥᑦ ᐅᒡᑭᑯᑦᑦ	
ᑕᑐ ᐯᔭᑯ ᐱᐳᑦ ᑐᑦᑕ ᐱᑯ ᓂᓇ ᐱᐳᑦ	• ᑭᒋ ᐅᒡᑭᑯᑦᑦᐃ ᑐᑐᑯᓄᑦ ᑲᑭ ᑦᐊᐸᒪᑦ ᑕᑐ ᐯᔭᑦ ᑐᑦᑕ ᓂᓇ ᐱᐳᑦ ᐁᑲ ᑦᐊᔪᒡ ᐁᐃᑯᓇᑦᑲᑭ ᐁᑯ ᒪᑲ ᑦᐃᓇᐁ ᒥᑦᑭᑲᑦᑦ ᐁ ᒪᓂᐸᓂᑭ ᑕᑯᓐ ᑲᑲᓇᑦᐊᐸᒋᑲᒡᑭ ᐁ ᓇᓇᑲᒋᑕᓂᑦᐊᑦ	
ᑕᑯᓐ ᑲ ᓇᑕᑦᐁᑭᑦᑫᓂᒥᑲᑦᐃᑦ ᑐᑦᑕ ᐱᑯ ᐊᑦᑭᐊᑦᑲᑦ	• ᑲᑦᑫᒋᑫᒧᑦᐃᓇ ᐁ ᐊᓂᒧᒋᑲᒡᑦ ᓇᐯᑦ ᐁᑲ ᑲᑭ ᒋᒪᓯᑦ ᐃᑦᑫᑦᐊ ᐁᑦᐃ ᑦᐃᑊᑦᐊᑦ • ᑲᑦᑫᒋᑫᒧᑦᐃᓇ ᑲ ᐱᑭᑦᑲᒡᓂᒋᑲᒡᑦ ᓇᑦᐱ ᐁᑦᑲᑕᑫᓂᒪᒋᐅᑦ ᑲ ᐃᒡᓂᒧᑦ ᐊᑦᐁᓇ ᐁᑯ ᒪᑲ ᓇᑦᐱᑦ ᑭᑦᑫᔪᑕᑦᑦ • ᑲᑦᑫᒋᑫᒧᑦᐃᓇ ᐃᑕᒋᑫᑦᐃᑦ ᑲ ᒥᓄᒡᑲᑫᒪᑲᑦ ᑐᑦᑕ ᒪᑲ ᓴᓂᐱᑦᐃᑦ ᑐᑦᑕ ᑲᑦᑫᒋᑦᐃᑦ ᑫ ᐅᒋ ᒪᒥᓄᐱᒪᑎᓯᔭᑦᐧᐧ	

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This document reflects our CPG Clinical Practice Guidelines

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Ontario