ᖁᕕᖅᑏᑦ

ᑐᑭᓯᒋᐊᕐᕕᒋᓗᒋᑦ ᑲᑐᔾᔨᖃᑎᒌᖕᒋᑦ
ᐃᔨᓕᕆᔨᑦ ᐃᔨᓕᕆᔨᐅᑉ ᓄᓇᓕᕐᓯ
ᖃᓂᒐᔭᖓᓐᓃᑦᑑᑉ ᒥᑦᓴᓄᑦ.

ᐅᖃᓚᓗᑎᑦ 1 888 263 4676
ᑕᑯᒋᐊᕐᓗᑎᑦᑑᓐᓃᑦ www.opto.ca

ᑕᐅᑐᓐᓂᕐᒧᖕᒐᔪᖅ ᐃᔨᓄᑦᓗ ᖃᓄᐃᓐᖕᒋᑦᓯᐊᕐᓂᕐᒧᑦ
ᑐᓴᕋᑦᓴᖅ ᐃᔨᓕᕆᔨᒃᑯᓐᓂᒃ ᑲᓇᑕᒥ ᑲᑐᔾᔨᖃᑎᖃᖅᓱᑎᒃ:

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DE LA SANTÉ AUTOCHTONE

The Canadian Association of Optometrists

L'Association canadienne des optométristes

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ᐊᑐᖃᑦᑕᕐᓂᖅ ᐃᒡᒐᓐᓂᒃ
ᐱᕝᕙᑦᑕᑎᑦᓚᓇᐅᔪᖅ
ᓴᐳᔾᔨᓂᕐᒧᑦ ᐃᔨᓐᓂᒃ
ᓱᒃᑯᐃᒍᓐᓇᖅᑐᓂᒃ
ᓯᕿᓂᕐᒦᓐᓂᖕᒐᖅᑐᓂᒃ,
ᓱᑲᓕᖅᐸᑦᓕᑎᑦᓯᒍᓐᓇᖅᑐᑦ
ᖁᕕᖅᓴᑖᖅᐸᑦᓕᐊᓂᕐᒥᒃ.
ᐃᑲᔪᖅᓯᓂᖅᑲᒻᒪᓇᒍᓐᓇᕐᒥᔪᑦ
ᐱᕈᖅᑐᒥᓃᑦ ᓱᕐᓇᖅᑐᑦ
ᓱᕐᓇᖕᒋᑦᑐᑦᓗ ᓂᓇᕙᑦᓗᒋᑦ.

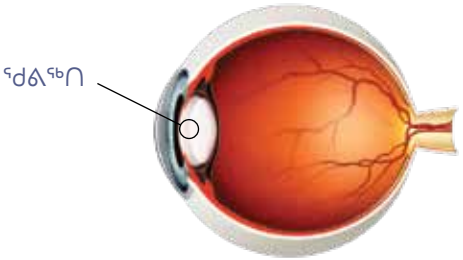
ᖁᕕᖅᑏᒃ

ᓱᓇᐅᒻᒪᑦ ᖁᕕᖅᑎ?

ᑕᐅᑐᕐᓯᐊᕋᔪᑦᑐᖅ ᐃᔭᕈᕙᐃᑦ ᐃᔾᐸᐱᑦ ᐃᓗᐊᓂ ᓄᕗᔭᔪᐊᓘᔭᖅᑐᒥᒃ ᖃᑯᖅᑐᒥᒃ ᑕᐅᑐᓕᖅᐸᑦ, ᑕᐃᔭᐅᔪᖅ ᖁᕕᖅᑎ. ᖁᕕᖅᑏᑦ ᐊᔾᔨᒌᙱᑦᑑᒍᓐᓇᖅᑐᑦ ᒥᑭᔫᑕᐅᒍᓐᓇᖅᓱᑎᒃ ᐊᖏᓈᖅᑐᐊᓘᒍᓐᓇᖅᓱᑎᓪᓗ ᖃᑯᕐᓂᖏᑦ ᑕᐅᑐᕐᓯᐊᕈᓐᓃᕈᑕᐅᓱᑦ.

ᑭᓇᒃᑯᑦ ᖁᕕᖅᑎᑖᓱᖕᒍᒻᒪᑦ?

ᖁᕕᖅᓴᖃᕋᔪᓱᑦ ᐃᓄᐃᑦ ᐊᕐᕌᒍᓖᑦ ᐅᖓᑖᓂ 60, ᑭᓯᐊᓂᑦᑕᐅᖅ ᓇᐃᐱᑕᐅᓚᐅᓪᓚᓱᖕᒍᒻᒥᔪᑦ ᒪᒃᑯᓂᖅᓴᓂ, ᐱᖃᓯᐅᑎᑦᓱᑎᒃ ᐃᓅᓕᕋᑖᑦ ᐱᐊᖅᑲᑦ.



ᖃᓄᖅ ᖁᕕᖅᓴᖅᑖᓱᖕᒍᒻᒪᑦ?

ᖃᐅᔨᒪᔪᖅᑲᖕᒋᖅᑐᖅ ᓱᒻᒪᑦ ᖁᕕᖅᑎᑖᓱᖕᒍᑦᑕᕐᒪᖕᒐᑦ. ᖃᐅᔨᒪᔭᐅᔫᒐᓗᐊᖅ ᐃᑦᑎᖕᒋᑦ ᐃᔾᐅᑉ ᐊᓯᔾᔨᓱᑦ ᐳᔫᖅᑐᐊᓘᔭᓕᖅᓱᑎᒃ. ᑕᒪᓐᓇ ᑕᐃᒪᐃᑦᓱᓐᓇᖅᑐᖅ ᐃᓐᓇᕈᖅᐸᓪᓕᐊᓂᕐᒧᑦ ᐅᕙᓪᓗ ᑭᖑᕙᓈᓃᓐᖕᒐᕐᓗᓂ ᑕᐃᒪᐃᑦᓱᓐᓇᖅᑐᖅ, ᐋᓐᓂᕐᓂᑰᓗᓂ ᐋᓐᓂᐊᓂᑰᓗᓂᓘᓐᓃᑦ ᓱᕈᓐᓂᖅᑐᒦᓗᐊᖃᑦᑕᕐᓂᖅ, ᓱᐳᖅᑐᖃᑦᑕᕐᓂᖅ ᓱᒡᒐᓕᐊᓂᒃ ᐅᕙᓪᓗ ᐃᔭᒐᖅᑐᕐᓂᖅ ᐃᓚᖕᒋᓐᓂᒃ ᐃᔭᒐᐃᑦ, ᐱᔾᔪᑕᐅᒍᓐᓇᕐᒥᔪᑦ ᖁᕕᖅᑎᑖᕐᓂᕐᒧᑦ. ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᒐᔪᓱᑦ ᐃᔾᔨᓐᓂᒃ ᓇᓪᓕᑭᑦᓱᑎᒃ.

ᖁᕕᖅᑎᑖᑦᑕᐃᓕᕕᑦᓴᐅᕙᑦ?

ᒫᓐᓇᐅᔪᖅ, ᖃᐅᔨᒪᔪᖅᑲᖕᒋᑦᑑᖅ ᖁᕕᖅᑎᑖᓈᒃᑯᑎᓂᒃ. ᐊᑐᖅᑕᑦᑕᕐᓂᖅ ᐃᒡᒐᓐᓂᒃ ᐱᕙᓪᓕᕈᑎᓪᓚᓇᐅᔪᖅ ᓴᐳᔾᔨᒍᑕᐅᒍᓐᓇᕐᒪᑕ ᐃᔾᔨᓐᓃᕕᑦ ᓱᕈᓐᓂᕐᒥᒃ ᓱᑲᓕᖅᐹᓪᓕᑎᑦᓯᒍᓐᓇᖅᓱᓂᓗ ᓱᒃᑯᐃᕙᓪᓕᐊᓗᓂ ᓱᕈᓐᓂᕐᒦᖕᒐᖅᑐᖅ. ᓂᓇᖅᑕᑦᑕᕐᓂᖅ ᐱᕈᖅᑐᒥᓂᕐᓂᒃ ᓱᕐᓇᖅᑐᓂᒃ ᓱᕐᓇᖕᒋᑦᑐᓂᓪᓗ ᖃᐅᑕᒫᓂᒃ ᐃᓚᖃᕐᓗᑎᒃ A ᐊᒻᒪᓗ C, ᐃᑲᔪᖅᓱᓂᖃᓪᓚᓇᒍᓐᓇᖅᑐᖅ. ᓱᑲᖅᑐᓗᐊᑦᑕᐃᓕᒪᖃᑦᑕᕐᓂᖅ ᖁᕕᖅᑎᑖᖕᒋᑲᓐᓂᕈᑕᐅᒍᓐᓇᕐᒥᔪᖅ. ᐃᖃᓗᒥᓂᖅᑐᖃᑦᑕᕐᓂᖅ omega-3-ᖃᑦᓯᐊᖅᑐᓂᒃ ᖁᕕᖅᑎᑖᕐᓇᓵᕈᑕᐅᒍᓐᓇᕐᒥᔪᖅ.

ᖃᓄᖅ ᖃᐅᔨᔭᐅᒍᓐᓇᖅᑲᑦ ᖁᕕᖅᑏᑦ?

ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᓱᑦ ᐋᓐᓂᐊᒐᑎᒃ ᐊᐅᐸᕋᑎᓪᓗ. ᐃᓚᖕᒋᑦ ᓇᓗᓇᐃᒃᑯᑕᐅᒍᓐᓇᖅᑐᖅ ᖁᕕᖅᑎᑖᖅᐸᓪᓕᐊᔪᖃᓇᐊᖕᒐ ᐱᖃᓯᐅᔾᔨᔪᑦ ᑕᐅᑐᕐᓯᐊᖕᒋᑦᑐᐸᓗᓕᕐᓂᕐᒥᒃ, ᑕᖅᓴᓂᓪᓗ ᑕᑯᕙᓕᖅᓱᑎᒃ ᐃᔾᔨᒃ, ᐅᕙᓪᓗ ᖃᕈᕕᐊᓕᐊᓘᔭᕐᓗᑎᒃ ᐃᔾᔨᒃᑭᒃ. ᖃᓂᑦᑐᒧᑦ ᑕᐅᑐᕐᓯᐊᓕᐅᒥᔭᕈᓐᓇᖅᑑᒐᓗᐊᖅ ᑭᓯᐊᓂ ᐃᐸᐱᓐᓂᐊᓱᐊᐸᓘᓕᕐᓗᑎᒃ ᖃᐅᒪᔪᓄᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᐅᓐᓄᒃᑯᑦ.

ᖃᓄᖅ ᖁᕕᖅᓴᐃᑦ ᖃᐅᔨᔭᐅᓱᖕᒍᒻᒪᑦ?

ᐃᓗᓕᖅᑐᔪᒥᒃ ᐃᔾᔨᒃ ᖃᐅᔨᓴᖅᑕᐅᑦᓱᑎᒃ ᐃᔾᔨᓕᕐᓗᑦ ᓇᓗᓇᐃᖅᓯᒍᓐᓇᖅᑐᑦ ᖁᕕᖅᓴᖃᓕᕐᒪᖕᒐᖅᐱᑦ.

ᖃᓄᕐᓕ ᖁᕕᖅᑎᓖᑦ ᑲᒪᒋᔭᐅᓱᖕᒍᕙᑦ?

ᖁᕕᖅᑎᑖᐸᓪᓕᐊᓕᕋᑖᖅᑐᑦ, ᑕᐅᑐᓐᓂᖕᒐ ᐊᑦᑐᖅᑕᐅᓯᒪᒐᓛᑐᐃᓐᓇᕐᓗᓂ, ᐃᔾᔨᓕᕆᔨᒧᑦ ᐃᔭᐅᑎᑖᖅᑎᑕᐅᒍᓐᓇᖅᑐᑎᑦ ᑕᐸᐱᒍᓐᓇᕐᓂᓕᒫᒃᑯᑦ ᑕᐸᐱᑦᑎᑕᐅᒋᐊᕐᓗᑎᑦ. ᖁᕕᖅᑎᑎᑦ ᐅᓚᕕᐸᐸᓪᓕᐊᓕᖅᐸᑕ ᖃᐅᑕᒫᑦ ᐊᐅᓚᓂᕆᕙᑦᑕᓐᓂᒃ ᐃᔭᐅᑏᓐᓄᓪᓗ ᓱᕐᓴᒍᓐᓇᐃᓪᓕᓗᓂ, ᐃᔾᔨᓕᕆᔨᕕᑦ ᖃᐅᔨᔾᔨᒃᑲᐅᑎᒐᔭᖅᑕᑎᑦ ᐃᔾᔨᓕᕆᔨᒪᕆᒻᒧᑦ ᐃᔾᔨᓐᓃᕕᑦ ᐱᓚᑦᑕᐅᖅᑯᔾᔨᑐᐃᓐᓇᕆᐊᓕᒻᒧᑦ ᖁᕕᖅᓴᐃᔭᖅᑕᐅᓗᑎᑦ. ᐃᔾᔨᒃᑯᑦ ᐱᓚᑦᑕᐅᓂᖅ ᐱᔭᕆᐊᑐᔫᓐᓇᖅᑐᖅ ᐱᓚᑦᑕᒥᓃᓪᓗ 95%-ᖕᒋᑦ ᑕᐸᐱᓕᖅᐹᓪᓕᓱᖕᒍᑦᓱᑎᒃ.

ᖃᖓᒃᑯᑦ ᖁᕕᖅᓴᐃᔭᖅᑕᐅᒋᐊᖃᕋᔭᖅᑯᖓ?

ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᒍᓐᓇᖅᑐᑦ ᐊᕐᕌᒍᕋᓴᓐᓂᒃ ᐅᕙᕙᓗ ᓱᑲᑦᑐᐊᓘᒍᓐᓇᖅᑐᑦ ᖃᑦᓯᒐᓛᓂᒃ ᑕᖅᑭᓂᒃ. ᐃᓚᖕᒋᑦ ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᒍᓐᓇᖕᒋᑦᑐᑦ ᐋᖅᑕᐅᒋᐊᑐᒐᑎᒃ. ᐃᔭᐅᑏᒃᑭᑦ ᐊᓯᔾᔨᖅᑕᐅᒐᓗᐊᖅᐸᑎᒃ ᓱᕐᕋᐃᒍᓐᓇᐃᓪᓕᐸᑦ ᑕᐅᑐᑦᑕᓐᓂᒃ, ᐃᔾᔨᓕᕆᔨᑦ ᐅᖃᑦᖃᑎᖃᕋᔭᖅᑐᖅ ᖁᕕᖅᑎᓕᕆᔨᒥᒃ.

ᓱᓲᖕᒍᕙᓪᓕ ᖁᕕᖅᓴᐃᔭᖅᑕᐅᓚᐅᖅᓱᑎᒃ ᐱᓚᑦᑕᐅᑦᓱᑎᒃ?

ᐳᖅᓯᕕᐅᓲᑦ ᑕᐅᑐᕐᓯᐊᓕᕈᑎᓂᒃ, ᐱᓚᑦᑕᐅᓕᕋᒥᒃ, ᓲᕐᓗ "ᐃᒐᓛᖅᑖᖅᑲᐅᖅ" ᐊᒻᒪᓗ ᐃᓚᖕᒐᓂ ᐅᖕᒐᓯᑦᑐᒧᑦ ᑕᑯᕐᓯᐊᕈᓐᓇᓕᕐᓗᑎᑦ ᐃᔭᐅᑎᓯᒪᖕᒋᒃᑲᓗᐊᕐᓗᑎᑦ. ᓱᓕ ᖃᓂᑦᑐᒧᑦ ᑕᑯᓐᓇᖅᑕᐃᑦ ᑕᐸᐱᒐᔭᖕᒋᑦᑐᖅ. ᐱᓇᓱᐊᕈᓲᑦ ᓯᑕᒪᑦ ᐊᓂᒍᖅᐸᑕ ᐃᔭᐅᑎᑖᖅᑎᑕᐅᒐᔭᖅᑐᑎᑦ ᓄᑖᓂᒃ ᖃᓂᑦᑐᒧᑦ ᑕᑯᕐᓯᐊᕈᓐᓇᕐᑯᓪᓗᑎᑦ.