ᓱᑦᑕᑦᓯᒪᔪᖅ ᐃᓗ

ᑐᑭᓯᒋᐊᖃᒋᓗᒋᑦ ᑲᑐᔾᔨᖃᑎᒌᖕᒋᑦ
ᐃᓗᓕᕆᔨᑦ ᐃᓗᓕᕆᔨᐅᑉ ᓄᓇᓕᑦᓯ
ᖃᓂᒐᔭᖓᓐᓃᑦᑑᑉ ᒥᑦᓴᓄᑦ.

ᐅᖃᓚᓗᑎᑦ 1 888 263 4676
ᑕᑯᒋᐊᖅᓗᑎᑦᑑᓐᓃᑦ www.opto.ca

ᑕᐅᑐᓐᓂᖅᒧᖕᒍᔪᖅ ᐃᓗᓄᑦᓗ ᖃᓄᐃᓐᖕᒋᑦᓯᐊᖅᓂᖅᒧᑦ
ᑐᓴᕋᑦᓴᖅ ᐃᓗᓕᕆᔨᒃᑯᓐᓂᒃ ᑲᓇᑕᒥ ᑲᑐᔾᔨᖃᑎᖃᖅᓱᑎᒃ:

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The Canadian Association of Optometrists

L'Association canadienne des optométristes

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ᐃᓗᓕᖅᑐᔪᒥᒃ ᐃᓅᒃ

ᖃᐅᔨᓴᖅᑕᐅᑎᑦᓗᒋᒃ
ᑭᓯᐊᓂ ᖃᐅᔨᔭᐅᒐᔪᑦᑐᖅ
- ᐃᓗᓕᕆᔨᑦ
ᖃᐅᔨᓴᕈᓐᓇᖅᑐᑦ
ᐊᒡᓐᓂᓇᓐᖕᒋᑦᑐᒥᒃ
ᐊᑐᖅᓗᓂ ᐃᓅᒃᑯᑦ
ᖃᐅᔨᓴᕈᑕᐅᔪᑦ ᐊᐅᖓᒍᑦ
ᓱᒃᖃᓗᐊᖅᓂᖓᓂᑦ.

ᐃᓗ ᓯᑦᑕᑦᓯᒪᔪᖅ

ᓱᓇᐅᒻᒪᑦ ᓯᑦᑕᑦᓯᒪᔪᖅ ᐃᓗ?

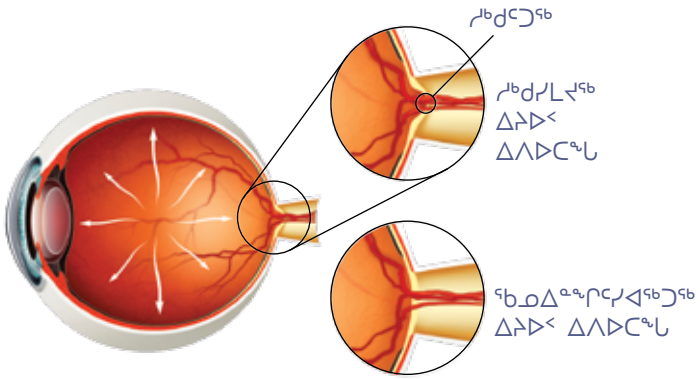
ᓯᑦᑕᑦᓯᒪᔪᖅ ᐃᓗ ᐋᓐᓂᐊᖑᔪᖅ ᐃᓗᒧᑦ ᐃᓱᒪᒋᔭᐅᔪᑦ ᐃᓗᐊᓂᒃ ᓇᕿᒻᒥᓗᐊᕐᓂᖓᓄᑦ ᐃᓗ ᑎᑭᐅᑎᕋᑕᖅᓱᓂ ᐃᓗᐅᑉ ᐃᐱᐅᑕᖓ ᓱᕋᓐᓂᖓᓄᑦ. ᓇᕿᒻᒥᔭᐅᓗᐊᕐᓂᖅ ᐱᕙᓪᓕᐊᖏᓐᓇᓲᖑᒻᒪᑦ ᐊᑲᐃᓪᓕᐅᕈᑎᖃᕐᓂᖓᓄᑦ ᐃᖏᕋᕋᓂᖓ, ᑰᓐᓂᖓ ᐃᒪᐃᔭᕐᓂᖓᓗᓐᓃᑦ ᐃᓗᑉᐱᑦ. ᐃᓗ ᓯᑦᑕᖅᓯᒪᔪᖅ ᓯᕗᓕᖅᑐᖅ ᑕᐅᑐᓐᖏᓕᕈᑕᐅᓂᕐᒧᑦ ᑲᓇᑕᒥ.

ᓱᓇᒧᑦ ᐃᓗ ᓯᑦᑕᓲᖑᒻᒪᑦ?

ᓱᓇᒥᒃ ᐱᔾᔪᑎᖃᓪᓚᓇᒻᒪᖔᖅ ᖃᐅᔨᒪᔭᐅᓐᖏᑦᑐᖅ. ᐃᒻᒪᖃ ᐃᒪᖃᓗᐊᖅᑐᖅ ᐊᒻᒪᓗ/ᐅᕝᕙᓗ ᐊᖅᑯᑎᖏᑦ ᐃᒪᖏᑦᑕ ᐃᓗᐊᓂ ᐃᓅᕕᑦ ᐃᒪᐃᔭᕐᕕᖏᑦ ᓯᒥᑦᓯᒪᔪᑦ. ᑕᐃᒪᐃᑦᑎᓪᓗᒍ ᐃᒻᒪᑉᓪᓕᐊᓯ...ᓲᖅ ᐃᓅᐅᑉ ᐃᓗᐊᓂ ᓇᕿᒻᒥᔭᐅᓕᖅᐸᓪᓕᐊᑦᓯᓂ ᐃᓅᐅᑉ ᐃᐱᐅᑕᖓᑦ. ᐃᓅᐅᑉ ᐃᓗᓕᖏᑦ ᑕᖃᖏᓪᓗ ᓱᕋᑦᑕᐅᒍᓐᓇᖅᑐᖅ ᑕᒪᑦᓱᒧᖓ ᓇᕿᒻᒥᔪᒧᑦ. ᓱᑕᐃᖅᑐᖃᖅᐸᑦ, ᐃᒻᒪᑦᓯᒪᔪᖃᖅᐸᑦ ᐅᕝᕙᓗ ᐱᕈᖅᕕᐅᓯᒪᐸᑦᑕ ᐃᓅᐅᑉ ᐊᕙᑖ ᓇᕿᒻᒥᑲᓐᓂᕈᑕᐅᒍᓐᓇᕐᒥᔪᖅ.

ᑭᓇᒃᑯᑦ ᐃᓅᓐᓄᑦ ᓯᑦᑕᒍᔭᐅᓲᖑᕙᑦ?

ᐃᓅᒃ ᓯᑦᑕᒐᔪᓲᒃ ᐃᓄᓐᓂ ᐊᕐᕌᒍᓕᓐᓂ ᐅᖓᑖᓂ 40 ᑭᖑᕝᕕᓐᓄᑦᓗ ᐱᓯᒪᔭᐅᒐᔪᓲᖑᑦᓯᓂ ᐋᓐᓂᐊ ᐃᓚᖏᓐᓂ ᐃᓚᒋᓂ. ᒪᑐᐃᖓᖅᑐᒥᒃ ᐃᓅᒃ ᓯᑦᑕᑉᐸᑎᒃ ᓱᕋᒍᑕᐅᓴᕋᐃᓐᓂᖅᓴᐅᒍᓐᓇᖅᑐᑦ ᓱᑲᓐᓂᖅᓴᒥᓗ ᑕᐅᑐᖏᕈᑕᐅᓲᑦᖏᓯᓂ. ᐅᓗᓇᐊᓇᕐᓂᖅᓴᐅᒻᒥᔪᖅ ᐃᓅᓐᓄᑦ ᓯᑦᑕᒍᔭᐅᓂᐅᓴᓂᖅ ᑎᒥᒃᑯᑦ ᓱᑲᖅᑲᓗᐊᕈᕕᑦ, ᐊᐅᑦ ᖁᕝᕙᓯᑉᐸᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓗ ᐃᓅᒃᑯᑦ ᓱᑕᐃᖅᓯᒪᒍᕕᑦ. ᐃᓅᓕᓇᔭᐅᓕᐅᒥᔾᔭᖅᐸᓐᓂᖅ ᐱᒻᒪᓇᐸᓗᕗᖅ ᖃᑦᓯᑐᐃᓐᓇᕐᓂᒃ ᐊᕐᕌᒍᓕᓐᓄᑦ ᖃᐅᔨᓴᖅᑕᐅᓗᑎᑦ ᐃᓅᒃᑭᒃ ᓯᑦᑕᓕᖅᑭᒃᑲᓗᐊᕐᒪᖔᑎᒃ.



ᓱᒻᒪᑦ ᐃᓅ ᓯᑦᑕᖅᓯᒪᔪᖅ ᓱᕋᐃᒍᓐᓇᖅᑲ ᑕᐅᑐᓐᓂᕐᒥᒃ?

ᐃᓅᐅᑉ ᐃᐱᐅᑕᖓ, ᑐᓄᐊᓃᑦᑐᖅ ᐃᓅᐅᑉ, ᐊᔾᔨᖅᓯᓲᖅ ᑕᑯᔭᑦᑎᓐᓂᒃ ᖃᓇᑕᕐᒧᑦ. ᐃᓗᓕᖏᑦ ᐃᐱᐅᑕᖏᓐᓄᖓᔪᑦ ᓱᒃᑯᑉᐸᑕ, ᐊᖏᓂᖓ ᐊᒻᒪᓗ ᐱᐅᓂᖓᓗ ᑐᓴᕋᕐᓴᐃᑦ ᖃᓇᑕᕐᒨᖅᑕᐅᔪᑦ ᒥᑭᑦᓕᕙᑦᓕᐊᓲᖅ ᑕᐅᑐᒍᓐᓃᐸᑦᓕᐊᓕᖅᓯᓂᓗ.

ᑕᐅᑐᒍᓐᓃᕋᔭᖅᑯᖓ ᐃᓅᒃᑲ ᓯᑦᑕᑉᐸᑎᒃ?

ᖃᐅᔨᔭᐅᕐᓴᑎᒋᑐᐊᕈᕕᑦ, ᓯᑦᑕᑉᐸᑦᓕᐊᓂᖓ ᐊᐅᓚᑕᐅᒍᓐᓇᖅᑐᖅ ᑕᑉᐲᑦᓕᓗᐊᕋᓗᓐᖏᑦᓗᑎᑦ ᐅᕝᕙᓗᓐᓃᑦ ᑕᑉᐲᓐᖏᓯᐊᒻᒪᓇᑦᓗᑎᑦ. ᑲᒪᒋᔭᐅᓐᖏᑐᐊᖅᐸᑦ, ᓴᓂᕋᓂᒃ ᑕᑯᔪᓐᓇᕐᓂᖅ ᓱᕋᑦᑕᐅᓂᐊᖅᑐᖅ ᐊᒻᒪᓗ ᕿᑎᖓᓂᒃ ᑕᑯᓐᓇᕐᓂᖅ ᑕᐅᑐᒍᓐᓃᑲᓴᕐᓯᐊᒻᒪᓇᒍᓐᓇᖅᓱᑎᑦᓗ.

ᖃᓄᕐᓕ ᖃᐅᔨᒐᔭᕋᒪ ᐃᓅᒃᑲ ᓯᑦᑕᑉᐸᑎᒃ?

ᒪᕿᑦᓗᐊᑖᒃ ᐃᓅᓐᓄᑦ ᓯᑦᑕᓐᓂᐅᔫᒃ: ᓯᕗᑦᓕᖅᐹᒥ ᐃᓅᓐᓄᑦ ᓯᑦᑕᒋᐊᓐᖓᕐᓂᖅ ᐊᒻᒪᓗ ᓯᑦᑕᓐᓂᓕᑦᓚᓇᐊᓗᒃ ᐃᓅᒃ. ᓯᕗᑦᓕᖅᐹᒥ ᐃᓅᒃ ᓯᑦᑕᐸᑦᓕᐊᑦᓱᑎᒃ ᐋᓐᓂᓇᕋᔪᐃᑦᑐᖅ ᐱᕙᑦᓕᐊᕖᕐᔪᑦᓱᑎᓂᓗ. ᖃᐅᔨᒪᔾᔪᑎᑦᓴᖅᑕᖃᓐᖏᑦᑐᖅ. ᑕᐅᑐᒍᓐᓃᕈᓐᓇᖅᑐᑎᑦ ᐃᐸᐱᓇᖏᑦᑐᒥᒃ. ᓯᑦᑕᓐᓂᑦᓚᓇᐊᓗᒃ ᐃᓅᒃ ᓇᓗᓇᖏᔾᔪᑎᖃᕈᓐᓇᖅᑐᑦ ᓲᕐᓗ ᒥᓇᐊᓐᖑᓂᖅ, ᐃᓅᒃ ᐋᓐᓂᐊᓗᑎᒃ, ᑕᐸᐲᓕᖅᓯᒪᓂᖅ ᐊᒻᒪᓗ ᐊᕙᑎᓕᓐᓂᒃ ᑕᐅᑐᓐᓂᖅ ᖃᐅᒪᔪᓂ.

ᖃᓄᕐᓕ ᐃᓅᒃ ᓯᑦᑕᑦᓯᒪᔪᒃ ᖃᐅᔨᔭᐅᓲᖑᕙᒃ?

ᐃᓗᓕᖅᑐᔪᒥᒃ ᐃᓅᒃ ᖃᐅᔨᔭᖅᑕᐅᑎᑦᓗᒋᒃ ᑭᓯᐊᓂ ᖃᐅᔨᒍᑕᐅᒐᔪᓲᖅ ᓯᑦᑕᖅᒪᔪᓐᓂᒃ. ᐃᓅᓕᓇᓅᑦ ᐱᖃᓯᐅᔾᔨᒍᓐᓇᖅᑐᖅ ᖃᐅᔨᔭᖅᑕᐅᑎᑦᓗᑎᑦ ᐋᓐᓂᐊᓇᕐᓂᑦᑐᒥᒃ ᑕᐃᔭᐅᔪᒥᒃ tonometry, ᐆᑦᑐᕋᕐᓂᕋᖅᓯᑎᒃ ᐃᓗᐊᓂ ᐃᓅᐅᑉ ᐊᔭᒃᑭᑖᖅᑕᐅᓂᖓᓂᒃ. ᐃᓅᓕᓇᓅ ᑕᑯᒍᐊᕋᔭᖅᑐᖅ ᐃᓅᐸᐱᑦ ᐃᓗᐊᓄᑦ ᖃᐅᔨᒋᐊᕐᓗᓂ ᐃᐱᐅᑕᖏᓐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᑎᒋ ᑕᑯᓐᓇᕈᓐᓇᕐᒪᖔᖅᐱᑦ.

ᖃᓄᕐᓕ ᓯᑦᑕᑦᓯᒪᔪᑦ ᑲᒪᒋᔭᐅᓲᖑᕙᑦ?

ᐃᓅᑎᕈᑎᑖᓲᑦ ᐊᒻᒪᓗ ᐱᓚᑦᑕᐅᓂᖅ ᑲᔪᓯᓂᖅᑲᑦᓯᐊᕋᔪᓲᖅ ᑕᐅᑐᖏᓐᓇᕈᑕᐅᑦᓯᑎᒃ. ᑕᐅᑐᒍᓐᓃᖅᑐᖅᑲᑐᐊᕐᒪᑦ ᐃᓅᒃ ᓯᑦᑕᑦᓯᒪᓂᖏᓐᓄᑦ, ᐅᑎᖅᑎᑕᐅᒍᓐᓇᖏᑦᑐᖅ ᑕᐃᒪᐃᓐᓂᖓᓄᑦ ᐃᓅᓕᓇᔭᐅᓕᐅᒥᔾᔭᖅᑲᑦᑕᕐᓂᖅ ᐱᒻᒪᓇᐊᓗᕗᖅ