ᐱᕙᓪᓕᐊᔪᑦ ᓴᖅᑭᑎᑕᐅᔪᑦ

ᓴᖅᑭᑎᑕᐅᓯᑲᐅᑎᒋᔭᕆᐊᓖᑦ

ᔫᓂ 16, 2010

ᑲᓇᖕᓇᒥᐅᑦ ᓯᕗᓕᖅᑎᖏᑕ ᑲᑎᒪᕐᔪᐊᕐᓂᖓᑦ

ᓯᕗᓕᖅᑏᑦ ᐅᔾᔨᕐᓇᖅᓯᑎᑦᑎᕗᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓗᓂ ᐃᓅᔪᓐᓇᕐᓂᕐᒥᒃ

ᕚᓐᑰᕗ – ᑲᓇᖕᓇᒥᐅᑦ ᓯᕗᓕᖅᑏᑦ ᐅᓪᓗᒥ ᐊᖏᖃᑎᒌᓚᐅᖅᑐᑦ ᐃᑲᔪᖅᑐᐃᔪᒪᓪᓗᑎᒃ ᐱᓕᕆᐊᖑᕙᓪᓕᐊᒃᑲᓐᓂᕐᓂᐊᓕᕐᒥᔪᒧᑦ ᐆᒧᖓ, ᐱᑖᕆᓗᒍ ᓵᓚᖃᖅᑐᓄᑦ ᐃᑯᕐᕋᕆᔭᐅᕙᒃᑐᖅ, ᐱᓕᕆᐊᖑᕙᒃᑐᖅ ᑖᓐᓇ ᐱᕕᒃᓴᐅᑎᓪᓗᒍ ᐱᒋᐊᕐᕕᒋᓗᒍ ᑲᔪᓯᓂᖃᑦᑎᐊᖅᑐᒻᒪᕆᖕᓄᑦ ᑲᓇᑕᒥᐅᑦ ᐱᙳᐊᖅᑐᖁᑎᖏᑦ ᕚᓐᑰᕗᒥ 2010-ᖑᑎᓪᓗᒍ ᐅᓕᑉᐱᒃᔅᒧᑦ ᑎᒥᒥᒍᓪᓗ ᐃᓕᖅᑯᓯᖅᓱᙱᑦᑐᓄᑦ ᐅᑭᐅᒃᑯᑦ ᐅᓕᒻᐱᒃᔅᒧᑦ ᐱᙳᐊᖃᑎᒌᒃᑎᓪᓗᒋᑦ.

ᐊᕕᒃᑐᖅᓯᒪᓂᐅᔪᓂ ᐅᑭᐅᖅᑕᖅᑐᒥᓗ ᐊᕕᒃᓯᒪᓂᐅᔪᓂ ᓯᕗᓕᖅᑏᑦ ᑲᓇᖕᓇᒥᐅᑦ ᓯᕗᓕᖅᑎᖏᑕ ᑲᑎᒪᕐᔪᐊᕐᓂᖓᓃᖃᑕᐅᔪᑦ ᓇᓗᓇᕈᓐᓃᖅᑎᑦᑎᐊᓚᐅᖅᑐᑦ ᑲᔪᓯᓂᖃᑦᑎᐊᕐᓂᕆᔭᖓᓂᒃ ᐆᒪ, ᐱᑖᕆᓗᒍ ᓵᓚᖃᖅᑐᓄᑦ ᐃᑯᕐᕋᕆᔭᐅᕙᒃᑐᖅ, ᐱᓕᕆᐊᖑᕙᒃᑐᒥᒃ ᐊᑲᔪᖃᑦᑕᕐᓂᖓᓄᑦ ᑲᓇᑕᒥᐅᑦ ᐱᙳᐊᖅᑐᖁᑎᖏᓐᓂᒃ ᑖᓐᓇᓗᑦᑕᐅᖅ ᑲᔪᓯᑎᑦᑎᑦᑎᐊᕈᑕᐅᓪᓗᓂ ᑲᓇᑕᒥᐅᓄᑦ ᖃᓄᑐᐃᓐᓴᖅ ᐊᕐᕌᒍᓕᖕᓄᑦ ᐆᒻᒪᕆᒃᓴᖃᑦᑕᖁᓪᓗᒋᑦ.

ᑲᓇᖕᓇᒥᐅᓄᑦ ᓯᕗᓕᖅᑏᑦ ᓇᓗᓇᐃᖅᓯᓚᐅᖅᐳᑦ ᐆᒻᒪᕆᑦᑎᐊᕐᓗᓂ ᐃᓅᓯᖃᕐᓂᖅ ᖃᓄᐃᙱᑦᑎᐊᕈᑕᐅᔪᓐᓇᖅᑐᓪᓗ ᐃᓅᓯᕆᔭᐅᕙᒃᑐᑦ ᑕᒪᒃᑯᐊᖑᓂᖏᓐᓂᒃ ᑲᔪᓯᓂᖃᑦᑎᐊᕐᓗᑎᒃ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᒥᑭᒡᓕᒋᐊᖅᑎᑦᑎᓯᒪᔾᔪᑕᐅᓗᑎᒃ

ᐊᒃᓱᕈᓐᓇᕈᔪᓕᖅᐸᒃᑐᓄᑦ ᐱᓕᕆᐊᒃᓴᕆᔭᐅᓪᓗᑎᒃ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑕᐅᕙᒃᑐᓂ. ᓲᕐᓗ ᐃᒪᓐᓇ, ᓯᕗᓕᖅᑏᑦ ᐊᐱᕆᓚᐅᖅᑐᑦ ᒐᕙᒪᑐᖃᒃᑯᓐᓂᒃ ᐱᓕᕆᖃᑎᖃᖁᓪᓗᒋᑦ ᐊᕕᒃᑐᖅᓯᒪᓂᐅᔪᓂᒃ ᐅᑭᐅᖅᑕᖅᑐᒥᓗ ᐊᕕᒃᓯᒪᓂᐅᔪᓂᒃ ᒥᑭᒡᓕᒋᐊᖅᑎᑦᑎᖁᓪᓗᒋᑦ ᑕᕆᐅᖅᑐᕐᓂᕆᕙᒃᑕᒥᓂᒃ 1,600 mg-ᖑᓕᖅᑎᓪᓗᒍ ᐅᓪᓗᒧ ᐊᑕᐅᓯᕐᒧᑦ ᐊᑐᖅᑕᐅᕙᒃᑐᖅ 2016 ᑎᑭᓯᒪᓕᖅᐸᑦ ᐱᐅᓯᒋᐊᖅᑎᑦᑎᔪᒪᓂᕐᒧᑦ ᑲᓇᑕᒥᐅᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕆᕙᒃᑕᖏᓐᓂᒃ.

ᑲᓇᑕᒥᐅᑦ ᐊᑐᖅᐸᒃᑐᑦ ᓂᕆᖃᑕᐅᕙᓪᓕᐊᓪᓗᒍ ᒪᕐᕉᖅᐃᓱᓪᓗᐊᖅᑑᑉ ᐅᖓᑖᓂ ᐱᔭᐅᖃᑦᑕᖁᔭᐅᓯᒪᔫᑉ ᑕᕆᐅᕐᒥᒃ ᐃᓐᓇᕐᓄᑦ. ᖄᖏᐅᑎᓯᒪᓗᐊᖅᑐᒥᒃ ᑕᕆᐅᖅᑐᖅᐸᒃᖢᓂ ᐊᒃᑐᐊᓂᖃᖅᑎᑕᐅᕗᑦ 30-ᐳᓴᖏᓐᓄᑦ ᐊᐅᖏᑕ ᖁᕝᕙᓯᒃᑐᒦᓗᐊᓕᕐᓂᕆᕙᒃᑕᖏᑕ ᑲᓇᑕᒥᐅᑦ. ᒥᑭᒡᓕᒋᐊᖅᑎᑦᑎᓂᖅ ᑕᕆᐅᖅᑐᕐᓂᕆᔭᐅᕙᒃᑐᒥᒃ ᓄᖅᑲᖅᑎᑦᑎᓯᒪᔪᓐᓇᕋᔭᖅᑐᖅ 23,500-ᓂᒃ ᑎᑭᓯᒪᒻᒪᕆᒃᑐᒥᒃ

ᐆᒻᒪᑎᕐᓗᐊᕿᓂᕆᔭᐅᕙᒃᑐᓂᒃ ᐊᕐᕌᒍᑕᒫᑦ, ᓴᖅᑭᑎᑦᑎᓕᑐᐃᓐᓇᕆᐊᖃᖅᖢᓂᓗ ᐱᓕᐊᖏᓐᓃᑦᑐᓂᒃ ᑮᓇᐅᔭᓂᒃ ᐊᑐᖅᑕᐅᙱᓕᖅᑐᓂᒃ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕿᓂᕐᒧᑦ ᑐᕌᖅᑎᑕᐅᓯᑲᐅᑎᒋᓗᑎᒃ ᑕᐃᑯᙵᖅᑕᐅᔭᕆᐊᖃᓛᖅᖢᑎᒡᓘᓐᓃᑦ ᐋᓐᓂᐅᖃᕐᓴᙱᑦᑐᓕᕆᓂᕐᒧᑦ
ᐊᑐᖅᑕᐅᙱᓪᓗᑎᒃ.

ᐃᓗᐊᖅᓴᐃᔾᔪᑕᐅᕙᒃᑐᓄᑦ

ᑲᓇᖕᓇᒥ ᓯᕗᓕᖅᑏᑦ ᐊᔭᐅᖅᓰᓐᓇᕐᓂᐊᖅᐳᑦ ᓂᐅᕕᕐᓂᕐᒧᑦ ᐊᑐᖅᑕᐅᖃᑦᑕᕋᔭᖅᑐᒧᑦ ᐱᕙᒌᔭᕐᓂᕐᒧᑦ ᐊᑐᖅᑕᐅᒐᔪᒃᑐᓄᑦ ᐃᓗᐊᖅᓴᐃᔾᔪᑕᐅᕙᒃᑐᓄᑦ. ᖃᖓᑦᑎᐊᓵᒃᑯᑦ ᐊᑎᓕᐅᖅᑕᐅᓵᓚᐅᖅᑐᖅ ᑎᑎᕋᖅᓯᒪᔪᑦ ᑐᑭᓯᐅᒪᖃᑦᑕᐅᑎᓂᕐᒧᑦ ᐃᓗᐊᖅᓴᐃᔾᔪᑕᐅᕙᒃᑐᑦ ᐊᑭᒋᖃᑦᑕᕐᓂᐊᖅᑕᖏᓐᓄᑦ ᓂᐅᕕᖅᐸᓪᓕᐊᓂᕐᒧᓪᓗ ᖃᓄᐃᓕᐅᕈᑕᐅᕙᓪᓕᐊᓂᐊᖅᑐᑦ ᐱᕕᖃᖅᑎᑦᑎᓂᐊᖅᑐᖅ ᒥᓕᐊᖏᓐᓃᑦᑐᓂᒃ ᑮᓇᐅᔭᓂᒃ ᐊᑐᙱᓐᓂᖅᓴᐅᓂᕐᒧᑦ ᑖᒃᑯᐊᓗ ᑐᕌᖅᑎᑕᐅᓕᕐᓗᑎᒃ ᐅᓂᒃᓯᒪᑎᑕᐅᕙᒃᑐᑦ ᑲᒪᒋᔭᐅᓂᖏᓐᓄᑦ.

ᑲᓇᖕᓇᒥ ᓯᕗᓕᖅᑏᑦ ᐱᓇᔪᖕᓂᖃᕐᓂᐊᕐᒥᔪᑦᑕᐅᖅ ᐊᑐᕋᓱᒡᓗᑎᒃ ᐊᑐᙱᓐᓂᖅᓴᐅᓂᕐᒥᒃ ᑮᓇᐅᔭᓂᒃ ᐱᓕᕆᖃᑎᒌᖕᓂᒃᑯᑦ ᐊᒥᓲᓈᒻᒪᕆᒡᓗᒋᑦ ᓂᐅᕕᖅᐊᒡᓗᑎᒃ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ ᐊᑐᖅᑕᐅᔭᕆᐊᖃᖅᑐᓂᒃ. ᐃᓱᒪᒋᔭᐅᕗᖅ ᐊᒥᓲᓈᒻᒪᕆᒡᓗᓂ ᓂᐅᕕᕐᓂᕐᒥᒃ ᐊᑐᙱᓐᓂᖅᓴᐅᕝᕕᐅᓇᔭᕋᓱᒋᔭᐅᓗᓂ ᒥᓕᐊᖏᓐᓃᑦᑐᓂᒃ ᑮᓇᐅᔭᓂᒃ ᐊᕐᕌᒍᑕᒫᑦ. $10-ᒥᓕᐊᓂᒃ ᐊᑐᙱᓐᓂᖅᓴᐅᔪᖃᕌᖓᑦ ᐊᑯᒃᑐᖅᓯᒪᓂᐅᔪᑦ ᐅᑭᐊᖅᑕᖅᑐᒥᓗ ᐊᕕᒃᓯᒪᓂᐅᔪᑦ ᐅᑯᓂᖓ ᑮᓇᐅᔭᖃᖅᑎᑦᑎᔪᓐᓇᓕᕋᔭᖅᐳᑦ:
- 730-ᓂᒃ ᒪᑭᓯᕆᔭᐅᔪᓂᒃ ᐊᓯᔾᔨᖅᓯᓂᕐᒧᑦ ᐱᓚᒃᑕᐅᓗᑎᒃ, ᐃᒪᓐᓇᓘᓐᓃᑦ;
- 400 ᐆᒻᒪᑎᒥᒍᑦ ᐱᓚᒃᑐᖅᑕᐅᓗᑎᒃ ᒪᑐᐃᖅᑎᖅᑕᐅᓗᓂ, ᐃᒪᓐᓇᓘᓐᓃᑦ;
- 100 ᓇᓗᓇᐃᔭᖅᓯᒪᔪᓂᒃ ᐃᓗᐊᖅᓴᐃᔩᑦ ᑮᓇᐅᔾᔭᒃᓴᖅᑎᑕᐅᓗᑎᒃ ᐱᕚᓪᓕᕈᑎᑖᖅᑎᑕᐅᓗᑎᒡᓗ, ᐃᒪᓐᓇᓘᓐᓃᑦ;
- 10 MRI-ᓂ ᖃᐅᔨᓴᐅᑎᓂᒃ ᐃᓗᐊᖅᓴᕆᐊᖃᖅᑐᓄᑦ.

- 30-

ᐅᓇ
ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ:

ᐳᕆᑦᔨᑦ ᐋᓐᑐᓴᓐ
ᐱᕙᓪᓕᐊᔪᓕᕆᓂᕐᒧᑦ ᑎᑎᕋᖅᑎ
ᓯᕗᓕᖅᑎᐅᑉ ᒍᐊᑕᓐ ᑳᒻᐳᓪ ᑎᑎᕋᕐᕕᖓᓂ
ᐳᕆᑎᔅ ᑲᓚᒻᐱᐊᒥᐅᓂᑦ
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