ᑭᓲᖕᒪᑦ ᐊᐅᑉ ᖁᕝᕙᓯᓗᐊᕐᓂᖓ?

Hypertension — ᖑᓂᕋᖅᑕᐅᔪᖅ

ᖃᓪᓗᓈᑎᑐᑦ ᑕᐃᒎᓯᑐᐃᓐᓇᐅᕗᖅ
ᐊᐅᑉ ᖁᕝᕙᓯᓗᐊᕐᓂᖓᓄᑦ. ᐊᐅᑉ
ᖁᕝᕙᓯᖕᓂᖓ ᖃᐅᔨᓴᖅᑕᐅᖃᑦᑕᖅᑐᖅ
ᐊᐅᒃ ᑕᖃᕐᒦᑦᑐᖅ ᐆᒃᑐᕋᖅᑕᐅᓪᓗᓂ
ᐃᖏᕐᕋᓂᕆᔭᖓ ᑎᒥᖕᓂ.
ᑕᐃᒪᓕ ᑭᓇᑐᐃᓐᓇᐅᑉ ᐊᐅᖓ
ᖁᕝᕙᓯᓗᐊᖅᓯᒪᖕᐸᑦ ᐊᑯᓂᐊᓗᒃ,
ᑕᖃᖏᑦ ᓱᕋᑦᑎᑐᐃᓐᓇᕆᐊᖃᖅᑐᑦ.

ᐃᓄᐃᑦ ᐊᐅᒃᑯᑦ

ᖁᕝᕙᓯᓗᐊᕐᓂᖏᑦ
ᑕᐃᑦᓱᒪᓂᓕ ᐃᓄᐃᑦ ᓯᕗᕚᕗᑦ
ᐃᓅᕙᓚᐅᖅᑐᑦ ᐊᐅᖏᑦ
ᖁᕝᕙᓯᓗᐊᓐᖏᓐᓂᖅᓴᐅᓪᓗᑎ,
ᐅᓪᓗᒥᐅᓕᖅᑐᖅ ᑕᑯᕙᓪᓕᐊᓕᖅᑐᒍᑦ
ᐃᓄᖕᓂᒃ ᐅᓄᖅᓯᕙᓪᓕᐊᔪᓂᑦ ᐊᐅᖏᑦ
ᖁᕝᕙᓯᓗᐊᓕᖅᑐᑦ. ᖃᐅᔨᓴᖅᑕᐅᕋᑖᖅᑐᑦ ᐃᓄᖕᓂᒃ ᓄᓇᕕᖕᒥ ᓇᓗᓇᐃᖅᓯᔪᑦ
ᐃᓄᐃᑦ ᓂᕆᓐᖏᓐᓂᖅᓴᐅᓕᕐᓂᖏᓐᓄᑦ
ᐃᓄᐃᑦ ᓂᕿᖏᓐᓂᒃ, ᓂᐅᕕᕐᕕᒻᒥᐅᑕᓂᑦ ᓂᕿᓂᒃ ᓂᕆᓂᖅᓴᐅᓕᕐᓂᖏᓐᓄᑦ
ᐊᒻᒪ ᓂᕿᖏᑦ ᑕᕆᐅᖃᓗᐊᕐᓂᖏᓐᓄᑦ.
ᖃᐅᔨᓴᖅᑎᐅᔪᑦ ᐅᒃᐱᕈᓱᒃᑐᑦ
ᑕᒪᓐᓇ ᐃᓄᐃᑦ ᐊᐅᖏᓐᓂᒃ
ᖁᕝᕙᖅᐸᓪᓕᐊᑎᑦᑎᖕᒪᑦ. 1

ᖃᓄᖅ ᓈᓴᐅᑎᑦ

ᐅᕙᓐᓄᑦ ᑐᑭᖃᖅᐸᑦ?
ᐆᒻᒪᑎᕕᑦ ᐃᖏᕐᕋᓂᖓ ᐊᐅᖕᒥᒃ
ᐊᓯᔾᔨᖃᑦᑕᖅᑐᖅ ᑎᒡᓕᕐᓂᖅᑕᒫᓐ.
ᓈᓴᖅᑕᐅᓯᒪᓪᓗᑎᒃ ᐊᑐᓂ ᑎᒡᓕᕐᓂᐅᔪᑦ.

ᐊᐅᑉ ᐃᖏᕐᕋᓂᖓ ᐱᐅᔪᖅ ᐃᓐᓇᕐᒧᑦ
ᐊᖑᒻᒧᑦ ᐊᒃᐸᓯᖕᓂᖅᓴᐅᒃᐸᑦ

139/89.2 ᐅᖓᑖᓂ ᓈᓴᐅᑎᖃᖅᐸᑦ
ᐃᓱᒫᓗᖕᓇᓕᕋᔭᖅᑐᖅ ᐃᓕᖕᓄᑦ ᐊᒻᒪ
ᓘᑖᕐᓄᑦ. ᖁᕝᕙᓯᒃᑎᓪᓗᒍ ᐊᐃᕕᑦ
ᐃᖏᕐᕋᓂᖓ ᐊᑲᐅᓐᖏᓕᐅᕈᑎᖃᓕᕋᔭᖅᑐᖅ ᑎᒦᑦ ᐃᒪᐃᑦᑐᓂᒃ:

• ᐊᐅᑦ ᖃᕆᓴᕐᒧᐊᖃᕐᓂᖓ ᓯᒥᒡᓗᓂ

• ᐆᒻᒪᑎᕐᓗᓐᓂᖅ

• ᐆᒻᒪᑏᑦ ᐊᒻᒪᓗ ᑕᖅᑑᒃᑭᒃ ᓄᖅᑲᕐᓗᑎᒃ

ᐃᓚᖏᑦ ᐊᐅᖕᓄᑦ ᖁᕝᕙᓯᓗᐊᕈᑕᐅᔪᑦ
ᐱᖃᓯᐅᔾᔨᕗᖅ ᓂᕆᔭᐃᑦ ᑕᕆᐅᖃᓗᐊᕐᓂᖓ, ᐊᒃᓱᕈᕐᓂᖅ, ᑎᒦᑦ ᐃᖃᐃᓕᓴᓐᖏᓗᐊᕐᓂᖅ, ᖁᐃᓂᓗᐊᕐᓂᖅ, ᐊᒻᒪ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ
ᓂᕆᖃᑦᑕᖏᓐᓂᖅ. ᑕᒪᒃᑯᐊ
ᐊᑦᑕᕐᓇᖅᑐᑦ ᐊᓯᔾᔨᕈᓐᓇᖅᑕᑎᑦ.
ᐊᓯᖏᑦ ᐊᑦᑕᕐᓇᕈᑕᐅᔪᓐᓇᖅᑐᑦ
ᐊᓯᔾᔨᕈᓐᓇᓐᖏᑕᑎᑦ ᐅᑭᐅᑎᑦ (ᐊᐅᕕᑦ
ᐃᖏᕐᕋᓂᖓ ᓱᒃᑲᓕᓕᖅᐸᓪᓕᐊᖃᑦᑕᕐᒪᑦ

ᐃᓐᓇᕈᖅᐸᓪᓕᐊᓪᓗᓂ), ᐊᒻᒪ ᓯᕗᕚᖃᕈᕕᑦ ᐊᐅᖏᑕ ᐃᖏᕐᕋᓂᖏᑦ ᖁᕝᕙᓯᑉᐸᓂᖅᑲᑕ.

ᐊᐅᓚᑦᑎᓂᖅ ᐃᕝᕕᑦ

ᐊᐅᖓᑕ ᐃᖏᕐᕋᓂᖓᓂᒃ ᐅᓄᖅᑐᓂᒃ ᐊᑐᕈᓐᓇᖅᐳᑎᑦ
ᐃᑲᔪᖅᓯᖁᓪᓗᑎᑦ ᐊᐅᕕᑦ ᐃᖏᕐᕋᓂᖓ
ᐊᐅᓚᑦᑎᐊᖁᓪᓗᒍ:

• ᖃᓄᐃᓕᐅᖃᑦᑕᕐᓗᑎᒃ ᐅᓪᓗᑕᒫᓐ ᐃᑲᕐᕋᐅᑉ
ᓇᑉᐸᖓᓂᑦ ᐊᑯᓂᐅᓂᖃᖅᑐᒥᒃ − ᓲᕐᓗ
ᐱᓐᖑᐊᖃᑦᑕᕐᓗᑎᒃᑦ, ᐊᖑᓇᓱᖃᑦᑕᕐᓗᑎᑦ
ᐱᓱᖃᑦᑕᕐᓗᑎᓪᓘᓐᓃᑦ

• ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓂᕆᖃᑦᑕᕐᓗᑎᑦ,
ᐱᕈᖅᑐᕕᓂᕐᓂᒃ ᓰᕐᓇᖅᑐᓂᒃ ᐊᒻᒪ
ᐆᔭᐅᔭᓂᒃ, ᓂᕆᖃᑦᑕᕐᓗᑎᑦ
ᐅᖅᓱᖃᓗᐊᓐᖏᑦᑐᓂᒃ ᐊᒻᒪ

ᑕᕆᐅᖃᓗᐊᓐᖏᑦᑐᓂᒃ, ᐸᓚᐅᒑᕐᓂᒃ
ᖃᑯᖅᓯᓴᖅᑕᐅᓯᒪᓐᖏᑦᑐᓂᒃ, ᓂᕿᓂᒡᓗ
ᐅᖅᓱᖃᓗᐊᓐᖏᑦᑐᓂᒃ ᓂᕆᕙᒡᓗᑎᒃ ᓲᕐᓗ
ᑐᒃᑐᑐᕕᓂᑐᐸᒡᓗᑎᑦ, ᐅᒥᖕᒪᒥᓂᕐᒥᒡᓗ
ᐅᕝᕙᓘᓐᓃᑦ ᑎᖕᒥᐊᑦ ᓂᕿᖏᓐᓂᒃ

• ᑕᐃᒪᓕ ᖁᐃᓂᒍᕕᑦ, ᐃᑲᔪᖅᓯᒐᔭᖅᑐᖅ
ᐊᐅᕕᑦ ᐃᖏᕐᕋᓂᖓ ᐊᒃᐸᕆᐊᖁᓪᓗᒍ
ᐅᕿᒡᓕᒋᐊᕈᕕᑦ 10 ᐸᐅᓐᓯᒥᒃ

• ᓂᕈᐊᖃᑦᑕᕆᑦ ᐃᓚᐅᕈᑎᓂᒃ
ᓂᕿᓕᐅᕐᓗᓂ ᑕᕆᐅᑉ ᐊᓯᖏᓐᓂᒃ

• ᓯᒡᒐᓕᐊᖅᑐᖃᑦᑕᕈᓐᓃᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᓯᒐᓕᐊᖅᑐᖏᓐᓂᖅᓴᐅᓕᕐᓗᑎᒃ
ᓄᖅᑲᕈᓐᓇᖏᒃᑯᕕᑦ

• ᐃᒥᐊᓗᖃᑦᑕᕈᕕᑦ ᐊᑕᐅᓯᕐᒥᒃ ᐅᓪᓗᕐᒧᑦ
ᐃᒥᐊᓗᖃᑦᑕᕐᓗᑎᑦ

ᐊᐅᑦ ᖁᕝᕙᓯᓗᐊᕐᒪᖔᑦ ᖃᐅᔨᒐᔭᖅᑯᑎᑦ
ᓘᑖᒥᒃ ᑕᑯᓚᐅᕐᓗᑎᑦ. ᑕᑯᒃᓴᐅᔪᓂᒃ
ᓇᓗᓇᐃᒃᑯᑕᖃᓐᖏᓐᓂᖓᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᒪᔾᔪᑎᑕᖃᓐᖏᓐᓂᖓᓄᑦ. ᐃᓚᖏᑦ

1 The True North: ᐅᑭᐅᖅᑕᖅᑐᖅ ᓴᓐᖏᔪᖅ ᑕᕆᐅᖃᕋᓂ. ᐊᒃᑑᕙ 2009. ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔪᖅ ᑲᓇᑕᒥ ᐆᒻᒪᑎᑦᓯᐊᕆᓐᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᖏᑕ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕐᕕᖁᑎᖓᓐᓂᑦ, www.ccsa.ca/congress
2 ᐊᐅᑉ ᖁᕝᕙᓯᓗᐊᕐᓂᖓ: 2008 −ᒥ ᑕᖅᑲᒃᑯᓄᖓ ᐊᑐᓕᖁᔭᓕᐊᖑᔪᑦ. ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔪᖅ ᐆᒻᒪᑎᓕᕆᓂᕐᒧᑦ ᐊᒻᒪ ᐆᒻᒪᓯᓕᕆᓂᕐᒧᑦ ᑮᓇᐅᔭᖅᑖᕐᕕᐅᕙᒃᑐᑦ ᑲᑐᔾᔨᖃᑎᒌᖏᑕ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕐᕕᖁᑎᖓᓐᓂᑦ, www.heartandstroke.com

ᐃᓄᐃᑦ ᐊᖑᑎᑦ ᑎᒥᖓᑕ ᖃᓄᐃᓐᓂᖓᓄᑦ: ᑐᑭᓯᒋᐊᖅᑎᑦᑎᔾᔪᑎᑦ

ᑐᑭᓯᒋᐊᖅᑎᑎᔾᔪᑦ # 8 • ᕖᕝᕗᐊᕆ 2010

ᑐᓴᕆᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ:

ᐅᖃᓕᒫᕈᒪᒐᔭᖅᑕᒃᓴᕆᕙᑦ ᑕᐃᔭᐅᔪᖅ ᐃᓄᐃᑦ ᐊᖑᑎᑦ ᐅᖃᐅᓯᖃᖅᑎᓪᓗᒋᑦ ᑎᒥᖏᑕ ᒥᒃᓵᓄᑦ ᐃᓕᑉᐹᓪᓕᕈᒪᒍᕕᑦ ᐃᓄᐃᑦ ᐊᖑᑎᑦ ᑎᒥᖏᓐᓄᑦ ᐱᔾᔪᑎᖏᓐᓂᒃ. ᑖᒃᑯᐊ ᐅᓂᒃᑳᖑᔪᑦ ᐱᖃᓯᐅᔾᔨᓯᒪᕗᑦ ᐃᓱᒪᒋᔭᖏᓐᓂᒃ ᐃᓄᐃ ᐊᖑᑎᑦ ᑎᒥᖏᑕ

ᒥᒃᓵᓄᑦ ᐊᒻᒪ ᖃᓄᐃᑦᑕᐃᓕᒪᒐᓱᐊᕐᓂᖏᓐᓄᑦ, ᐱᖃᓯᐅᑎᓪᓗᒋᑦ ᐃᖃᐃᓕᓴᕐᓂᒃᑯᑦ, ᐊᑐᕐᓂᖏᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᔨᓂᒃ, ᐃᒻᒥᒧᑦ ᐊᒻᒪ ᐃᓚᒌᓄᑦ ᐊᑲᐅᓐᖏᓕᐅᕈᑕᐅᔪᓄᑦ, ᐃᓕᓐᓂᐊᕐᓂᓕᕆᓂᕐᒧᑦ,
ᐊᒻᒪ ᐃᖅᑲᓇᐃᔭᕐᓂᕐᒧᑦ. ᐃᓄᐃᑦ ᑐᑦᑕᕐᕕᖓᑦ ᓴᓇᓚᐅᖅᑐᑦ

ᐅᓂᒃᑳᓕᐊᓂᒃ ᐊᕐᕌᒍᐊᓂ 2008.

1-877-602-4445
inuit@naho.ca
www.naho.ca/inuit/e/resources/

ᐊᐅᖏᑦ ᖁᕝᕙᓯᓗᐊᖅᐸᒃᑐᑦ ᐊᒃᑐᐃᓯᒪᕗᑦ ᐊᑐᐅᓯᕐᒥᒃ ᑕᓪᓕᒪᐅᔪᓂᑦ ᑲᓇᑕᒥᐅᑕᐅᔪᓂᑦ… ᑕᐃᒪᐃᒃᑲᓗᐊᖅᑎᓪᓗᒍ 42% ᖏᑦ ᑲᓇᑕᒥᐅᑕᐅᔪᑦ ᖁᕝᕙᓯᓗᐊᖅᑐᒥᒃ ᐊᐅᖏᑦ ᐃᖏᕐᕋᓂᖃᖅᑐᑦ ᖃᐅᔨᒪᓐᖏᑦᑎᐊᖅᑐᑦ ᑕᐃᒪᐃᑦᑐᖃᕐᓂᕐᒥᖕᓂᒃ ᑕᑯᒃᓴᐅᔪᓂᒃ ᓇᓗᓇᐃᒃᑯᑕᖃᓐᖏᓐᓂᖓᓄᑦ3

ᖃᐅᔨᒪᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᓂᐊᖁᓐᖑᓂᖅ,
ᑕᐅᑐᑦᑎᐊᕈᓐᓃᕐᓂᖅ, ᐅᐃᔾᔭᓐᖑᖃᑦᑕᕐᓂᖅ
ᐅᕝᕙᓘᓐᓃᑦ ᐊᓂᕐᓂᑭᖃᑦᑕᕐᓂᖅ.

ᐱᒻᒪᕆᐅᕗᖅ ᐊᐅᕕᑦ ᐃᖏᕐᕋᓂᖓ
ᖃᐅᔨᓴᖅᑕᐅᑎᖃᑦᑕᕐᓗᒍ ᐊᑯᓚᐃᑦᑐᒃᑯᑦ
ᓘᑦᑖᒧᑦ ᐅᑭᐅᖃᕈᕕᑦ 18 ᐅᖓᑖᓂ.

ᐱᓕᕆᔪᓐᓇᖅᑕᑎᑦ ᐊᐅᑦ

ᖁᕝᕙᓯᓗᐊᖅᑎᓪᓗᒍ
ᐊᐅᕕᑦ ᐃᖏᕐᕋᓂᖓ ᖃᐅᔨᓴᖅᑕᐅᑎᖃᑦᑕᕐᓗᒍ ᐊᑯᓚᐃᑦᑐᒃᑯᑦ ᓘᑦᑖᒧᑦ ᐋᓐᓂᐊᓯᐅᑎᒧᓪᓘᓐᓃᑦ. ᐱᒻᒪᕆᐅᔪᖅ ᖃᐅᔨᓴᖅᑕᐅᖃᑦᑕᕐᒥᒃᐸᑕ ᐊᐅᕕᑦ ᐅᖅᓱᖃᕐᓂᖓ, ᑕᖅᑐᖅᐱᓪᓗ ᐊᐅᓚᓂᖓ ᐊᒻᒪ ᐊᐅᕕᑦ ᓱᑲᖃᕐᓂᕆᔭᖓ.

• ᐅᖅᓱᐃᑦ ᑎᒥᒥ ᓴᓇᔭᐅᖃᑦᑕᖅᑐᑦ
ᐊᒻᒪ ᓂᕐᔪᑎᓂ ᓂᕿᒋᕙᒃᑕᑦᑎᓐᓃᑦᑐᑦ.
ᓂᕿᑦ ᐱᐅᓐᖏᑦᑐᓂᒃ ᐅᖅᓱᖃᓗᐊᖅᑐᑦ
ᐱᖃᓯᐅᔾᔨᕗᑦ ᑎᖑᖕᓂᒃ ᐊᒻᒪ ᐃᕐᕋᕕᓂ,
ᒪᓐᓂᑦ ᖁᖅᓱᖅᑕᖏᑦ, ᐊᒻᒪ ᐃᒻᒧᖕᓂ.
ᐅᖅᓱᐃᑦ ᐱᐅᓐᖏᑦᑐᑦ ᐃᖏᕐᕋᕙᒃᐳᑦ
ᐊᐅᒃᑯᑦ ᖁᕝᕙᓯᓗᐊᓕᕌᖓᑕ ᐅᖅᓱᐃᑦ
ᐱᐅᓐᖏᑦᑐᑦ, ᓂᐱᖃᑦᑕᖅᑐᑦ ᑕᖃᖕᓄᑦ.
ᐊᑯᓂᐅᔪᖅ ᐊᓂᒍᖅᑎᓪᓗᒍ, ᓄᐊᑦᑐᓐᓇᖅᑐᑦ ᑕᖃᕐᓂ. ᑕᐃᒪᐃᓕᖅᑎᓪᓗᒍ ᑐᑭᖃᖅᑐᖅ
ᐆᒻᒪᑏᑦ ᐊᒃᓱᕈᕐᓂᖅᓴᐅᓕᕋᔭᕐᒪᑦ ᐱᓪᓗᒍ
ᐊᐅᑦ ᐃᖏᕐᕋᑦᑎᐊᖏᓐᓂᕆᔭᖓᓄᑦ ᑎᒥᒃᑯᑦ.

• ᑕᖅᑐᐃᑦ ᐊᐅᑦᑎᓐᓂᒃ ᓴᓗᒻᒪᖅᓴᐃᔨᒋᒐᑦᑎᒍ ᐊᒻᒪ ᐲᔭᐃᓪᓗᑎᒃ ᑎᒥᑦᑎᓐᓄᐊᖅᑲᖏᑦᑐᓂᒃ

ᐊᓂᕙᓪᓕᐊᔪᓂᒃ ᐊᒻᒪ ᐃᒥᕐᒥᒃ
ᐊᑐᓐᖏᑕᑦᑎᓐᓂᒃ. ᑕᐃᒪᓕ ᐊᐅᑦ

ᖁᕝᕙᓯᒃᐸᑦ, ᐆᒻᒪᑏᑦ ᐊᒃᓱᕈᕐᓂᖅᓴᐅᓕᕐᓗᓂ, ᓱᕋᑦᑎᕆᔪᓐᓇᖅᑐᖅ ᑕᖃᖕᓂᒃ ᐊᐅᑉ
ᐃᖏᕐᕋᕐᕕᖏᓐᓂᒃ ᑎᒥᖕᓂ. ᑕᐃᒪᓕ
ᑕᖃᑎᑦ ᑎᖑᖕᓂ ᓱᕋᑦᑎᓯᒪᒃᐸᑕ,

ᑎᒥᖕᓄᐊᖅᑲᕆᐊᖃᓐᖏᑦᑐᓂᒃ
ᐊᓂᐊᕋᕆᐊᖃᖅᑐᓂᒃ ᐱᔭᐃᔪᓐᓃᕋᔭᕐᒪᑦ
ᐊᒻᒪ ᑎᒦᑦ ᐃᒪᐃᔭᓐᖏᓕᕐᓗᓂ.
ᑕᐃᒪᐃᒻᒪᑦ ᑎᒦᑦ ᐃᒪᖃᕐᓂᖅᓴᐅᓕᖅᐸᑦ
ᖁᕝᕙᖅᑎᑦᑎᒃᑲᓐᓂᕋᔭᕐᒪᑦ ᐊᐅᕕᑦ
ᐃᖏᕐᕋᓂᕆᔭᖓᓂᒃ.

• ᐊᐅᖕᓂ ᓱᑲᖃᓗᐊᕈᕕᑦ,
ᐊᑦᑕᕐᓇᖅᑐᒦᑦᑐᓐᓇᕐᒥᔪᑎᑦ ᐊᐅᑦ
ᓱᑲᖃᓗᐊᓕᕆᐊᖓᓂᒃ. ᑕᐃᒪᓐᓇ

ᓱᕋᑦᑎᕆᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐃᔨᖕᓄᑦ,
ᑕᖅᑐᕐᓄᑦ ᐊᒻᒪ ᐊᓯᖏᓐᓄᑦ
ᐆᒻᒪᔾᔪᑎᓄᑦ. ᖃᐅᔨᓴᖅᑕᐅᑎᖃᑦᑕᕐᓗᒍ
ᖃᓄᑎᒋ ᓱᑲᖃᓕᕐᒪᖔᖅᐱᑦ ᐊᒻᒪ
ᓇᐅᑦᑎᖅᓱᖃᑦᑕᕐᓗᒍ ᑎᒦᑦ ᓱᑲᖃᓗᐊᖅᐸᑦ ᓴᖅᑭᑦᑐᖃᖁᓇᒍ ᖃᓄᐃᔾᔪᑎᒃᓴᓂᒃ.

ᐃᓅᓕᓴᐃᔨᒋᔭᐃᑦ ᐃᓱᒪᓕᐅᕐᓂᐊᓕᖅᑐᖅ
ᐄᔭᒐᕆᐊᖃᕐᒪᖔᖅᐱᑦ
ᐃᑲᔪᖅᓯᔾᔪᑎᐅᓂᐊᖅᑐᓂᒃ ᐊᐅᕕᑦ
ᐃᖏᕐᕋᓂᖓᓄᑦ. ᐱᒻᒪᕆᐅᕗᖅ
ᐄᔭᒐᐃᓐᓇᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪ
ᒪᓕᑦᑎᐊᖃᑦᑕᕐᓗᒋᑦ ᐊᑐᖅᑕᐅᖁᔭᐅᔾᔪᑎᖏᑦ. ᐃᒻᒪᖄ ᐱᓇᓱᐊᕈᓯᕐᓄᑦ 6−ᓄᑦ
ᐃᒃᐱᒋᓂᐊᓐᖏᑕᖓ ᑎᒥᕕᑦ ᐊᒻᒪ
ᑕᐃᒪᓐᓇᑎᒋ ᓯᕕᑐᑎᒋᔪᒥᑦ
ᐊᒃᐸᖅᑎᑦᓯᒐᓱᐊᕋᔭᖅᑐᖅ ᐊᐅᕕᑦ
ᐃᖏᕐᕋᓂᖓᓂᒃ.
3 ᐊᐅᑉ ᖁᕝᕙᓯᓗᐊᕐᓂᖓ. ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔪᖅ ᐆᒻᒪᑎᓕᕆᓂᕐᒧᑦ ᐊᒻᒪ ᐆᒻᒪᓯᓕᕆᓂᕐᒧᑦ ᑮᓇᐅᔭᖅᑖᕐᕕᐅᕙᒃᑐᑦ ᑲᑐᔾᔨᖃᑎᒌᖏᑕ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕐᕕᖁᑎᖓᓐᓂᑦ, www.heartandstroke.com

ᐊᓯᖏᑦ ᐃᑲᔪᖅᓯᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᑐᓴᕆᐊᕐᕕᑦ:

ᑐᓴᒐᒃᓴᓂᒃ ᓇᓂᓯᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ ᐊᐅᑉ

ᖁᕝᕙᓯᓗᐊᕐᓂᖓᓄᑦ ᐊᒻᒪ ᐆᒻᒪᑎᑦᓯᐊᕆᖕᓂᐅᑉ
ᒥᒃᓵᓄᑦ ᐅᕙᓂ:

ᐋᓐᑎᐅᕆᔪᒥ ᐱᓕᕆᕝᕕᖓᑦ ᐋᓐᓂᐊᖃᕐᓇᖏᓐᓂᓕᕆᓂᖅ ᑲᔪᖏᖅᓴᐅᑕᐅᓂᖓᑕ

www.healthyontario.com

ᑲᓇᑕᒥ ᐊᐅᖏᑦ ᖁᕝᕙᓯᓗᐊᖅᑐᑦ
ᑲᑐᔾᔨᖃᑎᒌᖏᑦ

www.hypertension.ca/chs

ᐆᒻᒪᑎᓕᕆᓂᕐᒧᑦ ᐊᒻᒪ ᐆᒻᒪᓯᕆᓂᕐᒧᑦ ᐃᑲᔪᖅᑐᐃᕝᕕᒃ
www.heartandstroke.com