ᕿᑦᑲᑦ ᕿ ᑭ ᑐᑕᒪᑉ

ᓇᓇᑦᑯᒪᑲᓂᐧᐊᑉ ᑲ ᒧᖓ ᐊᑐᑦᕿᑦᑕᒪᑕᑯᑉ ᓄᑦᑕ ᐊᑐᑦᕿᓇᑲᓇᑉ, ᓄᑦᑕ ᑲ ᐃᕐᒋ ᑭᒋ ᕐᐅᓂᒋᕿᒋᑉ ᐅᒥᓂᐧᐅᐧᐊᑉ, ᑲᓇᑕ ᐊᑦᑭᑉ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ ᒪᒪᐧᐃᐃᑐᐧᐃᑦ, ᐅ ᓂᑲᓂᒋᑉ ᐅ ᒪᕐᒋᑕᒋᑉ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᓂᓂᑦ, ᑲᓇᑕ ᐊᑦᑭᑉ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ ᒪᒪᐧᐃᐃᑐᐧᐃᑦ, ᐧᐃᓇᐧᐊ

- ᑲ ᐸᑭᑎᓇᒋᑉ ᓱᓂᔭᓇ ᑭᒋ ᓇᑕᐧᐃ ᑭᑦᕿᓂᒋᑲᑎᑭ ᒥᓯᐧᐅ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᓇ
- ᑲ ᐊᔭᒥᑐᑕᑭᑉ ᑭᒋ ᐃᑕᐧᑲᑭ ᐅᓇᓱᐧᐅᐧᐃᓇ ᕿ ᐅᒋ ᒥᓄᐸᓂᑉ ᒥᓯᐧᐅ ᐊᐧᐅᓂᑲᑦ
- ᑲ ᕐᑭᑕᒋᑉ ᒥᓄᐱᒪᑎᓯᐧᐃᓂᓂᑦ ᕿ ᐅᒋ ᐊᒍᐧᐃᓂᑲᑎᑉ ᓇᓂᓴᓄᓂᑕᑯᓯᐧᐃᑦ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᓂᑉ
- ᐧᐊᐧᐃᑕᑭᑉ ᕿᐧᑲᑦ ᐊᓂᒪ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ
- ᐧᐃᒋᐊᒋᑉ ᐊᐧᐅᓂᑲᓇ ᑲ ᐊᔭᓂᒋ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᓂᓂᑦ

ᐯᒋ ᑲᐧᕿᒥᓇᑦ ᐅᑎ ᐊᐃᕐᒋ ᐊᓂᒧᒋᑲᑎᑉ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ, ᓂᑕᑐᑦᕿᐧᐃᓂᓇᑦ, ᓄᑦᑕ ᐱᑯ ᐧᐃᕐᓂᐧᐅᓂᒋᕿᔭᓄᓐ

Canadian Cancer Society | Société canadienne du cancer

ᐸᑦᑭᓇᐧᐊᑎᑕ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ

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ᐅᑯᒪ ᐧᐃᑕᒪᕐᐧᐃᑦ ᑲ ᑭ ᐅᕐᒋᑕᒋᑉ ᑲᓇᑕ ᐊᑦᑭᑉ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ ᒪᒪᐧᐃᐃᑐᐧᐃᑦ, ᒧᓇ ᐧᐃᓇ ᐃᑎᓂᒋᑲᑎᑭᐧ ᐅᒪ ᑭᒋ ᐊᐸᑕᑉ ᐃᑦᐱᑉ ᐅᑎᐧᑎᐧᐃᑦ ᑲ ᑐᑯᓄᓂᐧᐃ ᐱᒥᐃᐧᐅᐧᐧ.

ᐅᒪ ᑲ ᑭ ᒪᓯᓇᐃᑲᑎᑉ ᒧᓇ ᐊᐧᐅᓂᑲᑦ ᑲᑕ ᑭ ᑕᐸᓯᓇᐊᑦ ᐅᑲ ᐱᑕᒪ ᐅ ᑲᐧᕿᕐᒧᓇᓂᐧᐊᑉ; ᓴᑯᑉ ᒪᑲ ᐅᒪ ᑲ ᐃᐧᑎᒪᑲᑉ: ᐧᐃᐸᑉ ᑭᑦᕿᓂᑕᒧᐧᐃᑦ ᓄᑦᑕ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᑦ: ᕿᐧᓇᐅᐧᐃᓇ ᓇᐯᐧᐊᑉ ᐅᒋ ᑲᑕ ᑭ ᐊᐸᑕᑦ.

Canadian Cancer Society 2008.

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ᐧᐃᐸᑉ ᑭᑦᕿᓂᑕᒧᐧᐃᑦ ᓄᑦᑕ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᑦ

ᕿᒋᓇᐅᐧᐃᓇ ᓇᐯᐧᐊᑉ ᐅᒋ

ᐸᑦᑭᓇᐧᐊᑎᑕ ᑲᑦᓱᕐ ᐊᑯᓯᐧᐃᑦ

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ᐧᐃᐸᒻ ᑭᖅᑭᓂᑕᒧᐧᐃᑦ ᓄᖅᑕ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᑦ ᑭᒋᓇᐅᐧᐃᓇ ᓇᐯᐧᐊᐵ ᐅᒋ

ᒧᓇ ᑭᖅᑭᓂᒋᑲᒐᒃ ᑭᐧᑲᑦ ᐧᐁᒋ ᐊᔭᔭᑊ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᓂᓂᒃ ᐯᔭᐵ ᐊᐧᐁᓂᑲᑦ, ᑯᑕᐵ ᒪᑲ ᐁᑲ ᐊᓂᒪ ᐁ ᐃᑎᑊᓵ ᑕᐱᒡᑯᒻ ᐁᑲ ᐁ ᑭ ᒪᔪᒡᑭᑲᒐᐵ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᐃᒐᓂᑕᐧᑲᑦ, ᖃᑯᒻ ᒪᑲ ᐃᑕᐧᑲᑦ ᑭ ᑭ ᑐᑕᒪᑦ ᐁᑲ ᑭᒋ ᑲᒋᑎᓂᑯᔭᑦ ᐊᓂᒪ ᐊᑯᓯᐧᐃᑦᓵ ᓂᖅᑕᑦ ᑭ ᑭ ᑐᑕᒪᑦ, ᐁᐧᐊᑯ ᐊᓂᒪ ᒥᓄᐱᒪᑎᓯᐧᐃᓂᐵ ᑭᒋ ᐃᓱ ᐱᒪᑎᓯᔭᑦ ᓄᖅᑕ ᑎᐯᓂᑕᒪᑦ ᑭ ᒥᓄᐱᒪᑎᓯᐧᐃᑦᓵ

ᐧᐃᒋᑲᒐᒃ ᐅᑕ ᒪᓯᓇᐃᑲᓂᐵ ᓄᐅᔪᐵ ᑭ ᑭ ᐃᓱ ᐊᔭᑊ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᓂᓂᒃ ᓇᐯᒃ ᐧᐃᐸᒻ ᑭ ᑭ ᒥᖅᑭᑲᒐᓂᐵ ᓇᑕᐧᐊᐸᒋᑲᒐᓂᑭ ᓄᖅᑕ ᐱᑯ ᑭᑐᑯᓄᓂᑦ ᑭᒋ ᑲᓇᐧᐊᐸᑕᐵ ᑲ ᐃᓱᓇᑯᓯᐧᐊᑊ ᓄᖅᑕ ᑲ ᐃᑕᒪᒋᐅᐧᐊᑊ: ᑲ ᐃᓱ ᒪᓱᑯᐧᐊᐵ ᓱᑭᐧᐃᑦ, ᒥᑎᓐᐧᐊᐵ, ᒥᒋᖅᑭᔭᐱᐵ ᐁᑯ ᒪᑲ ᒥᖃᑲᐵᓵ ᐃᑕᒪᒋᐅᐧᐃᓂᐵ ᐅᒋ ᑭᖅᑭᓂᒋᑲᒐᒃ ᐁ ᐃᑕᐧᑲᐵ ᐊᑯᓯᐧᐃᑦ ᖃᑯᒻ ᒧᓇ ᑲ ᐃᖅᐱᒋ ᑯᖅᑕᑎᐧᑲᐵ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᐃᖅᐱᒋ ᑯᖅᑕᑎᐧᑲᑦᓵ ᐧᐃᐸᒻ ᑦᑕᐧᐊᐸᑦ ᑭᑐᑯᓂᓂᒥᑦᓵ ᐁᑲ ᑭ ᓇᑲᓂᑲᒐᑭ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ, ᑲᑕ ᑭ ᐃᑭᑦ ᑦᑐᑯᐃᐧᐁᐧᐃᑦ ᑭᒋ ᐧᐃᒋᐃᐧᐁᒪᑲᑦ ᑭᖃᖅᐱᑦ ᐧᐃᐸᒻ ᒥᖅᑭᑲᒐᑭᓵ

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ᐧᐃᐸᑉ ᑭᖅᑭᓂᑕᒧᐧᐃᑦ ᓄᖅᑕ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᑦ

ᐧᐃᐸᑉ ᑭᖅᑭᓂᑕᒧᐧᐃᑦ, ᐊᓂᒪ ᑲ ᐃᒋᑲᒐᒃ ᐧᐃᐸᑉ ᐅ ᒥᖅᑭᑲᒐᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᐱᕿᓇᒃ ᐅ ᐊᑎ ᓂᑕᐧᐃᑭᒃ ᐧᐃᐸᑉ ᐅ ᒥᖅᑭᑲᒐᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ, ᒥᕿᐧᑕ ᐃᑭᑦ ᐅ ᐧᐅᑕᒃ ᑭᒋ ᑭ ᑦᑐᑯᑕᓂᐧᐊᒃ ᐅ ᓂᓯᑕᐧᐃᓂᑲᒐᑭ ᐃᑕᒪᒋᐅᐧᐃᓇ ᓄᖅᑕ ᑕᕐᓂ ᐅ ᓇᑕᐧᐃ ᑭᖅᓂᒥᑎᓱᓇᓂᐧᐊᒃ ᐧᐃᒋᐃᐧᐅᒪᑲᑦ ᑭᒋ ᒥᖅᑭᑲᒐᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦᓐ ᓇᓇᑲᑕᐧᐅᓂᑕ ᑭᔭᐦ ᓄᖅᑕ ᑲᐧᐃᓇ ᑐᑕ ᐅᑲ ᑭᒋ ᐱᓯᖅᑭᓂᑕᒪᑦ ᑲ ᐃᕐᒋ ᐊᑎ ᐸᐱᑐᕐᓇᐧᑲᒃᓐ ᐧᐃᐸᑉ ᐅ ᐧᐃᑕᒪᐧᐊᐟ ᑭᑐᑯᓄᓂᑦ ᑲ ᐃᑕᒪᒋᐅᐧᐊᐟ, ᐧᐃᐸᑉ ᑲᑕ ᑭ ᓄᒋᑕᓂᐧᐊᒃ ᑲ ᒪᓂᐸᓂᐃᐧᐅᒪᑲᒃᓐ

ᓇᑕᐧᐊᐸᑕᒧᐧᐃᑦ, ᐊᓂᒪ ᑲ ᐃᒋᑲᒐᒃ ᐧᐃᐸᑉ ᐅ ᒥᖅᑭᑲᒐᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᐅ ᑭ ᓇᑕᐧᐊᐸᒋᑲᒐᒃ ᐊᑕ ᐅᑲ ᐧᐊᔪᒡ ᐅ ᐃᑕᒪᒋᐅᓇᓂᐧᐊᒃᓐ ᒥᕿᐟ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᓇ ᒧᓇ ᓇᑕᐧᐊᐸᒋᑲᒐᐧᐊ, ᖃᑯᒻ ᐊᑎᐟ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᓇ ᑲᑕ ᑭ ᒥᖅᑭᑲᒐᐧᐊ ᐧᐸᒪᓂ ᐱᓯᖅᑭᓂᑕᒪᑦ ᐅᑲ ᐧᑲᔭᖅᐧ ᐅ ᐃᓂᓇᐧᑲᒃ ᑭᐧᑲᑦᓐ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᑦ ᐧᐃᒋᐃᐧᐅᒪᑲᑦ ᐧᐃᐸᑉ ᑭᒋ ᒥᖅᑭᑲᒐᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ, ᒪᐧᐊᑉ ᑭ ᑭ ᐃᓂ ᑦᑐᑯᑕᓂᐧᐊᒃᓐ ᐊᑎᐟ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᓇ ᐧᐃᒋᐃᐧᐅᒪᑲᐧᓇ ᑭᒋ ᑭ ᑭᖅᑭᓂᒋᑲᒐᒃ ᐅ ᐊᑎ ᐃᑕᐧᑲᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᐧᐸᒪᓂ ᐊᑎ ᐅᓂᐅᒪᑲᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦᓐ ᑭᕐᓂᐱᑦ ᓄᐧᑲᕿ ᓇᑕᐧᐊᐸᑕᒧᐧᐃᓂᒃ ᐅᑲ ᐧᑲᔭᖅᐧ ᐅ ᐃᓂᓇᐧᑲᒃ ᐃᑐᓂᑕᐧᑲᑦ ᐊᒋᕿᑦ ᑭᒋ ᓇᑕᐧᐃ ᑭᖅᓂᒥᑎᓱᔭᑦᓐ

ᐃᑕᐧᑲᐧᓇ ᐊᑐᖅᕿᐧᐃᓇ ᑲ ᐃᓂ ᓇᑕᐧᐊᐸᒋᑲᒐᑭ ᓇᓇᑲᐧ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᓇ ᐅᑕ ᑲᓇᑕ ᐊᖅᑭᐧᓐ ᐱᐱᑐᓂᓇᐧᑲᐧᓇ ᐅᐅ ᐊᑐᖅᕿᐧᐃᓇ ᐱᐱᑐᒡ ᐱᖅᑭᑕᖅᑭᒃ ᑲ ᐃᑕᐧᑲᑭᓐ ᐅᐅ ᐊᑐᖅᕿᐧᐃᓇ ᐃᑕᐧᑲᐧᓇ ᐊᓂᑭ ᐅᒋ ᓇᓇᑲᐧ ᑲ ᐃᖅᐱᑎᓯᒋᒃ ᐅᑲ ᑲ ᓄᐧᑲᓂᓂᒃ ᓄᖅᑕ ᐱᑯ ᐅᑲ ᑲ ᒧᔪᑕᒋᒃ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᓂᓂᓐ ᑭᕐᓂᐱᑦ ᑲ ᐃᑕᐧᑲᓄᐧᕿ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᑭᐯᔭᑯᐧᐃᓯᐧᐃᓂᒃ, ᑲᑕ ᑭ ᐃᑭᑦ ᑭᒋ ᑭ ᐊᔭᔭᑦ ᑲᑦᓱᖅ ᐊᑯᓯᐧᐃᑦ ᓄᖅᑕ ᐃᑎᓂᑕᐧᑲᑦ ᐧᐃᐸᑉ ᓄᖅᑕ ᒪᑲ ᑕᕐᓂ ᑭᒋ ᓇᑕᐧᐃ ᑭᖅᓂᑕᒪᑦᓐ ᐧᐃᑕᒪᐧ ᑭᑐᑯᓄᓂᑦ ᑲ ᐧᐃ ᐃᕐᒋ ᓇᑕᐧᐃ ᑭᖅᓂᒥᑎᓱᔭᑦᓐ

ᓇᖕᐱᒻ ᑭᖕᒐᓂᑕᑦᑲᑉ ᑭᒋ ᑭᖕᑭᓂᒋᑲᒐᒃ ᐁᑲ ᒧᕋᒃ ᐁ ᑭᒋᓇᔪᓂᑕᑦᑲᒃ ᐁ ᓇᑕᑦᐊᐸᒋᑲᒐᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉᓯ ᒪᑎᑲ, ᐊᖕᑲᑉ ᐃᔪᓇᑦᑲᑉ ᐁ ᓄᑦᑲᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᐊᑕ ᐁᑲ ᐁ ᐃᑕᑦᑲᒃ, ᓂᖕᑕ ᐊᖕᑲᑉ ᒧᓇ ᓄᑦᑲᑉ ᐁ ᐃᑕᑦᑲᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉᓯ ᔅᑯᒻ ᒪᑲ, ᐱᒪᒋᐃᑦᐁᒪᑲᑉ ᐁ ᓇᑕᑦᐊᐸᒋᑲᒐᒃᓯ

ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ

ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ, ᐊᑕᒥᒃ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ ᐅᒋ ᐅᔪᐅᒪᑲᑉᓯ ᐅᓴᑦ ᐅᒥᓂᑦ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᓂᓂᑦ ᐊᔭᑦᐊᒃ ᓇᐯᑦᐊᒃ ᐊᓂᐃ 65 ᑲ ᐃᖕᐱᑎᓯᒋᒃᓯ ᓇᐯᑦᐊᒃ ᑲ ᑭ ᐃᑕᑦᑲᓂᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ ᐅᐯᔭᑯᑦᐃᓯᑦᐃᓂᑦᐊᒃ ᓂᖕᑕ ᐱᑯ ᒪᑲᑦᐃᔭᓯᒃ ᑲ ᐅᒋᒋᒃ ᑦᐃᐸᒻ ᒥᑦᑲᒻ ᐁ ᐊᑦᐊᔪᔪᑦᐃᒋᒃ ᑲᑕ ᑭ ᐊᔭᔭᑦᐊᒃ ᐅᒥᓂᑦ ᐊᑯᓯᑦᐃᓂᓂᑦᓯ

ᑭᑦᑲᑉ ᑭ ᑭ ᑐᑕᒪᑉ

ᑭᕋᖕᐱᑉ ᐊᕋᐃ 50 ᑲ ᐃᑕᑐᐱᐳᓂᓯᑦᐊᓂ, ᑲᑦᑭᒋᑦ ᑭᑐᑯᓄᓂᑦ ᑲ ᐃᔪ ᓇᓂᓴᓂᓂᑕᑯᓯᔭᑉ ᓂᖕᑕ ᑭ ᐃᔪ ᑦᐃᒋᐃᑯᔭᑉ ᑭᒋ ᓇᑕᑦᐃ ᑭᖕᑭᓂᑕᒪᑉ ᐁ ᐊᔭᑦᐊᓂ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉᓯ

ᑭᕋᖕᐱᑉ ᓇᓂᓴᓂᓂᑕᑯᓯᑦᐊᓂ ᑭᒋ ᑭ ᐊᔭᔭᑉ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ ᐁ ᑭ ᐃᑕᑦᑲᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ ᑭᐯᔭᑯᑦᐃᓯᑦᐃᓂᑦᐊᒃ ᓂᖕᑕ ᐱᑯ ᒪᑲᑦᐃᔭᓯᒃ ᑲ ᐅᒋᑦᐊᓂ, ᑦᐃᑕᒪᑦ ᑭᑐᑯᓄᓂᑦ ᑦᐃᐸᒻ ᒥᑦᑲᒻ ᐁ ᐊᑦᐊᔪᔪᑦᐃᔭᑉ ᑭᒋ ᓇᑕᑦᐃ ᑭᖕᑭᓂᒥᑲᑦᐃᔭᑉᓯ

ᐅᐅ ᓇᑕᑦᐃ ᑭᖕᑭᓂᑕᒧᑦᐃᓇ ᑲᑕ ᑭ ᐊᐸᑕᑦᓇ ᑦᐃᐸᒻ ᑭᒋ ᒥᖕᑭᑲᑦᐃᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ:

- **ᓇᑕᑦᐊᐸᑕᒧᑦᐃᑉ ᒥᒋᖕᑭᔭᐱᒃ ᒪᓯᑦᓇᐱᖕᑲᐃᑲᑉ ᐁ ᐊᐸᑕᒃ**: ᐁ ᐃᑕᐱᓇᓂᑦᐊᒃ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ ᒥᒋᖕᑭᔭᐱᒃ ᐅᒋᓯ ᑦᑐᑯᓄᑦ ᐁ ᑭᑲᖕᑎᔭᑉ ᒥᒋᖕᑭᔭᐱᒃ ᐱᒋᒋᑐᓂᑦ ᐁ ᓇᑕᑦᐃ ᒥᖕᑯᓇᒃ ᐱᖕᑯᐸᓂᑦᐃᓂᑦ ᓂᖕᑕ ᐱᑯ ᑯᑕᒃ ᑭᑦᑲᑉ ᐁᑲ ᑭ ᐃᔪᓇᑦᑲᑭᐸᑦᓯ

- ᐁ ᓇᑕᑦᐃ ᑭᖕᑭᓂᒥᑲᒐᒃ ᐁ ᐃᑕᑦᑲᓄᑦᑭ ᑭ ᒪᔪᑭᒪᑲᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᒃ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ: ᐁ ᑲᓇᑦᐊᐸᒋᑲᒐᒃ ᒥᑯ ᐁ ᐃᖕᐱᒋ ᒥᕋᑦᑭ ᐊᑦᑕ ᑲ ᐅᔪᐅᒪᑲᒃ ᑭ ᒪᔪᑕᒪᑲᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᓂᒃ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉᓯ

ᓇᑕᑦᐊᐸᑕᒧᑦᐃᑉ ᒥᒋᖕᑭᔭᐱᒃ ᒪᓯᑦᓇᐱᖕᑲᐃᑲᑉ ᐁ ᐊᐸᑕᒃ ᓂᖕᑕ ᓇᑕᑦᐃ ᑭᖕᑭᓂᒥᑲᒐᒃ ᐁ ᐃᑕᑦᑲᓄᑦᑭ ᑭ ᒪᔪᑭᒪᑲᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᒃ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ, ᑲᑕ ᑦᐃᒋᐃᑦᐁᒪᑲᑦᓇ ᐅᐅ ᑦᐃᐸᒻ ᑭᒋ ᒥᖕᑭᑲᒐᒃ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ, ᓂᑯᒻ ᓂᖕᑕ ᑲᑕ ᑭ ᑭᓇᖕᑭᒪᑲᑦᓇ ᓂᖕᑕ ᐱᑯ ᒧᓇ ᑲᑕ ᓄᑦᑲᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉᓯ

ᑭᑦᑲ ᑭ ᓇᓇᑲᑕᑦᐁᓂᑕᒪᑉ

ᐅᐅ ᑦᐃᑕᒪᑭᑦᐃᓇ ᓂᖕᑕ ᐃᑕᒪᒋᐅᑦᐃᓇ ᑲᑕ ᐅᒋ ᑭᖕᑭᓂᒥᑲᒐᑦ ᐁ ᐃᑕᑦᑲᓄᑦᑭ ᑲᑉᓱᕐ ᐊᑯᓯᑦᐃᑉ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉ ᓂᖕᑕ ᐱᑯ ᑯᑕᒃᐊᑯᓯᑦᐃᑉ ᑕᐱᒡᑯᒻ ᐁ ᐸᑭᐸᓂᓇᓂᑦᐊᒃ ᑲ ᐃᔪ ᒪᔪᑯᑦᐊᒃ ᔪᑭᑦᐃᑉᓯ ᑦᑕᑦᐊᐸᑦ ᑦᑐᑯᓄᑉ ᑭᕋᖕᐱᑉ:

- ᑕᔪᓂ ᑦᐃᔪᑭᔭᓂ ᐅᓴᑦ ᐁ ᑎᐱᖕᑲᒃ
- ᐁ ᑭᒋ ᑦᐃᔪᑭᑦᐊᓂ
- ᐁᑲ ᐁ ᑭ ᑕᔪ ᔪᑭᔭᑉ ᓂᖕᑕ ᐱᑯ ᐳᓂ ᑭᔪᔭᑉ
- ᐁᑲ ᑭᔪᑭᑦᐊᓂ
- ᐯᑲᑕᔪᑯᑦᐊᒃ, ᐊᒋᑦᐃᐸᓂᒃ ᓂᖕᑕ ᐱᑯ ᑭᐱᒋᐸᓂᒃ ᑭᔪᑭᑦᐃᑉ
- ᑭᔭᐱᒻ ᐁ ᑭᑉᐳᓂᒪᒋᐊᑊ ᑭᓂᓂᐃᓯ
- ᐁ ᑦᐃᓴᑭᓴᓱᔭᑉ ᓂᖕᑕ ᐱᑯ
- ᐁ ᓱᑯᑦᐊᑲᒥᒃ ᑭᔪᑭᑦᐃᑉ ᓂᖕᑕ ᐱᑯ ᑭᓴᒥᓂᒪᒃ
- ᐁ ᒋᓯᐸᓂᔭᑉ ᐁ ᐸᖕᑭᓯᑭᐸᓂᔭᑉ

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ᑲᔪᖅ ᐊᑯᓯᐅᒃ ᒥᑎᓐᐊᖅ

ᑲᔪᖅ ᐊᑯᓯᐅᒃ ᒥᑎᓐᐊᖅ ᒥᑯᖅ ᐊᒃᑕ ᒥᑎᓐᐊᖅᐅᒋ ᐅᔭᐅᒪᑲᒃᓵ ᐊᑕ ᐅᑲ ᓱᑭ ᐅ ᐃᑕᑦᑲᖅ ᑲᔪᖅ ᐊᑯᓯᐅᒃ ᒥᑎᓐᐊᖅ, ᓇᓂᓱᓐᓂᑕᑦᑲᒃ ᑭᒋ ᐊᔭᒋᖅ ᓇᐯᐊᖅ 15 ᐱᓂᒡ 49 ᑲ ᐃᑦᐱᑎᓯᒋᖅᓵ ᑲᒡᑭᑕᓂᐊᒃ ᑭᒋ ᒃᑐᑯᑕᓂᐊᖅ ᑲᔪᖅ ᐊᑯᓯᐅᒃ ᒥᑎᓐᐊᖅ ᑭᕐᕐᐱᒃ ᐊᑕ ᐧᐃᐸᒻ ᒥᑦᑭᑲᑎᕐᓵ

ᕐᑲᒃ ᕐ ᑭ ᑐᑕᒪᒃ

ᓇᓇᑲᒋᐃᖅ ᐅ ᐃᔅᓇᑯᓯᒋᖅ ᑭᑎᓐᐊᔭᖅ ᓄᑦᑕ ᑕᔅᓄ ᓇᓇᑲᑕᐊᐸᒥᖅᓵ ᑲ ᐃᒡᑲ ᑭᒋᑦᑕᐸᐊᓄᔭᒃ ᒪᐊᒻ ᒥᓇᔅᒃ ᐊᓂᒪ ᑭᒋ ᑐᑕᒪᒃ, ᒥᑲᒻ ᐅ ᓇᔅᑦᑕᒋᖅ ᑭᑎᓐᐊᔭᖅ ᓄᑦᑕ ᒪᑲ ᐅ ᐸᑭᒋᑦᑕᒪᑲᖅ ᑭᐊᕐᓵ ᐧᐃᐸᒻ ᒃᑕᐊᐸᑦ ᑭᑐᑯᓄᓂᑦ ᒧᓇ ᐧᑲᔭᑦᖅ ᐃᔅᓇᑲᒃ ᐃᑐᓂᑕᒪᓄ ᕐᑲᒃᓵ

ᑕᔅᓄ ᒃᑕᐊᐸᑦ ᑭᑐᑯᓄᓂᑦ ᑭᒋ ᓇᑕᐊ ᑭᑦᕐᓂᒥᑦᖅ ᓄᑦᑕ ᑭᒋ ᑲᓇᐊᐸᒪᐟ ᑭᑎᓐᐊᔭᖅᓵ

ᕐᑲᒃ ᕐ ᓇᓇᑲᑕᐊᐅᓂᑕᒪᒃ

ᐅᐅ ᐧᐃᑕᒪᕐᐃᓇ ᓄᑦᑕ ᐃᑕᒪᒋᐅᐊᓇ ᑲᑕ ᐅᒋ ᑭᑦᕐᓂᒋᑲᑐᑭ ᐅ ᑕᑦᑲᓄᕐᕐ ᑲᔪᖅ ᐊᑯᓯᐅᒃ ᑭᑎᓐᐊᖅ ᓄᑦᑕ ᐱᑯ ᑯᑕᖅ ᐊᑯᓯᐅᒃᓵ ᒃᑕᐊᐸᑦ ᒃᑐᑯᓄᒃ ᑭᔭᑦᐱᒃ:

- ᒥᑦᑯᓇᒪᓄ ᕐᑲᒃ ᐅ ᐱᑦᑲᖅ ᑭᑎᓐᐊᖅ
- ᑐᐊᓯᔭᓄ ᑭᑎᓐᐊᖅ
- ᐅ ᓂᕐᒪᒋᑕᔭᒃ ᑭᒡᑲᑕᐃ ᓄᑦᑕ ᐱᑯ ᑭᐊᐟ
- ᐅ ᑐᐊᓐᑲᓄᔭᒃ ᓄᑦᑕ ᐱᑯ ᑭᒋᒐᑦᑲᖅ

ᑲ ᑯᑦᑕᑎᑲᖅ ᐊᑯᓯᐅᒃ ᒥᒋᑦᑭᔭᐱᖅ

ᑲ ᑯᑦᑕᑎᑲᖅ ᐊᑯᓯᐅᒃ ᒥᒋᑦᑭᔭᐱᖅ ᐅᓴᑦ ᒥᑕᑭᕐᖅ ᓄᑦᑕ ᐱᑯ ᒥᒋᑦᑭᖅ ᐅᒋ ᐅᕐᕐᐅᒪᑲᓐᓇᓵ ᐅᑲᓂᒪ ᓂᑦᑐ ᒪᐊᒻ ᑲ ᑯᑦᑕᑎᑲᖅ ᐊᑯᓯᐅᒃ ᑲ ᓄᒋᐃᑯᒋᖅ ᐃᑦᕐᑯᐊᖅ ᐅᑯ ᒪᑲ ᓇᐯᐊᖅ ᐅᑕ ᑲᓇᑕᓵ ᐯᑲᒻ ᐅᕐᕐᐅᒪᑲᒃ ᐅᒪ ᑲ ᑯᑦᑕᑎᑲᖅ ᐊᑯᓯᐅᒃ ᒥᒋᑦᑭᔭᐱᖅ ᓄᑦᑕ ᑭᑦᕐᓂᒋᑲᒐᑦᓵ ᒧᓇ ᕐᑲᒃ ᒧᕐᕐᑕᓂᐊᒃ ᐅᑦᑲᒻ ᐧᐅᔭᖅ ᐅ ᑭᓇᐊ ᒥᑕᑭᕐᖅ ᒪᓯᐊᑦᑲᐃᑲᒃ ᒥᒋᑦᑭᖅ ᐅᒋ ᐅ ᑲᑎᓂᑲᒐᖅ

ᑭᔭᑦᐱᒃ ᒥᑯᐊᖅ ᒥᐃᐃ, ᐃᒐᓂᑕᐊᒃ:

- **ᑭᒋ ᑲᓇᐊᐸᒋᑲᒐᖅ ᒥᑕᑭᕐᐃ:** ᒃᑐᑯᓄᒃ ᑲᑕ ᑲᓇᐊᐸᑕᑦ ᐱᑕᐊ ᒥᑕᑭᕐ ᒪᓯᐊᐱᑦᑲᐃᑲᒃ ᒥᒋᑦᑭᖅ ᐅᒋ ᐅ ᑲᑎᓂᑲᒐᖅ
- **ᑭᒋ ᑲᓇᐊᐸᒋᑲᒐᖅ ᒥᒋᑦᑭᔭᐱ:** ᒃᑐᑯᓄᒃ ᑲᑕ ᑲᓇᐊᐸᑕᑦ ᐱᑕᐊ ᒥᒋᑦᑭᔭᐱ ᓄᑦᑕ ᑲ ᐃᕐᕐ ᑭᕐᐸᖅ ᒥᑕᑭᕐ ᒪᓯᐊᐱᑦᑲᐃᑲᒃ ᒥᒋᑦᑭᖅ ᐅᒋ ᐅ ᑲᑎᓂᑲᒐᖅ
- **ᓂᕐᔭᔪᖅ ᐅ ᐃᑕᑲᒥᖅ ᐱᑕᐸᐊᒋᑲᒃ:** ᐅ ᐧᐃ ᔭᕐᐸᐸᑕᖅ ᑭᑕᑭᕐᓂᑦ ᓄᑦᑕ ᑭᒋᑦᑭᔭᐱᓂᑦᑲ ᐱᑕᐊᐸᐊᓂᖅ ᒃᑐᑯᓄᒃ ᐅ ᐊᑎᑐᐊᑲᒥᓂᖅ ᓂᐱᓂᑦ ᐸᓇᐊᑦ ᐅ ᐃᒋᑲᑐᓂᖅ ᑭᒋ ᐸᔪᑐᔭᐸᖅ ᑲ ᐱᑕᐊ ᐊᑯᕐᓂᖅ ᑭᑕᑭᕐᖅᓵ

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ᐊᑎᐟ ᓇᐯᑉᐊᑦ ᐅᑕᑲᒥ ᐊᔭᑉᐊᑦ ᑲ ᑯᑦᑕᑎᑉᑲᓂᓂᑦ ᐊᑯᓯᑉᐃᓂᓂᐤ ᐅᑕᑭᕐᑉᐊᑦᓵ ᑲᑉᑫᒋᑦ ᑭᑐᑯᓄᓂᑦ ᑕᓂᑦᐱ ᓄᑦᑕ ᑕᐣᑕᑉᑕ ᑭ ᓇᑕᑉᐃ ᑭᑦᑭᓂᒥᑲᑉᐃᔭᐸᐣ ᑭᕋᑦᐱᐣ:

- ᑭᓂᑭᐃᑦ, ᑭᒋᕋᐣ ᑲ ᓇᐯᑉᐃᐟ ᓄᑦᑕ ᐱᑯ ᑲ ᐃᑦᑉᑭᑉᐃᐟ, ᓄᑦᑕ ᐱᑯ ᑭᑕᑉᐊᕐᒥᒡ ᐅ ᐊᔭᑉᑭ ᑲ ᑯᑦᑕᑎᑉᑲᓂᓂᑦ ᐊᑯᓯᑉᐃᓂᓂᐤ ᐅᑕᑭᕐᑦ (ᐅᔭᑦ ᐊᓇ ᑭᑉᐊᑯᒪᑲᐣ ᑲ ᑲᒋᑎᓂᑯᑉᑭ ᐊᓂᒥᓂᐤ ᑉᐸᒪᕐ 45 ᐃᑕᑐᐱᐳᓄᓯᐟ)
- ᐊᕋᐞ ᒥᓇ ᑲ ᐊᔭᑉᐊᓄ ᑲ ᐅᑦᑕᑎᑉᑲᑦ ᐊᑯᓯᑉᐃᐣ ᑭᑕᑭᕐᑦ
- ᑲ ᑭᑦᑭᓂᒥᑯᑉᐊᓄ ᐅ ᐸᑭᑕᑭᖓᐸᓂᔭᐣ ᓄᑦᑕ ᐱᑯ ᐸᐯᑦᑯ ᓂᑕᑉᐃᑭᑦ ᑭᑉᑲᐣ
- ᐅ ᐃᑕᑦᐱᓄᒋᑦ ᑭᒋᕐᕐᓇᑦ ᐅᐸᐯᑦᑯᓂᑕᑉᐃᑭᓂᓂᑦ ᑭᑉᑲᓂᐤ ᓄᑦᑕ ᐱᑯ ᐅ ᐊᔭᒋᑦ ᑲ ᑯᑦᑕᑎᑉᑲᓂᓂᑦ ᐊᑯᓯᑉᐃᓂᓂᐤ ᐅᑕᑭᕐᑉᐊᑦ

ᑭᑉᑲᐣ ᑭ ᓇᓇᑲᑕᑉᐊᐸᒋᑲᐃᑦ

ᐅᐅ ᑉᐃᑕᒪᑭᑉᐃᓇ ᓄᑦᑕ ᐃᑕᒪᒋᐅᑉᐃᓇ ᑲᑕ ᐅᒋ ᑭᑦᑭᓂᒋᑲᐃᐤ ᐅ ᐃᑕᑉᑲᓄᑉᑭ ᑲ ᑯᑦᑕᑎᑉᑲᑦ ᐊᑯᓯᑉᐃᐣ ᑭᑕᑭᕐᑦ ᓄᑦᑕ ᐱᑯ ᑯᑕᑦ ᐊᑯᓯᑉᐃᐣᓵ ᐣᑕᑉᐊᐸᑦ ᐣᑐᑯᓄᐣ ᑭᕋᑦᐱᐣ:

- ᐸᑉᑲᓯᒪᒋᐅᔭᐣ ᑲᑕᑦ (ᐸᑭᒪᒋᐅᔭᐣ, ᑭᐩᐳᒪᒋᐅᔭᐣ, ᒋᒋᓯᐸᓂᔭᐣ)
- ᐱᑐᐩ ᐅ ᐃᑦᐸᓂᑦ ᑭᒥᐃᐞ ᑕᐱᐩᑯᒻ ᐅ ᑭᓐᑉᐊᐩᑲᒐᔭᐣ ᓄᑦᑕ ᐱᑯ ᑭᑉᐸᑲᖓᔭᐣ ᐅᑲ ᐅ ᑭᑦᑭᓂᑕᒪᐣ ᑭᑉᑲᐣ ᐅᒋ
- ᐅ ᒥᑯᑉᐊᑦ ᑭᒥᐃ (ᐅ ᑉᐃᔭᓯ ᒥᑉᑲᑦ ᓄᑦᑕ ᐱᑯ ᐅ ᒪᑲᒐᑉᐃ ᒥᑉᑲᑦ)
- ᐅ ᕋᑲᑉᐊᑦ ᑭᒥᐃ ᐅᑲ ᓱᑭ ᐊᓂᒪ ᐅ ᐃᕐᑭᓇᑉᑲᑦ
- ᐅ ᑭᒋ ᑉᐃᒥᓯᔭᐣ
- ᑭᔭᐱᒻ ᐅ ᑉᐃᒥᓯᒪᒋᐅᔭᐣ

- ᐅ ᓄᓄᑦᑐᒪᒋᐅᔭᐣ ᓄᑦᑕ ᐱᑯ ᐸᑯᒧᔭᐣ
- ᐅ ᐊᔪᑦᑯᓯᔭᐣ
- ᐅ ᓇᕐᐸᓂᔭᐣ ᑲ ᐃᑦᐱᑎᓂᑯᑎᔭᐣ

ᑲ ᑯᑦᑕᑎᑉᑲᑦ ᐊᑯᓯᑉᐃᐣ ᑭᕋᑲᑦ

ᑲ ᓇᓇᑲᑉᐃᓇᑉᑲᑭ ᑲ ᑯᑦᑕᑎᑉᑲᑭ ᐊᑯᓯᑉᐃᓇ ᒪᕋᑲᑦ (ᐊᑕᒥᑦ, ᑉᐊᑭᒻ ᓄᑦᑕ ᐅᒥᓂᒥᑦ) ᓇᓇᑉᑲᔪᑦ ᐅᒋ ᐅᕐᕐᐅᒪᑲᑉᓇ ᒥᕋᑲᑦᓵ ᑲ ᑯᑦᑕᑎᑉᑲᑦ ᐊᑯᓯᑉᐃᐣ ᑲ ᐃᑕᑉᑲᑦ ᐊᑕᒥᑦ ᓄᑦᑕ ᑉᐊᑭᑕᕋᑲᐞ ᐅᔭᑦ ᐊᓂᒪ ᐃᑭᐣ ᐅᑕ ᑲᓇᑕᑦᑭᑦ ᕋᑯᒻ ᑲᑭᓇᒋ ᑉᐃᑕᐣ ᑉᑲᔭᑦᑦ ᒋᑭ ᐣᑐᑯᑕᓂᑉᐊᑭᓵ

ᑭᑉᑲᐣ ᑭ ᑭ ᑐᑕᒪᐣ

ᒪᑉᐊᒻ ᐅ ᒥᑉᓇᕐᑦ ᑭ ᑭ ᑐᑕᒪᐣ ᐅᑲ ᑭᒋ ᐊᔭᔭᐣ ᑲ ᑯᑦᑕᑎᑉᑲᑦ ᐊᑯᓯᑉᐃᐣ ᑭᕋᑲᑦ ᐱᓯᒧᑦ ᑲᐅᒋᒪᑲᑦ:

- ᐊᑯᐃᑎᓯᑦ ᑭ ᐯᔭᑯᑎᓯᒪᑦ ᐯᔭᑯᕋᑦ ᐱᓂᑦ ᓄᐅ ᒪᑉᐊᒻ ᑲ ᐃᕐᑭ ᑭᔭᓯᑭᐟ ᐱᓯᑦ, ᓄᑦᑕ ᐱᑯ ᐃᑦᐱ ᐊᑉᐊᓯᑎ 3 ᐃᑦᐱᒋ ᒪᑦᑲᑉᐊᑭ ᐱᓯᒪᑦᑎᑦᓵ ᐊᑉᑲᑦᑎᕐᕐᒧᑦ (ᕐᐸᔭᑎᑦ, ᐊᑉᑲᑦᑎᐃᑲᓂᑦ ᓄᑦᑕ ᐱᑯ ᐊᑉᑲᓇᐸᓯᑉᐃᓂᑦ) ᓄᑦᑕ ᑯᒋᑕᑦ ᑉᐊᓇᑉᐃᑎᒥᑦ ᑭᒋ ᑕᕐᓇᑉᐃᔪᑦ ᑉᐸᒪᕐ ᐯᔭᑯᕋᑦ ᓄᑦᑕ ᐱᑯ ᑭᑦᑉᑲ ᓄᐅᑦᓵ
- ᐊᑯᐊ ᑭᑦᐱᑐᓇ, ᑭᑦᑲᑕ ᓄᑦᑕ ᑭᑦᑎᑉᑲᐣᓵ ᐅ ᒥᖓᑲᑦ ᑭᑉᑲᐣ ᑭᑭᑦᑲ, ᐅ ᐊᓴᓇᑦ ᓄᑦᑕ ᐅ ᐸᐸᑲᑦᓵ ᑲᑉᐃᓇ ᑉᐊᓂᑭᑦᑭᓯ ᑭᑕᑦᑐᑎᐣ ᑭᒋ ᐊᑯᐊᒪᐣ ᑭᑦᑎᑉᑲᐣ, ᑭᑕᑦᑕᒥᑉᑲᐣ, ᑭᑉᑕᑲᔭ ᓄᑦᑕ ᑭᑉᑲᔭᑦᓵ
- ᕐᓂᑎᓯ ᐊᑉᐊᓯᑎ 15 ᑭᒋ ᐃᑦᐱᒋ ᒪᑦᑲᑉᐊᑦ ᕐᓂᓂᑲᐣ ᐅᑲ ᑭᒋ ᐃᑦᑉᑲᓯᑦᑦ ᐱᓯᑦᓵ ᑲᑉᐃᓇ ᑉᐊᓂᑭᑦᑭᓯ ᑭᒋ ᕐᓂᓂᑎᓯᔭᐣ ᒥᑉᑲᒻ ᐅ ᑉᐊᑲᑦᑎᔭᑦ ᓄᑦᑕ ᒪᑲ ᐅ ᐱᐳᑦᓵ

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- ᐊᑦᑲᑦᑎᓴᐸᐅ ᐁᑲ ᑭᒋ ᐊᑯᑕᓴᒃ ᑭᖕᑭᒋᑦᑲᓐ ᐊᑦᑲᑦᑎᐅᓇ ᐁ ᒪᑲᑎᑦᐊᐸᒪᑲᑭ ᐊᐸᒋᑕ, ᓄᑦᑕ ᐁᑲ ᑭᒋ ᖃᑦᐸᑦᑎᒃ ᑲ ᒪᖕᑲᑦᐊᒃ ᐱᓯᒪᑦᑎᑦᓐ
- ᑲᑦᐃᓇ ᐊᐸᒋᑕ ᑲ ᓂᒋᑭᖃᕐᒪᑲᑭ ᐱᑎᑦᑲᒥᒃ ᑲᐊᐸᑕᑭᓐ ᑕᐱᖕᑯᒻ ᐱᓯᑦ, ᐅᐅ ᑦᐊᑦᑎᓂᒪᑲᓇ ᑲ ᓂᒋᑭᖃᕐᒪᑲᑭ, ᒪᖕᑲᑦᐊᑦ ᐊᒃᑕ ᐃᖕᑯᑎᑦ ᑲ ᐅᒋᒪᑲᒃ ᕿ ᑭ ᐅᒋ ᐃᑦᑲᓯᐟ, ᓂᓯᑦᐊᓇᑎᓯᐟ ᒪᖃᑲᐃ ᓄᑦᑕ ᐅᑕᑲᒥ ᐊᓴᓂᑦᐊᒃ ᑲ ᑯᑦᑕᑎᑦᑲᒃ ᐊᑯᓯᑦᐃᒃ ᒥᖃᑲᒃᓐ
- ᑕᓯᓄ ᓇᓇᑲᑕᑦᐊᐸᑦ ᑭᖃᑲᐃᓐ ᑭᑦᕿᓂᑕ ᐁ ᐃᓯᓇᑯᓯᐟ ᑭᖃᑲᐃ ᓄᑦᑕ ᑦᐃᑕᒪᑦ ᑭᑐᑯᓄᓂᑦ ᐃᑦᐱ ᐱᑐᓯᓇᑯᓯᑎᓐ

ᕿᑦᑲᒃ ᕿ ᓇᓇᑲᑕᑦᐊᐸᒋᑲᑎᒃ

ᐅᐅ ᑦᐃᑕᒪᕿᑦᐃᓇ ᓄᑦᑕ ᐃᑕᒪᒋᐅᑦᐃᓇ ᑲᑕ ᐅᒋ ᑭᑦᕿᓂᒋᑲᑎᑦ ᐁ ᐃᑕᑦᑲᓄᑦᕿ ᑲ ᑯᑦᑕᑎᑦᑲᒃ ᐊᑯᓯᑦᐃᒃ ᒥᖃᑲᒃ ᓄᑦᑕ ᐱᑯ ᑯᑕᒃ ᐊᑯᓯᑦᐃᒃᓐ ᒃᑕᑦᐊᐸᑦ ᒃᑐᑯᓄᒃ ᑭᖃᑦᐱᒃ:

- ᐱᑐᒡ ᐁ ᐃᓯᕿᓯᐟ, ᐁ ᐃᓯᐯᐃᑲᓯᐟ ᓄᑦᑕ ᐱᑯ ᐁ ᐃᑎᑭᑎᐟ ᐅᒥᓂᑦᓐ
- ᐁᑲ ᐁ ᑭ ᑭᑲᓂᑦᐊᒃ
- ᐁ ᒥᑯᑦᐃᓇᓂᑦᐊᒃ, ᑭᓇᑭᓯᓇᓂᑦᐊᒃ ᓄᑦᑕ ᐱᑯ ᐁ ᒥᑦᑲᒃ ᑲ ᐃᓯ ᐱᑦᑯᐸᓂᓇᓂᑦᐊᒃ

ᕿ ᑐᒋᑲᑎᒃ ᐁᑲ ᑭᒋ ᐊᓴᓂᑦᐊᒃ ᑲ ᑯᑦᑕᑎᑦᑲᒃ ᐊᑯᓯᑦᐃᒃ

ᒥᑦᑕᐃ ᐃᑕᑦᑲᒃ ᕿᑦᑲᒃ ᕿ ᐅᒋ ᑭᑦᕿᓂᒋᑲᑎᒃ - ᐊᑦᑲᑦ ᑦᐊᑦᐁᓇᑦᕿᒪᑲᒃ ᓄᑦᑕ ᐱᑯ ᑦᕿᑦᕿᑭᑎ ᐃᑦᑎᒪᑲᒃᓐ ᓴᑯᒻ ᒪᑲ ᒃᑭᑦᕿᓂᑎᓇᒃ ᑭᒋ ᑲᒡᑭᑕᓴᒃ ᑭᒋ ᑦᐃᒋᐃᑎᓯᓴᒃ ᐁᑲ ᑭᒋ ᑲᒋᑎᓂᑯᓴᒃ ᑲ ᑯᑦᑕᑎᑦᑲᒃ ᐊᑯᓯᑦᐃᒃ ᑕᑐ ᑭᓂᑲᑦ ᐁ ᑐᑕᒪᒃ ᕿ ᐃᓂ ᒥᓄᐱᒪᑎᓯᓴᒃᓐ ᑲᓇᕿ ᐊᐱᑕᑦ ᐊᓂᐃ ᑲ ᑯᑦᑕᑎᑦᑲᑭ ᐊᑯᓯᑦᐃᓇ ᒧᓇ ᑲᑕ ᐃᑕᑦᑲᓄᐸᓂ ᑭᓴᑦᐱᒃ ᓄᓯᓂᐃᑲᑎᒃ ᒥᓄ ᐱᒪᑎᓯᑦᐃᒃ ᓄᑦᑕ ᐅᓇᓐᐁᑦᐃᓇ ᕿ ᐅᒋ ᒥᓄ ᐱᒪᑎᓯᒋᒃ ᐊᑦᐁᓂᑦᑲᓇᒃ ᐅᑕ ᑲᓇᑕ ᐊᑦᑭᒃᓐ

- ᑲᑦᐃᓇ ᐱᑦᑕ ᓄᑦᑕ ᑲᑦᐃᓇ ᑕᓯᓇᑦᐃ ᑲ ᐃᓯ ᐱᑦᑕᓂᑦᐊᒃ
- ᑕᑐ ᑭᓯᑲᑦ ᓂᐊᓇᑦᓇ ᓄᑦᑕ ᐱᑯ ᒥᑕᑦᑕ ᐃᓂᑯᒃ ᒥᒋ ᒥᒋᑦ ᑲ ᓂᑕᑦᐃᑭᑕᓂᑦᐊᒃ ᓄᑦᑕ ᒪᑲ ᒥᓂᓴᓐ ᒥᒋ ᕿᑦᑲᒃ ᑲ ᓂᓴᒪᖕᑲᕿᒪᑲᒃ, ᐁᑲ ᐁ ᑐᑕᒪᒃᓐ ᑭᓴᑦᐱᒃ ᐊᐸᒋᑕᓴᒃ ᑭᖕᕿᐁᑦᐃᓇᐳᐃᑦ, ᐁᓴᑦᑲ ᐱᑯ ᒥᓂᑦᕿ ᐁᓴᑦᑲ ᐁ ᑭᓯᑲᒃᓐ
- ᑕᓯᓄ ᖓᓴᑦᐃ ᐊᓴᒋᓐ ᐁᑯᑕᓂ ᓇᐃ ᕿ ᐅᒋ ᐃᑦᐱᑎᓂᑯᑎᓴᒃᓐ
- ᓇᓇᑲᒋᐃᑎᓯᒃ ᑭ ᐁᓴᑯᑎᓯᒪᒃ ᐁᑲ ᑭᒋ ᐃᑦᑲᓯᑦᒃ ᐱᓯᑦ, ᐅᓴᑦ ᐁᓴᑯᓴᑦ ᐱᓂᒡ ᓄᐅ ᒪᑦᐊᒻ ᑲ ᐃᓯ ᑭᓴᓯᕿᐟ ᐱᓯᑦ, ᓄᑦᑕ ᐱᑯ ᐃᑦᐱ ᐊᑦᐊᓯᑎ 3 ᐃᑦᐱᒋ ᒪᖕᑲᑦᐊᕿ ᐱᓯᒪᑦᑎᑦᓐ ᑕᓯᓄ ᓇᓇᑲᑕᑦᐊᐸᑦ ᑭᖃᑲᐃ ᓄᑦᑕ ᑦᐃᑕᒪᑦ ᑭᑐᑯᓄᓂᑦ ᑲ ᐊᑎ ᐃᓯ ᐱᑐᓯᓇᑯᓯᐟᓐ
- ᓄᓯᓄᐊ ᑲ ᐃᑦᑎᒪᑲᒃ ᑲ ᑯᑦᑕᑎᑦᑲᒃ ᐊᑯᓯᑦᐃᒃ ᓇᑕᑦᐊᐸᑕᒧᑦᐃᒃᓐ ᐁ ᕿᑦᕿᓂᑕᒪᒃ ᑲ ᕿ ᐯᒋ ᐃᓯ ᓄᒋᐃᑯᒋᒃ ᑭᒋᓴᓇᒃ ᑲ ᑯᑦᑕᑎᑦᑲᓂᓂᒃ ᐊᑯᓯᑦᐃᓂᓂᑦ ᑲ ᐅᒋ ᕿᑦᕿᓂᑎᓇᑦᐊᑦ ᑭᑐᑯᓄᓂᑦ ᕿ ᐃᓯ ᓇᓇᑲᑕᑦᐁᓂᒥᑎᓯᓴᒃᓐ
- ᑦᐃᑕᒪᑦ ᑭᑐᑯᓄᓂᑦ ᓄᑦᑕ ᐱᑯ ᐊᓇ ᑲ ᑐᑯᓄᓂᑦᐃ ᓇᓇᑲᒋᐃᑦᒃ ᐱᑐᒡ ᐊᑎ ᐃᑎᓴᒃ ᑭᒥᓄ ᐱᒪᑎᓯᑦᐃᓂᒃᓐ
- ᓄᓯᓄᐊ ᒥᓄ ᐱᒪᑎᓯᑦᐃ ᓄᑦᑕ ᓴᑦᑲᒥᓯᑦᐃ ᐃᑕᓐᐁᑦᐃᓇ ᑲᑭᓇᑦ ᑭᑭᒃ ᓄᑦᑕ ᑲ ᐃᓯ ᐊᐸᑎᓯᓴᒃ ᐃᑦᐱ ᐁ ᐊᐸᒋᑕᓴᒃ, ᓇᐃᑲᒪᒃ ᓄᑦᑕ ᐁ ᑦᐁᐱᓇᒪᒃ ᑲ ᑯᑦᑕᑎᑦᑲᒃ ᕿᑦᑲᒃᓐ

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ᑭᒋ ᑭᖅᑭᓂᑕᒪᔾ

ᑭᕐᔪᐊᔾ ᑭᔭᐱᒻ ᐅᑭᖅᑭᓂᑕᒪᓄ ᐅᐸᒻ ᑭᖅᑭᓂᑕᒧᐅᔾ ᓄᖅᑕ ᓇᓇᑕᐅᐊᐸᑕᒧᐅᔾ ᐅᒋ:

- ᐅᑕ ᐃᔪ ᐊᓂᒥᐃᒃ ᐊᓂᑭ ᑲ ᑭᖅᑭᓂᑕᑭᒃ **1 888 939-3333** ᐁ ᐅᒡᑭ ᑭᔪᑲᒃ ᐱᓂᒡ ᐁ ᒋᐸᔭᑎᑯᑭᔪᑲᒃ 9:00 ᐁ ᑭᖓᐸᔭᒃ ᐱᓂᒡ 6:00 ᐁ ᐅᑕᑯᔪᒃᓵ
- ᒪᓯᓇᖅᑐᐸᓂᒋᑲᓂᒃ **info@cis.cancer.ca**
- ᕿ ᐃᔪ ᒥᖅᑲᒪᔾ ᒪᓯᓇᖅᑐᐸᓂᒋᑲᓂᒃ **www.cancer.ca**
- ᑭᑎᑕᐅᓂᒃ ᑲ ᑯᖅᑕᑎᐅᑲᒃ ᐊᑯᓯᐅᔾ ᒪᒪᐅᐃᐅᑐᐅᓂᒃ ᐊᐸᑎᓯᐅᑲᒥᑯᒃ

ᒪᓯᓇᐃᕿᐅᓇ

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