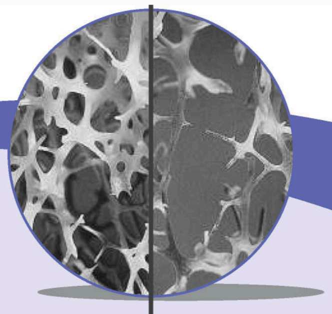
OSTEOPOROSIS

ᑫᐃᔑᐧᐃᑐᑲᓱᔭᓇ

ᒋᒪᐢᑳᐧᐃᑲᑐᔭᓇ

ᐅᐅᐧᐁ ᑎᓄ ᐃᓇᐱᑐᐧᐃᓐ ᐅᑫᐧᐃᑲᓇᐱᑐᐧᐃᓐ ᑲᐃᒋᑲᏖᐤ ᐅᑫᐧᐃᐱᑯᑲᑐᐢ ᐸᑭ ᑫᑯᓐ ᐃᔑᐢᔭᓐ ᑕᐱᐢᑯ ᐅᐱᓂᑫᔭᓐ, ᐧᑫᑭᑕᔭᓐ, ᐱᓯᔑᓇᓐ, ᐅᔕᔑᔑᓇᓐ ᑫᒪ ᑳᐧᐃᐢᔭᓐ. ᐃᐃᒪ ᐃᑐᑫ ᒪᐧᐊᐤ ᐃᔑᐅᑫᐱᑯᑲᑐᐢᓇᓂᐧᐊᓐ ᐅᓄᑲᓂᐤ, ᐅᐱᓐᒋᑫᑲᓂᐤ, ᐅᑎᑎᒪᓂᐤ ᑫᒪ ᑲᐅᓐᒋᐊᓂᑫᑲᑐᔭᓐ ᑭᓂᐤ.

ᐊᐱᒋ ᐧᐃᐢᑫᓐᑕᐧᑲᓐ ᑭᐳᑯᑲᑐᔑᓇᓂᐧᐊᐤ. ᑲᔦ ᐊᔕ ᐃᐢᐧᑲᑭᑫᔭᓐ ᑳᐧᐃᓐ ᑲᑭᐧᐁᒪᐢᑳᐧᐃᑲᑐᓯᓐ. ᑲᐳᑯᓄᑲᑐᔑᓄᐧᐊᐤ ᑲᑭᒋᐊᐧᐃᐧᐊᐤ ᐅᑐᒋᒪᑭᐃᑯᓇᐧᐊ.



ᐧᐁᐧᐁᓂ ᐃᓇᒋᑫᔭᓐ ᑳᐧᐃᑐᑲᑯᓐ ᒋᒪᐢᑳᐧᐃᑲᑐᔭᓐ

• ᐱᒥᒋᔕᐊᓐ ᑭᑭᓇᐧᐊᒋᒋᑲᓐ ᓂᐧᐃᓐ ᐯᐸᑲᓐ ᒥᒋᒪᓐ ᑲᐃᓇᒋᑫᓇᓂᐧᐊᐤ ᑲᒥᓄᐢᑲᑫᒪᑲᑭᓐ ᒋᒪᐢᑳᐧᐃᑲᑐᔭᓐ ᑲᔦ ᒋᐧᐃᒋᐃᑯᔭᓐ ᐁᑲ ᒋᐸᓯᑲᑐᔑᓇᓐ.

• ᒥᒋᒥᑲᓐ D ᑭᒋᑐᑕᐧᑲᓐ ᒋᒪᐢᑳᐧᐃᑲᑐᔭᓐ ᑲᔦ ᑳᐧᐃᒋᐃᑯᓐ ᐁᑲ ᒋᐅᑫᐱᓯᔑᓇᓐ. ᑲᑭᓇ ᑲᑭᒋᐊᐧᐃᐧᐊᐤ ᑲᓇᑕ ᐊᑭᐤ ᑲᑕᐧᐊᐤ ᐅᓂᔑᔑᓂ ᒋᐅᑕᐱᓇᒍᐧᐊᐤ ᒥᒋᒥᑲᓐ D. ᑳᐧᑫᒋᓪ ᒪᐢᑭᑭᐧᐃᓂ ᒥᓂᑯᐤ ᑫᐱᒥᐊᐸᒋᑐᔭᓐ.

• ᑲᓚᓯᔭᒪ ᐧᐃᑐᑲᑫᒪᑲᓐ ᒋᒪᐢᑳᐧᐃᑲᑐᔭᓐ. ᐅᓂᔑᔑᓐ ᒋᐅᑎᓇᒪᓐ ᐅᐅᐧᐁ ᑲᓚᓯᔭᒪ ᒥᒋᒥᑲᐤ ᐃᐃᒪ ᒧᒧᔕᐳ, ᒋᐢ, ᔦᑯᐦᑦ, ᑲᑕᑯᓂᑲᏖᐤ ᑲᓚᓯᔭᒪ ᐧᓴᔾ, ᐊᓚᒪᓐᑦ ᑲᔦ ᐅᐢᐧᐃᒋᒥᓐ ᔑᐧᐊᐳ. ᑭᐢᐱᓐ ᒥᒋᓯᐧᐊᓐ ᐅᓄ ᑎᓄ ᒥᒋᒪᓐ ᑫᒪ ᑯᑕᑭᔭᓐ ᐅᐢᐧᐃᒋᒥᓐ ᔑᐧᐊᐳᓐ. ᑭᐢᐱᓐ ᐊᐱᒋ ᒥᒋᓯᐧᐊᓐ ᑲᑕᑯᓂᑲᏖᐤ ᑲᓚᓯᔭᒪ ᒥᒋᒥᑲᐤ, ᒪᑭᐧᔕ ᑕᐃᔑᐢᐸᓐ ᒋᐅᑕᐱᓇᒪᓐ ᒥᒋᒥᑲᓐ ᑲᓚᓯᔭᒪ. ᐱᓇᒪ ᓂᑲᓐ ᑳᐧᑫᒋᓪ ᒪᐢᑭᑭᐧᐃᓂ.

• ᐸᑭ ᐁᑕ ᒥᓂᐧᑫᓐ ᐃᐢᑯᑌᐧᐊᐳ ᐊᑯᓇᐤ ᓂᓬᒥᓂᐧᑲᑲᓐ ᑫᒪ ᐸᑭ ᐯᔑᑯᑭᔑᑲ.

• ᐳᓂᐢᑳᐧᓴᓐ.

ᐊᓂᓐ ᒥᓂᑯᐤ ᑲᓚᓯᔭᒪ ᑲᔦ ᒥᒋᒥᑲᓐ D ᑫᐅᑕᐱᓇᒪᓐ ᐁᓐᑕᓯᑭᔑᑲᐤ?

ᑲᑕᓯᐱᐳᑐᐧᐊᐤ	ᑲᓚᓯᔭᒪ	ᒥᒋᒥᑲᓐ D
19-50	1000 mg	400 - 1000 IU
50+	1200 mg	800 - 2000 IU

mg = milligrams   IU = international units

ᒥᓂᑯᒃ ᑳᑕ·ᑲᒃ ᑳᓪᓯᔭᒻ ᒥᒋᒥᑲᒃ

ᒥᒋᒻ	ᒥᓂᑯᒃ	ᑳᓪᓯᔭᒻ
ᒍᒍᔕᐳ - 2%, 1%, ᐢᑭᒻ, ·ᒐᑯᓇᑦ	1 ᒥᓂ·ᑲᑲᐣ / 250 mL	300 mg
ᑳᓪᓯᔭᒻ ᑲᑕᑯᓂᑲᑌᒃ ᒍᒍᔕᐳ	1 ᒥᓂ·ᑲᑲᐣ / 250 mL	400 mg
ᒋᐢ - ᑫᑐᕐ, ᐁᑕᒻ, ᑯᑕ	1 ¼"/ 3 cm ᑲᑲᑫ	245 mg
ᔪᑯᕐᑦ - ᐊᓂᓯᑌ	¾ ᒥᓂ·ᑲᑲᐣ / 185 mL	295 mg
ᓴᒪᐣ ᑭᑯ, ᑳᑭᑭᐅᑲᓂ·ᐃᒡ, ᐱ·ᐊᐱᑯᒃ	½ ᐱ·ᐊᐱᑯᐢ / 105 g	240 mg
·ᓴᔾ ᒍᒍᔕᐳᑲᐣ	1 ᒥᓂ·ᑲᑲᐣ / 250 mL	285 mg
ᐅᓴ·ᐃᒋᒥᐣ ᔑ·ᐊᐳᑲᐣ	1 ᒥᓂ·ᑲᑲᐣ / 250 mL	300 mg
·ᓴᔾ ᐊᒥᐢᑯᓯᓯᒥᐣ - ᑳᑭᒋᐸ·ᑲᓂ·ᑕ	1 ᒥᓂ·ᑲᑲᐣ / 250 mL	170 mg
ᑐᐳ - ᑕᑯ ᑳᓪᓯᔭᒻ ᓱᓪᐯᑦ ᑲᑕᑯᓂᑲᑌᒃ	3 oz. / 84 g	130 mg
ᓀᐅᒡ ᑳᑭᔑᓱᒡ ᐊᓄᒥᐣ - ᑳᓪᓯᔭᒻ ᑲᑕᑯᓂᑲᑌᒃ	1 ᐸᔥ·ᑫ·ᐊᔑᐢ / 32 g	150 mg
ᐱᒃ - ᑲᐸᓯ·ᐊᒡ	10	150 mg

ᑳ·ᑫᒋᐣ ᒋᒪᔥᑳ·ᐃᑲᓄᔭᐣ ᑲᔦ ᒋᔑᔕ·ᐃᓯᔭᐣ ᒪᔥᑳ·ᐃ·ᐊᑭᓯ·ᐃᓂᒃ

- ᑳᔑᔕ·ᐃᓯᓇᓂ·ᐊᒃ ᒪᔥᑳ·ᐃ·ᐊᑭᓯ·ᐃᓂᒃ ·ᐃᑐᑲᑫᒪᑲᐣ ᒋᒪᔥᑳ·ᐃᑲᓄᔭᐣ. ᑳ·ᑫᒋᐣ ᒋᐊᐸᒋᑐᔭᐣ ᑳᔑᐱᑭᐱᒋᑲᑌᑭᐣ ᑫᒪ ᑲᑯᓯ·ᑲᑭᐣ ᑲᓇᑫ ᓂ·ᐢ ᐯᔑᑯᑕ·ᐊᑌ, ᑲᔦ ᒋᑲ·ᑫᒋᔭᐣ ᒥᓯ·ᐁ ᑭᒪᔥᑳ·ᐃ·ᐊᑭᓯ·ᐃᓂᒃ.
- ᑳ·ᐃᓴᔭᐣ ᑲᐅᒋᐳᑯᑲᓄᔑᐣ. ᐅᒋ·ᐃᑐᑲᓯᐣ ᐁᑲ ᒋ·ᐊᑫ·ᐃᑲ·ᐃᓴᔭᐣ ᑕᓱᑭᔑᑲ ᒋᑲ·ᑫᒋᔭᐣ ᑫᒪ ᑕᔾ ᒋ ᐃᒋᑲᑌ ᑳ·ᑫᒋ·ᐃᐣ.
- ᑳ·ᑫᒋᐣ ᑲᓇᑫ 30 ᑎᐸᐃᑲᓄᐢ ᐯᔑᑯᑭᔑᑲ. ᑳ·ᐃᒋᐃᑯᐣ ᒋᒪᔥᑳ·ᐃᑲᓄᔭᐣ, ᑳ·ᑫᒋᐣ (ᑕᐱᔥᑯ ᒋᑭᒋᐸᐸᒍᓴᔭᐣ ᑫᒪ ᒋᓂᒥᔭᐣ) ᓇ·ᐊᒡ ·ᐃᒋᐃ·ᐁᒪᑲᐣ ᐅᐅ·ᐁ ᑲᑲ·ᑫᒋᓇᓂ·ᐊᒃ (ᐱᒋ·ᐃᐣ ᑲᑲᐸᔑᒎᓇᓂ·ᐊᒃ, ᐱᒪᑭ·ᐁᐸᐅᑎᓱ·ᐃᐣ).
- ᑳ·ᑫᒋᐣ ᑕᓱᑭᔑᑲ ·ᐁ·ᐁᓂ ᒋᐅᒋ ᑕ·ᔕ·ᐃᑲᓄᔭᐣ, ᑕᐱᔥᑯ ᒋᔕᔑᐱᑲ·ᐃᑲᓄᓂᔭᐣ.
- ᑳᑭᒋᐊ·ᐃ·ᐊᒡ ᑳᐅᑫ·ᐃᑲᓇᐱᓄ·ᐊᒡ ᑫᒪ ᑳᑭᐳᑯᑲᓄᓴᓂᒃ ·ᐊ·ᐃᑲᓂᔭᐱᒃ ᐅᑲᐊᐣᑕ·ᐁᑕᓇ·ᐊ ᒋᑲ·ᑫᒋ·ᐊᒡ ᒋᐅᒋᑭ·ᐁ ᒪᔥᑳ·ᐃᑲᓄᔭᐣ ᑲᔦ ᐁᑲ ᒋᐅᑫᑲ·ᐃᓴᔭᐣ. ᐅᑯ ᑲᔦ ᑳᑭᐳᑯᑲᓄᓴᓂᒃ ·ᐊ·ᐃᑲᓂᔭᐱᒃ ᐅᑲᐊᐣᑕ·ᐁᑕᓇ·ᐊ ᑕᓱᑭᔑᑲ ᒋᑲ·ᑫᒋ·ᐊᒡ ᒋᑕ·ᔕ·ᐃᑲᓄ·ᐊᒡ, ᑲᔦ ᒋᑲᓄᓇ·ᐊᒡ ᑳ·ᑫᒋ·ᐃᐣ ᑳᑭᑭᓄᒪᑫᓂᒡ.

ᑭᓇᓂᓴᓂᐢ ᓇ?

ᑳᑭᓇ ᐊ·ᐃᔭᒃ ᐊ·ᐊᔑᒣ 50 ᑳᑕᓱᐱᐳᓄ·ᐊᒡ ᐅᑕᑳ·ᑫᒋᒪ·ᐊᐣ ᒪᔥᑭᑭ·ᐃᓂᓂ·ᐊᐣ ᐊᓂᐣ ᐁᔑᓇᓂᓴᓂᓯ·ᐊᒡ ᒋᐳᑯᑲᓄᓴ·ᐊᒡ. ᑕᓱᐱᐳᐣ ᑭᒪᔥᑭᑭ·ᐃᓂᓂᒻ ᒋᓇᓇᑲᒋᐃᒃ ᐊᓂᐣ ᐁᐱᒋᑲᐸ·ᐃᔭᐣ ᑲᔦ ᑭᔥᐱᐣ ᒋᓇᓇᑲᒋᒋᑲᑌᒃ ᑭᑲᐣ. ᐊᓂᑦ ᑫᑯᓇᐣ ᑫᑭᐅᒋ ᓇᓇᑲᒋᒋᑲᑌᒃ ᑭᑲᐣ ᐊ·ᐊᔑᒣ 65 ᑕᓱᐱᐳᓄᔭᐣ, ᑭᔥᐱᐣ ᐁᑭᐳᑯᑲᓄᔑᓇᐣ ᒋ·ᐸ 40 ᑕᓱᐱᐳᓄᔭᐣ, ᐯᔑᒃ ᑭᓂᑭᐃᒃ ᐁᑭᐳᑯᓄᑲᓄᔑᒃ ᑫᒪ ᒪᔥᑭᑭ ᐱᒥᐊᐸᒋᑐᔭᐣ ᑉᑌᑦᓂᓱᐣ ᑳᐃᒋᑲᑌᒃ.

ᒪᔥᑭᑭ ᑳᒪᔥᑳ·ᐃᑲᓄᔥᑲᑫᒪᑲᒃ

ᐁᔥᑲᒻ ᐃᔑᓴ ·ᐁ·ᐁᓂ ᑳᐃᓇᒋᑫᓇᓂ·ᐊᒃ ᑲᔦ ᑲᑳ·ᑫᒋᓇᓂ·ᐊᒃ ᑳ·ᐃᐣ ᑌᒥᓂᒃ ᒋᑭ·ᐃᑐᑭᑫᒪᑲᒃ ᒋᒪᔥᑳ·ᐃᑲᓄᓇᓂ·ᐊᒃ ᑲᔦ ᐁᑲ ᒋᐸᓯᑲᓄᔑᓇᓂ·ᐊᒃ. ᒪᑭ·ᔕ ᑕᔥ ᑕᐃᔑᓴ ᒋᐊᐸᒋᑐᔭᐣ ᒪᔥᑭᑭ. ·ᐃᐣᑕᒪᐤ ᒪᔥᑭᑭ·ᐃᓂᓂ ·ᐁᑯᓄᐣ ᑎᓄ ᒪᔥᑭᑭ ᑫᑭ·ᐃᒋᐃᑯᔭᐣ.

Make your FIRST break your LAST

INSIST ON ASSESSMENT

Osteoporosis Canada
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