ᖁᕕᖅᑏᑦ

ᑕᑯᓐᓇᑦᓯᐊᕐᓂᖅ
ᐃᓅᓯᑦᓯᐊᕙᒻᒨᖓᔪᓂᒃ

ᐊᑐᖃᑦᑕᕐᓂᖅ ᐃᒡᒑᓐᓂᒃ ᐱᕚᓪᓕᕈᑎᓪᓚᕆᐅᔪᖅ
ᓴᐳᔾᔨᓂᕐᒧᑦ ᐃᔨᓐᓂᒃ
ᓱᒃᑯᐃᒍᓐᓇᖅᑐᓂᒃ

ᓯᕿᓂᕐᒦᓐᖔᖅᑐᓂᒃ,
ᓱᑲᓕᖅᐹᓪᓕᑎᑦᓯᒍᓐᓇᖅᑐᑦ ᖁᕕᖅᓴᑖᖅᐸᓪᓕᐊᓂᕐᒥᒃ.
ᐃᑲᔪᖅᓯᓂᖃᒻᒪᕆᒍᓐᓇᕐᒥᔪᑦ ᐱᕈᖅᑐᒥᓃᑦ ᓰᕐᓇᖅᑐᑦ ᓰᕐᓇᖏᑦᑐᓪᓗ ᓂᕆᕙᓪᓗᒋᑦ.

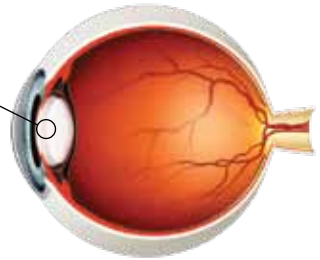
§

§

visioninstitute.optometry.net

ᑐᑭᓯᒋᐊᕐᕕᒋᓗᒋᑦ ᑲᑐᔾᔨᖃᑎᒌᖏᑦ
ᐃᔨᓕᕆᔩᑦ ᐃᔨᓕᕆᔨᐅᑉ ᓄᓇᓕᑦᓯ
ᖃᓂᒐᔭᖓᓐᓃᑦᑑᑉ ᒥᑦᓵᓄᑦ.
ᐅᕐᑳᓚᓗᑎᑦ 1 888 263 4676
ᑕᑯᒋᐊᕐᓗᑎᓪᓘᓐᓃᑦ www.opto.ca

ᑕᐅᑐᓐᓂᕐᒨᖓᔪᖅ ᐃᔨᓄᓪᓗ ᖃᓄᐃᓐᖏᑦᓯᐊᕐᓂᕐᒧᑦ
ᑐᓴᕋᑦᓴᖅ ᐃᔨᓕᕆᔨᒃᑯᓐᓂᒃ ᑲᓇᑕᒥ ᑲᑐᔾᔨᖃᑎᖃᖅᓱᑎᒃ:



ᓱᓇᐅᒻᒪᑦ ᖁᕕᖅᑎ?

ᑕᐅᑐᑦᓯᐊᕋᔪᑦᑐᖅ ᐃᔭᕈᕙᐃᑦ ᐃᔨᑉᐱᑦ
ᐃᓗᐊᓂ ᓄᕗᔭᔪᐊᓘᔮᖅᑐᒥᒃ ᖃᑯᖅᑐᒥᒃ
ᑕᐅᑐᓕᖅᐸᑦ, ᑕᐃᔭᐅᔪᖅ ᖁᕕᖅᑎ. ᖁᕕᖅᑏᑦ
ᐊᔾᔨᒌᓐᖏᑦᑑᒍᓐᓇᖅᑐᑦ ᒥᑭᔫᑕᐅᒍᓐᓇᖅᓱᑎᒃ
ᐊᖏᓈᖅᑐᐊᓘᒍᓐᓇᖅᓱᑎᓪᓗ ᖃᑯᕐᓂᖏᑦ
ᑕᐅᑐᑦᓯᐊᕈᓐᓃᕈᑕᐅᓲᑦ.

ᑭᓇᒃᑯᑦ ᖁᕕᖅᑎᑖᓲᖑᒻᒪᑕ?

ᖁᕕᖅᓴᖃᕋᔪᓲᑦ ᐃᓄᐃᑦ ᐊᕐᕌᒍᓖᑦ ᐅᖓᑖᓂ
60, ᑭᓯᐊᓂᑦᑕᐅᖅ ᓇᐃᐱᑕᐅᓚᐅᓪᓚᓲᖑᒻᒥᔪᑦ
ᒪᒃᑯᓂᖅᓴᓂ, ᐱᖃᓯᐅᑎᑦᓱᑎᒃ ᐃᓅᓕᕋᑖᑦ ᐱᐊᖅᑲᑦ.

ᖃᓄᖅ ᖁᕕᖅᓴᖅᑖᓲᖑᒻᒪᑕ?

ᖃᐅᔨᒪᔪᖃᓐᖏᖅᑐᖅ ᓱᒻᒪᑦ ᖁᕕᖅᑎᑖᓲᖑᑦᑕᕐᒪᖔᑕ.
ᖃᐅᔨᒪᔭᐅᔫᒐᓗᐊᖅ ᐃᑦᑎᖏᑦ ᐃᔨᐅᑉ ᐊᓯᔾᔨᓲᑦ
ᐳᔫᖅᑐᐊᓘᔮᓕᖅᓱᑎᒃ. ᑕᒪᓐᓇ ᑕᐃᒪᐃᑦᓱᓐᓇᖅᑐᖅ
ᐃᓐᓇᕈᖅᐸᓪᓕᐊᓂᕐᒧᑦ ᐅᕝᕙᓗ ᑭᖑᕚᕇᓃᓐᖔᕐᓗᓂ
ᑕᐃᒪᐃᑦᓱᓐᓇᖅᑐᖅ, ᐋᓐᓂᕐᓂᑰᓗᓂ
ᐋᓐᓂᐊᓂᑰᓗᓂᓘᓐᓃ.ᑦ ᓯᕿᓐᓂᖅᑐᒦᓗᐊᖃᑦᑕᕐᓂᖅ,
ᓱᐴᖅᑐᖃᑦᑕᕐᓂᖅ ᓯᒡᒐᓕᐊᓂᒃ ᐅᕝᕙᓗ
ᐄᔭᒐᖅᑐᕐᓂᖅ ᐃᓚᖏᓐᓂᒃ ᐄᔭᒐᐃᑦ,
ᐱᔾᔪᑕᐅᒍᓐᓇᕐᒥᔪᑦ ᖁᕕᖅᑎᑖᕐᓂᕐᒧᑦ. ᖁᕕᖅᑏᑦ
ᐱᕙᓪᓕᐊᒐᔪᓲᑦ ᐃᔩᓐᓂᒃ ᓇᓪᓕᑭᑦᓱᑎᒃ.

ᖃᓄᕐᓕ ᖁᕕᖅᑎᓖᑦ ᑲᒪᒋᔭᐅᓲᖑᕙᑦ?

ᖁᕕᖅᑎᑖᐸᓪᓕᐊᓕᕋᑖᖅᑐᑦ, ᑕᐅᑐᓐᓂᖓ
ᐊᑦᑐᖅᑕᐅᓯᒪᒐᓛᑐᐃᓐᓇᕐᓗᓂ, ᐃᔨᓕᕆᔨᒧᑦ
ᐃᔭᐅᑎᑖᖅᑎᑕᐅᒍᓐᓇᖅᑐᑎᑦ ᑕᑉᐱᒍᓐᓇᕐᓂᓕᒫᒃᑯᑦ
ᑕᑉᐱᑦᑎᑕᐅᒋᐊᕐᓗᑎᑦ. ᖁᕕᖅᑎᑎᑦ
ᐅᓚᕕᑉᐸᓪᓕᐊᓕᖅᐸᑕ ᖃᐅᑕᒫᑦ ᐊᐅᓚᓂᕆᕙᑦᑕᓐᓂᒃ
ᐃᔭᐅᑏᓐᓄᓪᓗ ᓱᕐᕋᒍᓐᓇᐃᓪᓕᓗᓂ, ᐃᔨᓕᕆᔨᕕᑦ
ᖃᐅᔨᒃᑲᐅᑎᒐᔭᖅᑖᑎᑦ ᐃᔨᓕᕆᔨᒻᒪᕆᒻᒧᑦ
ᐃᔨᓐᓃᕕᑦ ᐱᓚᑦᑕᐅᖁᔨᑐᐃᓐᓇᕆᐊᓕᒻᒧᑦ
ᖁᕕᖅᓴᐃᔭᖅᑕᐅᓗᑎᑦ. ᐃᔨᒃᑯᑦ ᐱᓚᑦᑕᐅᓂᖅ
ᐱᔭᕆᐊᑐᔫᓐᖏᑦᑐᖅ ᐱᓚᑦᑕᒥᓃᓪᓗ 95%-ᖏᑦ
ᑕᑉᐱᓕᖅᐹᓪᓕᓲᖑᑦᓱᑎᒃ.

ᖃᖓᒃᑯᑦ
ᖁᕕᖅᓴᐃᔭᖅᑕᐅᒋᐊᖃᕋᔭᖅᑯᖓ?

ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᒍᓐᓇᖅᑐᑦ ᐊᕐᕌᒍᕋᓴᓐᓂᒃ
ᐅᕝᕙᓗ ᓱᑲᑦᑐᐊᓘᒍᓐᓇᖅᑐᑦ ᖃᑦᓯᒐᓛᓂᒃ
ᑕᖅᑭᓂᒃ. ᐃᓚᖏᑦ ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᒍᓐᓇᖏᑦᑐᑦ
ᐲᖅᑕᐅᒋᐊᑐᒐᑎᒃ. ᐃᔭᐅᑏᒃᑭᑦ
ᐊᓯᔾᔨᖅᑕᐅᒐᓗᐊᖅᐸᑎᒃ ᓱᕐᕋᐃᒍᓐᓇᐃᓪᓕᑉᐸᑦ

ᑕᐅᑐᑦᑕᓐᓂᒃ, ᐃᔨᓕᕆᔩᑦ ᐅᖃᖃᑎᖃᕋᔭᖅᑐᖅ
ᖁᕕᖅᑎᓕᕆᔨᒥᒃ.

ᓱᓲᖑᕙᓪᓕ ᖁᕕᖅᓴᐃᔭᖅᑕᐅᓚᐅᖅᓱᑎᒃ
ᐱᓚᑦᑕᐅᑦᓱᑎᒃ?

ᐴᖅᓯᕕᐅᓲᑦ ᑕᐅᑐᑦᓯᐊᓕᕈᑎᓂᒃ, ᐱᓚᑦᑕᐅᓕᕋᒥᒃ,
ᓲᕐᓗ “ᐃᒐᓛᖅᑖᖅᑲᐅᖅ” ᐊᒻᒪᓗ ᐃᓚᖓᓂ
ᐅᖓᓯᑦᑐᒧᑦ ᑕᑯᑦᓯᐊᕈᓐᓇᓕᕐᓗᑎᑦ
ᐃᔭᐅᑎᓯᒪᓐᖏᒃᑲᓗᐊᕐᓗᑎᑦ. ᓱᓕ ᖃᓂᑦᑐᒧᑦ
ᑕᑯᓐᓇᖅᑕᐃᑦ ᑕᑉᐱᒐᔭᓐᖏᑦᑐᖅ. ᐱᓇᓱᐊᕈᓰᑦ ᓯᑕᒪᑦ
ᐊᓂᒍᖅᐸᑕ ᐃᔭᐅᑎᑖᖅᑎᑕᐅᒐᔭᖅᑐᑎᑦ ᓄᑖᓂᒃ
ᖃᓂᑦᑐᒧᑦ ᑕᑯᑦᓯᐊᕈᓐᓇᖁᓪᓗᑎᑦ.

ᖁᕕᖅᑎᑖᑦᑕᐃᓕᕕᑦᓴᐅᕚ?

ᒫᓐᓇᐅᔪᖅ, ᖃᐅᔨᒪᔪᖃᓐᖏᑦᑐᖅ
ᖁᕕᖅᑎᑖᕇᒃᑯᑎᓂᒃ. ᐊᑐᖃᑦᑕᕐᓂᖅ ᐃᒡᒑᓐᓂᒃ
ᐱᕚᓪᓕᕈᑎᓪᓚᕆᐅᔪᖅ ᓴᐳᔾᔨᒍᑕᐅᒍᓐᓇᕐᒪᑕ
ᐃᔨᓐᓃᕕᑦ ᓯᕿᓂᕐᒥᒃ ᓱᑲᓕᖅᐹᓪᓕᑎᑦᓯᒍᓐᓇᖅᓱᓂᓗ
ᓱᒃᑯᐃᕙᓪᓕᐊᓗᓂ ᓯᕿᓂᕐᒦᓐᖔᖅᑐᖅ.
ᓂᕆᖃᑦᑕᕐᓂᖅ ᐱᕈᖅᑐᒥᓂᕐᓂᒃ ᓰᕐᓇᖅᑐᓂᒃ
ᓰᕐᓇᖏᑦᑐᓂᓪᓗ ᖃᐅᑕᒫᓂᒃ ᐃᓚᖃᕐᓗᑎᒃ
A ᐊᒻᒪᓗ C, ᐃᑲᔪᖅᓯᓂᖃᓪᓚᕆᒍᓐᓇᖅᑐᖅ.
ᓱᑲᖅᑐᓗᐊᑦᑕᐃᓕᒪᖃᑦᑕᕐᓂᖅ
ᖁᕕᖅᑎᑖᓐᖏᑲᓐᓂᕈᑕᐅᒍᓐᓇᕐᒥᔪᖅ.
ᐃᖃᓗᒥᓂᖅᑐᖃᑦᑕᕐᓂᖅ omega-3-ᖃᑦᓯᐊᖅᑐᓂᒃ
ᖁᕕᖅᑎᑖᕐᓇᓵᕈᑕᐅᒍᓐᓇᕐᒥᔪᖅ.

ᖃᓄᖅ ᖃᐅᔨᔭᐅᒍᓐᓇᖅᑲᑦ ᖁᕕᖅᑏᑦ?

ᖁᕕᖅᑏᑦ ᐱᕙᓪᓕᐊᓲᑦ ᐋᓐᓂᐊᒐᑎᒃ
ᐊᐅᐸᕋᑎᓪᓗ. ᐃᓚᖏᑦ ᓇᓗᓇᐃᒃᑯᑕᐅᒍᓐᓇᖅᑐᖅ
ᖁᕕᖅᑎᑖᖅᐸᓪᓕᐊᔪᖃᕆᐊᖓ ᐱᖃᓯᐅᔾᔨᔪᑦ
ᑕᐅᑐᑦᓯᐊᖏᑦᑐᐹᓘᓕᕐᓂᕐᒥᒃ, ᑕᖅᓴᓂᓪᓗ
ᑕᑯᕙᓕᖅᓱᑎᒃ ᐃᔩᒃ, ᐅᕝᕙᓗ ᕐᑳᕈᕕᐊᓕᐊᓘᔮᕐᓗᑎᒃ
ᐃᔩᒃᑭᒃ. ᖃᓂᑦᑐᒧᑦ ᑕᐅᑐᑦᓯᐊᓕᐅᒥᔮᕈᓐᓇᖅᑑᒐᓗᐊᖅ
ᑭᓯᐊᓂ ᐃᑉᐱᓐᓂᐊᓱᐊᐹᓘᓕᕐᓗᑎᒃ ᖃᐅᒪᔪᓄᑦ,
ᐱᓗᐊᖅᑐᒥᒃ ᐅᓐᓄᒃᑯᑦ.

ᖃᓄᖅ ᖁᕕᖅᓴᐃᑦ ᖃᐅᔨᔭᐅᓲᖑᒻᒪᑕ?

ᐃᓗᓕᖅᑐᔪᒥᒃ ᐃᔩᒃ ᖃᐅᔨᓴᖅᑕᐅᑦᓱᑎᒃ ᐃᔨᓕᕆᔨᒧᑦ
ᓇᓗᓇᐃᖅᓯᒍᓐᓇᖅᑐᑦ ᖁᕕᖅᓴᖃᓕᕐᒪᖔᖅᐱᑦ.

ᖁᕕᖅᑏᒃ

ᖁᕕᖅᑎ