

# Nitam maajitaayan

Zhiwaapinewin, giyaw ozanagi'igon giizhideseg gaa-miijiyan. Iwe wenji-gashitooyan ji-mamaajiiyan, glucose ziizibaakwad izhinikaade. Iwe gaye ziizibaakwad bebakaan miijiming onjiimagad daabishkoo zhiwijiiminag, doodooshaaboo, zhigwa miinawaa bakwezhigan, manoomin, zhigwa bakwezhiganikaadegin miijiman. Aanind miinawaa zhiwangin gegoon miijiyan gemaa minikweyan. Ishkwaa wiisiniyan, giziizibaakwadam gimiskwiing ishpise.

Naagajitooon giyaw, gidinendamowin zhigwa gijajaak. Mino-ayaayan giwiji'igon, gidinawemaaganag zhigwa gaa-wiiji-ayaangeyeg.



## Aanapii ji-wiisiniyan

- **Wiidoopamadwaa gidinawemaaganag**  
*Aaniishwiin:* Wiidoopangeyan gichiinendaagwad. Nawach giminwendaan zhigwa giwiji'aag ginijaanisag. Mii owe ezhi-manaajitooyan dago nanaakondaman miinigoowiziwin zhigwa wiisiniwin gaa-miinigooyan.
- **Nising wiisinin endaso-giizhig. Gego awashime ningodwaakaaseg bii'oken ji-wiisiniyan.**  
*Aaniishwiin:* Na'iiminik wiisiniyan apii ji-wiisiniyan nawach minose ziizibaakwad gimiskwiiming. Mii owe manidoo gaa-izhitood giyaw ji-anokiimagadinig.

- **Giishpin bakaan wiisiniyan, biidooon gegoon onizhishingin ji-miijiyan.**  
*Aaniishwiin:* Giwiji'igon giin gagiiginaman gegoon onizhishingin ji-miijiyan (nawapon, gitigaanensan gemaa zhiwijiiminag bimiwizh).

**Gizhizhawiziyan dago minonjigewin giga-wiiji'igon zhiwaapineyan.**



## Wegonen ji-miijyan

- **Bebakaan gegoon miijin apii wiisiniyan.**  
*Aaniishwiin:* Bebakaan wiisiniwin miijyan nawach da-mino-ayaamagad giyaw ji-mino-ayaayan.
- **Gagiigan miijim ezhi-ganandawaag aaniin igo ezhimikaman bagwadakamig. bagwajaya'ii wiiyaas, giigoo, nibiing netaawiging, mawinzwaan, manoomin, bebakaan gitigaanan, gitigaanensan, giizizowaad aniijiiminag onizhishinoon.**  
*Aaniishwiin:* Miijiman akiing wenjisegin nawach onizhishinoon giyawing onji. Aapiji niibowa wenzhishinoon mino-ayaawin onji aaniin igo ezhimikaman besho endaayan gaye gidaa-ondinaan.
- **Gagiigan miijiman wiijiwesegin biinji-wiiyaw. Gitigaadegin bakwezhiganikaadeg miijim, zhiiwijiiminag, gitigaanensan, (baasowaad aniijiiminag gitigaanensan baategin) onizhishinoon ini.**  
*Aaniishwiin:* Aanind miijiman gimooshkineshkaagonan ezhi-wiijiwesemagak ziizibaakwad gimiskwiing ji-naazhiseg, ji-giizhideseg gaye bimide giyawing.
- **Gitigaanensan awashime miijin**  
(nitam gidakiing, mashkawaakwading gemaa biiwaabikokaadeg).  
*Aaniishwiin:* Gitigaanensan minosewan giyawing onji ji-mino-ayaayan.





- **Giishin giishkaabaagweyan, onizhishing nibi minikwen. Bangii eta zhiwiniganan aayaabajtoon.**  
*Aaniishwiin:* Zhiywaaboon minikweyan, zhiwinaman giminikwewinan, daabishkoo Tang dago Kool-aid, da-ishpaagamise ziizibaakwad gimiskwiiming.
- **Bangii eta miijin gaa-zhiiwangin**  
(daabishkoo zhiivanjiganan, babekaan mashikiinsan).  
*Aaniishwiin:* Giishpin niibowa ziizibaakwad miijiyan gemaa minikweyan, awashime da-ishpaagamise ziizibaakwad gimiskwiiming.

- **Bangii eta boozanjigen**  
(daabishkoo zaazikokwaadeg gegoon, boozaagin gemaa gaapizowaad opiniinsag). Onzan, abwen gemaa nibiing giizizan waa-miijiyan.  
*Aaniishwiin:* Boozanjigeyan gizanagi'aa gide'e maagizhaa gaye gidaa-ani-wiin. Naanganiyan nawach minwanokii gide'e zhidwa gaawiiinda-ishpisesinon ziizibaakwad gimiskwiiming.

## Aaniin minik ji-wiisiniyan.

- **Na'egaach wiisnin, boonanjigen debisiniyan.**  
*Aaniishwiin:* na'iiminik wiisiniyan nawach gigamino-ayaa giyawing. Giishpin onzaamanjigeyan, giga-ani-aanjihowe giwiininong.

*Wenizhishing miijin!  
Mino-babimaadizin  
ji-mino-ayaayan!*

**1 zhiiwijiimin gemaa mawinzwaan**

**Gitigaanensan**  
• Niizh gemaa awashime bebakaanakin  
• Aabitooskkinatoon gidooonaagan

**Bekwezhiganivangin**  
Bezhiig ono  
• Ozaawizid bakwezhigan  
• Ozaawizid gibozigan  
• Opin  
• Ozaawizingin  
• Bakwezhiganaabookaan  
• Ozaawizid manoomin

**Wiyaasongin**  
Bezhiig ono  
• Bagumjaya'ii wiyaas  
• Giigoo  
• Baaka'aakwaan  
• oshkatewisig  
• Bagaani-bimide  
• Waawanoon

**Doodooshaaboo gemaa nibi**

**Agwaatamaazon gimiijim**  
**Owe ji-izhinaagwak**

**Gojitoodaa!**

Conseil CRI de la santé et des services sociaux de la Baie James  
ᑕᑕᑕᑕ ᑕᑕ ᑕᑕᑕᑕ ᑕᑕᑕᑕ ᑕᑕᑕᑕ ᑕᑕᑕᑕ  
Onashkiigooq nigantawad mino-ayayan dago wiji'awatin - James Bay



**Wegonen bezhigwewig  
gegoo ge-meshkwajichigeyan  
ji-naagajitooyan giyaw,  
gidinendamowin zhigwa  
gijajaak?**

### **Gakina gegoo bemaadak, onjida ji-mamaajimagakin.**

**Aaniishwiin:** Mamaajiin-nawach ji-minosemagak giyaw. Bimoseyan, niimiyan, mawinzoyan, andawenjigeyan gaye da-wiijiwesemagad ziizibaakwad gimiskwiiming.

### **Onjida gagwe-mamaajin endasogizhignânitaw mâna kakwê-itahka-mikisihkan.**

- Gagwe-mamaajin endaso-ningowanami'egiizhig
- Endasogizhig zhezhaawin daabishkoo inoseyan adaawewigamigong
- Na'egaach igo nitam, awashime ozhipwiin mamaajiiyan.
- Okwiinog gidinawemaaganag gegoo doodameg (aagimeyeg, mawinzoyeg, niimiyeg).
- Wiijiwen odaminong daabishkoo zhooshkwaada'eyan gemaa gwaashkwenda'eyan.
- Jiikendan minomanji'oyan, mino-ayaayan gaye.

### **Manaajitoon giyaw Manaaji' asemaa.**

**Aaniishwiin:** zagaswaayan nawach zhiiwaapinewin giga-zanagi'igon. Zagaswaayan nawach da-wendad gegoo ji-izhised gide'e gemaa ji-aabita-niboowiseyan. Gagwejim mino-ayaawin enokaadang aaniin ji-izhi-boonitaayan.

### **Gwayak aabajitoon minikwewin**

**Aaniishwiin:** Minikwewin ziizibaakwad gimiskwiiming da-ishpisemagad ji-ani-aanjiboyan aaniin gaye ezhiseg mashkiki giyawing. Gagwejimin mino-ayaawin enokaadang aaniin minik ji-aabajitooyan minikwewin.

*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.*

\*This document reflects the 2013 Canadian Diabetes Association Clinical Practice Guidelines. ©2013 Copyright

 **Canadian  
Diabetes**  
Association

**diabetes.ca | 1-800 BANTING**