ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕐᓂᖅ ᐅᖁᒪᐃᓐᓂᕐᓗ

ᑎᑎᖃᑦ ᐱᔭᐅᓂᑯᑦ ᐅᖃᓕᒫᒐᕐᓂᑦ “ᐊᑦᓱᖏᖅᓯᒪᔭᐅᒍᓐᓃᕐᓂᖅ − ᒪᓕᒐᒃᓴᐃᑦ ᓯᒡᒐᓖᒧᑦ ᓄᖅᑲᕐᓗᓂ ᐅᑎᖅᑕᐃᓕᒪᓂᕐᒧᑦ, ᖃᓪᓗᓈᑎᑐᑦ ᐊᑎᖃᖅᖢᓂ “Forever Free ~A guide to remaining smoke free”Source:
ᐱᔭᐅᔪᑦ: ᑎᐹᖕᓂᒃ ᖃᐅᔨᓴᕈᑎᓂᑦ ᓄᖅᑲᖅᑎᑎᓇᓱᐊᕈᑎᓂᒡᓗ ᑲᓐᓱᖃᕐᓂᕐᒧᑦ ᐱᓕᕆᕕᖕᒥᑦ ᖃᐅᔨᓴᕐᕕᖕᒥᓪᓗ H. Lee Moffitt Cancer Center & Research Institute ᓯᓚᑦᑐᖅᓴᕐᕕᒡᔪᐊᖓᓂᑦ ᓂᒋᐊᓂᑦ ᕗᓗᐊᑕ ᐊᒥᐊᓕᑲᐃᑦ ᓄᓇᖓᓐᓂᑦ.

ᐃᓱᒫᓗᒍᑎᖃᖅᐱᑦ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕈᓐᓃᕈᕕᑦ

ᖁᐃᒃᑎᒋᐊᒃᓴᖅ?

ᖁᐃᒃᑎᓚᐅᖅᓯᒪᕕᑦ ᓯᒡᒐᓖᒧᑦ ᓄᖅᑲᕋᓱᐊᖅᖢᑎᑦ? ᑕᐃᒪᓐᓇᐃᑦᑐᑐᐊᖑᖏᑉᐳᑎᑦ.

If you would like information in other NWT official languages, please contact the Department’s Communications Unit at 867-920-3367.

WJmAF5 gryQxDt4ni4 xyqt|AzJi4 kN5yx3u scsy6tg5 wonE/symJtg5, x|t sc3FQlQ5 +x8ixN8q5goEp4f5 gnstoEpq5 sKi 867-920-3367.

Inuktitut

ᓯᑕᒪᑦ ᑕᓪᓕᒪᓂᑦ ᐃᓄᖕᓂᑦ ᓯᒡᒐᓖᓂᒃ ᓄᖅᑲᖅᐸᒃᑐᓂᑦ ᖁᐃᒃᑎᖃᑦᑕᖅᐳᑦ. ᐋᓐᓂᐊᖃᓕᖏᓐᓂᖅ ᐱᐅᓂᖅᓴᐅᑉᓗᓂ ᓯᒡᒐᓖᓂᒃ ᐊᑐᕐᓗᓂ ᖁᐃᒃᑎᒃᑲᓗᐊᕐᓗᓂ ᓱᖁᑕᐅᖏᓐᓂᖅᓴᐅᑉᓗᓂ. ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕐᓂᖅ ᐱᐅᖏᓐᓂᖅᓴᐅᖕᒪᑦ ᑕᐅᑦᑐᖕᓄᑦ. ᐊᒃᓱᕈᖅᑎᑕᐅᕙᖕᒪᑦ

ᐆᒻᒪᑎ ᐊᑕᐅᓯᕐᒥᒃ ᐃᓗᐃᑦᑐᓂᒃ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᖅᖢᓂ ᖁᐃᒃᑎᒍᑎᖃᕐᓂᖃᖃᑦᑕᖅᖢᑎᒃ 90 ᐸᐅᔅᑲᓐᓃᑦ ᓴᓂᐊᒍᑦ. ᖃᓄᑎᒋ ᐃᓄᐃᑦ ᖁᐃᑦᑎᓂᖃᕈᓐᓇᖅᐸᑦ ᓄᖅᑲᖃᓱᐊᕐᓗᑎᒃ ᓯᒡᒐᓖᒧᑦ? ᑭᓇᑐᐃᓐᓇᖅ ᓯᒡᒐᓖᒧᑦ ᓄᖅᑲᕋᓱᐊᖅᑐᖅ ᖁᐃᒃᑎᒍᓐᓇᖅᐳᑦ ᐅᖁᒪᐃᓐᓂᕐᓂᒃ ᓯᑕᒪᓂᑦ ᖁᓕᓄᑦ ᐸᐅᔅᓂᒃ. ᐅᓪᓗᑕᒫᑦ ᑭᓇᑐᐃᓐᓇᖅ ᓯᒡᒐᓖᖅᑐᖅᐸᑦ, ᐅᓪᓗᑕᒫᑦ ᐅᖁᒪᐃᒋᓂᖃᓕᕈᓐᓇᖅᐳᑦ ᓄᖅᑲᖅᓯᒪᓕᕐᓗᓂ. ᐅᖁᒪᐃᒡᓕᕙᓪᓕᐊᒐᔭᖅᐳᖅ ᑕᖅᑭᓂ 6−ᓂ. ᐊᓂᒍᖅᐸᑕ ᑕᖅᑭᑦ ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᖁᐃᒃᑎᒍᑎᒋᓚᐅᖅᑕᒥᖕᓂᒃ ᓴᓗᒃᑎᑉᐸᓪᓕᐊᔪᓐᓇᖅᐳᑦ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕈᓐᓃᕐᓗᑎᒃ.

ᓱᖕᒪᑦ ᓯᒡᒐᓖᖅᑐᖅᐸᓚᐅᖅᑐᑦ ᖁᐃᒃᑎᕚᓪᓕᖃᑦᑕᖅᐸᑦ ᓄᖅᑲᖅᓯᒪᓕᕐᓗᑎᒃ? ᑎᒥᐅᑉ ᐆᒻᒪᕆᒍᑎᖓ
Metabolism
ᑎᐹᑉ ᐃᓚᖓ ᐅᐃᕆᓐᓇᖅᑐᖅ “ᐊᐅᓚᒍᑕᐅᕗᖅ ᐅᒻᒪᕆᒍᑎᒧᑦ” ᓯᒡᒐᓖᖅᑐᖃᑦᑕᖅᑐᓂ, ᑕᒪᒃᑯᐊ ᖁᐃᒃᑎᒍᑎᑦ ᑎᒥᒧᑦ ᐱᕙᓪᓕᐊᖏᓐᓂᖅᓴᐅᒍᑕᐅᑉᓗᑎᒃ. ᓄᖅᑲᕈᕕᑦ, ᐱᐊᓚᐃᓐᓂᖅᓴᐅᓕᕐᓗᓂ ᐊᐅᓚᓂᖓ ᓄᖑᑎᕆᕙᓪᓕᐊᓂᖓᓄᑦ ᖁᐃᒃᑎᓐᓂᕐᒧᑦ. ᑕᐃᒪᓐᓇ ᐋᓐᓂᐊᕐᓇᕈᑕᐅᕗᖅ ᐱᐊᓚᓂᖅᓴᒃᑯᑦ ᐊᐅᓚᓂᖃᕐᓂᖓᓄᑦ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕐᓗᓂ. ᐱᓇᓱᐊᕈᓯᓄᑦ ᖃᑉᓯᑐᐃᓐᓇᕐᓄᑦ ᑕᖅᑭᓄᓪᓘᓐᓃᑦ ᐆᒻᒪᕆᒍᑦ ᓱᕐᕋᒃᑲᓐᓂᕐᓂᐊᖅᐳᖅ ᐊᓯᔾᔨᕐᓂᐊᖅᐳᖅ ᓄᖅᑲᖅᓯᒪᓕᕋᓗᐊᕐᓗᑎᑦ. ᓱᒃᑲᐃᓐᓂᖅᓴᐅᒃᐸᑦ ᖁᐃᒃᑎᖏᓐᓂᖅᓴᐅᓗᑎᑦ.

ᓂᕆᒐᔪᖕᓂᖅᓴᐅᓂᐊᖅᐳᑎᑦ

ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕈᓐᓃᕈᕕᑦ ᓂᕆᖃᔪᖕᓂᖅᓴᐅᓕᕐᓂᐊᖅᐳᑎᑦ. ᑕᐃᒪ ᖃᓄᖅ ᒪᒪᕐᓂᖏᑦ ᐊᓯᔾᔨᖅᓂᐊᖅᖢᑎᒡᓗ ᑎᐱᖃᕐᓂᕐᓗ
ᑕᐃᒪᓐᓇ ᓂᕆᒍᒪᓂᖅᓴᐅᖃᑦᑕᓕᕐᓗᑎᑦ. ᓯᒡᒐᓖᒧᑦ ᓄᖅᑲᖅᓯᒪᔪᑦ ᐅᖃᖃᑦᑕᖅᐳᑦ ᖃᓄᐃᓕᐅᕈᑎᖏᑦ ᖃᓂᒥᒍᑦ ᐊᒡᒐᒥᒍᓪᓗ ᑭᖑᓂᖃᕐᓂᖏᓐᓄᑦ. ᓂᕆᓂᖅ ᑕᒧᓗᖕᓂᕐᓗ ᓲᕐᓗ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᓚᐅᕐᓂᕐᒧᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᒪᑦ ᓱᓕᕆᐊᒃᓴᖃᖅᑎᓪᓗᒋᑦ ᖃᓂᑦ ᐊᒡᒐᐃᓪᓗ. ᑎᒍᒥᐊᖃᑦᑕᕐᓗᑎᑦ ᑯᒃᑭᔭᐅᑎᓂᒃ ᐊᖅᓴᓂᒡᓘᓐᓃᑦ ᓱᓕᕆᒍᑎᓂᒃ ᐊᒡᒐᒧᑦ. ᑕᒪᒃᑯᐊᓗ ᐱᕈᖅᓯᒪᔪᑦ ᓂᕆᓂᖅᓴᐅᖃᑦᑕᕐᓗᒋᑦ ᓱᒐᖃᖏᑦᑐᓪᓗ ᑯᑦᓱᐃᑦ ᐅᖁᒥᐊᒐᐃᓪᓗ.

ᖃᓄᐃᓕᐅᕈᓐᓇᖅᐳᖓ ᖁᐃᒃᑎᓗᐊᖅᑕᐃᓕᓇᓱᐊᕐᓗᖓ?
• ᓂᕈᐊᖃᑦᑕᕐᓗᓂ ᓂᕿᐅᖏᑦᑐᓂᒃ ᓄᖅᑲᖅᐸᓪᓕᐊᓕᓵᕐᓗᑎᑦ − ᐅᕕᓐᓂᓂᐊᕐᓂᖅ, ᐅᖃᓕᒫᕐᓂᖅ, ᓄᑖᒥᒡᓗ
ᐱᓕᕆᐊᒃᓴᖅᑖᕐᓗᑎᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᖃᓕᕐᓗᑎᑦ ᓄᑖᒥᒃ.

• ᐸᕐᓇᐅᑎᖃᕐᓗᑎᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᕐᓂᒃ ᓯᒡᒐᓖᖅᑐᕆᐊᕈᑎᒋᕙᓚᐅᖅᑕᕐᓂᒃ, ᐱᓕᕆᕕᖕᓂᑦ ᓲᕐᓗ ᓄᖅᑲᖓᓕᕌᖓᕕᑦ
ᖃᓄᐃᓕᐅᕈᑎᒃᓴᖅᑖᕐᓗᑎᑦ ᐊᓯᐊᓂᒃ.

• ᐅᖃᓘᑎᒥᒃ ᐊᑐᖃᑦᑕᕐᓗᑎᑦ ᐅᓐᓄᒃᑯᑦ ᑕᓚᕕᓴᖃᑦᑕᕐᓗᑎᓪᓗ.

• ᐊᕿᐊᑦᑐᕌᖓᕕᑦ ᓂᕆᔪᓐᓃᖃᑦᑕᕐᓗᑎᑦ.

• ᐃᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ.

• ᑕᖃᐃᖅᓯᑦᓯᐊᖃᑦᑕᕐᓗᑎᓪᓗ!