

TSHEKUAN NE ?

Ka umanitushimit auen upanit,
eukuan nenua ka apishashiti
tshekuana eka tshiam ka ishinakuaki
anite upanit auen, tshipa tshi
mishituepannua uiat.

Anu uet kushtikuak tshetshi taniti
manitusha upanit eukuan
tshishtemau.

Uiesh 85% ishi-atshitakanu



KANATU- TSHISSENIMAKANIT AUEN

Mekuat pituaini, kie ma utshi pituaiek^u,
mak anite ut 55 mak 74
itatupipuneshiekui, tshipa ui natu-
tshissenimitishunau tshipannuat
tshetshi takue manitush ashit ume
eshinikatet Tomodensitométrie (Scan –
uatakanashkut ka tushkapamakanit
auen).

Nenu eshi-natu-tshissenimakanit auen
nishtuait tshika tshi ishi-uapamakannua
anite upanit.

Peikuu peikupipuna tshipa ui natu-
tshissenimitishu auen ishpish
nishtupipuna kie ma nuash ishpish shash
etenitakannit tshetshi eka natu-
tshissenimakanit.

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UMANITUSHIM U UPANIT



INNU TAKUAIKAN
UASHAT MAK MANI-UTENAM

SANTÉ & SERVICES SOCIAUX UAUITSHTUN



ESHI- MATENITAK AUEN

Umenu tshipa ishi-matenitam^u auen:

- E mishta-ushtashtak eka
- E punipannit,
- E nute-nenet, umik^u miautshipannit anite ushkassikanit,
- lakushit ushkassikanit,
- E tshimakatepanit.



Tshe ui ishi- nakatuenimitishut auen

Epunit auen e pituat, mishta-nashipanu kueshtikuannit tshetshi nitaushitat mitshet akushuna, miam mitshet manitusha, nuash tshetshi uipat nipit auen.

Puniakanit tshishtemau uitshiueu tshetshi etatu auen minuinniut. Mekuut pituaini, tshipa tshi, ume kashikat, tshetshi natu-tshissenitamin eshi-uitshiuet auen ka punit e pituat mak tshetshi nanatu-tshissenitamin anite e uauitshiuenanut.



Tapuenanu kie ma apu tapuenanut ?

Epuniani e pikuaian, eka kueshtikuak tshetshi tat manitusha itenitakuan miam ne auen eka nita ka pituat.

Apu tapuenanut mak tapuenanu!

Nishunnuepipuna auen shash tshipa ui punu e pituat tshetshi eka nitaushinniti manitusha anite upanit, itenitakuan miam ne auen eka nita ka pituat.

Manitush meshta-nipaiuet ekute anite upanit auen ka taniti.

Tapuenanu!

Manitush upanit auen ka taniti eukuan nikan ka nipaiuet mak at nenua kutaka manitusha eishi-taniti. Anu mitshet auenitshenat nipaikut mak at ne e uitakanit utshitshishimit auen, ushikut kie ma ukatshit e mamushtakanniti.