

Aankiidamiing mino-zidan

Eta ezhi-bmaadiziyan

- 1 Weweni naanaagide'endan mskwiim zisbaakodaaboo epiidchiyiik.
- 2 Giishp zigaaswaayan, boontaan.
- 3 Mogwiin ensa giizhagak gaa-zhi-wiindimaagoyaan aw enaanaagide'enjiged.

Miikimon gzidan

- 1 Ndoowaabdan kinwaajiganan emskwaag maage bgosdeshinan. Mii maanda e-wiindimaagoyan gmogkizinan gminkaaziinan weweni.
- 2 Gziibiigiziden, bengozidewaan weweni miinwaa mide shoobiiginidsan. Bengwazidewaan weweni ensa enji biitoo- zideyan, miinwaa gegwa tooke gegoo shooshewan zhiwe.
- 3 Gegwa gwiinjidooke gzidan.
- 4 Naanaagide'enim giipig-zideyan miinwaa giishkwash shkaazhiig pane. Giish pin deb-zideshanan maage eyaasiwaan gegoo mooshtoswaan gzidaang, zhaam genowendang mino-bmaadiziwin ji naanaagide'enmodwaad gshkazhiig. Gwegwa nokaazke gegoo maage giin kweji naaawdoosike giish pin dash wii-go wiindimaagoyan eta aw enaanaagide'enjiged mino-bmaadiziwin eta.

Baaskaaming mogkizinan

- 1 Mokisetoon mogkizinan weweni jibwa biiskaamon mogkizinan.
- 2 Biiskaan mogkizinan pane, biindig, miinwaa kojiing.
- 3 Giishpanodoo mogkizinan egbagaadegin zidensing, mii niw ge-gwaamziiminogaakin gzidaang jibwa giishgzeshinan.
- 4 Aanskaan gmidaasan ensa giizhagak.
- 5 Giishpinodoo mogkizinan noo'oonj go ni shkwaa-naakweg zidan naangodinong ni mongzidem.
- 6 Ndo-waabdan weweni ge-dbishang Mogkizinan ge-mino-kamon.

Nga-naanaagide'endaanan nzidan miinwaa nga-aanjitoonan gegoo menweziyaanan ge-naadimaagiyaanin zidan wii-mino-zideyaanh

Kwediwen pii nbwaachiweyin giw mino-bimaadiziwin genoowendigik nswi kwediwenan:

1. Wegnesh memoonji znogedimaa?
2. Wenesh menezyaanh waa-zhidchigeyaanh
3. Aaniish nji enji gchi-piitendimaa maanda wii-zhidchigeyaanh maanda?

Mswe gnwenjigaanh enji waan-kendimowin Teg

Beshaakobiigen waasomowining zhibiigaadeg maanda www.cawc.net/diabetesandhealthyfeet oodi wii-debinomon wenpash ensa ngo-giizis dbaagewin

Nbwaachishinaang wii-gindamon dbaajimowinan nji zidan gaa-zhi-naagide'endamowaad zidan zisbaakodaanaapinewin eyaamjig, doowaabam zidan enaagide'endang, ndoo-waabdan kwedwenan ewiindimaagemgak nekwetaagemogakin miinwaa go ooshime.

Canadian Association of Wound Care  Association canadienne du soin des plaies

Canadian Association of Wound Care

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Maanda mzingan gaan-zhidchigaadeg, gaa-naadimaagejig zhoonyaa wii-zhidchigaadeg naanda Public Health Agency of Canada. Naanda gaa-zhibiigaadegin gaa-wiin eta nji naanda nenziiwag enabiwaad Public Health Agency of CANADA.

Maanda mzinagans dbaajimowin eta aawaan eta enaadimaagegak miinwaa dash gaa -daa zhi naabijikaaziin wiin-zhinaamdizaad maage waa-zhi-naandoodizaad. Giish pin gegoo ezhi-znagenmoonone aakoziwin gda-waabmaa mashkikii-nin maage gwaya ekendaang enaagide'endang mino-bimaadiziwin.

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Zisbaakodaanaapinewin, mino-yaamgadoon na gzidan



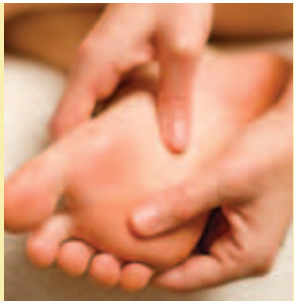
Aaniish ezhi-mino-zidenyan?

NONGWAA
EZHIGIIZHAGAK

BESHAAKOBIIGYAN NOOSWIN

Kiin gweta maanda nji wii-nda-kendimon

Kendan kinwaachiganan.



Gda-giigmonzide, gaagiidizide maage ke-zhiibizidenaadig?

Gzidan na gmooshtoonan gzigwang naasaab go msan epiitinogok?

GIISH PIN ENH,

- Maadendaan zisbaakodaa-naaboo mskwiiming ezhi-dbaabiishkodeg
- Gwaya genoowendang mino-bimaadiziwin gda-giishkodimaag shkanzhiig miinwaa gda-naagide'endimaag nagaki-zidang.
- Weweni Mokizinan ga-monakaan ge-biiskamon Mokizinke-nini ge-mino-konokoonig



Aanji-naagidoon na ezhijii'aak?

Gzid na aw bezhig bkaanaagwaad piich noo"oonj bezhig gzid?

Gchi-piitendaagwad gegoo aansegmigak?

GIISH PIN ENH,

- Gegwa moseke niibino.
- Oobwaachew mino-bimaadiziwin genoowendang wiiba.
- Weweni mokizinan biiskan mogkizinke-nini gaa-zhitemaag.



Baateg, giipzide maage baaskaanaadig?

Gda-gaagiidezide maage gda-boogwashedhin?

GIISH PIN ENH,

- Aanseg nagay gda-waabmig mino-bimaadizwin bemiikaang.
- Gziibiiganan gaagiidizideyan maage bgwaashedhinan, mino-, nbi nokaazan, bengwaan weweni, miinwaa ka aaspidoon Waabam gwaya mino-bimaadiziwin ge-noowendang nongwa.
- Gegwa kataweni mosegke gaa-giidezidene epiichi noojimoyan.

Ensa giizhagak pane nda-kendaan gzidan gegoo ji aanseg maage gegoo ji zhinaagok gegoo gaa-geshinone?

Giish pin gaa-kidone "ENH" gegoo kwedwenan zhanda, oowaabam gwaya genoowendang mino-bimaadiziwin wiiba. Wiindimaagen eyaamon zisbaakodaa-naapinewin. Gegwa nokaazke mshkikii-daawe-bamigoon edaaweng wii-kweji-naandoodizyan, giish pin dash wiigo egaa-wiindimaagone gwaya eginowendaang mino-bimaadiziwin genoowendang gda-zhidcchige.

Gda-ndakenjigaadenoon gzidan ngoding maage niizhing ngo-bboongak maage go giish pin ooshime giish pin ndo-wendaagok.

Gonda mino-bemaadiziwin emiikamiig

Zidan miinwaa shkanzhiig-emiikwaajin:

gchi-piitendaagoziwag nankiwaad naandoowenjige'aadimoowaad zidan naapinewin, gwek mino-sesinog, maage giiwaadiseg.

Ziisbaakodaa-naapinewin kinoomaagenyag:

Kinoomaagewag ziisbaakodaa-naapinewin nji Miinwaa go zidan waa-zhi-naagide'enjigaadeg.

Mashkikii-niniwag: naadimaagewag ziisbaakodaa-naapinewin waa-zhi-naanaagide'endiming miinwaa aanind zhi-kendaasog waa-zhi-nokiitiming zidan.

Mashkikii-nini-kweg: aanind mashkiki-nini-kweg ni nokiiwag waa-zhi-naanaagide'endamowaad zidan.

Waabiganke-nini/kwe emiikang zidan/ Zidan maage shkazhiig ge-kendaang: gchi-piitendaagoziwag nankiwaad waa zhi-waabiganke-zidenwaad, miinwaa nankiwaad mashkikii-nini-ezhi-zhidtood aanketood wiiyaw-mezinii-nokiitjigan

Waabiganke-nini/kwe emiikang zidan: eta nokiitaanan mokizinan baaskigaadegin, miinwaa mokizinan baaskigaadegin enawchigaadegin.

Giindaaswinesag wii-giigdayan:

Zidan maage shkazhiig ge-kendaang

Ziisbaakodaa-naapinewin ekenoomaagenh

Mashkikii-nini

Mashkikii-ninii-kwe

Waabiganke-nini/kwe emiikang zidan

Zidan maage shkazhiig ge-kendaang

Giish pin wii-eyaamon waa-nda-kendimon, bwaachiwen waasmowining:

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