

MAKPIGAK 1

Illiturrhainnik Anniaqtauavaktunnik

Inuusinni Aqqusaaqtara Innuhikma Ingilgavalianinga



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PAUKTUUTIT

INUIT WOMEN OF CANADA
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Ukkua ikkayutauniaktuq ilaliutihimayuk malruk makpigak.
MAKPIGAK 1 tuhaktitjutauyuq anniaqutaayunik, tatvalu
MAKPIGAK 2 tiitiraqvinagialik tiitiraqhaq illikut ilvit qanuq
anniaqutiqqaqtiitluttit atturhimayaqnik.

*“Tatva ihumatuqpaligangapta,
illitqurivalikpaktugut uvaptingnik
ikkayuqpaligungnaqtugut.”*



Canadian
Cancer
Society



Una havariyauyuq ikkayuqqatigirhutiq ukkua Pauktuutit Inuit Aknait Kanatamiut
tatvalu Kanatami Anniaqutiqqaqtunniq Timiuyut ikkayuqtauqpiarhuttiq tatvanga
Jaguar Land Rover Canada-kunit.

Tittirauyaqhimayat ukkua CommPassion Creative
Piksaliuqtiuyuq Lee Narraway



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Hamna tuhaktiitjutauyuq nutanguqtauhimayuq tatvanga Kanatami Anniaqutauyuniq Timiuyut makpiraliukhimayaitnik atturhutik. Uqqaqatigilraqlugu taaktiit munarhiitlu anniakvikmilunin qanuriliuqutikhanik ihumaliuqquqtiqatinnattit.

QUYAGIYUMAYAVUT

Una havariyauyuq ikkayuqqatigirhutiq ukkua Pauktuutit Inuit Aknait Kanatamiut tatvalu Kanatami Anniakutiqaqtunniq Timmiuyut ikkayuqtauqpiarhuttiq tatvanga Jaguar Land Rover Canada-kunit.

Quyagiqpiaqtavut tamaita hapkua uqqautjijiuvlutik katimayigalaat:

- Looee Okalik, Inuit Tapiriit Kanatami
- Tina Buckle, Nunatsiavut Kavamatkut Havakviat Anniaktulikiyiit Inulikiyiitkutlu
- Justine Grenier, Nunavik Avikturhimayumi Kayimiyuyut Anniaktulikiyiit Inulikiyiitkutlu
- Shylah Elliott, Nunavut Tunngavik Timingat.
- Peggy Day, Inuvialuit Nunatakviatni Avikturhimayumi
- Dr. Kim Barker unalu Donika Jones, Nunavut Kavamatkut Havakviat Anniaktulikiyiit
- Annie Buchan, nunaliitnin illauyuq
- Sophie Keelan, nunaliitnin illauyuq
- Jenn Gordon unalu Craig Faucette, Kanatami Iviangikmitkut Anniakutiqaqtunniq Ikkayuqtiuyut
- Tracy Torchetti, Kanatami Anniakutiqaqtunniq Timmiuyut
- Nicole Robinson, Kanatami Ikkayuqtigirhuttik hallaktut Anniakutimik

Tatvalu qanakpiaktut hapkua akhuqpiarhuttik havakpangmata havaktiit ukkua Pauktuutit Inuit Aknait Kanatami ukkualu Kanatami Anniakutiqaqtunniq Timmiuyut.

Hivunirhitjuttait

Hamna Anniaqutauvaktuq hivuliutjauhimagyuq tuqqutjutigivagaat Inuit. Mamiana taimaitmat, Tuhakvirhaqatiangituq hapkuninga anniaqutauvaktunniq Inuinnagtun tittiraqhimayuniq. Taimatuvallaq ukkua Pauktuutit Inuit Aknait Kanatami havakatigilikat ukkua Kanatami Anniaqutiqaqtuniq Timmiuyut ihuarhaiqatigivlugit tuhaktiitjutirhaitnik Inuinait. Hamna havagiyauyuq ikkayuqtauyuq maniqhaitniq tatvanga Jaguar Land Rover Canada. Tatva ihumagivlugu una ikkayutat ihuarhaitjutikhaitnik anniaktailitjutirhaitnik.

Innuhikma Ingilgavalianinga pitjutiqaqtuq taiguaguminnaktunik anniaqutauvaktuniq tuhaktiitjutirhanik Kaplunattuqtuniq tatvalu avikturhimayuni uqquhuiyut Inuktitut Inuinnagtunlu tuhagarhaitnik kittut anniaqutiqaqtut, munaqtigiyaitalu anniakviitni havaktutlu. Tuhagarhaqatquq kittunut inuknut anniaqutimik nalvakviuhimayut ikkayutirhaitnik anniaquttiqaliqtiitlugit. Hamna tiitiraqhimayuuq turaqhimavlugu hapkua Inuinait qauyivaliutirhaitniq anniaqutauyuniq ihumarhutiqqatiaquvlugit. Tatvalu ikkayutiginiakmatjuk hapkua Inuit anniakviitni havaktut tuhaktiqaqtiggitiaquvlugit avatingnut. Hamna ihumagiyauquvlugu ikkayutirhat hapkua Inuit anniaqutiqaliqtut nakuatut innunahuaqutirhaitniq.

Tatvani 2015-mi, Pauktuutit-kut ihivgiurhimayut Inuit anniaqutaita ikkayutirhaitniq. Appiquitqarhimayugutlu havakaktunik aussimi anniakviitni qanurituniq tuhaktiitjutirhanik pihimayaqagiarhaita. Hamna ikkayutauyuq ihuarhaitjutikhanik makpigiaktuptingnik. Hamna tuhaktiitjutirhaq anniaquttauvaktuniq ihuarhaqtauhimayuuq atturhugit ukkua Kanatami Anniaqutiqaqtuniq Timmiuyut makpiraliuqhimayaitniq. Haffuminga havariyauyut uqqautjiyuvluttig katimayigalaat kiutjutiqaqarhimayut tatvalu ikkayurhiutivluttik havagijauniaktumik.

Appirhutihqaqaniguvit kiuyauhimangitunik uvani makpiraqmi, hivayainagialgit ukkua Kanatami Anniakutiqaqtuniq Timmiuyut akkitukut hivayutat 1-888-939-3333 (TTY 1-886-786-3934).

*Niriukutigiyavut hamna makpiraq
ikkayutautquvlugu anniaquttiqaqtiitluttit
innunahuakutirhaknut.*



Innuhikma Ingilgavalianinga

Uvanga nalvakviuhimaligama anniaqutimik. Qanurilinganialiqinga?

Ammihuyut Inuit, anniaqutait illiituriyauvaqtut nunaliitni munarhiqaqviatni. Uma taaktip munarhiplunin illiituringumik anniaqutiqalikniguvit, aussaimut aullaktittauniaktuttit qimilguqtauyagiaqtuqluttit.

Qimilguqtauniaquttit hapkuninga uktakluttik:

- **Pilarhiktauluni** ahivakhiluttik anniaqtauyarhaita ihivgiuktarhamingnik qingutinnik takpiktunik attuklutik.
- Una **Qimilguqutat** qaritauyaqaqtuq ammihunik x-raygutaitnik kattirhuiyungnaktumik ihuarhautiqaqtuq piksaliukhimayaitnik timiup aullatjutaitnik, uviniaknik, haunninik tatvalu takkainik.
- Hamna **Piksaliukut** takpiktuq naunaitiarhimayunik piksaliukpaktuq illuliitnik haffuma timiuyup.
- **Nallaktauvluni** piksaliuqtauvaqtuq illulitnik timmiatni.

Ahianiklu kimilguqtauniaqmiyuq hamna anniaqtauyuq hiamakpaliyarha timmimut tatva ikkayutauniakmiyuq parnaiyautirhanut mammihautirhanik.

*“Tatvatuq tuhaktaga imma ‘anniaqutinniktuq.’
Tuhaktaga una takki uqqalaktuq
‘Uppalungaiyaqniaqtugut qilamingnuaq
mammihautikhaknik.’ Tatvanga ahianik
tuhatqingitunga.”*

Tuhangarhuni anniaquttiqaliktuttit, ikpingnakniaktuq tatva avalingaqtuttit tatvalu kapianaktuq. Ayungnakniakturhauyuq taima tuhangakluni attautikut ihumarhugaluaklunilu qanuq ihuarhautikhamik.

Kinaugaluakluni inuk tuhaktitauluni anniaquttiqaliqtuq ihumanaktuq ajikutaungitunniq. Ikpiknakniakturhauyuq timminaugitimik tatvalu ikpiginiaktat ihumalutiqaliktuttit kinamiklu illagiyattitauk ihumaluliktuttik.

Tatvalu appikutitagaqniakturhauyuttit tuhaktittaungaquvit anniaqutiqaqaliktuttit. Quqlurhimaniaktuttit, ayuqnaqhikalakluni, ikpigiyagaquiktuttit, kappiahulikluttit ningaumalikluttitluniit, uvalunin hamna upiknangituyaqluni. Ammihuyut Inuit attukpaktut allatqinniq ihumarhutiqaqhuttik tuhaktiitaugangamik anniaqutiqaqaligtut. Hapkua ihumarhutait allangularhuttik ubluk tammat, ikkakiitulu ublurhiutip atturhugit. Inuit ihumalutigiyattik inmikut ihumamikut ihuarhakpagait avalingaligangamiklu.

Ilangi Inuit avalliittutut ilivaktut, illamingnit nayuqtaugualarhuttik. Ilangi Inuit ihumalikpaktut tautuqtuyaliktut alannik inuknik anniaqutiqaqaliktunik. Ilangi Inuit kangirhihiukpaktut qanuq una taakti uqqaligtuq, taimatut taitai huli uqqautjauyagiaqaliqpaqtut.

Tamaita hapkua ihumagiyait namagiyayut. Tatvalu namaktuq huli ajikutaitnik ihumaluttiqaqhuni hamna anniaqutauyuq ungavaktaunahuaktiitlugu.

Tatvalu qauyimayagiaqaqtut tamaita hapkua anniaqutiqaqtut ajikutaqangituq attuqtat. Tamaita Inuit anniaquttat alangayuq. Tatvalutauk ammihuyut hapkua mammihautirhait tatvalu munnagitjutirhait mammihimaliktiitlugit. Ilviit illanattit illattitlu ikkayuqniaqturhauvut mammihaktiitluttit. Tatvalu uqqaqatigi-yungnaqtat una taktigiyat, munnakhigiyat uvalunin ukkua innuliqiyiyut tatvani mamihakviuyumi qanuq ayurhautiqaqngivut.

Innuhikma Ingilgavalianinga

Uvanga namakniaqingga?

Amihuyut hapkua Inuit anniaqutiqaaliktut qangirhiyumayut qanuq niriuguttikhamingnik. Hapkua anniakuttit mammihaktauyungnaqqat?

Taaktivit anyungininga tuhakviginiaqat qanuq hamna anniaqutigiliktat ikpiginiaktat qanuqlu hamna mammihautirhat nakurutauniaqa. Tatva kimilgurhutjuk itquqnagahuakpagat. Tatva itquqnagahuapagaat atturhuttik allatqinnik tuhaktitjutinnik illaliutivlugit hapkua:

- Qanuritungmangat, angililikmangata tatvalu nannilikmangata una anniaqtauyuuq
- Hamna anniaqtauyuuq nannilikak timingni tatvalu hiamakpaliava
- Ukkiuttit, aknauguvit angutauguvitlunin tatvalu tammat innuhiriyat naunaiyaktauniaktuq

Tatva tammatkiumagaluaklugit hapkua tuhaktitjutirhat, ayurhau-tiginiakmiya uma taaktivit qanurilingnaniakmangata. Tamaita Inuit illiitquhiit alangangmata.

Kihiani una taaktigiyat avatliituq itquqtuiyungnaktuq.

Appirivaklugu una taaktigiyat allanik hunnanik hamna itquniakuta qanuriniakmangata illingnut.

Hapkua tainniit tuhakpanniagungnarhiyattit nalvakviuhimaligavit

Nalvakviuhimayuuq Nalvakviuhimayuuq una inuk anniaqutigiyaniik.

Qanuritungmangata Qanuq allangavat hapkua anniaqtauyup aungit tatvanga nakuyunnit aungitnit, qanuqlu aviktuqpaliavat tatvalu qanuq hiamakpaliavat.

Anniaqutanik itqunniarutat Tatva qanuq mammihakniaka uvalunin haffuma anniaqutauyup uttiffakninga.

Nanilikmangata Qanuvalaak anniaqutiqliqqa timmiit, ilaliutilugu qanuq aklivaliava hamna anniaqutauyuq tatvalu hiamakpaliava ahinnut timmiviit iluani.

Uqqautigilugu hamna anniaqutauyuq illagiyaknut illannaknutlu

Tatva nalvakviutarhimaliguvit, hivulikpamik illiiturinahuaklugu hamna anniaqutauyuq tatvalu havaqatigilugit hapkua munariuyut parnaiyautikhaitnik mammihautirhavit. Kihianiungmingmat tatva ammihungmata hapkua ihumarhutikhat anniaqutiqligangat.

Tatvatauk piunirhaungmiyuq innuhiknut ikkayuqturhanik pihimaluni. Hapkua ilaliutilugit illagiyattit, illanattit, nunakatittit, anniaqutiqarhimayut tatvalu hapkua pittiaqtut ikkayuqtut Inuit. Ikkayuqtigiya-giaqaqtattit mammiharhimaaktitlutti. Tatva unnirhiutigingitqungni kittunut nakligiyaqnut tatva anniaqutiqliqtuttit, ayuqhautauniaktuq ihuumamut, ukpikniakutingnut tatvalu timmingnut mammihagaluakluni avvaliitpalaakluni.

Qanuq unnirhiutiginniaqqiuq innuknut tatva anniaqutimik nalvakviuhimaliktuttit

Inuit ajikingitnamik allangayunik ihumakaktut tuhaktittauyagangamik anniaqutauyunik. Tatva quviahukuikalangniaktut, qapiahungniaktut tatvalu qangunnaktukalakluni. Taimaitpalamut ilangit Inuit uqqallautiyumangitait Inuit tatva anniaquttiqligamik.

Illingnik ihumarhuqluttit tuhaktinnagialgit hapkua illaruhiiktiit uvalua illannattit anniaqutimik nalvakviuhimaliktuttit. Ihumangnik. Kihiani namakiyauniaktuq angmaumaluni tuhaktinnariqlugit hapkua illagiyattit nalvakviuhimaliguvit. Taimatut illingnik ikkayuqpalikniakmata.

Kihianitauk ukkua ayurhakniakturhaungmiyut tuharhimaligumik anniaqutiqliktiitluttit. Inmiktauq ikpigiyaqaqniaqturhauyut attautikurhiluttit tatvalu qapiahukluttik.

Innuhikma Ingilgavalianinga

Hapkua **ikkayutigiyungaktattit** tuhaktiitjutirhat illagiyaknut illannaknutlu anniaqutimik nalvakviuhimaliktuttit:

- Ayuqnaikpaligahuaklugu nallaktuqangittitlugu tuhaktittinahuaklugit. Tatva nippaingallaklugit hapkua hivayauttit tatvalu allaat Inuit.
- Piqqatigaluttit kinamik tuhakhimaliktumik anniaqutiqaliktiitluttit.
- Hivulikpamik uqqautiginahuaklugu immaktugaluak:
 - *“Ihumayunga tatva tuhaktittumavluhi qanurilingalikmangata. Nammakpa?”*
 - *“Tatva arhugungnaktumik tuhaktittumayaffi.”*
 - *“Nammakpa hamna unnirhiutigiyumayaga?”*
- Kina inuk tuhariiqhimaliqat haffuminga uqqalautinagialgit immattut:
 - *“Tuhakhimaligungnakhuyuttit. Tuhaktiitlanga hunnamik illihimaliqit? Inniguvit uqqalangniaqunga.”*
- Iqqitunuanik uqqalaqattakvigilugit, tuhakvigilugit kangirhiyakhaita hapkua nallaktut. Appiriqattaklugit:
 - *“Qangirhiviit?”*
 - *“Hamna uqqautigiyaga qanirhiviuq?”*
 - *“Qanuq ihumagiyaqaaqqit?”*
- Ihumallutigingitlugu hapkua nipaingaaqahuakluttik. Tatva namaktuq tigummitiluni uvalunin iqqimiqatigirluni irhivakatigirlunilu nipaitqaluakluni ikpingnaktuq.

Tatva iraqtuqhimaittumik uqqautiginahuaklugu ihumagiyyattitlu annitinahuaklugit.



Hunnauva hamna kiansu anniaqutauyuq?

Tatva hapkua allatqinguyut tainniit hapkua anniaqutauyut naniliqaq Inuit Nunangatni. Hapkua illaliutihimayut:

Inuivialuktun: **Pukkuqluk**

Nunavut: **Ippinnaittulijuq (Ikpinnaittulijug)**

Inuinnaqtun: **Aanniaruk**

Nunavik: **Piguinnaaq Aarqittaugunnatuq**

Nunatsiavut: **Kiansu**

Hamna anniaqut hakkugiktuq naulihakpaktuq hapkunanu cells-ni. Tatva timmivut ammigaitpiaktunik cells-gakmata, hapkua katirhuk-huttik naptuhivaktut ammingurhuttik tatvalu ummatjutauvarhuttik tatvalu nukkingurhutik haunningurpakhuttik, puvanguqparhuttik tingunguqparhuttiklu. Illuliit hapkua taimaita cell nauvaliatjutigiyait, havakpiakparhuttik, aviktuqparhuttik tatva tuqquvaktut. Namagakat, hapkua cells malikavakait hapkua aullatjuttit taima innutiakutigiyavut.

Kihianiungmiyuq illani hapkua cells ihuigutivaktut tatvalu nauvaliangamik ayungnarhitivaliavaktut. Kukugungurangat hapkua ayunarhitivaliayut cells puvitpaliangamik nauvaktut hapkua kattirhuqhuttik aukiangurhuttik.

Hapkua aukmi aullayut illani anniaqutauyungnangittut uvalunin anniaqutauvarhuttik. Una anniaqutauyungnangittuq puvihimayug aulayuittut hiamarhimaitumik tatvalu tukkunaqatangitugaluit. Hapkua anniaqutauyut puvihimayut nauvaktut tatvalu hiamakpa-liavaktut. Talva piunirhauyuq nalvariyaugumik kilaminuak hapkua anniaqutauyungnaktut puvihimayut. Tatva tamatkiumavyaktuq, hapkua anniaqutauyut nalvaktunarigamik una anniaqutiqaqtuq mammihaktauyungnaktuq.

Hapkua anniaqutauyut hiamakangata timmiup iluani, attikaktut immatut metastasis-guniraqtauyut. Hapua anniaqutauyut attiktauvaktut kaplunatut nakkit timingni naugangata. Uktutigilugu, una anniaqutauyuq naugangat nakahukmi kihiani naugangat puvangmut attikaktuq nakahukmi anniaqutauyuq puvakmut nauhimayuq.

Appirilugu una taaktigiyat tuhakpaligumagunni qanuritungmangat anniaqutiqaliqqit.

Innuhikma Ingilgavalianinga

Hapkua tainnit anniaqtauyut tuhakniagungnarhiyattit

Hapkua aukmi ummayut Una mikkinirhauyuq ummagalikpaktut timmiptingni.

Puvihimayuq una nauhimayuq puvihimyuq hapkua cells naugangata avikugangata.

Hapkua nalliat mammihautirhattit

Hapkua ihumagiyauluaktut pingahut anniaqutiqaqiktut mammihautirhait tatva pillaktaunik, uttiktaknik uvinnimik unalu havautittuqtittauluni mammihaknik. Kihiani allat mammihautirhat illani attuqtauyungnakmiyut. Taaktiit hapkua ayungittut anniaqtauvaktunik (oncologists) mammihautirhanik ihuarhainahuakpaktut. Ilangit hapkua taaktiit illihattiarhimayut pillaktuinikut, ilangit taaktiit ayungitut uttiktittiqatakhugit uvinnikut anniaqtauyut illangitauq havautinik attuqittiqatakhutik mammihainahuakpaktut anniaqutiqaqtunik.

Inuit hapkua anniaqutiqaqiktut illikutauq mammihautirhanik parnaiyautiqaqtut hapkua ihumagivlugit:

- qanuritungmangatta una anniaqtauyuyq
- hunanik illuliqqaqqa una anniaqtauyuyq
- qanga anniaquttiquqqa
- Una illikut attuqtat uvalu qanuq ukturumaviuq

Hamna mammihautauniaktuq parnaiyautirhaq uma innup illitquhianik inmi atturiaqaqta. Illani malruk ukkua innuk ajikutauyumik anniaquttiquqtuq allatqiniktauq mammihautiqaqhattik. Ilviit taaktivit uqqauntiaqattit mammihautirhannik.

Ukkua taaktiit appirihunaktattit pikatauyumaguvit munarhini uttutirhanik. Ukkua munarhini uttutirhat takurivaktut nuttanik mammihautirhanik anniaqtauyunik.

Hapkua tainniit tuhagungnaktattit mammihautirhanik ihumarhuqtiitluttit.

Nauffangitangani Mammihautirhaq Una mammihautauyuq attuqtauvaqtuq nauffangitangani una anniaqtauyuq.

Himautauyuq Mammihautirhaq Una mammihautirhaq attuqtauvaqtuq ahianin anniakviup atturhimaitumik hapkua mammihautauqattaqtut.

Havautinut Unnaktunutlu Mammihauttit Una mammihauttat havautinnik attautikut unnaktuniklu atturhutik mammihautauvaktut.

Havautinut Mammihauttit Una mammihautat atturhuttik havautinik tuqqutirivlutik anniaqtauyunik.

Attugaffukhugu uktuktaat Una naunaiyautigivlugu attugaffukhugu uktuktaat nutanik qinirhiavluttik anniaktailitjutirhanik, nalvakutirhanik, mammihautirhaniklu hapkuninga anniakutauyunik.

Attauhinaungitumik mammihauttit Una mammihauttat atturauyuq attauhinaungitumik mammihauttinik attautikut.

Havautittuqtittauvluni mammihaktittauyuq Una mammihautauyuq attuqtittauvluni havauttinik anniaqtauyuq ungavagahuarhugu.

Uktuttauyuq havaut Una havaut uktuttauyuq naunaiyagahuarhugu nakuyarha uvalu qayangnaitarha, kihiani angiktauhimaituq huli attuinagialaqiyangani.

Aukmut mammihautait Mammihauttit illaliutiyungnaktut, nutqaqtittauluttiklunin ahivaqtauluttiklunnit hamna auk nauvaliangitangani hamna anniaqtauyuq.

Nuvakminik Mammihaknik Una mammihautauyuq atturhugu hamna timmivit uvvata aulaninga taima hamna timmiit nakuningitangani anniaqtauyumiiit.

Uttiktarhugit Mammihaknik Una mammihautauyuq atturhugit hapkua unnaktut x-ray-kuttit hikkuptigahuarhugit hapkua anniaqtauuyut.

Innuhikma Ingilgavalianinga

Timmiup anniaktailitjutaitnik himiriaqaqqata Una pillaktauvluni inuk ahivagahuakhugit hapkua anniaqtauyut uvalunin hapkua nakurutauhuiqqata aungani anniaktailitjutait, hapkua timmikmi nauvaliavaktut anniaktailitjuttit.

Pillarhiqnik Hamna pillaktuinik timmianik innup qinirhiavlutik anniaqtauyumik uvalunin ahivainahuarhutik illanganik timmiup anniaqtauyumik uvalunin ihuarhinahuakhugu anniaqtauyuq.

Akkuagahuarhugit mammihainik Una mamihautauyuq nutqaqtinahuarhugu nauvalianinga haffuma anniaqtauyup pittailinahuarhugit hapkua akkurtauuyut timmiup aulaningit. Akkuagahuarhugit mammihainik havauttituqtittugit pinnahuarhugu una anniaqtauyuq nauvaliangitangani hiammaktingittangani.

Tatva hapkua anniaktulikiyuyut ikkayuqtirhattit

Kina innuk anniaquttigaligangat avalingangittuq hapkua anniaktulikiyuyut ayungittut ikkayuqpaktut – taaktiit, munarhiit, havauttiliqiyuyut, niqqiliqiyuyut, innuliriyuyut allatlu.

Hapkua anniaktulikiyuyut ikkayuqtiuyut mammihainahuakhuttik anniaqtauyumik ikkayugahuarhuttit illaruhikniklu ihumalutigiyaffingnik. Hapkua piyunnaktut:

- tuhaktittiniaktattit tuhagarhanik anniaqtauyunik
- ikkayugungnaktut ikpigiyaknik anniaqtauyunik
- ikkayugungnaktut ihumaluutigiyaknik
- ikkayugungnaktut hapkuninga anniakviita aullatjutainik
- uktutirhanik kittunik ikkayuqtirhaqnik nunaliitni illikut angilgakvigiyakni munagitjutirhanik

Ilviit ihumarhugungnaktuttit anniaktailitjutirhanik munagitjutirhaniklu. Tuhaktitjutirhanik illingnik avatingnut anniaktulikiyuyunutlu qanuq

timmiivit ikpigiyani. Uqqautiqataqlugit qanuriliuliqqa timmiit qanuqlu ikpigyaqqaqit. Tatva hapkua ikkayuqtiuyut Anniaktuliqiyuyut illangit takkuniaktarhagiyattit mammihagahuaktiitluttit tittiraqhimayut:

Ulluriannaiyautinik Havautiliqiyuyuq

Una taakti ulluriannaiyautinik havautiliqiyuyuq pillarhikiitlugu una anniaqutiqqaqtuq anniakvikmi. Hapkua havauttit ullurianaiyautauvaktut uvalunin hinniktautauvaktut.

Niqqiliqiyii (niqqiliqiyuyut)

Una niqqiliqiyii ayuirhaivaktuq niqqitiavaknik niriqattaquvluttit. Ikkayuqpaqtut ayurhagangavit niriyaami anniaqutigiyaknik mammiyarhimaaktiitluttit.

Nunaliitni taaktigiyat (taakti)

Una nunaliitni taakti munarhiyuyuq. Hapkua taaktiit munarhiqqa-taqtut inuknik anniaqutimii nalvakviugangata, mammihaktauligangata uvalu namakhivalialigangata mammihaktut. Ukkua taaktiit hivulikpanguvaktut illiituhaiyuyut anniaquttauyunik.

Uqqaqtiuyuq (numiktiriyuyuq)

Una uqqaqtiuyuq numiktirivaktuq avattingnut uqqauhiknik taaktigiyavitlu uqqauhiannik. Hapkua uqqaqtiuvaktut numiktirivakhuttiklu tuhaktitjutirhanik avatinut illingnit munnarhiyusunutlu qangirhivagiakni tamaitnik tuhaktitjutirhanik.

Munnarhi

Hapkua munnarhiit ilihatiarhimayut munnarhitjutikhaitnik Inuit anniakvikmiyunik, nunaliitni uvalunin angilgakvigiyakni. Ukkua takkukatakluakniaktattit. Hapkua munnarhiit kiuyungnaktut appikutigiyaknik, havautirhaqatakluttit uvalu ihumakut ikkayuqtiuvluttik.

Havagiyaknik ikkayuqtiuyuq

Havagiyaknik ikkayuqtiuyut ikkayukpaktut inuknik ubluani hularhaqaguvit. Ikkayukpaktut havaqaqtunik uttiriaqaqqata havamingnut. Ikkayugungnaktut qanuq hululukagutirhanik angilraqvigiyakni ayuqnaiqpaligahuarhugu innuhiit.

Innuhikma Ingilgavalianinga

Anniaqutauyunik taaktiit

Una taaktiuyuq illihatiarhimayuq pillarhigiaqaqtunniq uvalunin x-ray-gutinik mammihautirhanik uvalunin anniaquttiqaqtut havautirhaitnik mammihaktiitlugit.

Anniaqutauyunik munarhiit

Hapkua anniaqutauyunik munarhiit illihatiarhimayut munaritjutikhaitnik hapkua Inuit anniaqutiqaqtut. Anniaqutauyunik munarhiit havakpaktut anniaqutiqaqtut anniakviitni havaqarhutik havauttiqaqviita havakviitni, x-ray-gutiqarviit havakviitni, pattiknik ahivaiyagiaqqaqata tatvalu nunaliitni. Una anniaqutauyunik munarhi ikkayuqpaqtuq timmingnik ihumalutigiyakniklu anniaqutigiyaknik mammihagahuaktiitluttit. Ikkayurungnakmiyut tuhaktiitjutirhanik ikkayuqtirhaniklu qinirhiatjutiluttit.

Anniaqutiqaqtunik munarhiit

Ukkua anniaqutiqaqtunik munarhiit munarhivangmiyut inuknik anniaqutiqaqtunniq kihianilu illihattiarhimayut havaqqaqmiyut naunaiyainikmik qauyihauttinnik, ilihainikmik tittiraliqiniqutlu.

Qauyihaiyuyuq

Una qauyihaiyuyuq taakti naunaiyaivaktuq auknik uvinniuplu illuliitnik qingutinik takpiktunik atturhuni qinirhiavaktuq anniaquttauvaktunik.

Anniaqutiqaqtunik ikkayuqtiuyuq

Una anniaqutiqaqtunik ikkayuqtiuyuq ikkayuqpaqtuq tuhaktiitjutirhanik uvalunin havakatigittiarutikhaitnik ukkua ikkayuqtigiyattit munaktigiyaqniklu tatva hapkua taaktiit, munarhiit uvalunin innuliriyuyut ikkayuqpaligiangita illiknik.

Munarhiit

Ukkua anniaqutiqaqtunnik munarhiit tuhaktittiqattaktut anniakviit aullaŋjutaitnik. Hapkua munarhiit ihuarhaiyungnaktut ikkayutirhaknik timmimut, innuliqiniqut, ihumalutigiyaknik, havautirhaknik ihariatiguvit.

Havautinik havaktiuyut

Ukka havautiliqiyuyut hannaiyakpaktut anniaqutiqqagtut havautirhaitnik tatvalu uqqautjivarhutik qanuq havautittutirhanik. Una havautiliqiyuyuq uqqautjiyuyuq ikkakiit qanuq havautittugiaktaknik. Uqqautjivangmiyut nikkituqtarhanik havauttutuqtiitluttit nikkitugiqaqangittaqliqu havautittuqtiitluttit qanuqlu havautittuqtavit ikpingnautaitnik ihuiluttigaguvit ihuarhautirhanik.

Timmimut Taaktiit

Timmimut taaktiit ikkayuqpaktut annirhimayunik uvalu ullurianaiyautirhanik ihuarhainahuarhutik tatvalu ikkayuqpaktut ingutalaqinnahuarhugu hamna timmikni annirhimayuq.

Uvvinikmik pillaktiuyut taaktiit

Una uvvinikmik pillaktiuyuq taakti uvviniliqiyuvluni pillaqnik, takkuminangituniklu uvvinikmik pinnirhainahuakhuni taaktiuyuq.

Ihumaliriniqqut taaktiit

Ihumaliriniqqut taaktiit ikkayuqpaktut illingnik illattitlu ihumalutigiyaffingnik qangirhivalikuvluhi ihumaffingnik, ihumagiyaknik, ihumalutigiyaknik illiitquhigiyakniklu. Ikkayuqpaktut ihumalukpalakunnattit. Hapkoa ihumaliriniqqut taaktiit illihattiarhimayut qauyihautinnik uvalu mammihautirhaitnik qaritami ihumaqqut anniakutiqaqtunnik.

Qullikmik Unnaktumutlu Alruyaktuttinik Atturhuni Taakti Anniaktulikiyii

Qullikmik Unnaktumutlu alruyaktuttinik atturhutik taaktiit illihattiarhimayut ayungittut mammihainikut anniaqutaayunik ahivainahuarhuttik.

Qullikmik Unnaktumutlu Alruyaktuttinik atturhuni Anniaktulikiyuyuq

Una qullikmik unnaktumutlu alruyaktuttinik atturhuni anniaktulikiyuyuq ikkayuqpaktuq parnaiyaivarhunilu tatvalu alruyaktuttinik atturhuni mammihainahuakpaktuq.

Taaktiit Ayungittut

Taaktiit ayungittut atturhuttik x-ray-kutinik, timmiup illuliani pipsaliukpakhuttik, takkurivakhuttiklu nalvagahuakhuttik anniakutaayunik. Una taakti ayungittuq timmiknik illulianik takkurivaktuq x-ray-kutinik atturhuni kapputimik.

Innuhikma Ingilgavalianinga

Innuliriyuuyuq

Una innuliriyuuyuq uqqaqatigivagait hapkua anniakutikaktut illaitniklu ihumalutigiyaknik timmikniklu ayurhautigiyaknik. Nalvarhiyungnaktut ikkayuqtiqhaknik hapkuninga uqqaqtijiyuunik, ikkayuqtiyuunik, manirhaknik ihagiatiguvit tatvalu ahiagut ikkayuqtauyumaguvit.

Ukpikniaktiuvluttik ikkayuqtiuyut

Hapkua ukpikniaktiuvluttik ikkayuqtiuyut ikkayugahuakpaktut qingautjivakhutiklu anniaktunik.

Taakti Pillaktiuyuq

Una pillaktiuyuq taakti ahivaivaktuq timmikmi anniaqtauyunik pillaktuivluni.

Pillaktiuyuq Taaki

Una pillaktiuyuq taakti havagiyait hapkua anniaktut pillaktauya-giaqarangata uvalunin ahiagut mammihautirhaitnik ukkua anniakutiqaqtut.

Ayungittut havaktiit

Hapkua ayungittut havaktiit auktakparhuttik x-ray-tiitivaktut, hingaiyunnik takurivaktut, niaqumik takurivaktut tatvalu nukkinik takurivaktut. Uktakparhuttik auknik allaniklu takkuktauhimayunik.

Aullagiaqaqniq anniakvikmut kaplunnat nunnatnut mammihagiaquqluni

Inuit anniaqutiqaqtiqtut mammihagiakpaktut naliakni hapkua talimaungmata Qablunat nunnaitni anniakviitnut – Edmonton, Winnipeg, Ottawa, Montreal unalo St. John's. Hapkua taimaita angiyut qablunnat nunnaitni katimayiqaqtuq ikkayuqtunik inuknik anniaqutiqaqtuniq hapkuningalu munnaktigiyaitnun.

Uktutgilugu una, illangit hapkua timiuyut katimayiyut nayuqvir-haqaqtut uttaqqiyagiaqqaqaguvit kaffinik ublunik pingiakniklunin

taaktiliqqitluttit. Ilangitauq uhittiqvigiyungnaktattit anniakvikmut uttimutlu nayugaknut, tatvalu uppautiyungnaktattit tahamani Inuit timigiyait ihuarhitihimayut illiitquhikturhuttik katipkaikatarhuttik ikkayuqtut.

Tatva aullaktittautinattit taununga aussaimut, illitturipkklugit illangit hapkua timmiyut ikkayuqtiqagumaguvit. Hapkua kitungmangata tittiqat alanguqattaktut. **Appirilugu una munnarhigiyat nuttanik tuhakvirhanik hapkuninga ikkayuqtiuyunik taunani aussaimi mammihagiaktuqviginiaqtaqnun.**

Tatvalu hivayagungnaktattit ukkua Anniaqutinnik Tuhaktittiviata Ikkayuqtiit tatvani 1-888-939-3333. Hapkua uqqaqtiqatut unnirhiugungnaktut hapkuninga nunaliitni timiuyuniq.

EDMONTON, ALBERTA

Cross Cancer Institute

Ukkua Cross Cancer Institute anniakvik anniaqutiqaqtunit mammihakviyuyq hapkuninga hivurannitunik Alberta-mi. Havakaktut havautirhaitnik tatvalu ikkayutirhaitnik munnarhiyuyut inuknik anniaquttiqaqtunniq mammihagiaqturhimayunniq.

Tuhakvigiyumagupkit hivayaklugit: 780-432-8771

Qaritauyakut: Alberta Health Services, tinyurl.com/gpk8fj4

Cross Cancer Institute Nunaqqaqatut

Anniakutiqaqtut Ikkayuqtat

Una havakaktuq ikkayurhuni hapkuninga Itqiliitnik, Inuit, Métis-niklu anniaqutiqaqtunniq Ihuarhaiyuyuyq taaktiliqivirhaitnik tittikanik ihuarhaivarhuni.

Tuhakvigiyumagupkit hivayaklugit: 780-735-5326

Qaritauyakut: Alberta Health Services, tinyurl.com/h6gcn4t

Edmonton-mi Inuit Illiitquhilikiyiita Timingat

Ukkua Edmontonmi Inuit Illiitquhilikiyiita Timingat tungavikatiaktut Inuit Nunakaliktut tahamani innugiaknirhauyuni Edmonton-mi hatkirhimainaktut illiitquhikturhuttik ikkayuqtut.

Tuhakvigiyumagupkit hivayaklugit: 780-756-3106

Innuhikma Ingilgavalianinga

Larga Edmonton Ltd.

Larga Edmonton Ltd. una anniakviliaktut innukakviat Inuit aullakataktut Edmonton-mut pittakangitpat takkuktauvirhatnik Nunavumi Nunatiamilu. Ihuarhithimayut nayuqvirhanik tatvalu uhiitiqviuvaktut anniakviliaktunut avvatinit nayuganutlu tatvalu tingmiakavikmutlu. Ihuarhaiyuuvluttik takkurhutikhaitnik taaktinnik. Larga Ltd. una Inuit nanminiriyat ikkayuqigirhuttik ukkua Kitikmeot Corporation ukkualu Nunasi Corporation.

Tuhakvigiyumagupkit hivayaklugit: 780-477-6284

Qaritauyakut: Kitikmeot Corporation, tinyurl.com/z37l2wo

Northern Health Services Network (NHSN)

NHSN-kut ukkua ikkayuqpaqtut inuknik Nunatiamiutanik, Nunavut-mit Yukon-mitlu anniakviliakhimayunik Edmonton-mut. Ukkua havakaktut ikkayurhugit anniakviliarhimayut illagiyaitlu katimakatiginiakatjuk hapkua munnarhiuyut, ikkayurhugitlu kavamaita anniakutunik ikkayutaitnik ukturunagiakhaita, tatvalu tuhaktittikatarhugit hapkua katangutait uhiitiqatarvikhaitnik uvalu nayuqvirhaitnik tatvani Edmonton-mi.

Tuhakvigiyumagupkit hivayaklugit: 780-342-2000

Qaritauyakut: Alberta Health Services, tinyurl.com/hbzo8n6

WINNIPEG, MANITOBA

Health Sciences Centre

Una illagiyat ukkua Nunaqaaqatut Anniaktuliqiyiit Ikkayuqtiit havakviat, ukkua ihuarhithimayut uqqaqtiqarhuttig, illitquhiyuyunik ikkayurhuttik tatvalu ikkayuqparhuttik parnaiyaivarhuttik munaktirhaitnik hapkua anniaqutiqaqtut angilgarangata uvalunin anniakviliagiaqqaqata Winnipeg-mut.

Tuhakvigiyumagupkit hivayaklugit: 204-940-8880, 204-787-3661
(akkittukut 1-877-499-8774)

Qaritauyakut: Health Sciences Centre, hsc.mb.ca/

Kivalliq Inuit Centre

Una Kivalliq Inuit Centre innuqaqviuyuq nayurauvluni munarhivaktut uhiitiqviuvaktut a housing anniakviliaqattaktunik Winnipeg-mut mammihagiakturhimayunik.

Tuhakvigiyumagupkit hivayaklugit: 204-944-7110

Qaritauyakut: MMP Architects, tinyurl.com/ha732qa

Manitoba Inuit Katuyikatigit

Ukkua Manitoba Inuit Katuyikatigit ikkayuqtuivaktut Inuit pitkuhiitnik, nunaliitni uvalu illiitquhiitnik ikkayurahuakhugit Inuit hulilucharutinnik ikkayuqvirhaitnunlu Winnipeg-mi.

Tuhakvigiyumagupkit hivayaklugit: 204-77-INOIT (204-774-6848)

Qaritauyakut: Manitoba Inuit Association, manitobalnit.ca

OTTAWA, ONTARIO

Akausivik Inuit Family Health Team (AIFHT)

Ukkua Akausivik Inuit Qatangutiitnik Anniakulikiyiit munnarivaktut Inuknik Ottawa-mi. Hapkua hatqiumayut ikkayutait kimilgurhigiaktunik, mammihagiaktunik, havautirhaitnik tatvalu taaktiliqinahuaqata. Tatvalu ikkayuqpangmiyut kittunik inuknik anniakviliarhimayunik Ottawa-mut mammihagiaqtuqtut. Ukkua AIFHT-kut huli munnarituakpagait hapkua ayurhaliktut, ullurianaiyauttinik havautiliqivluttik, qimilgurhigiaktuqhimayuniklu tatvalu ihuarhaivarhuttik takkuyayurhanik ayungitunnik taaktiniit.

Tuhakvigiyumagupkit hivayaklugit: 613-740-0999

Qaritauyakut: Champlainhealthline.ca, Akausivik Inuit Family Health Team, tinyurl.com/guyhxdu

Larga Baffin House

Larga Baffin House una innuqaqvik kittunut inuknut aullakataktunnut Ottawa-mut anniakviliakpaktunik ayuqtaugangata Nunavumit. Hatkiumayut uhiitkviukatarhuttik anniakvikmut uttimut nayugaitnut hapkua anniakviliagiaktunik nakitlikak Ottawa-mi, niriviqqarhuttiklu, hinniktakviquaqhuttik ihuarhaivarhuttiklu angilgaut-jutirhaitnik. Larga Baffin una Inuit nanminiriyat aullarutihimayaat ukkua Nunasi Corporation ukkualu Qikiqtaaluk Corporation.

Tuhakvigiyumagupkit hivayaklugit: 613-248-3552

Qaritauyakut: Ottawa Health Services Network, tinyurl.com/zmb9dv3

Innuhikma Ingilgavalianinga

Ottawa Health Services Network Inc. (OHSNI)

Una Ottawa Health Services Network ikkayuqtiuyut inuknik Nunavumingarhimayunik anniakviliaktunut Ottawa-mt. Ukkua OHSNI-kut ikkayuqpaqtut tuhaktittiyuvluttik avatinut anniakvikmi havaktunik uvalu katanguyaitniklu nanilikak Ukkiuktaktumi. Ukkua OHSNI ihuarhitihimayut numiktiriyuqhanik uqqaqtiuyurhaniklu, tittiqanit ihuarhaiyuvlutik munnariqhannik.

Tuhakvigiyumagupkit hivayaklugit: 613-523-7822 ext. 153

Qaritauyakut: Ottawa Health Services Network, ohsni.com

Ottawa Hospital and Queensway Carleton Hospital

Una Ottawa-mi Anniakvik (General Campus) unalu Queensway Carleton-mi Anniakvik hatkirhimayut anniaqutiqaqtunik ikkayuqtiuvluttik tahamani nanilikak Ottawa-mi. Ukkua maltuk anniakviik hatqiumayut ikkayurhuttik hapkuninga allatkinik mammihauttinik havautittuqtittivlutik, ammiknik uttittiriyunik, oncology Ulluriayautinnik havautirhakhutik munnarhiakhutik.

Tuhakvigiyumagupkit hivayaklugit:

Ottawa Hospital, 613-722-7000

Queensway Carleton Hospital, 613-721-2000

Qaritauyakut: Ottawa Hospital, ottawahospital.on.ca

Queensway Carleton Hospital, qch.on.ca

Ottawa Hospital Aboriginal Room, General Campus

Una Nunaqaaqqaqtut Nayugat tatvani Ottawa-mi Anniakviani pitiarhunik Tungahuktittivaktut Itqiliitnik, Inuit Métis-lu anniaktunik qatangutaitniklu. Una nayugaat pivikaktuq hapkua anniaktut taaktiliqiyangita, nayuqtauyangitalu qatangutimingniit munnaktigiyaitniitlu. Una nayugaat pivikaktuq anniaktut qatanguyaitlu unnaguirhigumakpata una anniaqutiqaqtut taaktiliqqihimaaktiitlugu. Una nayugaat unnaguirhikviqaqtuq.

Tuhakvigiyumagupkit hivayaklugit: 613-737-7700 ext. 73607

Qaritauyakut: Ottawa Hospital, tinyurl.com/jhzah7j

Ottawa-mi Anniakviatni Nunnaqaqaqtut Anniakviliarhimayut Ikkayuqtiat, Anniakvikmi

Una Ottawa-mi Anniakvik havaktikaktut Nunnaqaqaqtut Anniakviliarhimayut Ikkayuqtiatnik. Uma taaktivit munnarhiviitlunin tatvunga turhaktittungnaktattit uvalunin ilviit tuhaktigiyoungnaktattit. Una anniakviliarhimayut ikkayuqtiat kiuyungnaktuq appikutigiyaknik anniaqutauvaktunnik, ubluk tammat innuhikmik uvalunin qanuq uqqaqumaguvit. Una Nunnaqaqaqtut Anniakviliarhimayut Ikkayuqtiat ikkayuqtiutluaktuq Itqiliitnik, Métis-nik Inuinaqniklu anniakviliarhimayunik. Hapkua ikkayutait ilaliuthimayut ihuarhaiyuvluni anniaquttigaqut ikkayutirhaitnik, numiktiriyuyunik uqqaqtirhaniklu, tittiqaniklu ihuarhaiyuvluni.

Tuhakvigiyumagupkit hivayaklugit: 613-737-7700 ext. 73607

Qaritauyakut: Cancer Care Ontario, tinyurl.com/h4hexj4

Tungasuvvingat Inuit

Tungasuvvingat Inuit uppagauyuq Inukniit tamaitnit Ottawa-mi. Hatqittihimayut ammihunik illitquhiktuttirhanik, huliluqaqutirhanik, ikkayutirhaniklu.

Tuhakvigiyumagupkit hivayaklugit: 613-565-5885

Qaritauyakut: Tungasuvvingat Inuit, tungasuvvingatInuit.ca

MONTREAL, QUÉBEC

Katuyikatigit-git Montreal-mi Inuit

Ukkua Katuyikatigit-git Montreal-mi Inuit kivgaktuiyut Inuknik nunnakaktunik Montreal-mi.

Tuhakvigiyumagupkit hivayaklugit: 514-745-8880

Qaritauyakut: Association_of_Montreal_Inuit@hotmail.com

Northern Québec Module (NQM)

Katimakatigilgaklugit ukkua taaktiit unalu anniakulikiyuyuuq, tuhakvigiyungnaktattit ukkua Northern Québec Module-kut. Ukkua NQM-kut Ikkayuqtiyut inuknik Nunavik-mit anniakviliarhimayunik tatvunga Montreal-mut, tuhaktittivarhuttik anniakviliarhimayunik tatvunga University Integrated Health Network McGill-mut. NQM-kut nayugarhakovikaktut, uhiittiqviuvakhuttik anniakvilia-giakaktunik avattingnut nayugaitnutlu, ihuarhitivakhutiklu munarhinik uqqaqtirhailuqattalu.

Tuhakvigiyumagupkit hivayaklugit: 514-932-9047

Qaritauyakut: Inuulitsivik Health Centre, tinyurl.com/zeykpm7

Innuhikma Ingilgavalianinga

University Integrated Health Network (RUIS) McGill

Ukkua University Integrated Health Network (RUIS) McGill-mi anniakvikaktut tatvani Montreal hatqiyumayut hapkua anniaquttigaqtut ikkayutirhaitnik. Qanuritunnik anniaqutiqaqtiitlugit mammihagiarhimayut anniaktut aryaktauvaktut allatkinut anniakviitnut different.

Tuhakvigiyumagupkit hivayaklugit: 514-398-2705

Qaritauyakut: RUIS McGill, mcgill.ca/ruis

YMCA-kut Nayuqviat

Ukkua YMCA-kut Nayuqviat hatqihimayut tatjakaffuk nayugarhailiuktunnik Inuknik Nunavik-mingaktunik tikkitagangata Montreal-mut anniaviliakhuttik.

Tuhakvigiyumagupkit hivayaklugit: 514-486-7315

Qaritauyakut: YMCAs of Québec, tinyurl.com/zvqqlmr

ST. JOHN'S, NEWFOUNDLAND TATVALU LABRADOR

Nunnaqaqaqtut Anniaktut Ikkayuqtiat (APN)

Una havagiyauyuq aullatjutigaqtuq tatvanga Health Sciences Centre-kunin. Ukkua APN-kut havakatiqaqpaktut hapkuninga Nunaqaqaqtunik anniaktunnik, munnaktigiyaitniklu tatvalu qatanguyaitnik. Ukkua APN-kut hatqiumayut hapkununga Nunaqaqaqtunnut anniakvikmi ikkayuqtirhaitnik hapkua anniaktut nunaliitnilu ikkayutirhanik. Tatvanga turaqtittaunagingitkuvit, tuhakviginahuaklugit ukkua APN-kut.

Tuhakvigiyumagupkit hivayaklugit: 709-777-2110

Qaritauyakut: St. John's Native Friendship Centre,
tinyurl.com/hwad2o5

Daffodil Place

Daffodil Place innukakvik aullapkattat ukkua Newfoundland uvalu Labrador Havakviat ukkua Canadian Cancer Society. Una Daffodil Place nayugauyuq anniaquttiaqqtunnit munnaktigiyaitniitlu aullagiaqaqqata St. John's-mut mammihagiaktut. Daffodil Place angmaumayut ikkayuqtiuluarhuttik, ilaliutilugit ihummamut ayurhaktunik, tuhaktitiliqiyiuvluttik hulilukagutirhaniklu ihuarhaiyuvluttik.

Tuhakvigiyumagupkit hivayaklugit: 1-888-753-6520

Qaritauyakut: Canadian Cancer Society, tinyurl.com/hvb53zm

Dr. H. Bliss Murphy Cancer Centre

Dr. H. Bliss Murphy Cancer Centre una illagiyauyuq uminga Health Sciences Centre-kunik. Tatvatuq una anniakvik tahamani avikturhimayuni Nayugauvaktuq anniaqutiqaqtut mammihagiarhimayunit. Uvani anniakvikmi, katimakatigikatakniaktat una taaktigiyat unalu anniaktulikiyuuyuk.

Tuhakvigiyumagupkit hivayaklugit: 709-777-6555

Qaritauyakut: Eastern Health, tinyurl.com/jg77plc

St. John's Native Friendship Centre

Una St. John's Native Friendship Centre nayuqtauqataktuq anniakviliarhimayuniit qatangutaitnitlu anniakvikangitpata nunnamingni. Tatvani nayugauyumi hatkirhimayut hapkua kukkiuvik, ullapkivik tatvalu nirivikhuni.

Tuhakvigiyumagupkit hivayaklugit: 709-726-5902

Qaritauyakut: St. John's Native Friendship Centre, sjnfc.com

Innuhikma Ingilgavalianinga

Nakuattut innutiagutirhanik ihumarhutiqaqluni

Nirittiagutikhat

Tatva nirittiagahuakluni piunirhauyuq inuknun anniaqutiqaqtunnut. Niriqqataqluni allatqinnik niqqinik ikkayuttauniakmat timmingnut. Tatva nirittiaqattakhuni mammihaktittautiluni ikkayutaupiaqtuq hapkununga:

- Qappakpalangitaakni
- Hakkugirhivaliutiniagangni unnaguqpalangittakni
- Anniaqtauyyuq ingattangitanganni
- Hamna timmiit mammitpalianiakmat niriqatakluni

Inuit anniaqutiqaqtut nirittiaqatagumik, qappaktailivakumik namaktumiklu timmiktik munagiqqatagumiku mammitpalikniaktut qilamik.

Hamna niritiaqnik immikataklunilu puvalarhautikhanik nakuyuuq hapkununga – mukpauyannik, kinnitanik, sukakaktunik, urhuqaqtunnik, immainakmik. Niriqatakluni nikkainaknik piuyirhauyuq Inuknut ammihunut. Tatva qauyimayautialiktuq ammihuyut hapkua nikkainait illaliutihimayut innutiakutirhannut.

Appirilugu una taakigiyat uqqaqatigiyumalugilugu una nirittiakutitik havakaktuuq appikutirhakkniguvit nirittiakutikhanik. Ukkua Nirittiakutitik Havaktiuyut Kanatami qaritauyakut tittiraqviqaqtut tatvauvu (dietitians.ca/) tuhakvigiyumanigunni.

Niqqainaknik niritjutikhat

Tatva ayungnangittuuq niqqainaknik tikkitviunahuakluni kaplunaat nunnani aulaamatiitluttit mammiyagiakturhimatiitluttit. Uqqaqatigilugu una munaktigiyat uvalunin turhiktuqvigulugit hapkua havaktut innuqaqviki.

Hapkua ikkayutauyungnaktut tittikat makpiklugu tuhaktiitjutirhat innutiakutirhat niqqainaknik niritjutikhat, niqqiliurutikhat uvalu aqqiatunaqtut.

Una niqqiliuqtuguyat nallurhakat Inuit niqqautaitnik, hapkua tittikat takupkainagialgit.



Niqqainaknik hivunirhitjutait

Nunavik-mi Niqqinik Hivunirhitjutat, Nunavik-mi avikturhimayumi Anniaqtuliyiit Inuliyiitlu

Qaritauyaqt: Nunavik Regional Board of Health and Social Services, tinyurl.com/ztnwllr

Nunavumi Niqqinik Hivunirhitjutat, Nunavumi Havakviat Anniaktuliyiit

Qaritauyaqt: Nunavut Department of Health, tinyurl.com/jubl8ms

Attuqtauhimayut tittikat

Niqqitianik Attuqtauhimayut Tittikat Unipkaliurhimayut, Inuit Niqqainaknik Niqqiliurutait, Nunavut Kavamatkut Havakviat Anniaktuliyiit

Qaritauyaqt: Nunavut Department of Health, tinyurl.com/zsqydsp

Niqqiliuruttit

Nunavimmiut Iirayakhanik Makpirangit

Qaritauyaqt: Nunavik Regional Board of Health and Social Services, tinyurl.com/h8a6pw9

Inuit Niqqainaknik Niqqiliurutait

Qaritauyaqt: Inuit Illiitquhiitnik Qaritauyakut Ikkayutait, tinyurl.com/h8a6pw9

Mamaqtut! Inuit Anniaktailitjutaitnik Innutiakutaita Iirayakhanik Makpirangit (Inuktitut)

Turhikviginagialgit ukkua Tungasuvvingat Inuit uvani info@tungasuvvingatInuit.ca uvalunin hivayaklugit 613-749-4500 ext. 22.

Immak

Hamna timiit immainaktugiakaktuq allaniklu immigaknik anniaktailitjutaunmata. Immikatangitkuvit immainaknik tatva qanuq attautiqurhiniguvit anniaqtuviit havautaitnik qanuqlikak mirianguliguvit uvalunin iittiktaliguvit, tammalikkuni immiqiniaqtuq timmiit. Immiqinaitumiq tiituqatainagialiuyuttit.

Innuhikma Ingilgavalianinga

Immialuk

Ihumavangniagunghiyuttit namakpa niurhiguma immialukmik havautittuqtiitlunga. Uqqaqatigilraaqlugit ukkua munarhiit taaktigiyattitlu. Hamna immialuk hivuganakmat ilangitnut havautinut, mammihautinutlu (hapkua uvunnikmut uttiqtauttit mammitauttit) tatvalu nakungituq anniakutaayunut. Hamna immialuk huli nautiyungnakmiyuq allatqinniq anniakutinik.

Niriyunnangitkuvit

Ilanni niriyumangitkaluakhuni. Niqqitlu aaringituyarhugit, uvalunin unnaguhukpalakniguvit uvalunin anniakpalaguvit niriyami, ayurhaguvit niriyami uvalu immainaktuqluttit, uqqaativaklugit ukkua munakhigiyattit taktigiyatlu.

Huliluganginagialiuyuttit

Ammihuyut taktiit ukkautjivaliqitut uktuquvalirhugit hapkua Inuit anniaqutiqaqtut hulilukakuvlugit takkairhivaquvlugit mammihaktiitlugit namarhivaliatiitlugitlu. Tatva hulilukarhuni ihumamut namakpiaktuq ihumalungnaittuq, allianarhunilu, hulilukarhuni kalliknaktuq, makitannaktuq, unnagurhaluni hinniliknaktuq tatvalu ikkayutaungmiyuq mammihautingnut. Hulilukarhuni ikkayutaungmiyuq anniakutaayumut mirianguhukluni, unnaguhuarhuni tatvalu puplarhimainarhuni.

Hulilukarhuni ikkayutaayuq puvallakpalangitaqni, tatva ammihunik hamna ikkayutaayuq. Hapkua naunaiyautauhimayut tauturhugit tatva puvalakpalagangat mammihaktiitluni tatvalu namarhihimalkiitluni uttiffagunghakmat hamna anniaqutaayuq.

Qanuvallak hulilukakluni anniakutiqaqtiitluni mammihaktiitluni ihumarhuqluni qanuq timmivit namagikpagu pinagialik, tatvalu qanuritungmangat mammiyautigiyat tatvalu qanuq ikpingnakmangata.

Uqqaqatigilugu una taaktigiyat

Uqqaqatigilugu una taaktigiyat hulilukaliktinattit, tatva nutkangayuitkaluakluttit anniaqutiqaaliktinattit. Tatva hulilukarhuni qayangnaitqaluarhuni inuknun, kihianiungmingmat. Uktutigilugu una, timmiit qayangnakpalaaknikat anniaqutinut uvalunin (ikkitpalaknikata hapkua aukkikut timmikni makkimatjutauyut), tatva hulilukakpalagiaqangituttit. Taimavalaak uqqaqatigiyagiaqqaqtat una taaktigiyat hulilukaliktinattit.

Uktutirhat huliluqaqtunut mammihaktiitlugit

Illikut kinaugaluakluni innup hulilukagutait alangakmata tatva ihumagiyagiakaktat tatva qayangnaitagiaqqaqtuq ihuaqqutaulunilu kinamut innukmut. Hapkua uktutirhattit ihumagiyagiaqqaqtattit unnaguqtailitjutirhat, hakkugirhaknik tatvalu qiitulihaknik taimatut huliluqaqpagiakni piyumayaknik. Tatva illangi hulilukagumangitqalukluttit. Ihumagiyagiaqqaqtat tatva nutqangainangittakni ayungnangitpat kihiani. Hapkua uktutirhat ikkayutauyungnaktut:

- Aularutiluni hukkaitunuamik. Aullarutiluni ayungnaitunnik immatut pihuqatakluni hukkaitunuamik pihuqataliguvit unghahikivaliagalitluni mirhunuak.
- Hulilukakataklutik unnaguhungitquvit namagiyaknik mirhunuak.
- Uuktuqataqluttit mirhunuak hulilukakluni ubluk tammat hukkaitunuamik, kuviahungitkaluakluttit. Ilani mirhunuak takkairhikatakluni nukkuqit tahittiqataklugit ihuarhiyumikniaktuttit.
- Unnaguhukuvit hivituyumik hulilukakutirhaknik, nainakataklugit pinagialgit ublumaat.
- Hamna hulilukaknik allianarhitinahuaklugu piqatiqaqluni illanaknik uvalunin attuqtuyaqmik nallakluni.
- Tatva nutqangahimaitumik ubluk tammat uktuqpakluttit.
- Igluup iluani kiklimaktiriluni hulilukaknaktuq. Kihiani mirhunuak hannakikatakluni ubluk tammat attautiquvalangungitumik.
- Pihuqattaqluni uhiitirhimaitumik.
- Immiqatangitaakni immiqatakpaluttit piliktinattit, hulilukaktiitluttit hulilukaguiruvit. Nutqangavakluttit unnaguirhipakluttit unnaguhuquvit.

Innuhikma Ingilgavalianinga

Innuhik anniaqtauyuq mammihimaliktiitlugu

Tatva mammihaktiitluttit ubluk tammat huliyarhaqaqpiakpagungnarhiyuttit. Tatva ihumagingitunarhiyat hamna mammihautigiyat innikpalianinga. Tatva innirhimalikmat, upinagani allatqinnik ihumanaktuq. Quviahukaluarhuttit mammihimalikmat anniaquttit angilgarhimaligavitlu, namaktuq ihumaluttigilugu hamna hivunirhak. Ammihut Inuit illiiturivaktut mammihimaligangamik anniaqutimingnit allangutauvaktuqtauq – tatvalu ayurhakhunilu ihumamut. Innuralitluttit, illingnik nakkuatugahuakpluttit. Namaktuq kuvianangittunik ikpigikalangniguvit.

Tatva hukkaitunuamik ihummait namarhitigalinnagialik. Ammihut Inuit allatqinnik ihumarhuqpaqtut mammihimagangamik anniaqutimingniit. Ikpigiyaqaqnaqtuq kapiyahukluni uvalunin tammarhimayuttut hivulikpangitni tatqiriuttit mammihimaliktiitluttit anniaqutingniit. Nalurhakhaktuq. Huliyarhaqaqpalaguikhuttit munarhiqaqvik. Kina Inuk ihumavaliktut namainakuligavit, ilviit nallurhaktiitluttit.

Mammihaktarhimaliktiitluttit anniaqutingniit ihumarhugiaqaqtuttit tatva namaktuq ihumarhukluttit ihumainagiaqaqtuttit. Kinaugaluakluni inuk allangangmat, kihianiungmingmat tatva ihumanaktuq:

Ihumalunnaktuq tatva hamna anniaqutigihimayat

uttiffakniagarha – Ihumarhukniakturhauyuttit tatva hamna mammihakuttit namagaakniaka uvalu uttiffakniagiva hamna anniaqtauhimayuq.

Tuningunak avvalingakhuni – ammihuyut hapkua

anniaqutiqarhimayut upinnagani illiiturivaktut inmingnik tatva ihagiagilikpagait hapkua munaktigihimayattik anniakvikmi. Angilgakhimaligangamik tatva ihumanakmat hapkua illattit kangirhimagittut qanuq ikpigiyaknik. Ihumaluknakmat tatva timmiit alangukpaliagangat, taimavalaak tunningunaktuq. Ihumanatuq tatva ihumagiyattit allangurhimaliktut Inuit ihumagiyaitnit – tatva allangukpalangitkualarhuni inuknun.

Ningarhimayuq – Ammihut anniaqutiqaqhimayut mamihimaliktut ningaumavaktut. Tatva mamiahuttiqaqpagungnarhiyuttit anniaquttiqaqtiitluttit mamihautigiyaknik. Uvalunin mamiahutiqaqungnakhuyuttit hapkua illaruttiittit uvalu illanattit ikkayuqpalangitpata mammihaktiitluttit.

Kuvianaittuq timmiit illakuliknikat – anniaquttigihimayakniit mammihimaliguvit, tatva kuvianaittumik attukungnaktuttit timmiit illakuliknikat hunamik ahivaktauhimalikat, tatvalunin nuttakilaikniguvit uvalunin havakaguikniguvit maniliuqutikhaknik ihumalutiqaqaruvit.

Kapianaktuq hivumuvalianahuakhuni – llangi anniaqutikarhimayut mammihimaliktut ayurhautigivaktat hivumuvaliatjutirhattik anniaqutiqaqugikangamik. Ihumanakmat qanuq ihuarhivaliutikhanik innuhikit uvalunin qanurilinganialikit tatjauyuq.

Naunarhiyuq qanuq illiitquhikhamik uuttuqaniq nuttaniklu pikatigiyaknik – Ihumalukniagungnarhiyuttit tatva hapkua Inuit allaginiagungnarhiyuttit anniaqutirhakhimagavit. Uvalunin ihumalutiqaqiangungnarhiyuttit Inuit ihuiguhukniagungnarhiyaattit anniaqutikarhimagavit.

Ihumalutiqaqniagungnarhiyuttit timmiit ihuiluttiqaqniagarha – Ihumalutiqaqniagungnarhiyuttit hamna timmivit ihuiluttiqaqniakat ayurhautiginiaktat havaliguvit uvaunin hululukakatauniakniguvit.

Allagilikuni timmiit tatvalu innutiakuttit – Ammihut Inuit anniaqutiqaqarhimayut uqqaqarhimayut inmingnik ihumalukpaliktut. Tatvalu qauyimalirhimaliktut innutiarutikhamingnik anniaquttiqaqarhuttik.

Hivumuvaliatjutirhaq

Hamna innutiaknik ihumagiyarhagiyat tatva anniaqutiqaqarhuttit mammihimaligavit. Ammihuyut hapkua anniaqutiqaqarhimayut mammihimaliktut qayagivaliktait innutiakutirhattik. Tatva uppautiqqatakluttit munarhinnut, tatva illiituralianaktuq hapkuninga innutiakutirhakinik nakuattut hivumuvaliatjutaunyungnaktuq.

Innuhikma Ingilgavalianinga

Taimatauk hamna anniaqutiqaqtiitluttit mammiyautirhat paknaiyaktauhimgamat illvinnak attuqtarhaknik, tatvatauk hamna innutiaquttirhat ilvinnak attuqniaqat. Hapkua munarhiuyut ikkayuqtigiyattit ikkayuqniaktattit ihuarhaikatigiluttit innutia-kutirhavit parnaiyautikhanik ihagiagyaknik, piyumayaknik tatvalu timmiviit ihuagiyanik. Tatva piunirhauyuq qauyimayagiaqat hamna innutiaqutiirhavit parnaiyautirhait tatvalu ihuagilugit hapkua attuqtarhattit. Hapkua parnaiyautirhat illaliutyungnaktattit:

- niritiaknik
- hululukakatluni
- ammirittiakpaklugu uvinniit hikkinagangat
- ikkayuqtirhakluttit higgaruikutikhannik

Hapkua naunaiyautauhimagut tatva anniaqutiqaqarhimayut mammihimaliktut higgarrhimaktut qayagiyagiaqatut hamna anniaqtauhimayut uttiffagungnaktuq uvalunin allamik anniarutiqaligungnaktut, immakak anniaqutiqiyimayagaluanganik ahiagutlunin timmiani. Hamna ammiknaktuq qayagiyayugiaqatut nallugit 20-nik ukkiunik Una hivulikpanguyyuq anniaqutiqihimaya mammittarhimaliktiitlugu.

Hamna innutiarutikhak parnaiyautikhak haimarhautigiyungnaktat tatvalu ayungnaiqpaliutigilugu innutiarutikhaknik. Kihianiungmat tatva qauyimayagiaqatuttit hamna maliqanahuaklugu pitjutaungituq hamna anniaqtauhimayuuq uutiffagungnaktuq upinnagani. Kihiani ilviit ahurutiginiaktat nalunnangituq piqpalianahuaklugu anniaqtauhimayuuq.

Uppautiqattaqluni takkurhigiaqattaqluni

Hamna illagiyaungmat innutiarutikhamut anniaqutiqaqarhuni tatva uutiktiffaqunagu hamna anniaqtauhimayuuq. Uppautiqattaqluni takkurhigiaqattaqluni piunirhauyuq munarinahuakhugu innutiarutikhattit mammihimaligaluarhuttit.

Uppautiqattaqluni takkurhigiaqattaqluni hapkua taaktigiyattit munarhiitlu kimilguqattakniakmatjuk mammitautigiyat. Tatvalu ihumarhuqluttit unnirhiutiginiakangni munnaqtigiyaqnut qanuq ayurhautigiyaknik ihumalutigiyakniklu innutiakutigiyaknik mammihaktiitluttit. Kihianiyuq tatva uttaqirhimaitumik takkurhiqvirhantik unnirhiutigivaklugit nuttanik ikpigiyaaqaniguvit ikpingnaktunik aullangitunik.

Hamna naunaipkutat uppautiqattaqluni takkurhigiaqattaqluni allangangmat kittunut inuknun. Tatvalu kimilguktauqattakniaktuttit takkurhigiaqattaqluni allangutaitnik innutiakutirhavit kimilguktaulunilu hamna anniaqutauyuq uutiffakniagarha. Tatva ammihiuktaluttit takkurhigiaktuqattakniaktuttit hivuliuyuni ukkiuni mammihaktiitluttit, tatvalu ikkilivalianiaktut hapkua uppautiqattaqluni takkurhigiaquttirhattit.

Tatva piunirhauyuq tutkumagungni illikut tittiqat anniaqutiviit mammihautaita illiitquhiit. Taimattut naunaipkutiqaqakiakni tuhaktitjutirhantik allangukiaqaqata taaktigiyattit uvalunin attautikurhiniguvit uppalunaktiitlugu.

Tuhaktiitjutirhait hapkua munnaktigiyaaqit

Una munnaktiuyuq kina inuk timmingnut ihumamutlu ikkayuqtigiyaa uma anniaqutiqaqtup – kihiani una anniakvikmi havangittuq. Una munnaktiuvluni, tatva piunirhauqatauyuttit munariyuuyuni ikkayuqtiuvluttit. Illihimayagiaqaqtuttit hunnanik niriukuttiqagiaqaqtuttit. Hapkuninga ikkayuqiaqagungnarhiyuttit:

- aullakatauluttit avikturhimayumut uvalunin aussimut anniakviitnut
- ikkayuqluttit nummiktiriliuluttit
- havakatigilugu una anniakutikaktuq uvalunin munariyuut
- uppautiluni taaktimut
- unipkagilugit uvalunin ikkayuqlugu una anniaqutiqaqtuq ikpigiyaaqaniqat
- tuhaktitaiqattaqluni illaruhiitnik illannaitniklu
- ihuarhaiqattaqluni munnaritutikhaitnik uma nakligiyaviit
- havautirhaitnik tunniqattaqlugu una anniaktuq munnariyat

Innuhikma Ingilgavalianinga

- Naunairhimalugit hapkua havauttituqtait, kimilgurutait uvalu naunaipkutait tittiqtat
- Munnaritiagahuaklugu una nakligiyat niripkakatakklugu, annuraqtuqlugu uvalu uaktiqqattaqlugu
- ikkayuqattaqluni maligalirinniqut uvalu maniliqitjutaitnik.

Tatva munnarhiyuvluni ihummamut ikkayuqtiuyagiaqqaqmuyuuq, Ikkayugahuaklugu una nakligiyat ihumalutaitnik tatvalu ayungnaktunik ihumarhutikhaitnik.

Tatva ammigaknagiqungni munnariunahuakluttit, piyunirhauyuq tatva nakuattut uqqaqiaqqaqtuttit qanuq ikpigiyaqnik. Pitiakluttit ukkagiaqqaqtuttit ihumagiyaqniq uvalu uma nakligiyaviit ihumalutaitnik. Ihumarhukluttit uqqaqpakluttit kinamut taima tamaptik nakligiyatlu ikkayuqtauyaptingnik. Namaktuq tatva unnaguirhiqqataguviit munnaktiuttitlutiit. Tatvalu turhikvigiyungnaktattit hapkua munarhiuyut uvalunin illaruiittit ikkayuqtailulikniguvit.



*“Qangirhivaaligiaqaqtugut
taimatut munnaritiagiaptingnik
hivunirhaptini.
Kangirhimayagiaqaqtugut qanuq
kimilguqtautjutirhaptینگnik.”*





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