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ᓄᓇᕗᒻᒥ ᑲᒃᑲᓛᑉ/ᐱᐊᕋᐅᑉ ᐱᕈᕐᐸᓕᐊᓂᖓᑕ ᕐᑲᐅᔨᓴᕐᑕᐅᓂᖓ: ᓐᓕᑎᕐᓯᒪᔪᑦ ᕐᑲᐅᔨᔭᐅᔪᕕᓃᑦ

ᐅᕐᑲᓇᐊᖕᖓᐅᑎᒃ

ᐊᕐᕋᒍᕐᓂ ᐊᕙᑎᓪᓗ ᑕᓪᓕᒪᓪᓗᓂ, ᐊᕙᑎᐅᑉ ᐃᑉᐱᒋᔭᐅᖏᓐᓇᕋᓱᐊᕐᓂᖓ ᐊᒻᒪᓗ ᕐᑲᐅᔨᓴᕐᓂᒥ ᐱᓇᓱᑦᑕᐅᔪᑦ ᓄᐃᑦᓯᓯᒪᓕᕐᑐᖅ ᐃᓄᐃᑦ ᓂᕿᑐᐃᓐᓇᑐᓲᖏᑦ, ᑖᒃᑯᐊᓗ ᓂᕿᑦᓯᐊᒍᓂᖏᑦᑕ ᐱᕙᓪᓕᕐᑯᑎᑕᖏᑦ ᐊᓪᓚᒍᑕᐅᓯᒪᑦᓯᐊᓱᑎᒃ, ᓯᕗᓪᓕᐸᐅᑦᓴᕋᓗᐊᓗ ᓄᐃᑕᓪᓚᓇᑦᑑᓱᑎᒃ ᐊᕙᑎᒥ ᓴᓗᒥᑦᑐᓄᑦ (polychlorinated biphenyls (ᐱᓯᐲ), ᒧᑯᓇ ᐃᓗᓕᐊᕈᑦᓴᔭᕐᓄᓗ) ᐅᑭᐅᕐᑕᑐᒥᐅᓄᑦ. ᐃᓗᓕᐊᕈ ᐃᓚᐅᑎᓐᓇᒍ, ᑕᒪᒃᑯᐊ ᓴᓗᒥᑦᑐᐃᑦ ᐃᖏᕐᕋᓱᑦ ᓯᓚᒃᑯᑦ ᐃᒪᕐᕕᒥᓪᓗ ᒪᓕᓐᓄᑦ ᑎᑭᑎᑕᐅᑦᓯᑎᒃ ᓴᓇᕕᐊᓗᓐᓂᑦ ᕐᑲᓪᓗᓈᑦ ᓄᓇᖓᓐᓂᑦ ᐱᑦᓯᑎᒃ ᐊᖏᓕᕝᓕᐊᓯᑦᓯᑎᒃ ᐅᑭᐅᕐᑕᑐᒥ ᓂᓇᕐᑲᑦᑕᐅᑎᓲᓈᕋᒥᒃ, ᐃᓄᓐᓂᒃ ᐊᑦᑕᓇᕐᑐᒦᑦᑎᓯᒋᐊᓪᓚᓕᕐᓯᑎᐊᓪᓚᑦ. ᓯᕗᓪᓕᐸᐅᑎᓪᓗᒍ ᐱᕕᐅᓲᖅ ᐃᓗᓕᐊᕈᖅ ᐃᓗᓕᐊᕈᓕᓐᓂ ᓴᒃᑯᓂ.

1994-ᒍᑎᓪᓗᒍ, ᕐᑲᐅᔨᓴᕐᑏᑦ ᓚᕝᑦ ᐃᓕᓴᕐᕕᔪᐊᖓᓐᓂ Wayne State ᐃᓕᓴᕐᕕᔪᐊᖓᓂᓪᓗ ᑲᑎᓯᓚᐅᔪᔪᑦ ᓇᐅᓕᒫᓂ ᐃᓗᓯᓕᕆᕕᒻᒥ ᓄᓇᕗᒃ ᓄᓇᓕᓖᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᒍᑦᔨᕕᒻᒥᑦ, ᓄᓇᕗᒻᒥ ᓂᕿᑦᓯᐊᑑᒪᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᐊᐲᑦ ᐊᒻᒪᓗ ᐊᒥᓱᒐᓛᑦ ᑲᕝᒫᐲᒃᑯᑦ ᑲᑎᒪᔨᖏᑦ ᑲᑎᒪᐅᑎᕐᑲᓚᐅᔪᔪᑦ ᐸᕐᓇᓯᒪᐅᑎᑦᓴᓂᒃ ᕐᑲᐅᔨᓴᓚᖓᓗᑎᒃ ᓱᕐᖽᓯᒪᐅᑎᖏᓐᓂᒃ ᓄᑕᕋᕐᓴᕐᑲᓕᕐᓯᑎᒃ ᓄᑕᕋᕐᑖᓯᒪᓕᕐᓯᑎᓪᓗ ᓴᓗᒥᑦᑐᓂᒃ ᐊᑦᑐᐊᑎᑕᐅᓂᖏᑦ ᐃᓅᓕᕋᑖᑦ ᑲᒃᑲᓛᓪᓗ ᐱᕈᕐᐸᓕᐊᓂᖏᓐᓂ. ᓇᐅᓕᒫᓂ ᐃᓗᓯᓕᕆᕕᐅᑉ ᐱᒍᑦᔨᕕᖓ ᐅᕐᑲᕐᓯᒪᔪᖅ ᓴᐳᑎᓚᖓᑦᓯᑎᒃ ᑎᒥᑦᑐᒥᒃ ᕐᑲᐅᔨᓴᕐᓂᒥᒃ ᐃᑉᐱᒋᔭᕐᑲᓪᓚᕆᓚᖓᑐᐊᕐᐸᑦ ᐊᒥᓱᐃᓂᒃ ᓱᕐᖽᓯᒪᔪᓂᒃ ᑲᒃᑲᓛᑦ ᐱᕈᕐᐸᓕᐊᓂᖓᓂ, ᐃᓚᐅᑎᓪᓗᒋᑦ ᓂᕆᔭᖏᑦ ᓂᕿᑐᐃᓐᓇᓂᒃ ᐃᕐᑲᓗᐃᑦ ᐅᕐᓱᖏᓐᓂᒃ (omega-3 fatty acids), ᐃᓅᓯᖏᓐᓂᒃ ᐊᑑᑎᓲᖏᑦ ᓄᑕᕋᑦᓴᓇᔭᐅᑦᓯᑎᒃ (ᑐᐹᑦᕈᓐᓂᖅ, ᐃᒥᐊᓗᓐᓂᖅ, ᐊᖓᔭᕐᓇᑐᕐᑐᓂ), ᐊᓯᖏᓪᓗ (ᐅᑦᑑᑎᒋᓗᒍ ᐊᓈᓇᐅᑉ ᑲᒪᑦᓯᐊᓂᖓ, ᓂᕿᕐᑲᑦᓯᐊᖏᓐᓂᖅ), ᐃᓚᒋᐊᓪᓚᕈᑕᐅᑎᓪᓗᒍ ᐊᕙᑎᒥ ᓴᓗᒥᑦᑐᐃᑦ (ᐱᓯᐲᑦ, ᕐᑯᐱᕐᕈᓂᒃ ᑐᕐᑯᓄᒍᑏᑦ, ᒧᑯᓇ ᐊᒻᒪᓗ ᐃᓗᓕᐊᕈᑦᓴᔭᖅ) ᕐᑲᐅᔨᓴᕐᑏᑦ ᐊᖏᑦᓴᐅᑎᒥᓚᐅᔪᔪᑦ ᑐᑦᓯᕋᐅᑎᑦᑎᓂᒃ ᑭᖅᒍᓂᖓᒍᓪᓗ ᑮᓇᐅᔭᕐᑲᕐᑎᑕᐅᓯᑦᓯᑎᒃ ᐊᒥᓱᐃᓂᒃ ᐱᕕᑦᓴᓂᒃ, ᐱᓗᐊᕐᑐᖅ ᐊᒥᐊᔨᑲᓂ National Institute of Environmental Health Sciences and the Northern Contaminants Program ᐊᒻᒪᓗ ᐃᓄᓕᓇᔨᒃᑯᓂᑦ ᑳᓇᑕᒥ.

ᓯᕗᓪᓕᐹᓂᖅ ᕐᑲᐅᔨᓴᓇᐊᖅᖓᐅᑎᒃ ᐱᒥᐊᕐᑎᑕᕕᓂᖅ 1996-ᒥ. ᕐᑲᐅᔨᓴᓚᐅᔪᕗᒍᑦ ᕐᑲᓄᐃᓘᓲᒍᒻᒪᖔᑕ ᓂᕿᑦᓯᐊᑦ ᓂᕿᑐᐃᓐᓇᒥᑦᑐᑦ, ᓄᑕᕋᑦᓴᕐᑲᕐᓯᑎᒃ ᐱᐅᓯᓇᓲᖏᓐᓂᒃ, ᐊᕙᑎᒥ ᓴᓗᒥᑦᑐᐃᑦ ᐱᔪᑦ ᐊᓯᖏᓪᓗ ᓱᕐᖽᓯᒪᒍᓐᓇᑐᑦ ᓄᑕᖽᑦ ᐱᕈᕐᐸᓕᐊᓂᖓᓂ.

300-ᑲᔫᑦ ᐊᓈᓐᑦ ᓄᑕᕐᒥᓪᓗ/ᐱᐊᕐᒥᓪᓗ ᐳᕕᕐᓂᑐᒥ, ᐃᓄᑦᔪᐊᒥ ᑰᑦᔪᐊᕖᐱᒻᒥᓗ ᐃᓚᐅᓚᐅᔪᔪᑦ ᖃᐅᔨᓴᕐᓂᒧᑦ 1996-ᒥᑦ 2002-ᒧᑦ. ᖃᐅᔨᔭᐅᔪᑦ ᑐᑭᓯᔭᐅᔪᐃᓪᓗ ᓯᕗᓪᓕᒥ ᖃᐅᔨᓴᕐᓂᖃᕐᑎᓗᒍ, ᓄᑕᖅᑦ ᖃᐅᔨᓴᕐᑕᐅᑎᓪᓗᒋᑦ 6-ᒥᑦ 11-ᒧᑦ ᑕᕐᕿᓐᑦ, ᑐᓴᕐᑕᐅᑎᑕᐅᓯᒪᔪᑦ ᓄᓇᕕᒻᒥᐅᓄᑦ ᖃᐅᔨᓴᕐᑎᓄᑦ ᐊᒻᒪᓗ ᓇᐅᓕᒫᓂ ᐃᓗᓯᓕᓇᓂᕐᒥ ᐱᓇᓱᑦᑎᓄᑦ 2003-ᒥ 2004-ᒥᓪᓗ. ᖃᐅᔨᔭᐅᔪᕕᓃᑦ ᓄᑕᖅᑦ ᖃᐅᔨᓴᕐᑕᐅᓂᖅᓴᓂ ᐃᒣᑦᑐᕕᓂᐅᕗᑦ:

- ᐅᕐᓱᐃᑦ (fatty acids) ᑕᑯᔭᐅᓯᒪᓕᕐᑐᑦ ᐱᕝᕙᓪᓕᕐᑯᑎᐅᑎᓪᓗᒋᑦ ᓄᑕᖅᑦ ᐃᓈᓕᕐᓱᑎᒃ ᐅᕐᑯᒣᓐᓂᖅᒋᓐᓄᑦ, ᑕᐅᑐᓂᖅᓴᓄᑦ, ᖃᐅᔨᒪᔭᐅᒍᓐᓇᓂᖅᓴᓄᑦ (ᐅᕐᑳᓂᒃᑯᑦ, ᑐᓵᓂᒃᑯᑦ), ᐱᓐᓂᓗᑕᕐᓂᒃ ᐋᕐᕿᓱᐃᒍᓐᓇᓂᖅᓴᓄᑦ, ᐃᑦᓱᕝᒍᓐᓇᓂᖅᓴᓄᑦ, ᓂᑯᕐᕋᕈᓐᓇᓂᖅᓴᓄᑦ ᐱᓱᒍᓐᓇᓂᖅᓴᓐᓄᓗ.
- ᓄᑕᕐᑦᓴᓇᔭᐅᔪᑦ ᐱᓱᐃᓄᑦ ᐊᑦᑐᐊᔭᐅᔪᑦ ᓈᒻᒪᖅᒋᑦᑐᒥᒃ ᓱᕐᓂᕐᑲᕐᓯᒪᔪᑦ ᓄᑕᕋᐅᑉ ᐅᕐᑯᒣᓐᓂᖅᓴᓂᒃ, ᐃᓗᒥᐅᑕᓇᔭᐅᑦᓱᓂ ᐊᑯᓐᓂᕐᓂᖅᓴᓄᑦ, ᐊᒻᒪᓗ ᑕᑯᓐᓇᑕᖅᓴᑕ ᐃᓱᒪᑕᖅᓴᓄᑦ. ᑕᒪᓐᓇ ᓱᕐᓂᓯᒪᓂᖅᓴ ᐃᓚᐅᑎᑦᓱᖅᒋᑦᑐᖅ ᐅᓄᕐᓯᐅᒥᓯᒪᓂᖅᓴᓂ ᐃᓈᓕᕐᓱᑎᒃ ᐅᕐᑭᓗᐊᕐᓂᕕᓂᖅᒋᓐᓄᑦ ᓄᑕᖅᑦ ᐅᑦᑭᓗᓐᓃᑦ ᐃᓈᓕᑲᐱᓐᓂᕕᓂᖅᒋᓐᓄᑦ. ᓄᑕᕋᑦᑐᓇᔭᐅᑦᓱᑎᒃ ᐅᕐᓱᐃᑦ ᓄᐃᑕᔪᑦ ᐃᓚᖅᓴᒍᑦ ᒥᑭᓕᐅᒥᑎᑦᓯᒥᔫᓴᓗᐊᑦ ᐱᓗᐊᕐᑐᖅ ᓈᒻᒪᖅᒋᑦᑐᓂᒃ ᐃᓕᖅᓴᔪᓄᑦ ᐱᓱᐃᓄᑦ.
- ᓄᑕᕋᑦᑐᓇᔭᐅᔪᑦ ᓴᐳᑎᔭᐅᓯᒪᖅᖅᒋᑐᑦ ᒧᑯᓇᒧᑦ ᐃᓕᖅᓴᑎᑕᐅᒻᒥᔪᑦ ᓄᑕᕋᐅᑉ ᓄᓪᓕᖅᓴᑯᑖᕐᕐᑲᔭᖅᖅᒋᓂᖅᓴᓄᑦ.
- ᓄᑕᕋᑦᑐᓇᔭᐅᔪᑦ ᓴᐳᑎᔭᐅᓯᒪᖅᖅᒋᑐᑦ ᐃᓗᓕᐊᕈᑦᑐᔭᕐᓄᑦ ᐃᓕᖅᓴᑎᑕᐅᒻᒥᔪᖅ ᐃᓕᓐᓂᐊᓂᖅᓴ ᓱᒃᑭᓂᕐᑐᐅᑎᓪᓗᒍ ᑐᑭᕐᑕᒥᓂᒃ ᐃᓱᒪᒥᒍᑦ ᖃᐅᔨᓴᓱᐊᓇᐊᒥᒃ ᓱᒃᑭᓂᕐᑐᖅ.
- ᑐᐹᑭᒍᑕᐅᔪᑦ ᐃᒥᐊᓗᒍᑕᐅᔪᓪᓗ ᑕᒪᕐᒥᒃ ᐃᓕᖅᓴᑎᑕᐅᒻᒥᔫᒃ ᓈᒻᒪᖅᒋᑦᑐᓄᑦ ᓱᕐᓂᓯᒪᒍᑕᐅᒻᒥᔪᑦ ᓄᑕᕋᐅᑉ ᐊᖏᓕᕝᓪᓕᐊᓂᖅᓴᓄᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓐᓃᑦ ᐱᑭᕐᐸᓕᐊᓂᖅᓴᓄᑦ. ᑕᒪᕐᒥᒃ ᐃᒥᐊᓗᓪᓗ ᑐᐹᑭᓗ ᐅᑐᑦᑐᓴᓐᓇᒥᒃ ᐱᐅᖅᖅᒋᑐᒥᒃ ᓱᕐᓂᓯᒪᒍᑎᓈᒃ ᐱᓱᐃᑎᑐᑦ ᑕᑯᔭᐅᓯᒪᔪᑦ ᐃᓈᓕᕐᓱᑎᒃ ᐅᕐᑯᒣᓐᓂᖅᓴᓄᐊᖅᓴᔪᒥᒃ ᑕᕝᕙᓂ ᖃᐅᔨᓴᕐᓂᒥ.
- ᐊᓈᓇᐅᑉ ᑲᔪᖅᒋᓴᓴᓱᐊᕐᓂᖅᓴ ᐃᓱᒪᑕᐅᓂᖅᓴᓂᒃ ᐱᐅᔪᒥᒃ ᓱᕐᓂᓯᒪᓂᕐᑲᕐᐳᖅ ᓄᑕᕋᐅᑉ ᐃᓱᒪᖅᓴᑕ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᓄᑦ.

ᑖᒃᑯᐊ ᑐᖅᓴᕕᒋᑦᓱᒋᑦ ᖃᐅᔨᔭᐅᔪᑦ, ᓇᐅᓕᒫᓄᑦ ᐃᓗᓯᓕᓇᓂᖅ ᑐᑰᓇ ᐋᓐᓂᐊᓯᐅᑎᒻᒪᓇᒃ ᐃᒫᖅᕿᑎᓕᐅᓕᕐᑐᕕᓂᖅ ᐃᓄᓐᓄᑦ. ᑐᒥᓴᓗᐊᕐᑎᓗᒍ ᑭᓪᓕᖃᑦᑎᑕᐅᖅᖅᒋᑐᖅ ᓱᒃᑯᕈᑕᐅᒍᓐᓇᑐᑦ ᑕᑯᔭᐅᓯᒪᔪᑦ 6-ᒥᑦ 11-ᒧᑦ ᑕᕐᕿᓕᓐᓂᒃ ᓱᕐᓂᓯᒪᒐᔭᕐᒪᖅᒫᑕ ᓄᑕᕋᐅᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᓂᒃ ᐃᓕᓴᓇᐅᕐᓂᐅᓕᕐᑎᓗᒋᑦ. ᑐᒥᒻᒪᑦ ᑐᑭᑖᕐᑕᐅᓕᕐᓂᒥᔪᖅ ᑲᔪᓯᒍᒪᑦᓱᑎᒃ ᖃᐅᔨᓴᕐᓗᑎᒃ ᑲᒃᑲᓛᓂᒃ ᐃᑉᐱᒥᓗᒋᑦ ᐱᕈᕐᐸᓕᐊᓂᖅᒋᑦ ᓱᕐᓂᓯᒪᓲᓂᓪᓗ. ᓱᕐᕐᑯᐃᓯᒐᓱᐊᕐᑕᐅᓕᕐᓂᒥᔪᑦ ᑕᓪᓕᒪᓂ ᐅᑭᐅᖃᕐᑎᓗᒋᑦ ᐊᑦᔨᑲᔫᕕᓃᑦ ᖃᐅᔨᔭᐅᔪᕕᓃᑦ. ᑕᒪᑕᒪ ᑐᓴᕐᑎᓯᓕᓇᕗᒍᑦ ᖃᐅᔨᔭᕕᓂᕐᓂᒃ ᖃᒻᒥᓂᑕᐅᓂᕐᐹᓂᒃ; ᑲᒃᑲᓛᑦ ᐅᑭᐅᖃᓕᕐᑎᓗᒋᑦ ᖁᓕᓪᓗ ᐊᑕᐅᓯᕐᓗᓂᒃ (11).

ᖃᐅᔨᓴᕐᓂᐅᑉ ᒪᓕᒐᖅᒋᑦ ᖁᓕᓪᓗ ᐊᑕᐅᓯᕐᓗᓂ ᐅᑭᐅᓕᓐᓂ ᑲᒃᑲᓛᓂ

ᓯᑎᒻᐱᓇ 2005-ᒥ ᕕᑭᐊᓇ 2010-ᓗ ᐊᑯᓐᓂᖓᓂ, 294 ᑲᒃᑲᓛᑦ ᐊᓈᓇᖏᓪᓗ ᐃᓗᓐᓇᖏᓐᓂ ᖁᓕᓪᓗ ᓯᑕᒪᓪᓗᓂ ᓄᓇᓕᓐᓂ ᓄᓇᕕᒻᒥ ᐃᓚᐅᓚᐅᖁᑦ ᖃᐅᔨᓴᖁᓂᒧᑦ. ᐃᓚᐅᔪᑦ ᖁᓕᓪᓗ ᐊᑕᐅᓯᖁᓗᓂᒃ ᐅᑭᐅᓛᑦ ᑲᒃᑲᓛᑦ ᐃᓚᐅᓯᒪᒻᒥᓱᑎᒃ ᐃᓈᓕᖁᓱᑎᒃ Cord Blood Monitoring Program (1993-1998), ᑖᓐᓇ ᐋᖅᑭᓱᖁᑕᐅᓯᒪᔪᕕᓂᖅ ᐊᓪᓚᑕᐅᓚᖓᑎᓪᓗᒋᑦ ᐊᑦᑎᐅᑉ ᓴᓗᒣᓐᓂᖏᑦ ᐊᒻᒪᓗ ᓂᖁᑦᓯᐊᑦ ᐃᓈᓕᕋᑖᓂ. ᐃᓚᐅᔪᑦ ᖃᐅᔨᓴᖁᓂᒧᑦ ᑲᑎᓯᖃᑦᑕᓚᐅᖁᖅ ᐱᓇᓱᑦᑎᓂᒃ ᐅᓪᓘᑉ ᓇᑉᐹᓂ ᐊᖏᓂᖁᓴᓂ ᓄᓇᓕᓐᓂ ᓄᓇᕕᒻᒥ (ᐳᕕᖁᓂᑐᖅ, ᑰᑦᔪᐊᖅ, ᐃᓄᑦᔪᐊᒥᓪᓗ). ᐃᓚᐅᔪᑦ ᐊᓯᖏᓐᓂᒃ ᓄᓇᓕᓐᓂᑦ ᐱᓯᒪᔪᑦ ᑎᒻᒥᔫᒃᑯᑦ ᑎᑭᑎᑕᐅᓚᐅᖁᒥᔪᑦ ᐊᓈᓇᒥᓄᑦ ᒪᓕᑦᑕᐅᓯᑎᒃ ᐊᖏᓂᖁᓴᓄᑦ ᓄᓇᓕᓐᓄ ᖃᐅᔨᓴᖁᑕᐅᒥᐊᖁᑐᓯᑎᒃ. ᐊᓇᓂᑦ ᓯᕝᓂᐅᑎᒃᑯᑦ ᓯᕝᓂᖁᑕᐅᓯᑎᒃ, ᐊᑐᐃᓐᓇᖃᖁᑎᑕᐅᓚᐅᖁᒥᔪᑦ ᑐᓴᓇᐊᓕᖏᓐᓂᒃ ᖃᐅᔨᓴᖁᓂᐅᑉ ᒪᓕᒐᖏᓐᓂᒃ, ᖁᖁᑯᔭᐅᑦᓯᑎᓪᓗ ᐃᓚᐅᖁᑯᔭᐅᒐᒥᒃ ᖁᑐᖅᒐᖅᒐᓗ ᖁᓕᓪᓗ ᐊᑕᐅᓯᖁᓗᓂᒃ (11-ᓂᒃ) ᐅᑭᐅᓛᑦ. ᐊᓪᓚᓯᒪᔪᑦ ᐊᖏᒋᑏᑦ ᐱᔭᐅᓯᒪᔪᑦ ᐊᓈᓇᖓᓂᑦ ᐊᑐᓂᑦ ᐃᓚᐅᔪᓄᑦ ᖃᐅᔨᓴᖁᓂᒧᑦ. ᐅᖃᐅᓯᑎᒍᑦ ᐊᖏᖁᑎᓗᒋᑦ, ᑲᒃᑲᓛᑦ. ᖃᐅᔨᓴᖁᖅ ᐊᖏᖁᑕᐅᓯᒪᔪᖅ ᓄᓇᕕᒻᒥ ᑲᒃᑲᓛᑦ ᐱᑭᖁᐸᓕᐊᓂᖓᑕ ᖃᐅᔨᓴᖁᑕᐅᓂᖓ ᐊᒻᒪᓗ ᐱᐅᓯᖁᑕᐅᒋᐊᓕᓐᓄᑦ ᑲᑎᒪᔨᓄᑦ ᓚᕝᑦ ᐃᓕᓴᖁᕕᔪᐊᖓᓐᓄᑦ ᐊᒻᒪᓗ Wayne State ᐃᓕᓴᖁᕕᔪᐊᖓᓐᓂ.

ᐊᕝᑎᒥᑦ ᓴᓗᒣᑦᑐᐃᑦ ᐊᑦᑐᑕᐅᖃᑦᑕᑐᑦ ᐊᒻᒪᓗ ᓂᖁᑦᓯᐊᑦ ᑎᒥᒦᑦᑐᑦ ᖃᐅᔨᓴᖁᑕᐅᓚᐅᖁᑐᑦ cord blood samples-ᑎᒍᑦ (ᓄᑕᕋᑦᓴᓇᔭᐅᑦᓯᑎᒃ ᐊᑦᑐᑕᐅᖃᑦᑕᑐᕕᓃᑦ) ᐊᒻᒪᓗ ᐊᐅᒃᑯᑦ ᖃᐅᔨᓴᖁᑕᐅᓯᑎᒃ ᑲᒃᑲᓛ ᖃᐅᔨᓴᖁᑕᐅᑎᓪᓗᒍ (ᑕᒐᑕᒐ/ᑲᒃᑲᓛ ᐊᑦᑐᑕᐅᖃᑦᑕᑐᑦ). ᑲᒃᑲᓛᑉ ᐱᑭᖁᐸᓕᐊᓂᖓ (ᐅᖁᒥᓐᓂᖓ, ᑕᑭᓂᖓ, ᓂᐊᖁᖓᑕ ᐊᖏᓂᖓ) ᐊᒻᒪᓗ ᑕᐅᑐᓐᓂᖓ ᖃᐅᔨᓴᖁᑕᐅᓯᒪᔪᖅ ᖃᐅᔨᓴᖁᓂᒥ ᐋᓐᓂᐊᓯᐅᑎᒧᑦ. ᐃᓯᒪᑕᐅᒍᓐᓇᓂᖓ ᖃᐅᔨᓴᖁᑕᓚᐅᖁᒥᔪᖅ ᖃᐅᔨᓴᖁᑎᑎᓐᓄ ᖃᐅᔨᒪᔪᓪᓚᓇᒧᑦ, ᖃᐅᔨᓴᐅᑎᒥᒃ ᐊᑐᖁᑎᒃ ᐊᑐᖁᑕᐅᓲᒥᒃ ᖃᐅᔨᓴᕈᑎᐅᑦᓯᓂ ᐃᓗᓐᓈᒍᑦ ᐃᓯᒪᑕᐅᒍᓐᓇᓂᖁᒧ ᐱᔪᓐᓇᓂᖏᑦ ᑲᒃᑲᓛᑦ. Wechsler ᖃᐅᔨᓴᖁᓂᐅᓂᕋᖁᑕᐅᔪᒥᒃ. ᐊᒥᓲᓂᖁᑦ ᖃᐅᔨᓴᐅᑏᑦ ᓈᒻᒪᓈᖁᓯᒪᔪᑦ ᐃᓄᐃᑦ ᐃᓗᖁᑭᓯᖓᓐᓄᑦ. ᖃᐅᔨᓴᖁᑦ ᐃᓚᖃᖁᑎᑕᐅᔪᑦ ᖁᓕᓂ ᖃᐅᔨᓴᐅᑎᒋᐊᓪᓚᓂᒃ, ᐃᑉᐱᒍᓯᒍᑎᓂᒃ ᐅᖃᕈᓐᓇᓂᖓᓂᒃ, ᑕᑯᓐᓇᕈᓐᓇᓂᖓᓂᒃ, ᐱᓇᓱᓐᓂᒧᑦ ᐃᖅᑲᐅᒪᒍᓐᓇᖓᓂᒃ ᐊᒻᒪᓗ ᑐᓴᖁᑕᒥᓂᒃ ᖃᐅᔨᓴᕈᓐᓇᓂᖓᑕ ᓱᑲᓐᓂᖓᓂᒃ. ᐅᖃᕈᓐᓇᓂᒃᑯᑦ ᖃᐅᔨᓴᐅᑎᒋᐊᓪᓗᑦ ᐃᓚᐅᑎᑦᓯᔪᑦ ᐊᐱᖁᓲᑎᓂᒃ ᖃᐅᔨᒪᖅᖏᑐᐃᓐᓇᓇᐊᓕᖏᓐᓂᒃ ᐃᓄᐃᑦ ᑲᒃᑲᓛᑦ. ᐱᖓᓱᓂᒃ ᐅᖃᕈᓐᓇᓂᖁᒧᑦ ᖃᐅᔨᓴᐅᑏᑦ ᐃᓚᒋᔭᐅᑎᑕᐅᓲᒍᓚᓗᐊᑦ Wechsler ᖃᐅᔨᓴᖁᓂᖓᓄᑦ, ᐊᓯᑦᔨᓯᒪᔭᕗᑦ ᒪᖁᓂᒃ ᐅᖃᕈᓐᓇᓂᖁᒧᑦ ᐱᔭᑦᓴᓂᒃ ᐃᓚᐅᑎᑦᓯᔫᓐᓂᒃ ᖃᐅᔨᒪᔭᐅᔪᓂᒃ ᐃᓄᐃᑦ ᑲᒃᑲᓛᖏᓐᓄᑦ. Wechsler ᐊᑐᖁᒪᓇᐊᓗᒃ ᖃᐅᔨᒪᐅᑎᐅᒍᓐᓇᕋᒥᒃ ᖃᓄᖅ ᑲᒃᑲᓛᒃ ᐱᑦᓯᐊᕈᓐᓇᓂᐊᖁᒪᖓᑦ ᐃᓕᓴᖁᒥ ᐊᒻᒪᓗ ᖃᓄᖅ, ᐃᓄᒻᒪᓇᐅᓕᕈᓂ, ᐱᓇᓱᒍᓐᓇᓂᐊᖁᒪᖓᑦ ᐃᓯᒪᑕᕈᑎᓂᒃ ᐅᖁᒃᑐᓂᓪᓗ ᐱᓇᓱᖁᓂᒃ.

ᐊᐱᖁᓲᑎᑦ ᑐᓂᔭᐅᓯᒪᒻᒥᔪᑦ ᑲᒃᑲᓛᑉ ᐃᓕᓴᕈᖓᓄᑦ ᐃᓕᓴᖁᐅᑉ ᐊᖓᔪᖅᑳᖓ ᐊᖅᑯᑎᒋᑦᓯᒍ, ᑖᒃᑯᐊ ᑕᑕᖁᓴᖁᑦᓴᑦ ᐱᔭᐅᓯᒪᑎᓪᓗᒋᑦ ᖃᐅᔨᓴᖁᓂᒥ ᐋᓐᓂᐊᓯᐅᑎᒧᑦ. ᐃᓕᓴᕈ ᑎᓕᔭᐅᓯᒪᒻᒥᔪᖅ ᑐᓴᖁᑎᓯᖁᔭᐅᑦᓯᓂ ᐱᓪᓗᑯᒋᐊᓕᓐᓂᒃ ᐱᐅᓯᖁᓂ ᑕᑯᔭᐅᖃᑦᑕᖅᖏᑐᐊᖁᑉᐸᑕ, ᖃᓄᑭᐊᖅ/ᐃᓚᖓᓐᓂ ᑕᑯᔭᐅᓲᓂᒃ ᐅᑦᑭᓐᓗᑦ ᑕᑯᔭᐅᓗᑭᑕᖁᑐᓂᒃ/ᑕᑯᔭᐅᓕᐅᒥᔫᖁᑐᓂᒃ. ᐅᑦᑑᑏᑦ ᐊᐱᖁᓲᑎᑦ ᐃᒥᑦᑑᕗᑦ:

- ᓇᓗᓐᖁᓯᖁᑦᑕᓇᐊᖁᖁᓯᓂ ᒪᓕᒐᖁᓂᒃ ᓯᖁᒥᑦᓯᔪᓂᒃ ᐱᐅᓯᖁᒥ..."ᐃᓕᓴᖁᑐᓂᒃ ᐸᑉᕕᓴᖁᑐᖅ ᓇᓚᑦᓯᐊᓇᐊᖁᖁᑎᓗᒋᑦ"

- ᓇᓗᓐᖁᕐᓯᖅᑲᑦᑕᓇᐊᖅᑲᕐᓯᓂ ᓂᙵᖅᐅᒪᓕᕐᒪᑦ... "ᐹᖅᑕᐅᓗᑭᑕᓲᒍᑉᐸᑦ"
- ᓇᓗᓐᖁᕐᓯᑦᑕᓇᐊᖅᑲᕐᓯᓂ ᓈᓚᓐᓂᒥᒃ ᐱᓐᓐᓗᑕᖅᑲᕐᐸᑦ... "ᐊᑕᐅᓯᑦᓴᓇᕐᒥᒃ ᐱᓇᓯᑯᑖᕐᖅᑲᔭᙵᕐᐸᑦ, ᓵᙵᖅᒐᓯᑯᑖᕐᖅᑲᔭᙵᕐᐸᑦ ᐊᑯᓂ"

ᖃᐅᔨᓴᕐᓂᖅ ᓱᕐᓄᓯᒪᓲᓂᒃ ᐊᑦᑐᑕᐅᖅᑲᑦᑕᑐᓂᒃ ᓴᓗᒥᑦᑐᓄᑦ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᒐᓂ ᐱᔭᕇᐊᑑᖅ ᑲᒃᑲᓛᒃ ᐊᑦᑐᐊᑕᐅᖅᑲᑦᑕᑐᖅ ᐊᑕᐅᓯᕐᒧᑦ ᓴᓗᒥᑦᑐᒧᑦ ᐊᓯᖅᑭᓐᓄᑦ ᓴᓗᒥᑦᑐᓄᑦ ᐊᑦᑐᐊᑕᐅᓲᒍᒻᒥᒪᑕ. ᐅᑦᑑᑎᒋᓗᒍ, ᑲᒃᑲᓛᖅ ᐊᑦᑐᐊᑕᐅᖅᑲᑦᑕᐸᑦ ᑕᒥᓐᓄᑦ ᒨᑯᓇᒧᑦ ᐱᓯᐃᓄᓪᓗ, ᓇᓗᓇᕐᑐᖅ ᖃᐅᔨᒐᓱᐊᓇᐊᒥᒃ ᓇᓪᓕᐊᓄᑦ ᐊᑦᑐᐊᑕᐅᖅᑲᑦᑕᓂᖅᒐ ᓱᕐᕋᑕᐅᒪᒻᒪᖅᒐᑦ ᑲᒃᑲᓛᑉ ᐅᑦᑐᕐᕐᑕᐅᓕᕐᒪᑦ ᐱᔪᓐᓇᓂᖅᒐ. ᑕᒪᓐᓇ ᓇᓗᓇᕐᑐᖅ ᑲᒪᒋᑦᓱᒍ, ᐊᑐᓚᐅᕐᑐᒍᑦ ᖃᐅᔨᓴᐅᑎᓂᒃ ᑭᑎᑦᔪᑎᒃᑯᑦ ᓱᕐᕐᑯᐃᓯᒍᑎᐅᓲᓂᒃ. ᐊᑕᐅᓯᕐᒥᒃ ᓴᓗᒥᑦᑐᒥᒃ ᐱᒋᐊᕐᓱᑕ, ᐅᑦᑑᑎᒋᓗᒍ ᓄᑕᕋᑦᓴᓇᔭᐅᔪᖅ ᒨᑯᓇᒧᑦ ᐊᑦᑐᑕᐅᓯᒪᒻᒪᖅᒐᑦ ᑕᒪ ᐃᓚᓂᐊᓕᕐᒥᒐᑦᑎᒍ ᓄᑕᕋᑦᓴᓇᔭᐅᑦᓱᓂ ᐱᓯᐃᒧᑦ ᐊᑦᑐᑕᐅᓯᒪᒻᒪᖅᒐᑦ ᓱᕐᕐᑯᐃᓯᓂᐊᓕᕐᒥᒐᑦᑎᒍ. ᖃᐅᔨᓴᐅᑏᑦ ᑭᑎᑦᔪᑎᑎᒍᑦ ᐱᓇᓱᑦᑕᐅᒍᓯᖅᒐ ᖃᐅᔨᑎᑦᓯᒍᓐᓇᑐᖅ ᑲᒃᑲᓛᑉ ᐅᑦᑐᕐᕐᑕᐅᒍᑎᖅᓐᓄᑦ ᓱᕐᕋᑕᐅᓯᒪᒻᒪᖅᒐᑕ ᒨᑯᓇᒧᑦ ᐊᒻᒪᓗ ᖃᓄᓪᓗᐊᑎᒋᒃ ᓱᕐᕋᑕᐅᓯᒪᒻᒪᖅᒐᑦ ᐱᓯᐃᒧᑦ. ᑐᖅᒐᓕᖅᒐ ᐅᓇᒻᒥᓇᕐᒥᔪᖅ ᐊᓯᖅᑭᑦ ᐊᑦᔨᒌᖅᑭᑐᑦ ᓱᕐᓄᓯᒪᖅᒍᓐᓇᑐᑦ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᒐᓂ ᑕᑯᔭᐅᑲᐱᒍᓐᓇᓲᒍᒻᒥᔪᑦ ᐃᓱᒪᑕᐅᒐᓱᐊᕐᓂᑯᑦ ᐊᑦᓱᕈᕐᑎᑕᐅᖅᑭᓂᕐᓴᒦᒍᑎᒃ ᐊᓂᕐᕋᓂ. ᓱᓕᒋᐊᓪᓚᒃ, ᖃᐅᔨᓴᐅᑎᓂᒃ ᑭᑎᑦᔪᑎᓂᐊᕈᑎᑎᒍᑦ ᓱᕐᕐᑯᐃᓯᒍᑎᒋᑦᓱᒋᑦ ᖃᐅᔨᑎᑦᓯᒍᓐᓇᒪᑕ ᖃᓄᓪᓗᐊᑎᒋᒃ ᓱᕐᕋᑕᐅᓯᒪᓂᖅᒐ ᐃᓕᖅᒐᒻᒪᖅᒐᑦ ᓴᓗᒥᑦᑐᓄᑦ ᐃᓅᖃᑎᒌᓐᓂᒍᓪᓗ ᐊᐟᑎᖅᒐᓄᑦ. ᐅᑯᐊ ᐊᑦᔨᒌᖅᑭᑐᑦ ᓱᕐᕐᑯᐃᓯᒐᓱᐊᕐᑕᐅᓯᒪᒻᒥᔪᑦ ᐊᐱᕐᓱᑲᑦᑕᑕᐅᑎᓪᓗᒋᑦ ᑲᒃᑲᓛᑉ ᐊᓈᓇᖅᒐᓄᑦ ᐊᓪᓚᕐᑯᕐᑲᑦᑕᓱᒋᑦ ᐊᑦᑕᓇᕐᑐᒦᓐᓂᖅᒐ/ᓴᐳᒻᒥᔭᐅᓂᕐᒦᓂᖅᒐ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᒐᑕ ᐃᓚᐅᑎᑕᐅᒋᐊᖃᕐᒥᓱᓂ ᓱᕐᕐᑯᐃᓯᒐᓱᐊᕐᑕᐅᓕᕐᒪᑦ ᓱᕐᓄᕐᓯᒪᓲᑦ ᐊᕝᑎᒥ ᓴᓗᒥᑦᑐᐃᑦ:

- ᑲᒃᑲᓛᑉ ᐱᐅᓯᖅᒐ: ᐅᑭᐅᖅᒐ, ᐊᖅᒍᑎᐅᓂᖅᒐ/ᐊᕐᓇᐅᓂᖅᒐ, ᐃᓅᓕᕐᓱᓂ ᐅᕐᑯᒥᓐᓂᕕᓂᖅᒐ, ᐃᓗᒻᒥᑕᐅᑦᓱᓂ ᓯᕕᑐᓂᕕᓂᖅᒐ, ᑎᒍᐊᕐᑕᐅᓂᕐᒪᖅᒐᑦ, ᐊᒫᒪᑦᑎᑕᐅᓐᓂᒪᖅᒐᑦ;
- ᐱᕈᕐᓴᕕᖅᒐ ᐃᓚᖅᑭᑦᑕᓗ ᐱᐅᓯᖅᑭᑦ: ᑲᒪᔨᖅᒐ (ᐊᓈᓇᕝᓪᓗᖅ) ᐅᑭᐅᖅᒐ, ᐃᓕᓴᕐᓯᒪᓂᖅᒐ, ᐱᓇᓱᓐᓂᖅᒐ, ᑲᑎᑎᑕᐅᒪᒻᒪᖅᒐᑦ, ᓂᐸᖃᕈᓐᓂᓗᓂ ᐃᓱᒪᒐᓱᐊᕐᓂᑯᑦ ᐱᔪᓐᓇᓂᖅᒐ, ᐃᓪᓗᒥᐅᖃᑎᖅᑭᑦ, ᓂᕐᑭᖃᑦᓯᐊᕈᓐᓇᓂᖅᑭᑦ, ᑐᐹᑭᒻᒪᖅᒐᑦ, ᐃᒥᐊᓗᒻᒪᖅᒐᑦ ᐊᖅᒐᔭᕐᓇᑐᕐᑐᒪᖅᒐᓪᓗ;
- ᐊᓯᖅᑭᓐᓄᑦ ᓄᑕᕋᑦᓴᓇᔭᐅᑦᓱᓂ ᓴᓗᒥᑦᓄᑦ ᐊᑦᑐᐊᑎᑕᐅᓂᖅᒐ: ᑐᐹᑭ, ᐃᒥᐊᓗᒃ, ᐊᖅᒐᔭᕐᓇᑐᕐᑐᒪᖅᒐᑦ ᓄᑕᕋᑦᓴᓇᔭᐅᑦᓱᓂ.

ᖃᐅᔨᔭᐅᔪᑦ

ᖃᐅᔨᓴᕐᓂᒥ ᐱᔭᐅᔪᓕᒫᑦ ᓱᓇᒥᑦᑐᑦ ᐃᓗᓐᓇᓕᒫᑎᒃ ᑭᖅᖅᒎᒪᓇᕐᑐᑦ ᐃᓗᓕᖅᒥᑦ ᐃᓚᐅᑎᑕᐅᓕᕐᒪᑕ ᓱᕐᕐᑯᐃᑕᐅᒐᓱᐊᕐᑐᒥ.

1. Omega-3 fatty acids (ᐃᕐᑲᓘᑉ ᐅᕐᓱᖅᒐ)

ᓇᑭᑦ ᐱᒻᒪᖅᒐᑦ ᓇᒧᖅᒐᓕᐊᕐᒪᖅᒐᓪᓗ: ᐃᕐᑲᓗᐃᑦ ᐃᒪᕐᒥᐅᑌᓪᓗ ᐆᒪᔪᐃᑦ ᐅᕐᓱᖅᒥᑦ ᐊᖅᒥᓂᕐᐸᐅᑎᓪᓗᒥᑦ ᐅᕐᓱᑐᕐᑕᐅᓲᒍᐳᑦ ᓄᓇᕕᒻᒥ. ᐃᕐᑲᓗᐃᑦ ᐊᑦᔨᒌᖅᑭᑐᐃᑦ ᐊᑐᐃᓐᓇᐅᓲᑦ, ᐃᕐᑲᓗᑉᐱᖅ ᐊᖅᒥᓂᕐᐹᒥᒃ omega-3 fatty acid-ᑕᓕᒃ. ᐃᓗᓯᓕᓇᓂᕐᒥ ᖃᐅᔨᓴᕐᓃᑦ

ᑲᔪᓯᑎᑕᐅᓯᒪᔪᑦ ᓄᓇᕕᒻᒥ 1992-ᒥ ᖃᒻᒪᓗ 2004-ᒥ (ᖃᓄᐃᑉᐱᑖ) ᑕᑯᑎᑦᓯᓯᒪᔪᖅ 30->ᓴᒧᑦ ᒥᑭᓕᐅᒥᓯᒪᓕᕐᓂᖏᓐᓂᒃ omega-3 fatty acid ᐊᖏᓂᖅᖠ ᐃᓄᒻᒪᕆᓐᓂ ᓂᕿᑐᐃᓐᓇᓂᒃ ᓂᕆᖅᖏᓂᕐᓴᐅᓕᕐᓂᖅᖠᓄᑦ ᐊᕐᕌᒍᕐᓂ ᖁᓕᓂ. ᐊᑕᐅᓯᖅ ᖃᐅᔨᓴᐅᓯᒪᔪᖅ 2004 ᖃᐅᔨᓴᕐᓂᒥ ᑕᒪᓐᓇ ᐊᓯᑦᔨᓯᒪᓪᓚᕆᓐᓂᖅᖠ ᓂᕿᑐᐃᓐᓇᓂᒃ ᓂᕆᖃᑦᑕᑐᕕᓂᐅᑦᓯᑎᒃ ᓂᐅᕕᕐᕕᒥ ᓂᐅᕕᐊᕆᔭᐅᓯᒪᔪᓂᒃ ᓂᕆᓲᒍᓂᕐᓴᐅᓕᕋᒥ ᐊᑦᑕᓇᕐᑐᒥᓐᓂᓴᐅᓕᕐᑐᖅ ᐊᑯᓂᖅᖅᒍᓯᒍ ᐋᓐᓂᐊᕆᔭᐅᒍᓐᓇᑐᓂᒃ ᐋᓐᓂᐊᑖᑐᐃᓐᓇᕆᐊᖃᕐᓂᓴᐅᓕᕐᑐᖅ ᐅᑦᑑᑎᒋᓗᒍ ᐆᒻᒪᓯᕆᓂᖅ.

ᑕᒪᑕᒪ ᖃᐅᔨᔭᐅᓯᒪᔪᑦ: ᖃᐅᔨᒋᐊᕐᑕᐅᖃᑦᑕᓯᑎᒃ ᖁᓕᓪᓗ ᐊᑕᐅᓯᕐᓗᓂᒃ (11-ᓂᒃ) ᐅᑭᐅᓖᑦ ᑲᒃᑲᓛᑦ, ᐅᕐᓯᐃᑦ ᐃᑲᔪᕐᓯᒪᔪᓪᓚᕆᐅᕗᑦ ᐊᒥᓯᐃᓂ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᖠᓂ. ᐊᖏᔪᒥᒃ ᐅᕐᓯᑐᖃᑦᑕᑐᐊᕐᒪᑦ ᐊᓈᓇᖏᑦ ᓄᑕᕋᑦᓴᖃᕐᓯᑎᒃ ᐃᓕᖅᒪᑎᑕᐅᓯᒪᔪᖅ ᐱᐅᓂᕐᓴᒥᒃ ᐃᓱᒪᑕᐅᓂᕐᓴᐅᒋᐊᖏᑦ ᐃᓕᓴᕆᐅᕐᓂᐅᓕᕋᒥᒃ, ᓈᓚᑦᓯᐊᓂᕐᓴᐅᓯᑎᒃ ᐃᓱᒪᕐᑲᑦᓯᐊᕐᓂᓴᐅᓯᑎᓪᓗ ᐱᓇᓱᐊᓕᕋᒥᒃ ᐃᓱᒪᑕᐅᒋᐊᓕᓐᓂᒃ ᐱᔭᑦᓴᓂᒃ ᐊᒻᒪᓗ ᑎᒥᖏᑦ ᐃᖃᖅᖏᓂᕐᓴᐅᓯᑎᒃ. ᑎᒥᒻᒪᑦ, ᐱᕙᓪᓕᕐᑯᑏᑦ ᓱᕐᓄᓲᑦ ᑕᑯᓇᑕᐅᔪᑦ ᓄᑕᕋᐅᑎᓪᓗᒋᑦ ᓄᓇᕕᒻᒥ ᓱᓕ ᑕᑯᔭᐅᒍᓐᓄᓇᕐᑐᑦ ᐃᓕᓴᕆᐅᕐᓂᐅᓕᕋᒥᒃ. ᓇᓗᓄᕐᑕᐅᓯᐊᕆᐊᖃᕐᒥᔪᖅ ᑖᒃᑯᐊ ᐱᕙᓪᓕᕐᑯᑏᑦ ᓱᕐᓄᖃᑦᑕᓲᑦ ᐃᓕᖅᒪᓗᐊᖅᖅᒍᐊᓚᐅᕐᑐᑦ ᐅᕐᓯᑐᖃᑦᑕᓯᐊᕐᓯᑎᒃ ᓄᑕᕋᑦᓴᖃᕐᓯᑎᒃ.

ᖃᐅᔨᓴᕐᓂᐅᖃᑦᑕᓯᒪᔪᑦ ᑲᔪᓯᑎᑕᐅᓯᒪᔪᖅ ᐊᑦᔨᑏᖏᑐᓂᒃ ᐃᓄᓐᓂᒃ ᕿᑐᕐᖅᒪᓕᓐᓂᒃ ᑐᓴᕐᑎᓯᓯᒪᔪᑦ ᐱᕙᓪᓕᕐᑯᑎᐅᓂᖅᖏᓐᓂᒃ ᓱᕐᓄᓯᒪᔪᓂᒃ ᓄᑕᕋᑦᓴᖃᕐᓯᑎᒃ ᓂᓇᖃᑦᑕᓕᕋᒥᒃ omega-3 fatty acids (ᐃᖃᓗᐃᑦ ᐅᕐᓯᖏᓐᓂᒃ) ᑕᐅᑐᑦᓯᐊᕐᓂᒧᑦ ᐊᒻᒪᓗ ᐃᓱᒪᒐᓯᐊᕐᓂᖅᒪᑕ ᐱᕙᓪᓕᐊᓂᖅᒪᓄᑦ ᓯᕗᓪᓕᐹᒥ ᐊᕐᕌᒍᕐᒥᒃ ᐃᓅᓕᕐᓯᑎᒃ. ᐊᒥᓲᖅᖏᑐᐃᑦ ᖃᐅᔨᓴᕐᓃᒃ ᕿᒥᕐᕈᓯᒪᕗᑦ ᐊᑯᓂᖅᖅᒍᕋᑕᕐᓯᒍ ᖃᓄᖅ ᓱᕐᓄᓯᒪᒻᒪᖅᒐᑕ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᖠᓂ. ᐱᕙᓪᓕᕐᑯᑎᐅᓂᖅᖠᑕ ᓱᕐᓄᓯᒪᓂᖅᖠ ᐊᖏᓂᕐᓴᒪᓇᒻᒥᒃ ᐊᓈᓇᒥᑦ ᐅᕐᓯᑐᕐᑕᖅᖠᓂᑦ ᐱᖃᑕᐅᖃᑦᑕᑐᖅ ᓄᑕᕋᓴᓇᔭᐅᑦᓯᓂ ᒪᓗᒋᔭᐅᖃᑦᑕᓯᒪᕗᖅ ᐊᑯᓂᖅᒪᓛᒍᓕᕐᑐᖅ, ᑕᓐᓇ ᓯᕗᓪᓕᐸᐅᕗᖅ ᐊᑯᓃᕐᓂᐸᐅᓯᓂ ᑭᓪᓕᖃᑦᓯᐊᑐᒥᓪᓗ ᓄᐃᑕᑎᑦᓯᓯᓂ ᑕᒪᒃᑯᓂᖅᖠ ᐱᕙᓪᓕᕐᑯᑎᓂᒃ ᑲᒃᑲᓛᑉ ᐃᓱᒪᑦᓯᐊᕈᓐᓇᓂᖅᖠᓂᒃ ᐊᕐᕌᒍᐃᑦ ᖁᓕᓪᓗ ᐊᑕᐅᓯᕐᓗ ᐅᑭᐅᑦ ᓈᑎᓪᓗᒋᑦ.

2. ᒨᑯᓇ (Mercury)

ᓇᑭᑦ ᐱᒻᒪᖅᒐᑦ ᓇᒧᖅᖠᓕᐊᕐᒪᖅᒐᓪᓗ: ᒧᑯᓇ ᐊᕙᑎᒦᑦᓯᓂ ᓴᓗᒥᑦᑑᕗᖅ ᐱᒋᐊᕐᓯᒪᑦᓯᓂ ᑕᒪᖅᒋᓐᓂᒃ ᓯᓚᕐᔪᐊᒥᐅᓄᑦ ᓄᐃᑕᐅᓯᒪᑦᓯᓂ ᓄᓇᒥᓪᓗ ᐱᑦᓴᐅᓯᓂ. ᒧᑯᓈᑦ ᐊᓂᐊᑎᑕᐅᔪᑦ ᓴᓗᒥᑦᑑᓯᑎᒃ ᓴᓇᕕᐊᓗᓐᓂᒃ ᐊᒥᓱᓕᐅᕐᕕᐊᓘᑦᓯᑎᒃ ᐱᓲᒍᕗᑦ ᐊᕗᖅᒐᓗ ᐊᕐᕕᑕᕈᓐᓇᓯᑎᒃ ᓄᓇᕐᔪᐊᑉ ᓯᓚᖅᒐᒍᑦ ᑐᓚᖅᒐᓯᓂ ᓄᓇᒧᑦ, ᑕᓯᕐᓄᑦ ᐃᒪᕐᐱᓄᓪᓗ. ᐊᒥᓲᓂᕐᓴᑦ ᒨᑯᓈᑦ ᐊᕙᑎᒨᕐᑕᐅᓲᑦ ᐆᒪᖅᖏᑑᒐᓗᐊᖅ ᒨᑯᓇᐅᑦᓯᓂ. ᑲᑎᕐᓯᕈᓐᓇᕗᖅ ᐃᒪᕐᒥᒃ methylmercury-ᖅᒍᕈᓐᓇᓯᓂ ᒥᑭᔪᕐᓛᐱᐅᑦᓯᓂ ᐃᔨᒻᒧᑦ ᑕᑯᑦᓴᐅᒐᓂ. ᑖᓐᓇ ᑐᕐᑯᓐᓇᑐᖅ ᒨᑯᓇᐅᓕᕋᒥ ᑲᑎᕐᓯᕙᓪᓕᐊᓯᓲᖅ ᐆᒪᔪᐃᑦ ᓂᕿᖏᓐᓂᒃ ᐊᑭᓕᕙᓪᓕᐊᑐᐃᓐᓇᓯᑦᓯᓂ ᓂᓇᖃᑦᑕᐅᑦᓲᓄᓕᕋᒥ. ᐊᖏᓂᕐᐸᐅᑎᓪᓗᒍ ᐱᕕᐅᓲᖅ ᐃᓄᐃᑦ ᐊᑦᑕᕕᒋᓲᖏᑦ ᓴᓗᒥᑦᑑᐃᑦ methylmercury ᐃᒪᕐᒥᐅᑕᕐᓂᒃ ᐆᒪᔪᐃᑦ ᓂᕿᖏᓐᓂᖅ (ᐱᓗᐊᕐᑐᖅ ᕿᓚᓗᒐᕐᓂ ᖃᑯᕐᑕᓂ) ᐊᒻᒪᓗ ᐃᓚᖅᒋᓐᓂᒃ ᑕᓇᐅᕐᒥᐅᑕᐅᖅᖅᒋᑐᓂᒃ ᐃᖃᓗᓐᓂ ᐅᑦᑑᑎᒋᓗᒍ ᐃᓯᐅᕈᓕᑦᑖᓂ. ᐃᓗᓯᕐᓯᓯᐊᕐᓂᒧᑦ ᖃᐅᔨᓴᐅᑏᑦ ᑲᔪᓯᑦᑕᐅᓯᒪᔪᖅ ᐃᓄᒻᒪᓇᓐᓂ ᓇᓗᓄᕐᓯᓯᒪᒻᒥᔪᑦ ᒥᑭᓕᐅᒥᓂᖅᖠᓂᒃ ᐊᐅᒻᒦᑑᖅ ᒧᑯᓇᐅᑉ ᑭᖅᒋᓐᓂᖅᖠ

(ᖃᐅᔨᒪᐅᑎᑦᓯᐊᖅ methylmercury ᐊᑦᑐᑕᐅᖃᑦᑕᓂᖓᓂᒃ) 1992-ᒥ 2004-ᒥᓪᓗ. ᑐᒥᒐᓗᐊᖅᑎᓗᒍ 72->ᓴᖅᑭᑦ ᐊᖅᓐᑦ ᓄᑕᕐᑖᕈᓐᓂᓇᕐᑐᑦ ᓱᓕ ᖃᑉᑯᓯᒪᓗᐊᖅᑭᓐᓈᑐᑦ ᐊᐅᒃᑯᑦ ᒨᑯᓇᖃᕐᓂᖓ. ᓱᓕ ᒧᑯᓇ ᐊᑉᑎᒥ ᒥᑭᓕᐅᒥᖅᑭᒪᑦ, ᑕᑯᓐᓇᑕᐅᓯᒪᔪᖅ ᒥᑭᓕᐅᒥᓂᖓ ᐊᐅᒃᑯᑦ ᒨᑯᓇᖃᕐᓂᖅ ᓂᓇᑦᓯᐊᖅᑭᓐᓂᓴᐅᓕᕐᓂᖅᑭᑦ ᓂᕿᑐᐃᓐᓇᓂᒃ.

ᑕᒐᑕᒐ ᖃᐅᔨᒪᐅᑏᑦ: ᓄᑕᕐᑖᕈᓐᓂᑦᓯᑎᒃ ᐊᑦᑐᑕᐅᖃᑦᑕᓂᖓ ᒧᑯᓇᒧᑦ ᐃᓕᖓᓚᐅᕐᒥᔪᖅ ᐅᑭᐅᖃᓕᕐᓯᑎᒃ ᖁᓕᓪᓗ ᐊᑕᐅᓯᕐᓗᓂ (11-ᓂᒃ) ᐃᓱᒪᑕᐅᖅᑭᓂᕐᓴᐅᓂᖅᑭᑦ, ᐊᒻᒪᓗ ᕿᑲᑯᑖᕐᖃᔭᖅᑭᓂᖅᑭᑦ ᐃᓕᓴᕐᕕᐅᑉ ᐃᓗᐊᓂ ᒪᓕᑦᓯᒍ ᑲᒃᑲᓛᑉ ᐃᓕᓴᕈᖓ. ᐊᑦᕈᐅᖅᑭᓐᓂᖓ, ᓇᒻᒪᖅᑭᑦᑐᑦ ᓱᕐᓄᓯᒪᔪᑦ ᑕᑯᔭᐅᓚᐅᖅᖅᑭᒥᔪᑦ ᐃᓈᓕᕐᓯᒪᓕᕐᑎᓗᒍ ᐊᑦᑐᐊᑕᐅᓂᖓᓄᑦ ᒧᑯᓇᒧᑦ. ᓄᑕᕐᑖᕈᓐᓂᑦᓯᑎᒃ ᐊᑦᑐᐊᑕᐅᓂᖅᑭᑦ ᒨᑯᓇᒧᑦ ᐃᓕᖓᑎᑕᐅᕐᖃᑦᑕᓯᒪᖕᑦ ᐊᓯᖅᑭᓐᓂᒃ ᖃᐅᔨᓴᕐᓂᓂ ᐱᕐᖃᔭᖅᖅᑭᓂᕐᓴᐅᓂᕋᕐᑕᐅᓯᑎᒃ ᐃᓱᒪᑕᐅᑭᐊᕐᖃᓂᒧᑦ ᐱᔭᑦᓴᓂᒃ ᐱᕐᖃᔭᖅᖅᑭᓂᕐᓴᐅᓯᑎᓪᓗ ᑲᒃᑲᓛᒃ ᓈᓕᑦᓯᐊᓇᐊᖃᓕᕐᒪᑦ, ᑭᓯᐊᓂ ᖃᓄᓪᓗᐊᑎᑭᒃ ᑕᒪᓐᓇ ᓱᕐᓄᓯᒪᒻᒪᖔᑦ ᓈᓕᑦᓯᐊᖃᔭᖅᖅᑭᓂᖅᓂᒃ ᐃᓕᓴᕈᐅᑉ ᐃᓗᐊᓂ ᓱᓕ ᖃᐅᔨᒪᔭᐅᕋᑕᖅᖅᑭᑐᖅ. ᖃᐅᔨᔭᕗᑦ ᐃᒥᑦᑐᕐᑰᕐᓛᓚᒍᑏᑦ ᓯᕗᓪᓕᐹᒥ ᓄᑕᕐᑖᕈᓐᓂᑦᓯᑎᒃ ᒧᑯᓇᒧᑦ ᐊᑦᑐᑕᐅᔪᑦ ᐊᑦᑕᓇᕐᑐᒦᑦᑎᓯᕗᑦ ᓴᖅᒍᒍᐊᕐᑑᑎᑦᓯᓯᓂ ᑲᒃᑲᓛᓂᒃ.

3. ᐃᓗᓕᐊᑭᑦᓴᔭᖅ/ᐅᕐᑯᒥᓗᑕᑦᓴᔭᖅ/ᑭᑭᐊᑦᓴᔭᖅ

ᓇᑭᑦ ᐱᒻᒪᖔᑦ ᓇᒧᖅᖓᓕᐊᕐᒪᖔᓪᓗ: ᐃᓗᓕᐊᑭᑦᓴᖅ ᑕᑯᔭᐅᒍᓐᓇᓱᒍᕗᖅ ᓄᓇᕕᐅᑉ ᐃᓄᖅᑭᓐᓂ, ᐱᓗᐊᕐᑐᖅ ᐱᐅᓯᐅᕐᑲᑦᑕᓯᒪᔪᒧᑦ ᐱᐅᓯᕐᒧᓗ ᑕᒐᑕᒐ ᐊᑐᕐᑕᐅᔪᒧᑦ ᐃᓗᓕᐊᑭᕐᓂᒃ ᐊᑐᓱᒍᓂᖅᑭᓐᓄᑦ ᐆᒪᔪᑭᑎᑭᑦᓯᑭᑦ. ᓄᕐᖃᑎᑕᐅᓯᒪᒻᒥᔪᑦ ᐃᓗᓕᐊᑭᐃᑦ ᐊᑐᕐᑕᐅᓂᖅᑭᑦ ᑐᑭᑖᑭᑕᐅᑦᓯᑎᒃ ᐊᒥᓱᓂᕐᓴᓄᑦ ᓄᓇᕕᒻᒥ ᑎᒥᐅᔪᓄᑦ 1998-ᒥ, ᑕᒪᓐᓇᓗ ᑭᖑᓂᖅᒐᒍᑦ ᓄᐃᑕᑎᑦᓯᓚᐅᔪᒻᒥᔪᖅ ᐊᐅᒃᑯᑦ ᐃᓗᓕᐊᑭᖃᖅᖅᑭᓂᕐᓴᐅᓕᓚᐅᔪᔪᑦ ᐃᓄᒻᒪᕆᑦ ᐃᓈᓕᕋᑖᓪᓗ. ᑐᒥᒐᓗᐊᕐᑎᓗᒍ, ᐃᑉᐱᒋᔭᐅᑦᓯᑎᒃ ᓴᒃᑯᐃᑦ ᓄᓇᕕᐅᑉ ᓂᐅᕕᕐᕕᖅᑭᓐᓂᒃ ᑕᑯᑎᑦᓯᓕᓚᐅᕐᒥᔪᖅ ᑕᒪᓐᓇ ᓄᕐᖃᖓᑎᑕᐅᒋᐊᕐᓂᕕᓂᖓ ᐊᑐᕐᑎᑕᐅᒍᓐᓂᑎᓪᓗᒍ, ᐃᓗᓕᐊᑭᕐᑕᓖᑦ ᓴᒃᑯᐃᑦ ᐊᑐᕐᑕᒪᓇᐅᓕᕐᒥᔪᑦ.

ᑕᒐᑕᒐ ᖃᐅᔨᒪᐅᑏᑦ: ᓄᑕᕐᑖᕈᓐᓂᑦᓯᑎᒃ ᐊᑦᑐᐊᑕᐅᖃᑕᑐᕕᓃᑦ ᐃᓗᓕᐊᑭᕐᓄᑦ ᐃᓕᖓᑎᑕᐅᔪᖅ ᑎᒥᖅᑭᑦ ᓂᐊᕐᑯᖅᑭᓪᓗ ᒥᑭᓂᕐᓴᐅᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᐃᓱᒪᑕᐅᖅᖅᑭᓂᕐᓴᐅᓯᑎᒃ ᐃᓕᓴᓇᐅᕐᓂᐅᓕᕋᒥᒃ. ᐃᓗᓕᐊᑭᕐᓂᒃ ᐊᑦᑐᐊᑎᑕᐅᖃᑦᑕᑐᕕᓃᑦ ᑲᒃᑲᓛᒍᑦᓯᑎᒃ ᐃᓕᖓᑎᑕᐅᔪᑦ ᒪᓕᒐᕐᓂᒃ ᐃᓕᓴᕐᕕᒻᒥ ᓯᕐᑯᒥᑦᓯᕐᑲᑦᑕᓂᕐᓴᐅᓯᑎᒃ ᐅᐃᒻᒪᖔᑦᓯᑎᓪᓗ ᐃᓕᓴᕐᕕᒥ ᑐᓴᕐᑕᐅᑎᑕᐅᓯᒪᔪᖅ ᑕᒪᓐᓇ ᑲᒃᑲᓛᑉ ᐃᓕᓴᕈᖓᓄᑦ. ᖃᐅᔨᓴᕐᓂᕗᑦ ᐊᑦᕈᓯᐊᑐᐃᓐᓇᐅᕗᖅ ᑐᓴᕐᑕᐅᑎᑕᐅᓯᒪᒻᒥᔪᓂᒃ ᑲᒃᑲᓛᑉ ᐊᑦᑐᐊᑕᐅᖃᑦᑕᓂᖓᓄᑦ ᐊᒻᒪᓗ ᑲᒃᑲᓛᑉ ᐱᐅᓯᖓᓄᑦ ᐊᒻᒪᓗ ᓱᕐᕐᑯᐃᓯᑦᓯᓂ ᖃᐅᔨᔭᐅᓯᒪᔪᒥᒃ ᐊᒥᓱᓂᕐᓴᓂᒃ ᖃᒻᒥᓂᑕᐅᑦᓯᑎᒃ ᐃᓗᓕᐊᑭᕐᓂᒃ ᖃᐅᔨᓴᐅᑎᓂ, ᑕᒪᓐᓇᓗ ᓈᒻᒪᖔᑦᑐᒥᒃ ᓱᕐᓄᓯᒪᓂᖃᕐᓯᓂ ᑕᑯᑦᓴᐅᓯᐊᕋᑎᒃ ᐊᖏᔫᖅᑭᑐᓄᑦ ᐊᑦᑐᐊᑕᐅᓂᖃᕋᓗᐊᕋᒥᒃ. ᑐᒥᒐᓗᐊᕐᑎᓗᒍ, ᐊᒥᓱᖅᑭᑐᐃᑦ ᖃᐅᔨᓴᐅᑏᑦ ᑐᓴᕐᑎᓯᓯᒪᔪᑦ ᓈᒻᒪᖔᑦᑐᓂᒃ ᓱᕐᓄᓯᒪᐅᑎᖔᑭᓐᓂᒃ ᓄᑕᕐᑖᕈᓐᓂᑦᓯᑎᒃ ᐃᓗᓕᐊᑭᕐᒧᑦ ᐊᑦᑐᐊᑕᐅᖃᑦᑕᓯᒪᔪᑦ.

4 ᐱᓯᐲ ᖁᐱᕐᕈᓂᓗ ᑐᕐᑯᓄᒍᑏᑦ

ᓇᑭᑦ ᐱᒻᒪᖔᑦ ᓇᒧᖅᖓᓕᐊᕐᒪᖔᓪᓗ: Polychlorinated biphenyls (ᐱᓯᐲᓪᓗ) ᖁᐱᕐᕈᓂᓗ ᑐᕐᑯᓄᒍᑏᑦ ᓇᓗᓄᕐᑕᐅᓯᒪᒻᒥᔪᑦ POPs-ᒍᓂᕋᕐᑕᐅᓯᑎᒃ ᐊᑯᓐᓂᓯᒍᓂᖅᖓ ᓴᓗᒥᑦᑐᖅ) ᓄᐃᑕᑎᑦᓯᔪᖅ ᑲᑎᒪᔪᓂᒃ ᐆᒪᔪᓂᒃ ᓴᓗᒥᑦᑑᓯᑎᒃ ᐃᓱᒫᓗᓐᓇᑐᐃᑦ ᑲᒃᑲᓛᑉ

ᐃᓗᓯᖓᓄᑦ. ᐊᒥᓲᓂᕐᓴᑦ ᐱᓕᐊᓇᔭᐅᓲᒍᒍᓐᓄᑑᓗᐊᑦ ᑭᓯᐊᓂ ᓱᓕ ᓄᐃᑕᖏᓐᓈᓱᑎᒃ ᐊᕙᑎᒥ. ᑖᒃᑯᐊ ᓴᓗᒣᑐᐃᑦ ᑲᑎᕐᓱᓲᑦ ᐅᕐᓱᒥ. ᐃᓄᐃᑦ ᐊᑦᑐᐊᑕᐅᓲᖅ ᑖᒃᑯᓄᖓ ᓴᓗᒣᑦᑐᓄᑦ ᓯᕗᓪᓕᐅᑎᓪᓗᒍ ᓂᓇᔭᒥᓄᑦ ᐃᒪᕐᒥᐅᑕᕐᓄᑦ ᐆᒪᔪᐃᑦ ᐅᕐᓱᖏᓐᓃᑐᓄᑦ. ᒥᑭᓕᐅᒥᓪᓚᓇᑦᓯᒪᔪᑦ ᑖᒃᑯᐊ ᐃᓄᓐᓂᒃ ᐃᓅᓕᕋᑖᓂᒃ ᐊᒻᒪᓗ ᐃᓅᓕᕋᑖᓂ ᐊᓯᖏᓐᓂᑦ ᑯᐯᒻᒥᐅᓂᒃ ᑕᑯᔭᐅᓯᒪᑦᓱᑎᒃ ᖃᐅᔨᓴᕐᓂᐅᖃᑦᑕᓯᒪᔪᓂ ᐊᕐᕌᒍᕐᓂ ᖁᓕᓪᓗ ᑕᓪᓕᒪᓪᓗᓂ (15-ᓂ). ᐊᑦᔨᐸᓯᖏᑦ ᒥᑭᓕᐅᒥᓂᖏᑦ ᑕᑯᓐᓇᑕᐅᓯᒪᒻᒥᔪᑦ ᐅᑭᐅᕐᑕᑑᑉ ᐆᒪᔪᖏᓐᓂ ᓯᕗᓪᓕᐸᐅᑦᓱᑎᒃ ᓱᕐᓄᓲᑦ ᐊᑦᑐᐃᓱᑎᒃ ᓄᓇᕕᒻᒥᐅᑦ ᐃᓄᖏᓐᓂ. ᑕᒪᓐᓇ ᒥᑭᓕᐅᒥᓂᖓ ᑐᑭᓯᓇᕐᑎᑕᐅᒍᓐᓇᒥᔪᖅ, ᐃᓛᑎᒍᑦ, ᐱᒋᐊᕐᑎᑕᕕᓂᖅ 2004-ᒥ Stockholm ᑲᑎᒪᓂᕕᓂᖓᓂ ᐅᒣᑦᑐᓄᑦ. ᑖᓐᓇ ᑲᑎᒪᓂᕕᓂᖅ ᐊᖏᖃᑎᒌᑦᑎᓯᓯᒪᔪᖅ ᐊᒥᓱᐃᓂ ᓄᓇᕐᔪᐊᓂᒃ ᐃᓚᐅᑎᓪᓗᒍ ᒃᓇᑕ ᑐᕋᒐᖃᕐᓱᑎᒃ ᒥᑭᓕᐅᒥᑎᑦᓯᒋᐊᒥᒃ ᓄᖑᕋᑕᕐᓗᒍ ᑕᒪᒃᑯᐊ ᓄᐊᑕᔫᑦ ᐱᖅᖑᑎᑕᐅᓯᒪᔪᑦ ᐊᕙᑎᒨᖃᑦᑕᓯᑎᒃ. ᓯᓚᕐᔪᐊᒥ ᐊᐅᓚᑦᔭᓇᐊᕈᑎᒋᓯᒪᔭᖏᑦ ᐃᓄᐃᑦ ᓯᕗᓕᕐᑏᑦ ᐃᑲᔪᕐᓯᒪᓪᓚᓇᑦᓯᒪᔪᑦ ᑖᓐᓇ ᐊᑎᓕᐅᕈᑕᐅᑎᓪᓗᒍ ᑕᕝᕙᓂ ᑲᑎᒪᓂᒻᒪᓇᒻᒥ.

ᑕᒪᑕᒪ ᖃᐅᔨᒪᐅᑏᑦ: ᐊᓯᖏᑦ ᖃᐅᔨᓴᐅᑏᑦ ᐊᖏᖃᑎᒌᑦᓯᒪᑎᓐᓇᒋᑦ ᖃᐅᔨᓴᕐᑕᐅᔪᕕᓃᑦ ᐃᖃᓗᑦᑐᔫᓂ ᐃᓄᓐᓂ, ᖃᐅᔨᓚᐅᕐᒥᔪᒍᑦ ᓱᕐᓄᓯᒪᑎᓐᓇᒍᑦ ᓄᑕᕋᑦᓴᓇᔭᐅᔪᓂᒃ ᐊᑦᑐᐊᔭᐅᓯᒪᔪᓂᒃ ᐱᓯᐃᓄᑦ ᐊᒻᒪᓗ ᖁᐱᕐᒋᓂᒃ ᑐᖁᓄᒍᑕᐅᓲᑦ ᐃᓱᒪᑕᐅᓂᖏᓐᓄᑦ ᑲᒃᑲᓛᑉ ᐱᐅᓯᖏᑦ ᖁᓕᓪᓗ ᐊᑕᐅᓯᕐᓗᓂ (11-ᓂ) ᐅᑭᐅᓕᓐᓂ. ᑲᒃᑲᓛᒃ ᐊᑦᑐᐊᔭᐅᔪᑦ ᐱᓯᐃᓄᑦ (ᖁᐱᕐᒋᓂᒃ ᑐᖁᓄᒍᑕᐅᖅᖏᑐᓄᑦ) ᐃᓕᖓᑎᑕᐅᓚᐅᕐᒥᔪᖅ ᐊᖏᔪᖅᖏᑑᓗᐊᓄᑦ ᓄᓐᓂᓴᐅᕋᐱᓐᓂᖏᓐᓄᑦ ᐊᒻᒪᓗ ᓂᐊᕐᑯᖓ ᒥᑭᓂᕐᓴᐅᒫᐱᓐᓂᖏᓐᓄᑦ, ᑕᒪᓐᓇ ᑐᓴᕐᑕᐅᑎᑕᐅᓯᒪᑎᓐᓇᒍᑦ ᐃᖃᓗᑦᑐᔫᓄᑦ ᐊᑦᑐᐊᔭᐅᑦᓱᑎᒃ ᐱᓯᐃᓄᑦ.

5. ᑐᑉᑭᑦᓯᐅᑦ ᓄᑕᕋᑦᓴᕐᖃᕐᓱᑎᒃ, ᓂᕐᑭᕐᖃᑦᓯᐊᕐᖃᑦᑕᓯᒪᖅᖏᑐᑦ ᐃᓚᒋᑦ ᐊᒻᒪᓗ ᐃᓅᕐᖃᑎᒌᓂ/ᐃᓚᒋᓂ ᐊᕙᑎᒻᒥᑕᖓ ᖃᒃᑲᓛᑉ

ᑐᑉᑭᑦᑐᑦ ᓄᑕᕋᑦᓴᕐᖃᕐᓱᑎᒃ: ᑐᑉᑭᓲᑦ ᓄᑕᕋᑦᓴᕐᖃᕐᓱᑎᒃ, ᖃᐅᔨᒪᔭᐅᑦᓯᐅᑐᖅ ᐊᑦᑕᓇᕐᑐᒦᑦᑎᓯᓂᖓ ᐃᓅᓕᕋᒥᒃ ᐅᕐᑭᓗᐊᓚᖓᑎᓪᓗᒍ, ᐃᓕᖓᑎᑕᐅᓯᒪᓕᕐᒥᔪᖅ ᖃᒃᑲᓛᑉ ᐱᐅᓯᖓ ᐅᕐᑯᒥᑦᑑᑎᓪᓗᒍ ᐊᓯᖏᓐᓂᒃ ᐊᖏᓂᕐᓴᓂ ᖃᐅᔨᓴᕐᓂᓂ. ᖃᐅᔨᓴᕐᓂᑎᓐᓂ, ᐱᒋᐊᖃᑦᑕᓂᕐᓴᐅᓲᑦ ᒪᓕᒐᕐᓂᓗ ᓯᕐᑯᒥᑦᓯᓂᕐᓴᐅᓲᑦ ᐃᓕᓴᕐᕕᒥ, ᓴᖅᒍᒍᐊᕐᑑᓲᑦ ᐊᒻᒪᓗ ᐅᐃᒻᒪᖓᓐᓂᓴᐅᑦᓱᑎᒃ ᑲᒃᑲᓛᑦ ᐃᓅᓕᕐᓯᒪᔪᑦ ᐊᓈᓇᓄᑦ ᑐᑉᑭᑦᓯᐅᓄᑦ ᓄᑕᕋᓴᖃᕐᓱᑎᒃ.

ᐃᓚᒋᑦ ᐊᕙᑎᖓ: ᐃᓚᒋᑦ ᐱᐅᓯᖓ ᖃᐅᔨᓴᕐᑕᐅᒍᑕᐅᓯᒪᔪᖅ ᕿᑐᖅᖓᓃᑦ ᐊᕐᕌᒍᕐᓂ ᐃᓕᓴᕐᓯᒪᓂᖏᓐᓄᑦ, ᐱᓇᓱᓐᓂᖓᑕ ᐳᕐᑐᓂᖓ ᐊᒻᒪᓗ ᐃᓱᒪᑕᐅᒻᒪᖔᑕ ᐱᓐᓄᓗᑕᕐᓂᒃ ᐋᖅᑭᒍᓐᓇᓇᐊᒥᒃ. ᐃᓚᒋ ᐊᕙᑎᖓ ᓯᑦᓯᑐᐃᓯᒪᓲᒍᕗᖅ ᐳᕐᑐᓂᖓᑎᒍᑦ ᖃᓄᖅ ᑲᒃᑲᓚ ᐃᑲᔪᕐᑕᐅᒪᖔᑦ ᐱᕈᕐᐸᓕᐊᓂᕐᒥᒍᑦ ᐃᓕᓴᕐᓂᒥᒍᓪᓗ. ᑐᓴᕐᑕᐅᑎᑕᐅᓯᒪᒻᒥᒪᑦ ᐊᒥᓱᓂ ᖃᐅᔨᓴᕐᓂᓂ ᐊᒻᒪᓗ ᐊᑦᔨᒌᖏᑐᓂᒃ ᐃᓗᕐᕈᓯᕐᓂ, ᖃᐅᔨᓴᕐᓂᕗᑦ ᑕᑯᑎᑦᓯᓯᒪᒻᒥᔪᖅ ᐃᓚᒋᑦ ᐊᕙᑎᖓ ᐃᓕᖓᑎᑕᐅᒻᒥᔪᖅ ᐱᕈᕐᐸᓕᐊᑦᓯᐊᓂᖓ ᐊᒥᓱᐃᓂ ᐱᔭᑦᓴᓂ, ᐃᓚᐅᑎᓪᓗᒍ ᐃᓱᒪᖓᑕ ᐊᐅᓚᓂᖓ, ᓴᖅᒍᒍᐊᕐᑑᓕᓂ ᐃᓱᒪᑕᓇᐊᓕᓐᓂᒃ ᐱᓇᓱᐊᓕᕋᒥ, ᑎᒥᖓᓗ ᐃᖃᕋᓂ, ᐊᒻᒪᓗ ᑲᒃᑲᓛᑦ ᐱᐅᓯᖓᓂᒃ ᐊᑐᕐᓱᓂ.

ᓂᕐᑭᓂᒃ ᐊᑐᐃᓐᓇᖃᕐᓂᖓ: ᐊᓈᓇᐅᔪᐃᑦ ᐊᐱᕐᓱᑲᑦᑕᑕᐅᔪᑦ ᖃᐅᔨᓴᕐᓂᖃᕐᑎᓗᒍ ᓄᐃᑦᓯᓚᐅᕐᒥᔪᑦ ᖁᓕᐅᑦᓴᒪᑕ ᐃᓚᒋᑦ ᐱᖓᓱᐃᑦ ᓂᕐᑭᖃᑦᓯᐊᖏᑦᑑᓂᕐᒪᑕ ᐅᑉᑉᓗᓐᓂᑦ ᑭᓇᐅᔭᖃᑦᓯᐊᕋᑎᒃ ᓂᕐᑭᑖᕈᑎᑦᓴᓂᒃ ᑕᕐᕐᑭᒥ ᐊᐱᕐᓱᑲᑦᑕᑕᐅᓚᐅᕋᑎᒃ. ᑲᒃᑲᓛᑦ ᑖᒃᑯᓂᖓ ᐃᓚᓛᑦ ᐃᓱᒪᑕᐅᑦᓯᐊᓚᐅᖅᖏᑐᑦ ᐊᒻᒪᓗ ᓄᐃᑕᑎᑦᓯᓂᕐᓴᐅᓱᑎᒃ ᒪᓕᒐᕐᓂᒃ ᓯᕐᑯᒥᑦᓯᓲᒍᓂᕐᒥᒃ ᐃᓕᓴᕈᖏᑦᑕ ᐅᖃᐅᓯᖏᑦ ᒪᓕᑦᓱᒋᑦ. ᑭᓇᐅᔭᕐᑎᒍᑦ

ᒪᑭᑕᒐᓯᐊᕈᑎᑦᓴᖃᓚᐅᖅᑭᑐᑦ ᐃᓕᖕᒐᓗᐊᖅᖑᐊᑎᓪᓗᒍ ᐱᓇᓱᒐᑦᓴᖃᖅᑭᒧᑦ ᐃᓕᓴᕐᓯᒪᑦᓯᐊᖅᑭᓐᓂᒧᓪᓗ, ᐊᒻᒪᓗ ᓱᓇᓗᒃᑲᑦ ᐱᔭᐅᖃᑦᑕᑦ ᐃᓕᖕᒐᒻᒥᔪᑦ ᓂᕿᖃᑦᓯᐊᖅᑭᓐᓂᒧᑦ ᑕᑯᓐᓂ ᖃᐅᔨᓴᕐᓂᒥ ᖃᐅᔨᔭᐅᔪᑦ.

ᓄᓪᓕᑎᕐᓯᒪᔪᖅ

ᓄᓪᓕᑎᕐᓯᒪᑎᓪᓗᒍ, ᐃᖃᓗᐃᑦ ᐅᕐᓱᖅᑭᑦ omega-3 fatty acids ᓄᑕᕋᑦᓴᓕᓐᓄᑦ ᐱᕙᓪᓕᕐᑯᑎᐅᕗᖅ ᐊᒥᓱᐃᑎᒍᑦ ᑲᑦᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᓄᑦ. ᐊᕙᑎᒥ ᓴᓗᒥᑦᑐᐃᓕ ᕿᒥᕐᕈᔭᐅᔪᑦ: ᓄᑕᕋᑦᓴᓇᔭᐅᔪᑦ ᐊᑦᑐᐊᑕᐅᔪᑦ ᒧᑯᓇᒧᑦ ᓈᒻᒪᓈᕐᓯᒪᓚᐅᖅᑭᓚᖅ ᓄᑕᕋᐅᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᓄᑦ ᐱᐅᓯᖅᓴᓄᓪᓗ; ᓄᑕᕋᓴᓇᔭᐅᑦᓯᑎᒃ ᐃᓗᓕᐊᕈᕐᒧᑦ ᐊᑦᑐᐊᔭᐅᔪᑦ ᐃᓕᖕᒐᑎᑕᐅᒻᒥᔪᖅ ᑕᕈᓕᕝᕕᓕᐊᖅᑭᓐᓂᓴᐅᓂᖅᓴᓄᑦ ᐊᒻᒪᓗ ᐃᓗᓕᐊᕈᕐᒧᑦ ᐊᑦᑐᐊᑕᐅᔪᑦ ᑲᑦᑲᓛᒍᑦᓯᑎᒃ ᐃᓕᖕᒐᑎᑕᐅᔪᖅ ᐱᐅᓯᖅᒐᑕ ᐱᓐᓂᓗᑕᖅᓴᓄᑦ; ᓈᒻᒪᖅᑭᑦᑐᐃᑦ ᑕᑯᔭᐅᓚᐅᖅᑭᑐᑦ ᐃᓕᖕᒐᑎᓪᓗᒍ ᓄᑕᕋᓴᓇᔭᐅᑦᓯᑎᒃ ᐊᑦᑐᐊᑕᐅᓯᒪᔪᑦ ᐱᓯᐃᓄᑦ ᖁᐱᕐᕈᓄᓪᓗ ᑐᖁᔪᒍᑎᓄᑦ ᐃᓈᓕᕐᓯᒪᓕᕐᓯᑎᓪᓗ ᐊᑦᑐᐊᑕᐅᔪᑦ ᐱᓯᐃᓄᑦ ᐃᓕᖕᒐᑎᑕᐅᓚᐅᕐᒥᔪᖅ ᐊᖅᑭᓲᖅᑭᑑᒐᓗᐊᒧᑦ ᑕᑭᓕᕝᕕᓕᐊᓂᕐᒧᑦ.

ᐃᓕᓯᔪᒻᒪᓇᐊᓘᓚᐅᕐᑐᒍᑦ ᖃᐅᔨᓴᐅᑎᕕᓂᑦᑎᓄᑦ ᑲᔪᓯᑎᑕᐅᔪᒧᑦ ᓄᓇᕕᒻᒥ ᓯᑦᓯᑐᐃᓯᒪᔪᓂᒃ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᓄᑦ ᓄᓇᕕᒻᒥᐅᓂ. ᖃᐅᔨᓴᓇᐊᓪᓚᓃᑦ ᑖᒃᑯᓂᖅᓴᑲᒃᑲᓛᓂᒃ ᐃᓄᒻᒪᓇᐅᓂᕐᒧᑦ ᑎᑭᐅᑎᑎᓪᓗᒋᑦ ᐱᕕᑦᓴᖃᕐᑎᓯᓚᖅᓴᕗᖅ ᐊᓐᓂᓇᕐᑐᓂᒃ ᐃᑲᔪᕐᓯᐅᑎᖃᓚᖅᓴᔪᑦ ᓯᓚᑦᑐᓴᒍᑎᒥᐊᓪᓚᓂᒃ ᐊᑦᔨᐅᖅᑭᑦᑐᓚᓇᐅᓂᖅᓴᓂᒃ ᐃᓱᒪᒃᑯᑦ ᐃᓈᖃᑎᒌᑎᒍᓪᓗ ᓱᕐᖽᓯᒪᓂᓇᓲᖅᑭᓐᓂᒃ ᓯᑦᓯᑐᐃᓯᒪᓂᓇᓲᖅᑭᓐᓂᓗ ᑲᒃᑲᓛᑉ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᓂᒃ ᓄᓇᕕᒻᒥ. ᐅᕙᒍᑦ, ᑐᒥᒻᒪᑦ, ᑲᔪᓯᕐᑯᔨᑦᓴᑐᐃᓐᓇᕐᑯᒍᑦ ᓄᓇᕕᒻᒥ ᑲᒃᑲᓛᑦ ᐱᕈᕐᐸᓕᐊᓂᖅᓴᑕ ᖃᐅᔨᓴᕐᑕᐅᓂᖅᓴᓂᒃ, PHD-ᑯᓂᑦ, ᓄᓇᓖᑦ ᑲᕙᒫᐱᖅᑭᓐᓂᒃ ᓄᓇᓕᓐᓂᓗ ᑲᔪᓯᕐᑯᔨᑦᓯᑕ ᓴᐳᒻᒥᓂᖅᑭᓐᓂᒃ ᐃᑲᔪᕐᓗᒋᓪᓗ ᓄᐃᑦᓯᕙᓪᓕᐊᓂᖅᑭᓐᓂᒃ ᓄᑖᓂᒃ ᓯᓚᑦᑐᓴᒍᑎᓂᒃ.

ᖃᐅᔨᓂᐊᕐᕕᓴᑦ ᖃᐅᔨᒋᐊᓪᓚᕈᒪᔪᖃᕐᐸᑦ

ᖃᐅᔨᒋᐊᓪᓚᕈᒪᒍᕕᑦ ᑕᒪᑐᒥᖅᓴ ᖃᐅᔨᕐᑕᐅᓂᕕᓂᖅᓴᓂ, ᖃᐅᔨᓴᓯᐊᕈᓐᓇᑐᑎᑦ ᑐᑭᒧᐊᑦᑎᓯᔨᖅᓴᓐᓂ ᓄᓇᕕᒻᒥ ᓂᕿᑦᓯᐊᑑᒪᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᐊᐱᓐᓂ 819 964-2222, 229 ᐅᕙᓗᓐᓃᑦ ᐆᓇ ᒪᑲᓪᒥᑦ, ᖃᐅᔨᓴᕐᑎᒥᑦ ᓚᕝᑦ ᐃᓕᓴᕐᕕᔪᐊᖅᓴᓐᓂᒃ ᐱᓇᓱᑦᑐᒥ ᐊᒻᒪᓗ CHUQ-ᑯᑦ ᖃᐅᔨᓴᕐᕕᖅᓴᓐᓂ ᓯᕙᓂᕐᓗᑎᑦ 418-656-4141 (46199).

Partenaires et collaborateurs—Partners and collaborators—ᐃᑲᔪᕐᑎᑏᑦ ᐱᓇᓱᖃᑎᑏᓪᓗ