ᓀ ᓈᕐᓯᒪᔪ ᑦ

ᕿᓂᕐᓯᖃᑦᓯᐊᕈᑎ ᐊᒻᒪᓗ ᕿᓂᕐᓯᖓ ᖁᖏᓯᐅᑉ ᖃᓄᐃᓕᕐᐱᑖ ? 2017
ᓄᓇᕕᒻᒥ ᐃᓗᓯᒃᑯᑦ ᖃᐅᔨᓴᕐᑕᐅᓂᖏᑦ

ᕿᓕᕐᓯᓇᖅ ᑎᒥᐅᑉ ᐃᓗᓕᖓᓃᑦᑐᖅ ᐃᓚᒋᔭᐅᕗᖅ ᐆ ᒻ ᒪᑎ ᐅ ᑉ ᐊ ᐅ ᓚ ᓂᖓ ᑕ ᐋ ᕐᕿ ᓱ ᕐ ᓯ ᒪ ᐅᑎᖓ ᓄ ᑦ ᐊ ᑖ ᕐ ᓯ ᖓ ᓃ ᑦ ᓱ ᓂ ᖁ ᖏ ᓯ ᐅ ᑉ. ᕿ ᓕ ᕐ ᓯ ᓇ ᖅ ᑲᑎᖕᖓᑎᑦᓯᓲᖑᕗᖅ ᐊᒻᒪᓗ ᐊᐅᓚᑦᔦᓲᖑᑦᓱᓂ ᑎᒥᐅᑉ
ᐊ ᐅ ᓚ ᑦ ᔦ ᒋ ᐊ ᕈ ᑎ ᖏ ᓐ ᓂ ᒃ ᓱ ᕐ ᕃ ᓯ ᒪ ᓂ ᖃ ᓲ ᓂ ᒃ
ᐃᓘᓐᓇᖏᓐᓂᒃ ᑎᒥᐅᑉ ᐋᕐᕿᓱᕐᓯᒪᐅᑎᖏᓐᓂᒃᖓ ᐃ ᓚ ᒋ ᔭ ᐅ ᑎ ᓪ ᓗ ᒋ ᑦ ᐊ ᓂ ᕐ ᑎ ᕆ ᐅ ᑎ ᒨ ᓕ ᖓ ᔪ ᐃ ᑦ ᐃᑉᐱᓂᐊᕈᑏᓪᓗ ᐋᕐᕿᓱᕐᓯᒪᐅᑎᒋᔭᖏᓐᓄᑦᖓ ᐊᒻᒪᓗ ᐊᐅᓚᑦᓯᒥᑦᓱᓂ ᓂᕿᓂᒃ ᑎᒥᒨᔦᒍᑎᖏᓐᓂᒃ (1). ᕿᓕ ᕐᓯᓇᖅ ᒪ ᕐᕉᓂ ᒃ ᐊᐅᓚ ᑦᔦ ᓲᖑᕗᖅ ᑎᒥᐅ ᑉ ᐊᐅᓚᑦᔦᒍᑎᖏᓐᓂᒃ: triiodothyronine (T3) ᐊᒻᒪᓗ
t h y r o x i n e (T 4). ᐊ ᑐ ᐃ ᓐ ᓇ ᐅ ᓂ ᖏ ᑦ
ᐋᕐᕿᓱᕐᓯᒪᐅᑎᒋᔭᕐᒥᓂᒃ, ᖃᐅᔨᒪᔭᐅᔪᑦ ᐃᓱᒣᓐᓇᕿᔪᑦ T3-ᖑᒋᐊᖏᓐᓂᒃ (fT3) ᐊᒻᒪᓗ ᐃᓱᒣᓐᓇᕿᔪᑦ T4-ᖑᒋᐊᖏᓐᓂ ᑦ (fT4). ᐊᐅᓚ ᑦᔭᒋᐊ ᕐᑎᑕᐅᓂᖏ ᑦ ᐊᐅᓚᑕᐅᔪᑦ ᕿᓕᕐᓯᓇᐅᔭᐅᑉ ᕿᓕᕐᓴᓇᕐᒥᒃ-

ᐱ ᔪ ᑦ ᓯ ᓕ ᕐ ᓇ ᑑ ᑉ ᐊ ᐅ ᓚ ᑦ ᔦ ᒍᑎᖓ ᓄ ᑦ (T S H).
ᓇᓪᓕᖁᐊᒌᖕᖏᑐᐊᕐᒪᑕ ᑖᒃᑯᐊ ᐊᐅᓚᑦᔦᒋᐊᕐᑎᓯᒍᑎᖏᑦ
ᐱ ᑦ ᓯ ᐊ ᑎ ᑦ ᓯ ᒍ ᓐ ᓀ ᕈ ᓐ ᓇ ᑐ ᖅ ᐊ ᒻ ᒪ ᓗ ᐊ ᒥ ᓱ ᓂ ᒃ
ᐊ ᑦ ᔨ ᒌ ᖕ ᖏ ᑐ ᓂ ᒃ ᐱ ᐅ ᖕ ᖏ ᓂ ᓕ ᓐ ᓂ ᒃ ᐃ ᓗ ᓯ ᕐ ᓗ ᓚ ᖀ ᒍ ᓐ ᓇ ᓱ ᑎ ᑦ. ᕿ ᓕ ᕐ ᓯ ᓇ ᐅ ᑉ ᐃᖏᕐᕋᓯᐊᕈᓐᓀᓂᖓ ᓱᕐᕃᓯᒪᒍᓐᓇᒪᑦ ᐊᒥᓱᓂᒃ ᑎᒥᐅᑉ

ᐋ ᕐ ᕿ ᓱ ᕐ ᓯ ᒪ ᐅ ᑎ ᒋ ᔭ ᖏ ᓐ ᓂ ᒃ, ᑖ ᒃ ᑯ ᐊ
ᐊᐅᓚᑦᔭᐃᒋᐊᕐᑎᓯᒍᑏᑦ ᐱᒻᒪᕆᐅᒻᒪᑕ ᐃᓄᓕᒫᑦ
ᐃ ᓗ ᓯᖏ ᓐ ᓄ ᑦ. ᕿ ᓕ ᕐ ᓯ ᓇ ᐅ ᑉ ᐃᖏ ᕐ ᕋ ᓯ ᐊ ᖕᖓ
ᖃᓄᐃᓕᖓᐅᓯᐅᕗᑦ ᐊᑦᑐᐊᓂᖃᕐᓱᑎᑦ ᕿᓕᕐᓯᓇᕐᒧᑦ ᐊ ᒻ ᒪ ᓗ ᓇ ᓪ ᓕ ᖁ ᐊ ᒌ ᖕ ᖏ ᓂ ᖏ ᓐ ᓄ ᑦ ᐊ ᐅ ᓚ ᑦ ᔭ ᐃ ᒋ ᐊ ᕐ ᑎ ᓯ ᒍ ᑎᖏ ᑦ. ᐃ ᕐ ᐸᖓ ᕈ ᓐ ᓇ ᓂᖓ ᕿᓕᕐᓯᓇᐅᑉ ᐃᖏᕐᕋᓯᐊᖕᖏᓂᖏᑦ ᖃᐅᔨᒪᔭᐅᒍᑎᓕᒃ ᐱᓂᕐᓴᐅᓲᖑᒋᐊᖏᓐᓂᒃ ᐊᖓᔪᑦᓯᐅᔪᓄᑦ ᐊᕐᓇᓄᓪᓗ

(2). ᐃᖏᕐᕋᓯᐊᖕᖏᑑᒍᑎᖏᑦ ᐅᑯᐊᖑᔪᑦ ᕿᓕᕐᓯᓇᐅᔭᖅ ᐆ ᒪ ᕆ ᓗ ᐊ ᓕ ᕐ ᑐ ᖅ ᐊ ᒻ ᒪ ᓗ ᕿ ᓕ ᕐ ᓯ ᓇ ᐅ ᔭ ᖅ ᐆᒻᒪᕆᖕᖏᓗᐊᕐᑐᖅ. ᐆᒻᒪᕆᓗᐊᓕᑐᐊᕐᒪᑦ, ᕿᓕᕐᓯᓇᖅ ᓄᐃᑦᓯᓗᐊᕐᓂᖃᓲᖅ ᐊᐅᓚᑦᔦᒋᐊᕐᑎᓯᒍᑎᓂᒃ ᐃᒣᒻᒪᑦ, ᐆᒻᒪᕆᓗᐊᖕᖏᑐᐊᕐᒪᑦ, ᕿᓕᕐᓯᓇᖅ ᓄᐃᑦᓯᖏᓗᐊᓲᖅ ᐊᐅᓚᑦᔦᒋᐊᕐᑎᓯᒍᑎᓂᒃ. ᑖᒃᑯᐊ ᐃᖏᕐᕋᓯᐊᖕᖏᓃᑦ ᓇᓗᓀᕐᑕᐅᒍᓐᓇᑐᑦ ᒪᕈᐃᓄᑦ: ᐋᓐᓂᐊᓯᐅᕐᑕᐅᒋᐊᓕᒃ ᐊ ᒻ ᒪ ᓗ ᐋ ᓐ ᓂ ᐊ ᓯ ᐅ ᕐ ᑕ ᐅ ᖏ ᓗ ᐊ ᕆ ᐊ ᓕ ᒃ. ᐋᓐᓂᐊᓯᐅᕐᑕᐅᒋᐊᖃᑕᐊᕐᒪᑦ, ᑕᒪᒋᒃ TSH ᐊᒻᒪᓗ fT4 ᐅ ᕝ ᕙ ᓗ ᓘ ᓐ ᓃ ᑦ f T 3 ᓈ ᒻ ᒪ ᓈ ᖕ ᖏ ᑐ ᒦ ᑦ ᑐ ᑦ ᖃᓄᐃᓕᖓᐅᓯᒋᒃ. ᐋᓐᓂᐊᓯᐅᕐᑕᐅᖕᖏᓗᐊᕐᓂᒦᑦᑐᑦ, TSH-ᖓ ᑭᓯᐊᓂ ᓈᒻᒪᓈᖕᖏᑐᒦᑦᑐᖅ ᐃᒣᒻᒪᑦ fT4 ᐊᒻᒪᓗ fT3 ᓈᒻᒪᑐᒦᑦᑎᓗᒋᒃ.

I o d i n e ᐱ ᔭ ᐅ ᓯ ᒪ ᓪ ᓚ ᕆ ᒋ ᐊ ᖃ ᕐ ᖁ ᖅ ᑎ ᒥ ᐅ ᑉ ᐃ ᓱ ᐊ ᖁ ᑎ ᒋ ᒻ ᒥ ᒪ ᐅ ᒃ ᕿ ᓕ ᕐ ᓯ ᓇ ᖃ ᑦ ᓯ ᐊ ᓂ ᕐ ᒧ ᑦ ᐱ ᕈ ᐃ ᓂ ᖃ ᓪ ᓚ ᕆ ᓲ ᖑ ᑦ ᓱ ᓂ ᕿ ᓕ ᕐ ᓯ ᓇ ᐅ ᑉ ᐊᐅᓚᑦᔦᒋᐊᕐᑎᓯᒍᑎᖏᓐᓂᒃ. ᓯᓚᕐᔪᐊᒥ ᐃᓗᓯᓕᕆᓂᕐᒥᒃ

ᑎᒥᐅᔪᖁᑎᖓ (WHO) ᐃᓱᒪᒋᔭᓖᑦ ᐃᓄᓕᒫᑦ ᕿ ᑎ ᕐ ᓯᖓ ᓂ ᐃ ᑎ ᕈᖏ ᓐ ᓂ ᒃ I o d i n e ᖃ ᕐ ᓂᖏ ᑦ ᐃᓗᓕᖃᕐᑐᓴᐅᒋᐊᖏᓐᓂᒃ ᐃᒣᓪᓗᐊᑐᓂᒃ 100 -ᒥ ᑎ ᑭ ᑦ ᓱ ᒍ 1 9 9- ᒧ ᑦ μ g/ L ᓈ ᒻ ᒪᓈᓚᖓ ᑐᐊ ᕈᓂ ᐃᑭᓐᓂᓴᓂᒃ 20%-ᒧᑦ ᐃᓄᓕᒫᑦ ᐃᓗᓕᑕᖃᕈᑎᑦ ᐊᑖᓃᑦᑐᒥᒃ 50 μg/L (3). ᓈᒻᒪᑐᕆᔭᐅᔪᖅ
ᐃ ᓗ ᓕ ᑕ ᖃ ᕐ ᓂ ᖏ ᑦ ᐱ ᐊ ᕋ ᑦ ᓴ ᓕ ᓐ ᓄ ᑦ ᐊ ᕐ ᓇ ᓄ ᑦ ᐃᓱᒪᒋᔭᐅᓂᓖᑦ ᐊᑯᓐᓂᖏᓐᓃᒋᐊᖏᓐᓂᒃ 150 ᐊᒻᒪᓗ 249 μg/L ᐃᑲᔪᕐᓯᓂᖃᑦᓯᐊᓚᖓᑉᐸᑦ ᑕᒪᖏᓐᓂᒃ ᐊᓈᓇᒋᔭᐅᔪᒥ ᒃ ᐱᐊᕋ ᑦᓴᕆᔭᐅᔪᒥᓪᓗ, Iodin e ᐱ ᔭ ᐅ ᓯ ᒪ ᓪ ᓚ ᕆ ᒋ ᐊ ᖃ ᕐ ᒪ ᑦ ᖃ ᕆ ᑕ ᐅ ᔭ ᐅ ᑉ

ᐱᕈᕐᐸᓕᐊᓂᖓᓄᑦ ᐱᕈᕐᐸᓕᐊᓂᑐᐃᓐᓇᒧᓪᓗ (3).

ᐊ ᒥ ᓱ ᐃ ᑦ ᓂ ᕿ ᑐ ᐃ ᓐ ᓇ ᐃ ᑦ I o d i n e ᓕ ᐹ ᓗ ᐃ ᑦ,
ᐃᓚᐅᑎᓪᓗᒋᑦ ᕿᕐᖁᐊᑦ, ᐅᕕᓗᒐᐃᑦ, ᐊᓯᖏᓪᓗ ᐃ ᒪ ᕐᐱᓂᑌ ᑦ ᓂᖀ ᑦ. ᑕ ᒪ ᒋ ᒃ ᐱ ᑕᖃᓗᐊ ᕐᓕ ᕋᒥ ᐱ ᑕ ᖃ ᖕᖏ ᓗ ᐊ ᓕ ᕋ ᒥ ᓗ I o d i n e ᒥ ᒃ ᑕ ᒪ ᒋ ᓐ ᓂ ᒃ
ᕿ ᓕ ᕐ ᓯ ᓇ ᕐ ᒥ ᒃ ᐃᖏ ᕐ ᕋ ᓯ ᐊ ᕐ ᑎ ᓯ ᖕᖏ ᑑ ᒍ ᓐ ᓇ ᑑ ᒃ.
ᐊ ᓯᖓ ᐅ ᒻ ᒥ ᔪ ᖅ ᐃᖏ ᕐ ᕋ ᓯ ᐊ ᕐ ᑎ ᓯ ᖕᖏ ᑑ ᒍ ᓐ ᓇ ᑐ ᖅ
ᕿᓕᕐᓯᓇᕐᒥᒃ ᕿᓕᕐᓯᓇᐅᑉ ᐃᒻᒥᓂᒃ-ᐋᕐᕿᓱᕈᓐᓇᓂᖓ, ᖃᓄᐃᓕᖓᐅᓯᖅ ᓱᕐᕋᐃᓯᒪᓪᓚᕆᒍᓐᓇᑐᖅ ᐃᓚᒥᓂᒃ ᐱᓯᒪᔪᓂᒃ.

ᑐᕌᒐᖃᓗᐊᖕᖑᐊᓚᐅᕐᑐᖅ ᑖᑦᓱᒪᐅᑉ ᑐᓴᕐᑎᓯᐅᑎᖓ ᖃᐅᔨᓴᕐᓂᒧᑦ ᐃᕐᐸᖓᓂᖓ ᕿᓕᕐᓱᓇᓗᑦᑐᐃᑦ ᓄᓇᕕᒻᒥ

ᐊᒻᒪᓗ ᖃᐅᔨᓴᕐᓂᒧᑦ Iodineᖃᕐᓂᖏᑦᑕ ᐃᓄᓕᒫᑦ.

ᕿᓕᕐᓯᓇᐅᑉ ᐃᖏᕐᕋᓯᐊᖕᖏᓂᖏᑦ

ᐊᒥᓲᓂᕐᓭᑦ ᓄᓇᕕᒻᒥᐅᑦ (87.9%) ᐃᓱᒪᒋᔭᐅᓂᓖᑦ
ᕿ ᓕ ᕐ ᓯ ᓇ ᖏ ᑦ ᓈ ᒻ ᒪ ᑑ ᒋ ᐊ ᖏ ᑦ, ᐃ ᒫ ᒃ,
ᖃ ᐅ ᔨ ᓴ ᕐ ᑕ ᐅ ᓂ ᕕ ᓂ ᖏ ᑦ ᖃ ᓄ ᐃ ᓪ ᓗ ᐊ ᓂ ᖏ ᑦ

ᐊᐅᓚᑦᔦᒋᐊᕐᑎᓯᒍᑎᖏᑦ ᓈᒻᒪᑐᒦᓐᓂᕋᕐᑕᐅᓯᒪᔪᑦ. ᐊᒥᓲᓂᕐᓭᑦ ᐊᖑᑏᑦ ᐊᕐᓀᑦ ᓴᓂᐊᓂ ᐃᒣᓪᓗᐊᔨᐊᓕᕕᓃᑦ (92.3% vs 83.3%), ᑕᒪᓐᓇ ᓂᕆᐅᒋᔭᐅᓚᐅᕐᑐᖅ. ᐊᕗᖓᐅᓕᒋᐊᓪᓛᓱᒍ, ᐊᒥᓲᓂ ᕐᓭ ᑦ ᐳᓯᐊᓐᑎᖏ ᑦ ᓄᓇᕕᒻᒥᐅᑦ ᓈᒻᒪᑐᒦᑦᑎᐊᓕᕕᓃᑦ ᕿᓕᕐᓯᓇᕐᒥᓂᒃ
ᑎ ᑭ ᕋ ᓴ ᕐ ᔪ ᐊ ᒥ ᐅ ᑦ ᐅᖓ ᕙ ᒻ ᒥ ᐅ ᓗ ᓴ ᓂ ᐊᖏ ᓐ ᓂ ᒃ

ᑕᓯᐅᔭᕐᔪᐊᒥᐅᑦ (90.5% ᐊᒻᒪᓗ 91.9% vs 83.1%). ᑖᒃᑯᐊ ᓄᓇᓖᑦ ᐊᑦᔨᒌᖕᖏᑑᓂᖏᑦ ᑕᑯᔭᐅᓚᐅᕐᑐᑦ ᑕᒪᒋᓐᓅᓕᖓᑎᓪᓗᒋᑦ ᐊᖑᑎᓄᑦ ᐊᕐᓇᓄᓪᓗ. ᑌᒃᑯᐊ

ᓈᒻᒪᓈᖕᖏᑐᒦᓐᓂᖏᑦ ᕿᓕᕐᓯᑎᒍᑦ, ᐊᒥᓲᓂᕐᓴᖏᑦ ᕿᓕᕐᓯᓇᖏᑦ ᐆᒻᒪᕆᓗᐊᕐᑐᒦᑦᓂᕋᕐᑕᐅᓚᐅᕐᑐᑦ (10.7%) ᕿᓕᕐᓯᓇᖏᑦ ᐆᒻᒪᕆᓗᐊᖕᖏᓂᕐᓴᒦᓐᓂᓴᓄᑦ (1.6%).
ᐊ ᒥ ᓲ ᓂ ᕐ ᓵ ᐃ ᑦ ᓄ ᓇ ᕕ ᒻ ᒥ ᐅ ᑦ ᒪ ᓗ ᒋ ᔭ ᐅ ᓚ ᐅ ᕐ ᑐ ᑦ
ᐋ ᓐ ᓂ ᐊ ᓯ ᐅ ᕐ ᑕ ᐅ ᒋ ᐊ ᖃ ᒐ ᓚ ᓐ ᓂ ᒦ ᒋ ᐊ ᖏ ᓐ ᓂ ᒃ ᐆᒻᒪᕆᓗᐊᕐᓂᑯᖏᓐᓄᑦ ᕿᓕᕐᓯᓇᖏᑦ (8.6% vs
2. 2 %). ᐊ ᕐ ᓀ ᑦ ᐊ ᒥ ᓲ ᓂ ᕐ ᓴ ᐃ ᑦ ᐊ ᖑ ᑎ ᓂ ᒃ
ᒪᓗᒋᔭᐅᓚᐅᕐᑐᑦ ᐋᓐᓂᐊᓯᐅᕐᑕᐅᒋᐊᖃᒐᓛᒋᐊᖏᓐᓂᒃ ᐆᒪᕆᓗᐊᕐᓂᑯᖏᓐᓄᑦ ᕿᓕᕐᓯᓇᖏᑦ (11.8% vs
5. 5 %). ᓄ ᓇ ᓖ ᑦ ᐊ ᑦ ᔨ ᒌ ᖕ ᖏ ᓂ ᖃ ᕐ ᓂ ᖏ ᑦ
ᐃ ᕐᐸᖓᓂᖏᓐᓄᑦ ᐋᓐᓂᐊᓯᐅ ᕐᑕᐅᒐᓛᒋᐊᖃ ᕐᓂᖏᑦ
ᕿ ᓕ ᕐ ᓯ ᓇ ᖏ ᑦ ᐆ ᒻ ᒪ ᕆ ᓗ ᐊ ᕐ ᓂ ᑯ ᖏ ᓐ ᓄ ᑦ
ᕿ ᒥ ᕐ ᕈ ᔭ ᐅ ᓂ ᖃ ᓚ ᐅ ᕐ ᑐ ᑦ ᐊ ᕐ ᓇ ᐃ ᑦ ᑭ ᓯ ᐊ ᓂ, ᐊᒥ ᓲᓂ ᕐᓴᐅᑎᓪᓗᒋ ᑦ ᐊ ᕐᓇᐃ ᑦ ᑕᓯᐅᔭ ᕐᔪᐊᒥᐅ ᑦ
ᒪ ᓗ ᒋ ᔭ ᐅ ᓂ ᖏ ᑦ ᐋ ᓐ ᓂ ᐊ ᓯ ᐅ ᕐ ᑕ ᐅ ᒐ ᓚ ᒋ ᐊ ᓕ ᖏ ᑦ
ᕿᓕᕐᓯᓇᖏᑦ ᐆᒻᒪᕆᓗᐊᕐᓂᑯᖏᓐᓄᑦ ᑕᑯᓐᓇᓱᒋᑦ ᑎᑭᕋᓴᕐᔪᐊᒥᐅᑉ ᐅᖓᕙᒥᐅᓪᓘᓃᑦ (19.6% vs 7.5%
ᐊ ᒻ ᒪ ᓗ 5. 9 %). ᐊ ᒥ ᓲ ᓂ ᕐ ᓴ ᐃ ᑦ ᓄ ᓇ ᕕ ᒻ ᒥ ᐅ ᑦ
ᒪᓗᒋᔭᐅᓚᐅᕐᑐᑦ ᐋᓐᓂᐊᓯᐅᕐᑕᐅᒋᐊᖃᒐᓛᒋᐊᖏᓐᓂᒃ ᐆᒻᒪᕆᓗᐊᖕᖏᓂᑯᖏᓐᓄᑦ ᕿᓕᕐᓯᓇᖏᑦ (1.4% vs

0.4%). ᑖᒃᑯᐊ ᖃᓄᐃᓕᖓᓂᕆᔭᖏᑦ ᕿᓕᕐᓯᓇᐅᑉ
ᐃᖏᕐᕋᓯᐊᖕᖏᓂᖏᑦᑕ ᐃᕐᐸᖓᓂᖏᑦ ᐊᑦᔨᐸᓱᖃᓚᐅᕐᑐᑦ ᓄ ᓇ ᕕ ᒻ ᒥ ᐅ ᑦ ᐃ ᓄ ᖏ ᓐ ᓄ ᑦ ᐊ ᑯ ᑭ ᑦ ᑐ ᒥ ᐅ ᑦ.
4. 9 % - ᑐ ᐃ ᓐ ᓇ ᖏ ᑦ ᓄ ᓇ ᕕ ᒻ ᒥ ᐅ ᑦ ᐊ ᖏ ᔪ ᒥ ᒃ
ᐃᓗᓕᑕᖃᓚᐅᕐᑐᑦ ᕿᓕᕐᓯᓇᐅᑉ ᐃᒻᒥᓂᒃ-

ᐋᕐᕿᓱᕈᓐᓇᓂᖏᑦᑕ ᓇᓗᓀᕐᓯᒍᑎᖃᕆᐊᖏᓐᓂᒃ. ᑖᒃᑯᐊ ᖃᓄᐃᓪᓗᐊᓂᖏᑦ ᐊᑦᔨᐸᓱᒋᓚᐅᕐᑕᖏᑦ ᐃᓄᓐᓄᑦ

ᐊᑯᑭᑦᑑᑉ ᖃᕙᖕᖓᓂᖓᓂᒥᐅᓄᑦ.

ᑭᓯᑦᓯᒍᑎᓐᓂᐊᑕᐅᓂᒃᑯᑦ ᐋᕐᕿᓱᕐᓯᒪᐅᑎᖏᑦ ᑐᑭᓕᒃ ᐃ ᓗ ᓕ ᑕ ᖏ ᑦ ᕿ ᓕ ᕐ ᓯ ᓇ ᐅ ᑉ ᓇ ᓗ ᓀ ᕐ ᓯ ᒍ ᑎᖏ ᑦ

ᓈᒻᒪᑐᒦᒋᐊᖏᓐᓂᒃ. ᐃᓘᓐᓈᒍᑦ, ᑭᓯᑦᓯᒍᑎᓐᓂᐊᑕᐅᓂᒃᑯᑦ ᐋᕐᕿᓱᕐᓯᒪᓂᖏᑦ ᑐᑭᓖᑦ ᒪᑯᑎᒎᓇ 0.82 μIU/mL, ᐅᑯᓇᖕᖓᑦ fT4 ᐃᒣᓪᓗᐊᑎᓪᓗᒍ 14.07 pmol/L, ᐊᒻᒪᓗ ᐅᑯᐊ fT3 ᐃᒣᓪᓗᐊᑎᓪᓗᒍ 5.02 pmol/L. ᑖᒃᑯᐊ ᐃᓕᒃᑯᑦ ᐃᓗᓕᑕᖃᕐᓂᖏᑦ 2017-ᖑᑎᓪᓗᒍ ᐃᑭᓐᓂᓴᐅᓚᐅᕐᑐᑦ ᓯᕗᓪᓕᒥ ᖃᓄᐃᑉᐱᑖᖃᓚᐅᔪᑎᓪᓗᒍ? ᓄᓇᕕᒻᒥ ᐃᓄᐃᑦ ᐃᓗᓯᖏᑦᑕ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᕕᓂᖏᑦ

ᐊᕐᕌᒍᕐᒥ 2004-ᒥ, ᑭᓯᐊᓂ, ᓂᓪᓕᕈᑕᐅᓯᒪᑦᓱᓂ, ᑐᑭᖏᑦ ᓈᒻᒪᑐᒦᖏᓐᓇᑐᐃᑦ. ᑕᑯᓐᓇᓱᒋᑦ ᐃᓘᓐᓈᒍᑦ
ᑲ ᓇ ᑕ ᒥ ᐅ ᑦ ᐃ ᓄᖏ ᑦ, T S H ᐊ ᒻ ᒪ ᓗ f T 4
ᖃᓄᐃᓪᓗᐊᓂᖏ ᑦ ᒥᑭᓂ ᕐᓴᐅᓚᐅ ᕐᑐ ᑦ ᓄᓇᕕ ᒻᒥ
ᐅ ᑭ ᐅ ᓕ ᓐ ᓄ ᑦ 1 6 - ᒥ 4 9 - ᒧ ᑦ.
ᐊ ᑦ ᔨ ᐅ ᖏ ᑦ ᑐ ᑕ ᖃ ᓗ ᐊ ᓚ ᐅ ᖕ ᖏ ᑐ ᑦ ᕿ ᓕ ᕐ ᓯ ᓇ ᐅ ᑉ
ᐊᐅᓚᑦᔦᒋᐊᕈᑎᖃᕐᓂᖏᑦᑕ ᖃᓄᐃᓪᓗᐊᑕᖃᕐᓂᖏᑦ
ᕿ ᒥ ᕐ ᕈ ᔭ ᐅ ᓯ ᒪ ᒍ ᑎᖏ ᒍ ᑦ ᐅ ᑭ ᐅ ᓕ ᓐ ᓄ ᑦ 5 0- ᓂ ᒃ

ᐅᖓᑖᓄᓪᓗ.

IODINE ᖃᓄᐃᓕᖓᐅᓯᖓ

ᕿ ᑎ ᕐ ᐸ ᓱ ᖓ ᓃ ᓚ ᐅ ᕐ ᑐ ᑦ ᐃ ᑎ ᕉ ᑉ I o d i n e ᒥ ᑦ
ᐃ ᓗ ᓕ ᑕ ᖃ ᕐ ᓂᖏ ᑦ ᐃ ᓘ ᓐ ᓈ ᒍ ᑦ ᐃ ᓄ ᓕ ᒫ ᑎ ᒍ ᑦ
ᐃᒣᓪᓗᐊᑐᒦᓚᐅᕐᑐᑦ 79.8 μg/L ᐊᒻᒪᓗ 91.9 μg/L ᐱᐊᕋᑦᓴᓕᓐᓂᒃ ᐊᕐᓇᓂᒃ. ᑖᒃᑯᐊ ᐃᓕᒃᑯᑦ ᐊᑖᓃᑦᑐᑦ ᐃᓗᓕ ᑕᖃᕆᐊᖃ ᕐᓂᖏᓐᓄ ᑦ ᓈ ᒻᒪ ᑐᒥ ᒃ I o d i n e ᑎ ᒥ ᐅ ᑉ ᑭ ᖕᖒ ᒪ ᒋ ᔭᖏ ᓐ ᓂ ᒃ ᐃ ᒣ ᓪ ᓗ ᐊ ᑑ ᑦ ᓱ ᑎ ᑦ
1 0 0 - 1 9 9 μ g / L ᐃ ᓄ ᒻ ᒪ ᕆ ᓐ ᓄ ᑦ ᐊ ᒻ ᒪ ᓗ
ᐃᒣᓪᓗᐊᑑᑦᓱᑎᑦ 150-249 μg/ᐱᐊᕋᑦᓴᓕᓐᓄᑦ ᐊᕐᓇᓄᑦ ᐋᕐᕿᓱᕐᑕᐅᓯᒪᔪᑦ ᓯᓚᕐᔪᐊᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑎᒥᖁᑎᒻᒪᕆᖓᓄᑦ. ᐊᕗᖓᐅᓕᑦᓱᒍ, 20%-ᒐᓚᖏᑦ

ᓄᓇᕕᒻᒥᐅᑦ Iodineᑕᖃᓚᐅᕐᑐᑦ ᐊᑖᓃᑦᑐᓂᒃ 50 μg/L. ᐃᓄᓕᒫᖏᑎᒍᑦ ᓄᓇᕕᒻᒥ ᐃᓱᒪᒋᔭᐅᓂᓕᒃ ᑕᒐ
I o d i n e ᑕ ᖃ ᖕᖏ ᓗ ᐊ ᒋ ᐊᖏ ᓐ ᓂ ᒃ. ᓄ ᓇ ᕕ ᒻ ᒥ ᐅ ᑦ
ᐅᖓᕙᒥᐅᖑᓂᖏᑦ ᐃᓱᒪᒋᔭᐅᓂᖃᓚᐅᕐᑐᑦ ᓈᒻᒪᑐᒥᒃ Iodineᑕᖃᕆᐊᖏᓐᓂᒃ ᑎᒥᐅᑉ ᑭᖕᖒᒪᒋᓲᖏᓐᓂᒃ ᕿᑎᕐᐸᓱᖓᓂᒃ Iodine ᐃᓗᓕᑕᖃᕆᐊᖃᕐᓂᖏᓐᓄᑦ ᐃᒣᓪᓗᐊᑐᒥᒃ 103.6 μg/L ᐊᒻᒪᓗ 15.6% ᐃᓄᓕᒫᓄᑦ ᐃᓗᓕᑕᖃᕐᑎᓗᒋᑦ ᐊᑖᖓᓂ ᐃᒣᓪᓗᐊᑑᑉ 50 μg/L. ᐊᕐᓀᑦ ᐊᖏᓂᕐᓴᒥᒃ ᕿᑎᕐᐸᓱᖓᓂᒃ Iodineᑕᓕᕕᓃᑦ ᐃᓗᓕᖃᕐᓂᖏᒍᑦ ᑕᑯᓐᓇᓱᒋᑦ ᐊᖑᑏᑦ

ᖃᓄᐃᓕᕐᐱᑖ? 2017 ᐃᓄᖁᑎᖏᑦᑕ ᐃᓗᓯᖏᓐᓂᑦ
ᖃᐅᔨᓴᕐᓂᕕᓂᖅ ᓄᓇᕕᒻᒥ ᐊᐅᒡᒍᓯᒥᑦ ᐅᑦᑐᐱᕆᒧᑦ
2017ᖑᑎᓪᓗᒍ. ᑲᑎᑦᓱᑎᑦ 1 326 ᐃᓚᐅᓐᓂᖁᑦ
ᐅᑭᐅᓖᑦ 16ᓂᑦ ᐊᖓᔪᑦᓰᓗ 14ᓂᑦ ᓄᓇᓕᓐᓂᑦ
ᐃᑲᔪᕐᓯᓂᕐᖁᑦ ᑖᑦᓱᒧᖓ ᖃᐅᔨᓴᕐᓂᒧᑦ.

ᓇᑯᕐᒦᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᑦ ᐃᑲᔪᕐᓯᔪᕕᓃᑦ ᑕᒪᑦᓱᒥᖓ ᐱᒻᒪᕆᒻᒥᒃ ᐃᓗᓯᕐᒧᓕᖓᔪᓂᑦ ᖃᐅᔨᓴᕐᓂᕕᓂᕐᒥᒃ!

ᐃᒣᓪᓗᐊᔨᐊᖃᕐᑎᓗᒋᑦ (89.8 μg/L vs 72.1 μg/L).
ᓄᓇᕕᒻᒥᐅᑦ ᐅᑭᐅᓖᑦ 30-ᒥᑦ 49-ᒧᑦ ᐃᑭᓐᓂᓴᓂᒃ
ᐃᓗᓕᑕᖃᕐᑎᓗᒋᑦ Iodineᒥᑦ ᑕᑯᓐᓇᓱᒋᑦ ᐅᑭᐅᓖᑦ 16-
ᓂᒃ 29-ᒧᑦ ᐊᒻᒪᓗ ᑌᒃᑯᐊ ᐅᑭᐅᓖᑦ 50 ᐅᖓᑖᓄᑦ
ᐃᒣᓪᓗᐊᔨᐊᖃᕐᑎᓗᒋᑦ (70.4 μg/L vs 85.2 μg/L
ᐊᒻᒪᓗ 80.9 μg/L). ᑕᑯᓐᓇᓱᒋᑦ ᐃᓘᓐᓈᒍᑦ ᑲᓇᑕᒥᐅᑦ ᐃᓄᖏᑦ, ᕿᑎᕐᐸᓱᖓᓃᑦᑐᑦ ᐃᑎᕈᕐᒥᑕ Iodineᒥᒃ ᐃᓗᓕᑕᖃᕐᓂᖏᑦ ᒥᑭᓂᕐᓴᐹᓘᓚᐅᕐᑐᑦ ᑎᑭᕋᓴᕐᔪᐊᒥᐅᑦ ᑕ ᓯ ᐅ ᔭ ᕐ ᔪ ᐊ ᒥ ᐅ ᓪ ᓗ ᑭ ᓯ ᐊ ᓂ ᐊ ᑦ ᔨ ᐸ ᓱ ᒋ ᓚ ᐅ ᕐ ᑕᖓ

ᐅᖓᕙᒥᐅᑦ. ᐋᕐᕿᒋᐊᕐᑕᐅᓯᒪᖕᖑᑐᖅ ᐃᕐᐸᖓᓂᖏᓐᓄᑦ ᐱ ᑕ ᖃ ᒐ ᓛ ᓐ ᓂ ᖏ ᑦ ᐁ ᐅ ᑫ ᓐ ᖃ ᖕ ᖏ ᓗ ᐊ ᕐ ᓂ ᒧ ᑦ ᐊᖏᓂᕐᓴᐅᓚᐅᕐᑐᖅ ᓄᓇᕕᒻᒥᐅᓄᑦ ᑕᑯᓐᓇᓱᒋᑦ ᐃᓘᓐᓈᒍᑦ

ᑲᓇᑕᒥᐅᑦ ᐃᓄᖏᑦ ᐃᒣᓪᓗᐊᑐᒥᒃ (39.2% vs 22% ᐊᒻᒪᓗ 12.4% vs 7%). ᑕᑯᓐᓇᓱᒋᑦ ᐃᓄᖏᑦ ᐊᑯᑭ ᑦᑐᒥᐅ ᑦ ᐅᑭᐅᓖ ᑦ 50 ᐅᖓᑖᓂ, Iodineᒥ ᐃᓗᓕᑕᖃᕐᓂᖏᑦ ᑕᓯᐅᔭᕐᔪᐊᒥᐅᑦ ᐊᑦᔨᐸᓱᖃᓚᐅᕐᑐᑦ ᑌ ᒃ ᑯ ᓇ ᖕ ᖓ ᑦ ᐊ ᖏ ᔪ ᖑ ᐊ ᓂ ᒃ ᓄ ᓇ ᓕ ᓕ ᓐ ᓂ ᒃ ᖃᕙᖕᖓᓂᖓᓃᓐᓂᓴᒥᐅᓄᑦ ᐊᑯᑭᑦᑐᒥᑦ ᐃᓅᓯᖏᑦ ᐱᐅᓯᑐᖃᕐᒥᓂᒃ ᐊᑐᕐᓂᓴᐅᓂᖃᕐᑐᓄᑦ.

ᓄᕐᖃᒋᐊᕈᑎᖏᑦ

ᓀᓈᕆᐊᕐᓱᒍ, ᐊᒥᓲᓂᕐᓴᖏᑦ ᓄᓇᕕᒻᒥᐅᑦ ᓈᒻᒪᓈᕐᑐᒥᒃ ᕿᓕᕐᓯᓇᖏᑦ ᐊᐅᓚᑦᔦᒋᐊᕈᑎᖃᕐᓂᖏᑦ ᐳᕐᑐᓂᖃᓚᐅᕐᑐᑦ. ᑌ ᒃ ᑯ ᐊ ᕿ ᓕ ᕐ ᓯ ᓇᖏ ᑦ ᐊ ᐅ ᓚ ᑦ ᔦ ᒋ ᐊ ᕈᑎᖃ ᕐ ᓂᖏ ᑦ

ᓈ ᒻ ᒪᖏ ᓐ ᓂ ᓴ ᒦ ᑦ ᑎ ᐊ ᖃ ᕐ ᓂᖏ ᑦ, ᐆ ᒻ ᒪ ᕆ ᓐ ᓂ ᓴ ᒥ ᑦ ᕿᓕᕐᓯᓇᖃᓚᐅᕐᑐᑦ ᐆᒪᕆᓐᓂᓴᒦᑦᑎᐊᖃᖕᖏᓂᖏᓐᓄᑦ ᓄᓇᕕᒻᒥ 2017-ᖑᓕᕐᓂ,ᑦᔭ ᐊᕗᖓᐅᓕᒋᐊᓪᓛᓱᒍ, ᐃᓘᓐᓈᒍᑦ ᓄᓇᕕᒻᒥᐅᑦ ᐃᓄᖏᑦ ᐃᓱᒪᒋᔭᐅᓚᐅᕐᑐᑦ Iodineᖃᖕᖏᓗᐊᕆᐊᖏᓐᓂ ᒃ ᑌᑲᓐᓇᓂᐅᓚᐅ ᕐᑐᖅ, ᐅ ᖓ ᕙ ᒻ ᒥ ᐅ ᑦ ᐃ ᓱ ᒪ ᒋ ᔭ ᐅ ᑎ ᓪ ᓗ ᒋ ᑦ Iodineᖃ ᕐᓂᓴᐅᒋᐊᖏᓐᓂ ᒃ. Iodineᖃᖕᖏᓗᐊ ᕐᑐᑦ ᐃᕐᐸᖓᓚᐅᕐᒥᔪᖅ 32-ᓂᒃ ᐱᐊᕋᑦᓴᓕᓐᓂᒃ ᐊᕐᓇᓂᒃ ᐃᓚᐅᓚᐅᕐᑐᓂᒃ ᖃᐅᔨᓴᕐᓂᒧᑦ, ᓱᕐᕃᓯᒪᓂᖃᕈᓐᓇᑎᓪᓗᒍ ᖃᕆᑕᐅᑉ ᐱᕈᕐᐸᓕᐊᓂᖓᓂᒃ ᐱᕈᕐᐸᓕᐊᓂᕆᔭᖓᓂᓪᓗ

ᐱᐊᕋᑦᓴᕆᔭᐅᔫᑉ.

ᑐᑭᓯᒋᐊᕐᕕᐅᒍᓐᓇᑐᖅ: nrbhss.ca/in/health-surveys