



*Gishkiinzhokaaneyan  
 minose giizis ji-  
 zaasaabizisiwan  
 maagizhaa aaniish  
 nawach wiiba  
 gidaa-waabaab.  
 Nitaa-amwadwaa  
 zhiiwijiiminag  
 gemaa gitigaanensan  
 wiiji iwemagadoon ji-  
 waabaabisiing.*



Ganoonzh 'Canadian Association of Optometrists' ji-gikendaman aandi gechiwaag oshkiinzhigomashkikiwinini eyaad gaa-ayaayan.

Ganoonzh 1 888 263 4676  
 Gemaa inaabin [www.opto.ca](http://www.opto.ca)

Waabiwin zhigwa minoshkaabiwin wiindamaagewin Vision Institute of Canada onji dago:



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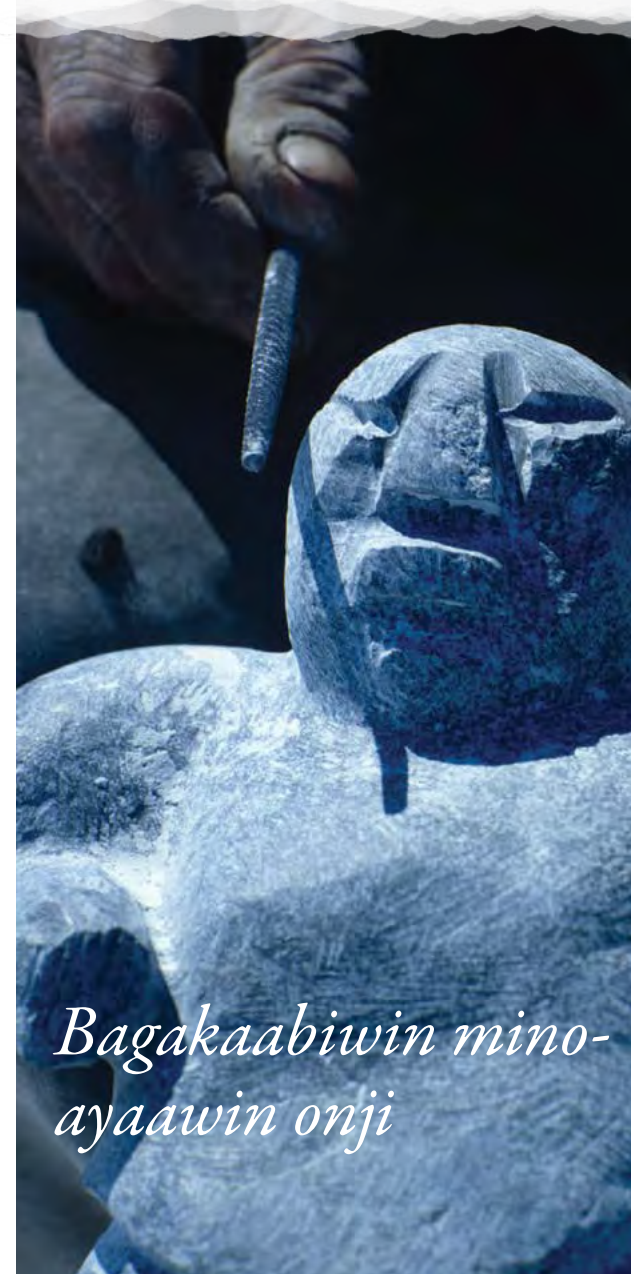
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*Waabaabiwin*



*Bagakaabiwin mino-  
 ayaawin onji*

# Waabaabiwin

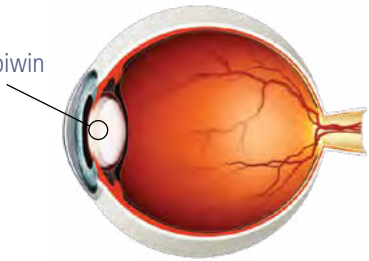
## Wegonen iwe waabaabiwin?

Ani-waabaagin gishkiinzhigoong, mii iwe waabaabiwin gaa-ijigaadeg. Aanind awiya waabaabid bangii eta waabaaniwan oshkiinzhigoon aanind idash owanitoonaawaa' ji-bagakaabiwaad.

## Awenen ge-waabaabid?

Niibowa awiyag awashime ningodwaasimidana daso-biboonewaad ani-waabaabiwag. Aanind idash gaye oshki-ayaansag daa-waabaabiwag abooshke abinoojiyisag.

Waabaabiwin



## Aaniin wenji-waabaabid awiya?

Gaan awiya ogikendanzin aaniin wenji-waabaabid awiya. Gegoo inaagamisewan gishkiinzhigoon, mii eni-izhi-waabaagamisegin. Maagizhaa ani-gitaadizid awiya gemaa mii odinawemaagana' ezhi-ayaanid gemaa gaye gegoo gii-inaapinanidizo zhigwa miinawaa maagizhaa gii-aakozidog. Niibowa gizhaateng ayaad awiya, zagaswaad gemaa mashkikiin gaa-aabajitood, maagizhaa gaye mii ini ge-onji-waabaabipan awiya. Ezhi-niizhiging gishkiinzhigoon awiya waabaabi, maagizhaa dash bebakaan daa-waabaaniwan.

## Gegoo na gidaa-izhichige ji-waabaabisiwan?

Gaan gegoo megwaa gikendaagosinooon ji-izhichigengiban ji-waabaabisiing. Oshkiinzhigokaaneyan giizis onji gichi-wiiji'iwemagadoon ji-babejiseg waabaabiwin. Giishin nitaa-amwadwaa zhiiwijiiminag dago gitigaanensan memindage dagotegin ini wendaadizing A, C zhigwa E dago gaye lutein gaa-ijigaadegin, mii ini miinawaa wiiji'iwemagadoon. Zhigwa miinawaa noongenaman gegoon gaa-zhiiwangin miijiyan, giigoo nitaa-inanjigeyan wiiji'iwemagadoon ji-waabaabisiwan.

## Aaniin ji-izhi-gikendaagwak awiya waabaabid?

Gaawiin moozhichigaadesinooon gemaa waabanjigaadesinooon awiya ani-waabaabid. Aanind gikenjigaade waabaabid awiya giishin ani-biigizawinang, mamazinaatenigin niigaan oshkiinzhigoon gemaa waabaagamingin. Maagizhaa gaye daa-mino-beshwaabim gemaa daa-wenji-zaasaabi awiya memindage dibikag.

## Aaniin ezhi-gikenjigaadeg waabaabiwin?

Oshkiinzhigoo-mashkikiiwinini waabanjigaazod daa-gikenjigaade awiya ani-waabaabid.



## Aaniin ji-izhi-giigeng waabaabiwin?

Wiiba ishkwaaw ozhi'omagak waabaabiwin, bangii eta biigizawinaming, gimashkikiiwininiim daa-anookii oshki-oshkiinzhigokaanan nawach ji-bagakaabing. Giishpin idash giwaabaabiwin ani-bwaanawitooyan gegoon ji-dazhiikaman gemaa gigishkiinzhigokaanan wiiji'igosiwan, maagizhaa gimashkikiiwininiim gidaa-izhinizha'og bakaan mashkikiiwininiwan ji-bishagizhang giwaabaabiwan. Gaawiin gegoo ji-gichi-izhichigeng, 95% dibach minose owe gaadoodawindwaa.

## Aanapii ji-odaapinigaadeg niwaabaabiwin?

Ginwezh igo daswaakiiwan ji-ozhi'omagak waabaabiwin gemaa aanind eta endaso-giizisoon. Aanind gaye waabaabiwan gaawiin memwech ji-odaapinigaadegin. Giishpin idash gigishkiinzhigokaanan wiiji'iwesininogin jiminwaabiyen, gimashkikiiwininiim giga-izhinizha'og mashkikiiwininiwan dezhiikang waabaabiwin.

## Aaniin ezhiseg ishkwaaw odaapinigaadeg waabaabiwin?

Oshkiinzhigokaanensan gibiizikamoonigoo apii dazhiikaagooyan, mii ini aayaabajitooyan ji-apaabiyen, naanigoding gaye giwiji'igonan waasa ji-izhi-bagakaabiyen abooshke gigishkiinzhigokaanesiwan. Geyaabi dash besho giga-biigizawaab. Gimashkikiiwininiim da-anookii oshki-oshkiinzhigokaanen ningo-giizis ishkwaaw dazhiikaag, da-minosewan waasa dago besho ji-izhi-bagakaabiyen.