



*Wiiba gikenjigaadeg,
 dazhiikigaadeg gaye ani-
 waabisiwan zhiawaapinewin
 onji daa-maamiinochigaade.
 Nitaa-andawaabam
 gimashkikiwininiim
 gemaa gimashkikiwikwem,
 bizikitaw gaye aaniin ji-
 inanjigeyan, zhezhaawiiyan
 dago mashkikiin
 wedaapinaman.*



Ganoonzh 'Canadian Association of Optometrists' ji-mikamookwaa gechiwaag mashkikiwininiwan.

Giigido 1 888 263 4676
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Waabiwin zhigwa minoshkaabiwin wiindamaagewin Vision Institute of Canada onji dago::



NATIONAL COLLABORATING CENTRE FOR ABORIGINAL HEALTH
 CENTRE DE COLLABORATION NATIONALE DE LA SANTÉ AUTOCHTONE

The Canadian Association of Optometrists



L'Association canadienne des optométristes

VISION INSTITUTE

Zhiawaapinewin zhigwa
 Gishkiinzhigoon

Bagakaabiwin ji-
 mino-ayaawin onji



Zhiiwaapinewin zhigwa Gishkiinzhigoon

Wegonen iwe zhiiwaapinewin?

Zhiiwaapineyan, gaawiin iwe aakoziwin gigashkitoosiin ji-ozhitooyan gemaa ji-aabajitooyan dibaamagishka'igan, mii dash nawach zhiiwaagamin gimishkwiim.

Aaniin ezhiseg oshkiinzhig awiya zhiiwaapined?

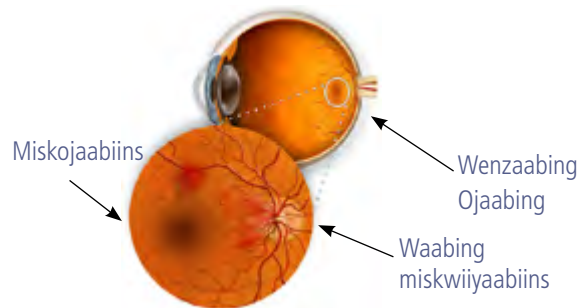
Bebakaan daa-izhise oshkiinzhigomaang zhiiwaapined awiya. Maagizhaa awiya meshkwajiseni obeshwaabiwin, owaasaabiwin dago besho-bagakaabiwin. Awiya gaye daa-waabaabi, da-ojaabaapine, aapidaabi oshkiinzhigoon gemaa daa-wakewizi niigaan ojaabing. Awiya zhiiwaapined apiichinaag daa-biigizawinam gemaa da-biigizawinam, oga-nanabwaabandaan gegoon, gaawiin daa-zaabaanirii ayinaabid zhigwa gaye daa-waashkeyaabishin oshkiinzhigong. Daa-mikigaade zhiiwaapinewin giishpin weweni ganawaabanjigaadegin awiya oshkiinzhigoon. Maawanj zanagak gishkiinzhigong giishin zhiiwaapineyan, iwe miskojaabiyan.

Awiyag gaa-zhiiwaapinewaad niishtana ashi naanan dasing daa-gagiibwaabiwag awashime apiich wiin ingiwe gaa-zhiiwaapinesigwaa.



Wegonen iwe miskojaabaapinewin?

Miskojaabaapinewin awiya ayaad, neshagaabiigisewan gemaa baagisewan gimiskwiiyaabiinsan gishkiinzhigong, naanigoding gimiskwiiw, ozhiginoon oshki-miskwiiyaabiinsan gemaa bakaan gegoon. Giishpin dazhiikigaadesinog, da-gagiibwaabi awiya.



Gegoo na daa-izhichigem ji-wanitoosiing waabiwin zhiiwaapineng?

Awiyag gaa-zhiiwaapinewaad niishtana ashi naanan (25) dasing awashime odaa-wanitoonaawaa' owaabiwiniwaa' apiich wiin ingi gaa-zhiiwaapinesigwaa. Dedeb wiiba dazhiikigaadeg daa-noongese ji-wanitoosiwan giwaabiwin zhiiwaapineyan. Waabanjigaadegin gishkiinzhigoon, gimashkikiwininiim oga-nisidawinaan aaniin ji-izhichigaadang ezhiwebiziyen ji-wanitoosiwan giwaabiwin. Giishpin idash aazha giimaakishkiinzhigweyan, gaawiin gegoo ji-izhichigeng. Onjida gwayak ji-naagajitooyan gizhiiwaapinewin ji-miskojaabaapinesiwana.

Aaniin ji-izhi-giigetoong miskojaabaapinewin?

Apii maadaapineyan, naanaagajichigaade miskojaabaapinewin. Giishin inenjigaadeg, daa-bishagaakizigaade. Aakonzhig dibinawaasigewinens inaatebijigaade gishkiinzhig ji-gibwaakizigaadeg miskwiiyaabiins. Aanind biinjishkiinzhig maajizhigaade. Nawach minose giishpin dazhiikigaadeg wiiba miskojaabaapinewin.

Gegoon ina wiji'iwesemagadoon ji-miskojaabaapined awiya?

Aanind gegoon izhichigeyan nawach daawendad ji-miskojaabaapineyan daabishkoo zagaswaayan, anoojigo inanjigeyan, ishpikweshewin, minikwewin dago gigishkawaawasowin.

Aaniin ji-izhichigeng gegoo izhi-ayaang oshkiinzhigomaang zhiiwaapineng?

Naanaagajitoon zhigwa bimendan gizhiiwaapinewin. Nitaandawaabam gimashkikiwininiim gemaa mashkikiwikwe bizikitaw aaniin ji-inanjigeyan, zhezhaawiiyan dago mashkikiin wedaapinaman. Waabam gidooshkiinzhigowi-mashkikiwininiim zhemaag apii maajii-zhiiwaapineyan, zhigwa gaye izhaanodaw endaswaaki gemaa minik wiindamaag ji-izhaayan.