



**NUNAVUNMI
TIBAAKUNUN
HIGAARLUNG-
NIRNULLU
PINAHUARUTIT**

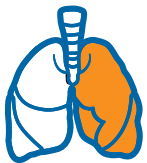
ILITTURIYAUHIMAYUNUT TITIRAQ

PUVANGNIT AANNIARUTIT CANCER HIGAARNIQLU

Puvangnit Aanniarutit Cancer taimaittuqs...

Aanniarutauyuq puvangnit talvani aanniarut nauvallivaktut nutqaqtitaulaittuq huruqninguqaktuq.

Hivulliuuyq tuquttuyuktuq aanniarutit cancer-nit tamangnit Nunavunmiunik.



Kitillugit puvangnit aanniarutitgit cancer-mik Nunavunmi hitamaiqlugu tapittivaktut tamangnik nunaptingni aanniarutilingnik

Taapkua hapingnautivaalliutauyut aanniarutiniyamik puvangni cancer-mik:

- Higaagtut tipaakuqmik
- Higaaqnarilirumik ukiuqqukittumik
- Higaaqpalliagamik upluq tamaat
- Higaagtuniitpakumik puyuqarniqmi
- Hanatqikkumik ikluqpangnik hanayauhimagumik hunaqitimik qakuqtaq taiyauvaktuq asbestos-mik
- Ikluqpaqaruffi utuqqatqiyamik ikluqpangmik hanayauhimagumik atuqhugu asbestos
- Aanniarutiqaqhimaguvit hivuani puvangnit aanniarutimik cancer-mik
- Qatanngutingnit aanniaqtuqaqhimagumi puvangnit aanniarutimik cancer-mik

! Higaariamik aanniarutiningnaqtuq **85%-nguyunik** puvangnut aanniarutimik cancer-mik Kanatami tamaat



Ilittuqhitiuyut puvangnit aanniarutik cancer-mik:

- Qalaktuinnarumik qalaguilaittumik
- Qatiggangnit ulurianaqhivaallirumik aniqhaariamik, qalakturiamik, iklariamikluuniit
- Qapakpaallirumik niriyumattiarumanngitkumiklu
- Qalaktuqhutik anialattivakkumik aungmik qirngayumikluuniit
- Aniqhaattiarunaitkumi aniqhaaqtariamilu ayurnaqqat
- Unaguhuinnaqtut unaguhukkumiklu
- Kilaarumik puvakktut halumailrunit, hangutaqtunit, uqungniilluuniit
- **ILIHIMAYAGHAQ:** Aanniaqtuliyiyit takuyaqtuqlugu hapkua ilitturinnarumik.



Ilingnik ilatillu munarinahuaqhugit aanniaqtailiyaamik puvangnit cancer-mik

- Higaagtailinahuaqluhi ikluqpangnit, aghaluutinit amauntingnilu
- Tunittailinahuaqluhi tipaakkurmik nutaqqanut inulramminullu
- Higaaqpallaaqtailinahuaqlutit higaaruiqlutikluuniit
- Aimaviit amirnaiqhimalugu asbestos-mit
- Qimilruqtaunarirahuaqlutik havautigharahuaqlutiklu puvangnut aanniarutinit taapkuatut Puvaklungniq (TB) Puvaklungniq Qalainnarniq (COPD)



Nayugaghait Nunaptingni
NUQUIT.S.CA | 1.866.368.7848

Ilittuqhvighat

Titiraaghariamik ilittuqhvighanik, qaritauyakktut titiraqlugit tobacco@gov.nu.ca

Ihuaqhihijajuq lidjirurvia 2024

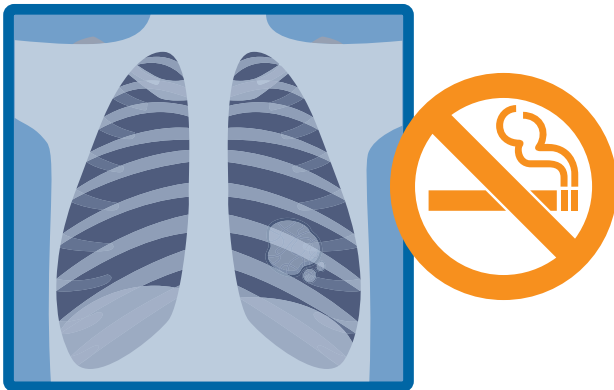


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Qanuq Higaaruirangat Ihuaqutavaktuq Cancer-mik Aanniarutilgit Havautighait

- Higaaruiruvit hivituhitilaaktuq inuuhirnik.
- Higaaruiruvit ihuaqutauvaalliutaayuq mamihariamik havautighainit cancer-mut pilaghiqtunut, mitqutikkut havautituqtunut, uutiqtarnikkullu havautituqtunut.
- Higaaruiruvit amirnaiqpaalliutaayuq aanniarutinut taimaa uummatirlungniqmik, nautkutiniqmik, ahiniklu aanniarutinik higaaqniqmit.
- Higaaruiruvit inuuhiqattiarnatqiyayuq taimaalu amirnaiqpaalliutaayuq ayuqhautinit cancer-mik havautituqtunut.



Inuit higaaruiqhimaliqtut puvangnit aaniaru- timik cancer-qaqtut pilaghiqtinnatik taimaittut:

- Pilgaqhuqpallaaqtailivaktut ihuilutiqaqpallaayuittullu pilaghiqtaaraangat puvangnit
- Kilaaqtailivaktut pilaghiqtaaraangat
- Mamihattiaqpaktut qilaminnuaq pilaghiqtaaraangat
- Naammaghinariqpaktut angilraqnariqpaghutiklu pilaghiqtaaraangat
- Utitqiyuitqiyauplutiklu aanniaqvingmut



Qanuq higaaruiqtiarniaqqa?

Ikayuqtighaqhiuqlutik munaqhinit munaqhivingnit, nunallaarnit aanniaqtuliyiyit kivgaqtianit, Iniqnirinit, ilangnik ilannaqnullu.



Hivayaqlugu taamna QuitLine
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Takulugu Tipakkuq Inighaitpiaqtuq
Hamani talvani Facebook-mi.



Talvunngaulutit: www.nuquits.ca



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Ilittuqhivighat

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