Gout & Diet

ܡܪܥܐ ܕܦܘܕܪܓܐ ܘܛܘܟܣܐ ܕܡܐܟܘܠܬܐ

ܗܢܐ ܦܪܣܬܐ ܦܬܝܚܬܐ ܝܠܗ̇ ܒܡܒܥܬܐ ܩܐ ܐܢܫܐ ܕܐܝܬ ܠܗܘܢ ܡܪܥܐ ܕܦܘܕܪܓܐ. ܦܪܣܬܐ ܝܗܒܐ ܝܠܗ̇ ܡܘܕܥܢܘܬܐ ܥܠ ܐܝܟܢܐ ܒܘܕ ܝܗܘܕܐ ܒܝܢ ܛܘܟܣܐ ܕܡܐܟܘܠܬܐ ܘܡܪܥܐ ܕܦܘܕܪܓܐ، ܘܠܐܝܟܐ ܠܐܙܠܐ ܠܡܛܝܐ ܡܘܕܥܢܘܬܐ ܘܙܒܢܬܐ ܘܡܠܟܐ (ܐܝܒܘܬ). ܦܪܣܬܐ ܠܐ ܝܠܗ̇ ܚܠܘܦܐ ܡܠܟܐ ܦܪܝܫܐ ܩܐ ܐܢܫܐ ܕܐܝܬ ܠܗܘܢ ܡܪܥܐ ܐܚܪܢܐ ܝܢ ܫܘܚܠܦܐ ܒܡܦܩܕܬܐ ܕܡܐܟܘܠܬܐ.

ܕܐܝܒ ܓܘ ܐܝܢܐ ܛܘܟܣܐ ܕܡܐܟܘܠܬܐ ܟܐܪ ܥܠ ܡܪܥܐ ܕܦܘܕܪܓܐ؟

ܡܪܥܐ ܕܦܘܕܪܓܐ ܝܠܗ ܚܕ ܦܪܨܘܦܐ ܕܡܪܥܐ ܕܥܘܠܨܢܐ ܕܝܕܥܝܐ ܕܦܪ̈ܩܐ ܡܠܗ ܐܗܒܪܐ ܒܟܡܘܬܐ ܙܝܕܬܐ ܕܚܡܝܥܐ ܕܝܘܪܝܟ ܕܐܝܬ ܠܗ ܓܘܫܡܐ. ܒܟܡܘܬܐ ܙܝܕܬܐ ܕܚܡܝܥܐ ܕܝܘܪܝܟ ܩܐܢܐ ܕܡܒܝܕܪܢܐ ܓܠܘܦܐ ܠܗ ܓܘܫܡܐ، ܘܐܝܬ ܓܘ ܡܟܕܪ ܓܫܪܐ (ܓܝܠܐ) ܘܝܘܪܐ. ܝܡܝܢܐ ܕܠܗ ܓܘܫܡܐ ܝܠܗ ܚܕ ܡܠܦܢܐ ܘܟܠܢܐ ܒܢܝܢܐ ܕܦܬܚܐ ܝܠܗ ܡܗܘܕܝܢܐ ܡܢ ܡܦܩܕܬܐ ܕܡܐܟܘܠܬܐ، ܦܕܝܬܐܝܬ ܒܕܡܫܐ ܡܠܦܢܐ ܡܪܒܝܢܐ ܕܦܬܚܐ ܡܢܐ ܝܘܪܝܐ ܦܘܪܝܢܐ. ܦܬܚܬܐ ܡܢܗ ܣܒܝܟܬܐ ܕܒܟܡܘܬܐ ܕܡܒܝܕܪܬܐ ܕܚܡܝܥܐ ܕܓܘܫܡܐ ܒܐܘܪܚܐ ܕܡܘܣܠܩܐ ܠܗ ܛܘܟܣܐ ܕܡܐܟܘܠܬܘܟܘܢ، ܒܠܟܐ ܕܝܕܝ ܡܒܝܕܐ ܠܐ ܡܗܘܢܝܘܬܐ ܕܡܣܢܝܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ ܒܟܠܗܝܢ.

ܩܐܢܐ ܡܒܝܕܪܬܐ ܒܡܘܡܪܐ ܕܦܠܓܐ ܕܦܝܫܐ ܥܠ ܡܪܥܐ ܕܦܘܕܪܓܐ؟

ܐܢ ܐܢܫܘܟܘܢ ܡܘܡܪܐ ܕܦܠܓܐ ܘܕܪܐ، ܡܒܝܕܪܬܐ ܕܦܠܓܢܝܬܐ ܒܡܘܡܪܐ ܕܦܠܓܐ ܩܐܢܐ ܕܡܒܝܕܪܐ ܠܐ ܒܟܡܘܬܐ ܕܚܡܝܥܐ ܕܓܘܫܡܐ ܘܐܦ ܡܗܘܢܝܘܬܐ ܕܡܣܢܝܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ ܓܘ ܟܝܪܐ. ܐܝܢܐ، ܐܢܫܘܬܐ ܡܠܐ ܕܪܚܡܬܘܟܘܢ، ܡܢ ܝܡܡܬܐ ܝܢ ܡܢ ܡܒܝܕܪܬܐ ܠܘܒܕܬܐ ܠܗ ܒܟܡܘܬܐ ܕܡܐܟܘܠܬܐ، ܐܝܟ ܕܝܢܐ ܡܒܝܕܪܝܬܘܢ، ܡܗܝܢܐ ܕܒܝܕܝܢܐ ܕܝܕܥܐ ܕܠܐ ܡܐܟܘܠܬܐ ܩܠܝܠܬܐ ܘܕܝܢܐ ܚܠܡܝܬܘܢ، ܡܘܡܪܐ ܕܦܠܓܐ ܒܦܠܘܠܘܬܐ. ܐܦܢ ܦܝܫܐ ܕܛܘܟܣܐ ܕܡܐܟܘܠܬܐ ܓܢ ܡܘܝܕܠܗ ܒܟܡܘܬܐ ܕܚܡܝܥܐ ܕܓܘܫܡܐ ܘܡܠܝܚܠܐ ܚܕܐ ܡܣܢܝܬܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ. ܐܢ ܡܘܪܙܐ ܕܛܘܟܣܐ ܗܡܝܠܐ ܘܣܘܠܩܢܐ ܕܡܐܟܘܠܬܐ ܘܡܒܕܘܬܐ ܦܠܓܢܝܬܐ ܕܐܘܪܚܬܐ ܡܠܐ ܗܘ ܐܘܪܚܐ ܒܘܟ ܒܝܬܐ ܩܐ ܡܒܝܕܪܬܐ ܒܡܘܡܪܐ ܕܦܠܓܐ. ܫܘܡܗ، ܒܒܫ ܐܗܢܘܟܘܢ ܝܢ ܣܘܦ، ܩܐ ܐܢ ܡܚܒܪܐ ܒܘܠܩ ܡܐܟܘܠܬܐ ܠܡܘܡܐ ܡܠܟܐ.

ܐܝܬ ܡܐܟܘܠܬܐ ܦܪܝܫܐ ܕܝܢܐ ܡܒܕܒ ܩܐ ܡܪܥܐ ܕܦܘܕܪܓܐ؟

ܟܡܐ ܐܝܬ ܕܪܐ ܣܘܪܓܕܐ ܝܠܗܝܢ ܒܘܗ ܛܘܟܣܐ ܕܡܐܟܘܠܬܐ ܘܡܪܥܐ ܕܦܘܕܪܓܐ. ܩܐ ܛܘܦܣܐ، ܕܪܐ ܐܢܫܐ ܓܢ ܫܩܠܝ ܕܡܐܟܘܠܬܐ ܚܡܘܨܐ ܓܢ ܡܒܕܒ ܩܐ ܡܪܥܐ ܕܦܘܕܪܓܐ. ܟܠܗ ܚܕܐ ܫܘܕܥܬܐ ܕܡܣܘܝܐ ܡܠܐ ܕܐܢܫܐ ܣܘܪܓܕܐ ܒܕܝܪܐ ܡܠܗ. ܐܝܢܐ، ܐܢ ܡܝܢܢܐ ܕܕܪܐ ܡܣܘܝܐ ܡܢܐ ܩܐ ܕܐܢܫܐ ܕܐܝܬ ܠܗܘܢ ܡܪܥܐ ܕܦܘܕܪܓܐ ܓܢ ܐܟܠܝ ܒܕܡܫܐ ܡܐܟܘܠܬܐ ܪܒܝܬܐ. ܐܢܝ ܡܐܟܘܠܬܐ ܓܢ ܫܩܠܝ ܒܟܡܘܬܐ ܪܒܬܐ ܕܦܘܪܝܢܐ، ܕܝܠܗ ܐܢ ܡܠܦܢܐ ܕܡܝܬܗ ܝܡܝܢܐ ܕܐܘܪܝܟ ܩܐܢܐ ܕܦܩܝܕ ܡܗܘܕܝܢܐ. ܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܒܟܡܘܬܐ ܐܘܪܟܐ ܕܦܘܪܝܢ ܝܣܓܝܐ ܡܢܐ:

- ܒܣܪܐ — ܦܕܝܬܐܝܬ ܒܣܪܐ ܗܡܝܡܐ ܘܒܣܪܐ ܐܚܪܢܐ ܡܐܢܝ ܟܒܕܐ، ܟܠܝܬܐ ܘܡܘܚܐ
- ܡܐܟܘܠܬܐ ܕܝܡܐ — ܦܕܝܬܐܝܬ ܐܢܟܘܫܐ، ܝܫܟܠܦܬܐ، ܒܘܟܢܐ ܢܘܢܐ، ܡܚܝܪܟܐ، ܫܩܕܝܐ ܘܐܢܚܘܬܐ
- ܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܣܟܪܐ — ܐܝܟ ܓܠܝܩܘܙ ܘܚܡܪܐ.

ܐܢܫܐ ܡܢܐ ܕܡܒܝܠܗ ܠܗܘܢ ܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܒܟܡܘܬܐ ܐܘܪܟܐ ܕܦܘܪܝܢ؟

ܫܘܕܥܬܐ ܝܠܦܢܬܐ، ܕܡܣܘܝܐ ܡܠܐ ܩܐ ܕܪܫܡܬܐ ܡܢ ܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܒܟܡܘܬܐ ܐܘܪܟܐ ܕܦܘܪܝܢ ܓܢ ܡܒܝܕܪܐ ܠܗܘܢ ܡܣܢܝܬܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ، ܕܪܐ ܩܝܘܕܬܐ ܡܠܐ. ܒܠܟܐ ܕܡܫܝܡܝܬܘܢ، ܠܐ ܠܬܘܒ، ܡܢ ܡܠܦܢܐ ܡܚܫܒܢܝܬܐ ܐܢܫܝܬܐ ܠܒܘܠܝ ܡܢ ܠܐܬܠܐ ܘܕܪܐ ܡܐܟܘܠܬܐ ܕܝܕܥܝܐ. ܐܝܢܐ، ܠܐ ܟܠܝܘܢ ܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܒܟܡܘܬܐ ܐܘܪܟܐ ܕܦܘܪܝܢ ܓܢ ܡܒܕܒ ܩܐ ܡܪܥܐ ܕܦܘܕܪܓܐ. ܩܐ ܛܘܦܣܐ، ܐܦ ܕܐܡܪܐ ܕܐܝܬ ܐܘܪܟܐ ܕܡܘܪܡܝܬܐ (ܐܝܟ ܐܣܦܪܓܘܣ، ܦܛܪܝܬܐ، ܟܪܒܐ ܘܣܦܢܟܐ) ܐܝܬ ܠܗܘܢ ܒܟܡܘܬܐ ܐܘܪܟܐ ܕܦܘܪܝܢ، ܐܝܢܐ ܡܗܘܢܝܘܬܐ ܕܡܒܝܕܪܬܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ ܒܘܟ ܦܝܫܐ ܡܠܐ ܡܢ ܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܒܣܪܐ ܘܡܐܟܘܠܬܐ ܕܝܡܐ. ܡܚܘܝܐ ܡܠܐ ܕܡܐܟܘܠܬܐ ܡܠܝܚܝܬܐ، ܕܝܢܐ ܫܩܠܝ ܦܘܪܝܢ، ܒܕܝܢܐܝܬ ܓܢ ܡܒܝܕܪܝܠܗ ܡܗܘܢܝܘܬܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ. ܩܐ ܫܘܡܗܐ ܘܕܪܐ ܕܐܢܫܐ ܕܐܝܬ ܠܗܘܢ ܡܪܥܐ ܕܦܘܕܪܓܐ، ܗܘ ܡܒܝܒ ܕܐܟܠ ܩܐܒܘܢ ܡܢܐ ܝܠܗ ܐܝܠܗ ܚܕ ܛܘܟܣܐ ܗܡܝܠܐ ܘܣܘܠܩܢܐ ܕܡܐܟܘܠܬܐ، ܒܩܝܪ ܕܪܝܫܝܢ ܠܡܒܝܕܪܘܬܐ ܒܟܡܘܬܐ ܕܚܡܝܥܐ ܕܓܘܫܡܐ. ܫܘܡܗ ܘܕܪܐ ܕܐܢܫܐ ܕܝܢܐ ܫܡܠܒ ܕܪܝܫܝܢ ܠܡܒܝܕܪܘܬܐ ܒܟܡܘܬܐ ܕܚܡܝܥܐ ܕܓܘܫܡܐ، ܓܢ ܣܘܦ ܕܐܟܠ ܩܐܒ ܕܐܘܪܚܐ ܒܟܡܘܬܐ ܡܗܝܡܢܝܬܐ ܕܡܐܟܘܠܬܐ ܕܐܝܬ ܠܗܘܢ ܒܟܡܘܬܐ ܐܘܪܟܐ ܕܦܘܪܝܢ ܘܠܐ ܡܒܠܒ ܡܣܢܝܬܐ ܕܡܪܥܐ ܕܦܘܕܪܓܐ.

ܗܘܝܢܐ ܕܦܪܚܬܘܬ ܓܢ ܡܒܝܕܐ ܩܐ ܡܪܥܐ ܕܦܘܕܪܓܐ؟

ܦܪܚܬܘܬ ܝܠܗ ܫܩܕܐ ܕܝܢܐ ܩܐܝܪ ܡܒܝܕܢܐ ܠܗ ܦܠܓܐ ܘܫܪܡܘܝܐ. ܐܦ ܓܢ ܩܐܝܪ ܡܒܝܕܢܐ ܒܟܡܘܬܐ ܐܘܪܟܐ ܠܗ ܡܐܟܘܠܬܐ ܕܦܬܚܐ ܡܢܐ ܡܘܣܠܝܐ ܒܡܟܡܘܣܬܐ ܕܡܝܢܐ، ܐܝܟ ܠܚܡܐ، ܪܝܙܐ، ܘܒܐܢܐ ܦܠܘܛܐ (ܠܐ ܐܝܟ ܕܦܬܚܐ ܡܢܐ ܡܗܘܕܝܢܐ ܠܗ ܐܘܪܟܐ ܕܡܠܬܐ) ܘܡܟܝܕܐ ܕܦܠܓܐ. ܐܢ ܒܘܢܝܐ ܐܡܝܪܝܬܐ ܡܘܡܝܢܢܝܠܗ ܕܐܝܒ ܒܟܡܘܬܐ ܕܝܢܐ ܫܩܠ ܐܢܫܐ ܡܠ ܝܬܒ ܫܦܝܪܬܐ ܦܠܘܛܐ ܡܘܣܠܝܐ ܒܦܪܚܬܘܬ، ܒܘܟ ܡܗܘܢܝܘܬܐ ܐܘܪܐ ܕܟܠܒ ܗܘܘ ܡܪܥܐ ܕܦܘܕܪܓܐ. ܐܝܢܐ ܠܝܬ ܒܘܢܝܐ ܕܡܣܘܝܐ ܡܠܗ ܕܦܪܚܬܘܬ ܫܦܝܪܬܐ ܓܢ ܡܒܝܕܐ ܩܐ ܡܪܥܐ ܕܦܘܕܪܓܐ. ܡܒܝܕܪܬܐ ܒܟܡܘܬܐ ܕܡܐܟܘܠܬܐ ܕܦܬܚܬܐ ܡܠܐ ܡܘܣܠܝܬܐ ܡܚܝܠܝܬ ܒܠܟܐ ܕܘܡܢܐ ܠܡܘܣܝܢܐ ܡܠܝܢܐ ܕܣܘܠܩܢܘܟܘܢ. ܐܝܢܐ ܐܦ ܦܪܚܬܘܬ ܒܢܝܢܐ ܕܐܝܬ ܠܗ ܩܐܝܪ ܘܫܪܡܘܝܐ ܓܢ ܐܘܪܚ ܡܘܣܠܝܐ ܩܐ ܣܘܠܩܢܘܟܘܢ، ܘܠܐ ܗܘܢܐ ܕܡܒܝܕܪܬܘܟܘܢ ܠܗܘܢ ܡܠܟܠܝܬܘܢ ܕܠܐ ܒܟܡܘܬܐ ܡܢ ܐܗܢܘܟܘܢ ܝܢ ܡܚܒܪܘܟܘܢ ܒܘܠܩ ܡܐܟܘܠܬܐ.

Arthritis
AUSTRALIA

ܩܝܡ ܕܟܝܠ ܥܡܝܢܐ ܐܠܟܘܗܘܠܝܐ؟

ܥܡܝܢܐ ܕܐܠܟܘܗܘܠ ܩܝܢܐ ܕܡܘܝܕܐ ܠܗ ܣܘܟܝܢܘܬ ܕܡܕܢܚܐ ܕܦܘܕܓܪܐ ܩܒܠ ܝܐ ܡܘܝܕܐ ܠܗ ܒܟܡܝܘܬܐ ܕܝܡܝܢܐ ܕܠܘܕܐ ܕܐܝܬ ܠܗ ܕܡܘܡܝܐ. ܝܕ ܡܣܘܟܝܢܘܬܐ ܗܠܝܢ ܠܡܕܒܪܢܘܬܐ ܡܣܢܝܬܐ ܕܡܕܢܚܐ ܕܦܘܕܓܪܐ ܕܟܠ ܟܠܚܕܢܝܬ ܡܫܪܝܬܐ ܕܐܠܟܘܗܘܠ، ܐܝܬܐ ܟܕܚܘ، ܕܡܚܝܕܝܬܘ، ܟܠܗ ܟܡܝܘܬܐ ܕܐܠܟܘܗܘܠ ܕܝܬܒܝܗܘܢ ܗܘܘ، ܘܟܠ ܬܝܬܝܗܘ، ܫܕܐ ܟܡܝܘܬܐ ܠܘܕܐܬܐ ܕܐܠܟܘܗܘܠ ܒܣܕܐ ܟܠܗ. ܘܡܘܡܘ، ܥܠ ܐܗܘܢܘܟܘܢ، ܝ ܦܫܝܕܘ، ܠܗܘܦܐ ܐܝܠܗܕܘܢܝܢ www.alcohol.gov.au ܠܗܢܝܢ ܡܘܕܥܢܘܬܐ ܒܘܕ ܟܡܝܘܬܐ ܕܐܠܟܘܗܘܠ ܕܩܒܝܬܐ ܗܠܝܢ ܡܘܣܝܟܬܐ ܕܬܝܬܝܗܘ، ܟܠܗ.

ܩܘܢܐ ܕܡܚܘܟܡܐ ܩܝܬܐ ܕܐܠܟܘܗܘܠ ܒܘܕ ܝܩܒ ܗܢܐ ܡܢ ܩܝܬܐ ܐܝܕܬܝܐ؟

ܡܒܘܝܐ ܗܠܝܢ ܕܡܕܢܚܐ ܕܦܘܕܓܪܐ ܒܘܕ ܦܕܝܫܐ ܗܝܠܗ ܐܠܗ ܬܥܡܝܬܐ ܕܒܝܕܐ ܘܥܡܝܬܐ ܡܕܘܝܢܐ ܫܠܝܬܐ ܡܢ ܕܐܠܗ ܬܥܡܝܬܐ ܕܝܡܕܐ. ܕܟܐ ܒܝܕܐ ܝܐ ܫܒܒ ܟܡܝܘܬܐ ܠܘܕܐ ܕܩܘܕܒ ܘܐܝܬ ܝܐ ܡܘܝܕܝܠܗ ܟܡܝܘܬܐ ܕܝܡܝܢܐ ܕܠܘܕܐ ܕܐܝܬ ܠܗ ܕܡܘܡܝܐ. ܐܝܬܐ ܠܝܗ ܡܘܕܥܬܐ ܝܠܟܬܐ ܕܡܣܘܝܐ ܗܠܝܢ ܕܐܫܝܒ ܫܘܟܡܐ ܩܝܬܐ ܕܥܒܝܕ ܕܥܡܝܬܐ ܐܠܟܘܗܘܠܝܐ ܝܐ ܡܚܕܒܝܠܗ ܡܕܢܚܐ ܕܦܘܕܓܪܐ.

ܐܢܝܫܬܐ ܗܠܝܢ ܕܟܝܠ ܟܡܝܘܬܐ ܕܟܝܐ ܕܡܝܐ؟

ܡܒܕܝܢܘܬܐ (ܠܐ ܥܡܝܬܐ ܕܟܡܝܘܬܐ ܩܠܝܠܬܐ ܕܡܝܐ) ܒܠܟܐ ܕܗܘܝܐ ܡܝܕܥܬܐ ܥܠ ܦܕܫܬܐ ܕܡܕܢܚܐ ܕܦܘܕܓܪܐ، ܐܝܬܐ ܒܘܝܢܐ ܠܐ ܗܝܠܗ ܡܟܘܕܕܘ ܐܢܐ ܡܝܕܒ. ܥܡܝܬܐ ܕܡܢ 1 ܗܘܠ 1.5 ܠܒܝܬܐ ܕܡܝܐ ܬܘܩܝܢܝܬ ܦܒܬܐ ܗܠܝܢ ܡܘܣܝܟܬܐ ܠܒܘܕܢܐ ܟܠܝܢܐ ܕܣܘܠܩܢܐ. ܐܝܬܐ ܝܐ، ܓܥܠܠ ܗܘܘ، ܕܡܝܢ ܕܠܘܕܐ (ܐܦ ܩܒܝܐ ܗܢܐ ܡܕܒܠܝܢ ܐܡܝ 'ܫܬܝܐ ܕܡܝܐ' ܝ ܫܬܝܐ ܠܗܘܕܐ ܥܠ ܦܠܓܐ ܕܩܕܡ ܡܢ ܡܝܐ) ܝ ܝ، ܐܝܬܠܘܟܘܢ، ܝܠܐܕܐ ܕܠܝܟܐ ܝ ܕܟܠܒܝܬܐ، ܘܡܘܡܘ، ܥܠ ܐܗܘܢܘܟܘܢ، ܒܘܕ ܟܡܝܘܬܐ ܗܕܝܟܐ ܕܡܝܐ ܕܐܢܝܫܬܐ ܗܠܝܢ ܕܬܝܬܝܗܘ، ܟܠܗ.

ܡܐܟܐ ܩܝܡ ܕܡܒܥܠܝ ܝܠܟܐ ܒܘܗ ܛܘܟܣܐ ܕܡܐܟܘܠܬܐ؟

ܗܘ ܦܕܝܘܩܐ ܕܗܟܝܡܐ ܗܘܘ، ܕܫܘܒܝܘ، ܠܗ ܗܝܠܗ ܫܒ ܫܒܝܒܐ ܡܟܘܝܕܐ ܘܡܢܐܫܢܐ ܒܘܠܦ ܡܐܟܘܠܬܐ (Accredited Practising Dietitian (APD)). ܫܒ APD ܩܝܡ ܕܗܘܝܟܠܘܟܘܢ، ܝܠܟܐ ܕܦܕܝܘܩܝܬ ܠܣܒܝܬܐ ܗܝܠܗ ܩܠܠܘܟܘܢ، ܘܕܟܡܘܘܡܝܘܬܐ ܐܟܠܝܬܘ، ܒܗܘ ܐܘܕܫܐ ܕܒܘܕ ܝܠܫܝܬܐ ܗܠܝܢ ܩܠܠܘܟܘܢ.. ܫܒܝܬܐ ܡܟܘܝܕܐ ܘܡܢܐܫܢܐ ܒܘܠܦ ܡܐܟܘܠܬܐ ܦܘܕܝܘܐ ܗܢܐ ܒܝܗ ܝܘܦܐ ܘܫܒܝܬܐ ܗܢܐ ܠܗ ܫܡܠܐ ܕܡܐܟܘܠܬܐ ܡܕܥܢܝܬܐ ܘܕܒܘܠܩܢܐ ܕܛܘܟܣܐ ܕܡܐܟܘܠܬܐ ܘܡܝܟܐܠܝܬܐ ܗܢܐ ܠܝܬܠܬܐ ܠܛܒܝܥܐ ܕܒܘܕܝܐ ܐܡܝܢܐ ܕܒܬܦܘܬܐ ܕܫܒܝܬܐ ܒܘܠܦ ܡܐܟܘܠܬܐ ܕܐܘܣܛܪܠܝܐ (Dietitians Association of Australia's (DAA)) ܘܠܡܟܡܘܢܝܐ ܛܘܪܐ ܐܡܝܢܐ ܠܐ ܡܟܠܠܢܝܬܐ ܘܠܡܟܡܘܢܝܐ ܝܠܦܝܬܐ ܒܫܒ ܕܘܪܐ ܝܠܠܢܐ ܕܛܒܘܬܐ. ܠܡܟܒܘܫܐ ܫܒ APD، ܡܦܠܣܘ، ܠܗ ܐܫܢܐ ‘Find an APD’ ܐܠܗ ܬܘܦܐ ܐܝܠܗܕܘܢܝܢ ܕ DAA: www.daa.asn.au ܝ ܡܕܘ، ܥܠ ܡܢܝܢܐ 1800 812 942.

ܡܫܝܕܘ، ܥܠ ܡܟܒܘܐ ܕܡܕܢܚܐ ܕܒܘܠܗܘܬܐ ܕܝܕܥܢܐ (Arthritis Office) ܕܐܠܗ ܦܒܝܬܘܟܘܢ، ܠܗܢܝܢ ܡܘܕܥܢܘܬܐ ܘܕܝܬܐ ܒܘܕ ܦܕܡܢܝܬܐ ܕܡܘܕܥܢܘܬܐ ܒܘܕ ܡܕܢܚܐ ܕܒܘܠܗܘܬܐ ܕܝܕܥܢܐ.

ܐܢܐ ܦܕܡܬܐ ܕܡܘܕܥܢܘܬܐ ܦܒܝܠܗ ܡܘܡܝܕܬܐ ܒܝܘܦܩܬܐ ܥܠ ܝܘܦܩܘܬܐ ܕܫܒܝܬܐ ܒܘܠܦ ܡܐܟܘܠܬܐ ܕܐܘܣܛܪܠܝܐ (Dietitians Association of Australi

ܫܒ ܛܘܟܣܐ ܗܡܝܠܐ ܘܣܘܠܩܢܐ ܕܡܐܟܘܠܬܐ ܒܠܟܐ ܕܗܝܕ ܒܡܟܒܪܬܐ ܕܣܘܟܝܢܘܬ ܕܡܣܢܝܬܐ ܕܡܕܢܚܐ ܕܦܘܕܓܪܐ. ܣܘܦ، ܫܒ ܫܒܝܬܐ ܡܟܘܝܕܐ ܘܡܢܐܫܢܐ ܒܘܠܦ ܡܐܟܘܠܬܐ ܠܡܒܘܝܐ ܝܠܟܐ ܦܕܝܘܩܢܐ ܒܘܕ ܛܘܟܣܐ ܕܡܐܟܘܠܬܐ.

ܠܗܢܝܢ ܠܡܟܒܝܐ ܕ Arthritis ܕܐܠܗ ܦܒܝܬܘܟܘܢ:
ܡܕܘ، ܥܠ ܡܢܝܢܐ 1800 011 041 ܝ ܡܫܝܕܘ، ܠܗܘܦܐ:
www.arthritisaustralia.com.au

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