

MILIKI HATTAK VPI HOMMA MICHA ALASKA OKLUSHI HAKCHUMA ISHT VTTA

Fact Sheet – Holisso Ahli

Aiunchololli vhleha yvt hakchuma ya nana ittimilaiyuka eishi hosh, ohkish, nana kanihmi anoti kanimi kvv nana isht hlakoffichi. Akinli lia chi haknip a okpani anoti nan't ik achukmo hinla.

Oklushi Achukmaka micha Achukmaka Aheka

Okla hakchuma AI/AN vhleha yvt isht asha kvv lawa ho?

1978 tok_a Miliki Hattak Vpi Homma/Elaskan Oklushi (AI/AN) akosh hakchuma okla isht asha yvt chaha fehna kvv hattak inla j shahli.

AI/AN Okla ya:

- Himmithoa yvt afvmmi awah untuchena hekit pokoli tuklo akocha tahlapi yvt atuklo ka achvffa kvv hakchuma nan isht asha.
- Akma afvmmi untuchena atampa yvt tahlapi ya achvffa kvv hakchuma shoka.
- Akma afvmmi untuchena atampa yvt awah tuklo ya achvffa kvv hakchuma shoka kiyo mak_o isht asha.
- Ohoyo hannali yvt vlla shola chi kvty achvffa hosh shoka.
- Shuka yvt Northern Plains region (Iowa, Michigan, Minnesota, Montana, Nebraska, North and South Dakota, Wisconsin and Wyoming) ak_o lawa kvv j shahli.



Hakchuma nana kia isht ish vtt_a hokma, katima hinla?

Chi haknip an_uka ya hakchuma mvt nana kia okpani akmtv chi vbi hinla. Shuka mvt chi chukash, afiopa anoti nana inla aiena ka okpani tahla hinla. (COPD)

AI/AN ohoyo vhleha yvt okla hakchuma ittimilaiyuka isht vtt_a tokma, vlla shola ch_i ka nana kanicha hinla. Allosi kanimi kvv illi kiyokmvt isht abeka nana kia ishi hosh vtt_a. (SIDS)

Katimi ho issa la hinla?

Hakchuma nana kia isht ish vtt_a kiyokmvt chi haknip vt achukma micha ch_i chukka achvffa micha inla moma ka him vbacha hinla.

- Ish issa na wik tuklo onakma chim afioyopa yvt achukma.
- Afvmmi achvffa onakma chi chukash a apelvchi.
- Afvmmi tahlapi ya chi haknip v tik shuko ittilaui.
- Afvmmi pokkoli onakma nipi vpa isha hinla kvv akka minti.
- Cholestrol akmtv akka minti
- Hoshuwa shahli tuklo mvt akka minti
- Noti itvlbakchi abekachi yvt akka minti
- Akmtv ch_i kana micha ch_i chukka achvffa vhleha yvt shobota ataklvma he kiyo.

Katimichi hosh issa la hinla?

FDA yvt na shuka itimmi yvt chia pela hinla. Chim alikchi kiyokmvt ohkish hopela ya ish ittimanumpulikma nana hosh chia pela hinla ka chim ahocha hinla.

- **Aiittvtoba ya ohkish vt** hika, hakshup lapachi micha ibishakni itimmi yvt ansha.
- Alikchi akmtv **ohkish nana kia** holissochit chima hinla.

Katimma ho nana ishahlichit ikhvna la hinla?

Hattak vip homma achukmaka yvt hakchuma aiimma yvt im ansha.

www.ihs.gov/forpatients/healthtopics/TobaccoPrevention.

Issa chi ka apela yvt maya. Pisa: www.smokefree.gov.

Shuka issa apela ya ish im anumpula hinla. Abeka isht apela i paya **1-800-Quit-Now (784-8669)**

Anumpa fimmi ya ish pisa chike www.fda.gov/healthequity