

SUGAR DIABETES (*Our Story*)



SAARRALAQERYARAQ

Written by Lois Schumacher ◊ Translated by Ina Bouker ◊ Illustrated by Apayo Moore

This book is dedicated to the residents of Bristol Bay, Alaska.

*The following story has been inspired by
the people of Bristol Bay living life with diabetes.*

*Un'a kalikaq kinguvarcimauq yugnun tamallkuitnun
Ilgayarmiunun. Ayagniucimallra-llu yaavet qaqicimallranun
un'a kalikaq igaucimallruq yuut saaralaqaumalriit piteklluki.*

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Welcome to the story of how Katherine and Mitch got “sugar diabetes” and what they are doing to take care of their bodies. Katherine and Mitch were shocked to hear that they had “sugar diabetes.” How could this happen to them? Katherine and Mitch would like to share their stories.

Quyanaqvaa-llu, Katherine-aangkuk, Mitch-aq-llu qanengssiignek qaillun “saarralaaqallragnek” cali-llu qaillun ellmegnek auluk’llemek. Tamarmek alangaallruuk nitellermegnek “saarralaaq allinillmegnek.” Ciinlluguarautngunraan ayuqucigtek nasvagyugaak. Saarralaaqeryaraq ikayuutengqerrsaauq taugaam arcaqanruuq saarralaaqeryaraq ikayuutengqillra tememi qenatngupiallra.



Katherine and Mitch both live in a small village within Bristol Bay, Alaska.

Katherine has lived all her life in the village, is married and has five children. Katherine remains busy in her community and often travels to Dillingham to take care of her elderly mother.

Mitch has also lived in the village most of his life. Mitch remains single, is very active within the community and works for the city council.

Katherine-aaq Mitch-aq-llu uitalartuk nunaraat iliitni iligaya-mii.

Unguvallmi taktaciatun Katherine-aaq nunacuar-mi uittuaq. Kassuusngaluni, cetamanek-llu irniarluni. Katherine-aaq cauratuq nunamini, cali-llu Curyugmun ayagturaraqluni auluksarturluku arnassaagaurtellria aanani.

Mitch-aq-llu nunacuara-mini unguvallni taktaciatun uitalarmiuq. Aipangeksaunani-llu, kesianek caliurluni nunamini, caliviarwa City Council-aaq.



Katherine explains, “I was very tired all the time. I was trying to make dried fish strips, but I was so tired. I was also thirsty and drinking more water and Tang than usual. With drinking so much water, I was going to the bathroom so much. I would get up two or three times a night. I thought something might be wrong, but I never thought it was diabetes.”

“Taqqsuqerrlainarlua kesianek cali-llu neqlillemmi cakviurlua taqqsuqssiyarlua. Meqssuglua, merturlua amllermek mermek, cali-llu juice-amek. Piciryaraqenrillkemnek taumek umyuarateqellrianga merturaallemnun yuqerrquravvkaryuklua. Malrugqugnek, wall’ pingayurqunek unugmi yuqertaqlua. Wangnek allakengellruunga, taugam saarralaqeryaraq umyuaqeksaitaqa”, qanertuq Katherine-aaq.



Mitch joins in, “I was also very thirsty, and my mouth was so dry. My problem was that my vision had changed; I had blurred vision at times, so I went in to see the eye doctor. He sent me to another doctor. After a blood test, he told me that day that I had ‘sugar diabetes.’ I had no idea what ‘sugar diabetes’ was.”

Mitch-aaq univvkartuq, “Wiinga-llu cali meqsugturlua, qanqa-llu kineryugluku. Arcaqerrluni tangellqa cimirluni, mecignaitaqluni iliinii tua-i-llu iiliurt’mun muullua. Tua-ni ernermi qanrucciimalrua saarralaquamanilua. Saarralaqeryaraq cauciitellruaqa.”



Symptoms of “sugar diabetes” include being thirsty, having a dry mouth, increased peeing or trips to the bathroom, blurred vision, dry skin, bladder and skin infections, being very hungry and often having a sore on the foot or leg that will not heal.

Saarralaqeryaram nallunaillkutai wani-wa: megsugyaraq, qaneq kinerrluni, nakaciuryaraq, mecignaunani tang’lleq, qaiqa kinerrluni, kesianek-llu nakacuglua qursuguarturnaqluni, qaiqa mamyuilngurnek pupigluni, kaigturluni, cali-llu pupignaqluni iralut amlleret aturluki mamyuilngurnek.



Mitch explains, “When I found out I had ‘sugar diabetes,’ the diabetes educator asked me if someone in my family had diabetes and I didn’t even know for sure. She told me that if someone in my family had ‘sugar diabetes’ then I had a higher chance of getting ‘sugar diabetes.’ My mom and dad do not have ‘sugar diabetes,’ but my uncle tells me he has ‘sugar diabetes’ and I never even knew it.”

Mitch-am qalarutai, “Nallunrillelni saarralaqauciqa iinriurtem aptaanga kinaqaa ilavni saarralaqallruuq? Taugaam ayuquciitellruugna. Qanrutaatnga kina ilamni saarralaqallrukan, wiinga saarralqeryugngac ignilua. Aanaka, ataka-llu saarralaqaqsaituk tuagaam angama qanrutaanga qanrucimalruniluni saarralaqallruniiluni, taugaam tauten pillra nallullruaqa”.



Katherine shakes her head and says, “No one in my family has ‘sugar diabetes,’ so I was really surprised that I had ‘sugar diabetes.’ There are five people in our village with ‘sugar diabetes,’ but I never knew until I told people I had diabetes. The doctor tells me my weight may have caused me to get ‘sugar diabetes.’ I’ve already lost 7 pounds and my blood sugar level is already going down.”

Katherine-aaq qaneryukapiartuq, “Kina ilamni saarralaqaumanrituq, taumek wiinga alaangaallrulrianga saarralaqaucimnek. Tallimaugrut yuut nunamteni saarralaqaumalriit, taugaam tuaten pimallrat nallullruaqa saarralaqaumallqa taugaam qanrutkellekku. Sungcaristem qanruttaanga uqurillemnun saarralaaqercecuklua. Uqamaka arvinlegnek uspinek atrallruuq, cali-llu saarralaqa atrarluni.”



There are many different things that can cause people to get “sugar diabetes.” Did you know that your ethnicity could increase your chance of getting diabetes? Being Alaska Native raises your chances of getting diabetes. Activity can also make a difference. People who walk a lot, play basketball, dance, chop wood and stay active have a lower chance of getting diabetes. Without exercise, people can gain weight and this can also increase their chance of getting diabetes.

“Saaralaqeryaraq” kingunengqertuq ayuqenrilngurnek. Nallunrituten-qaa yugucin amlleriicianek saaralaqeryaram? Yunginaukuvet-llu saaralaqeryukkarrciq uten. Pissanqeggkuvet-llu saaralaqallren utumaciquq. Tarranqellriit, angqatulit.yuratulit, muraggkiutulit-llu wall’u uitaurayuillkuvet saaralaqerrngaituten. Pektarrturanrillkuvet usperen amlleriiciquq tuai-llu saaralaqeryukaarrluten.



Katherine wonders why she did not know about “sugar diabetes” a long time ago. Katherine talks to a doctor about “sugar diabetes.”

“Sugar diabetes” is now called “Diabetes.” The doctor explains how diabetes is becoming a growing concern in Bristol Bay. She reports, “A long time ago, diabetes was not very common. In the 1980’s diabetes started to become more common in our native people. The number of people with diabetes has doubled within the last 10 years. The number of people in Bristol Bay with diabetes keeps going up.”

Katherine-aaq aptelartuq ciin “saarralaqqeryaraq” nallullminek ciungani. Katherine-aam qalarutaa sungcarista “saarralaqeryamek.”

Saarralaqeryaraq aprumauq “Saarralaqeryamek.” Sungcaristem nallqigutaa qaillun saarralaqeryaram amlleriilla lilgayami. “Tua-i-llu qanrutkaa ak’a saarralaqeryaraq nurnallruniluku. Tau-i-llu 1980-im iluani saarralaqeryaraq nurnairulluni yunginarrnun. Murillkengluki amllertaciit saarralaqariit Alaskam iluani. Nallunairaam amlleriillrat saarralaqaumalriit lilgayami.”



The doctor says, “The average age of an Alaska Native with diabetes is 50, but that is going down every year, as low as 12 now.” “Twelve years old!” Katherine repeats as she is surprised that children as young as twelve are developing diabetes in Bristol Bay. Eating too much junk food and not exercising can cause weight gain.

Sungcarista qanertuq, “Yuunginaat uksulget 50-mek maa-i saarralaqaumalarniluki, taugam maa-i ayagyuariinarluteng.” “Qula cipluku malrugnek uksungilriit!” Katherine-aaq alangaartuq ayagyuat mikelnguut qula cipluku malrugnek uksungilriit saarralaqaucitnek lilgayam iluani. Tua-i-wa nerellrat neqngunrilngurnek cali-llu uitaurallrata.



Mitch chuckles, “I gained lots of weight after high school. I started drinking pop, eating high sugar snack foods and stopped playing basketball. I now try to stay away from the foods high in sugar, especially the pop, Tang, Gatorade and Kool-aid, eat smaller amounts of rice, pasta and bread and try to play more basketball at the school, but finding time is a problem.”

Mitch-aq nelamliuq, “Uspeqa amllerruuq High School-amek taqlemni. Neraqlua, meraqllua-llu amillernek qallarvayulineq (pop), saarralilirianek neqkanek, cali-llu aquiyayunii amlleq, angqa-yuinii-llu. Maa-i saarralilirianek arcaqerluki qallarvayulit (pop) pingnaqenirrtua. Kelupamek nerellqa ikgelicarluku. Aquiyaraqlua-llu elitnaurviim angqarrvianun. Taugam amlleq sassaarritelartua.”



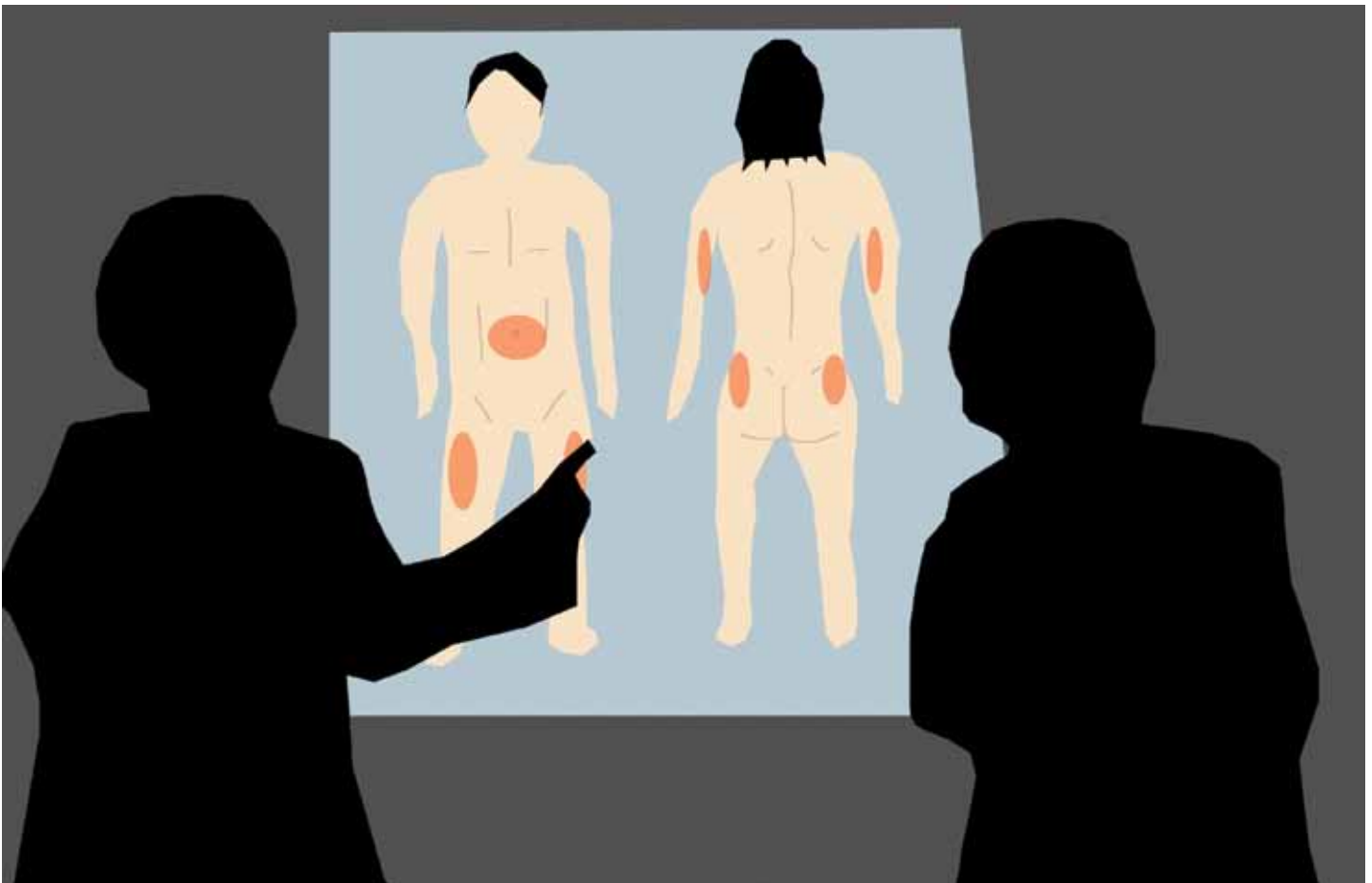
“What exactly is diabetes?” asks Katherine. The diabetes educator explains, “Food you eat goes into your stomach and turns into sugar, which goes into your blood.”

“Cauqapiaralarta saarralaqeryaraq?”, aptuq Katherine-aaq. Elitnaurilriim iinriurta kiuguq, “Nerellten aqsavnun pilartut saarralaur-lluteng-llu tua-i-llu auvnun ilaklliulluni.”



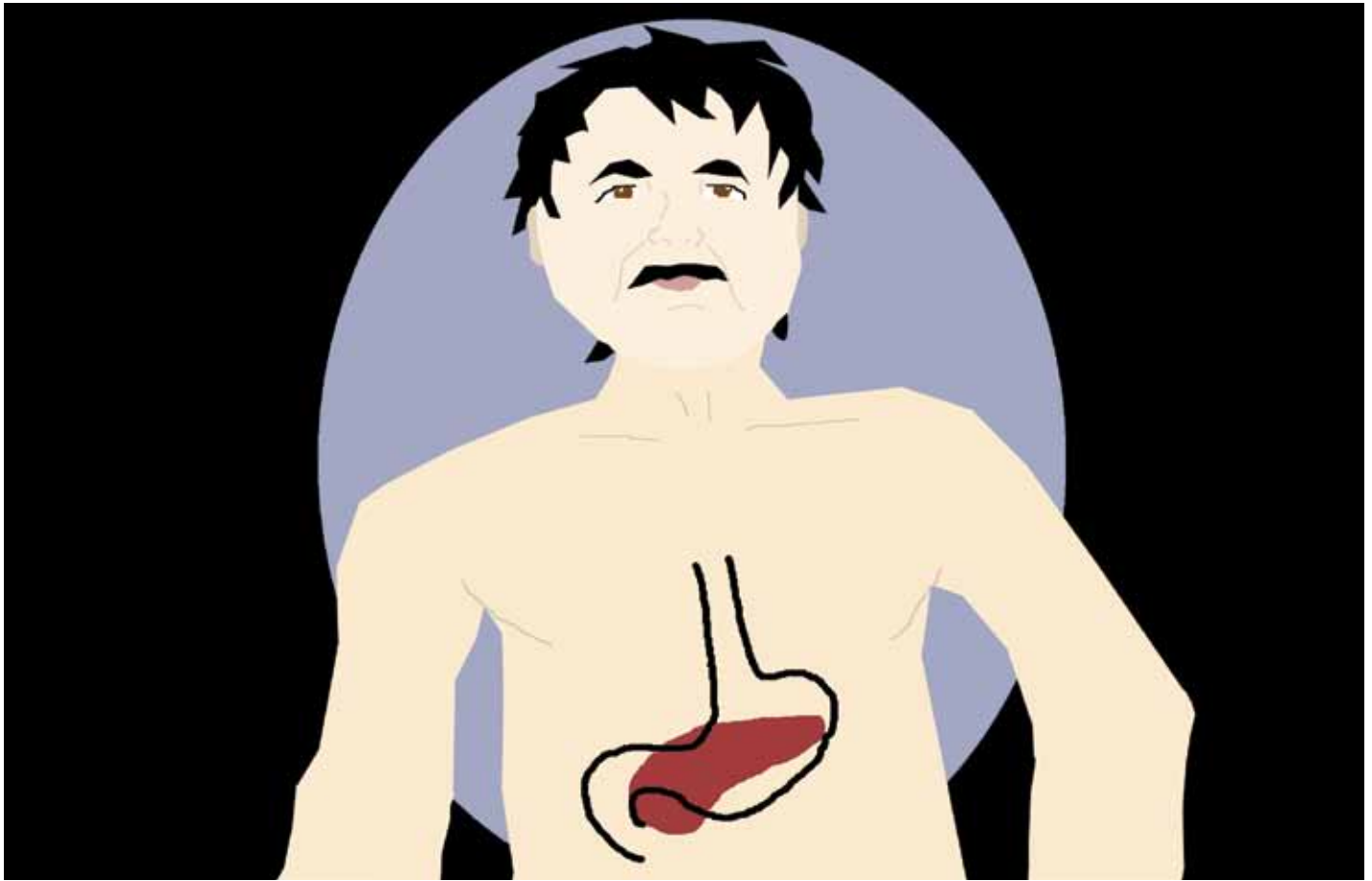
In order for the sugar to get to your body cells, the body has to have something called insulin. When insulin does not work right or if there is not enough insulin, the sugar cannot get into your body cells. The sugar then remains in the blood. Too much sugar in the blood is called diabetes.

Saarralaq ilaklliuteqataquni augmun, insulin-amek pingqerciquq. Insulin-aarillkuvet saarralaq ilakliuceciigaciiquq aumnun. Amllermek saarralamek augen awungqerkuni aprumauq saarralaqermek (diabetes).



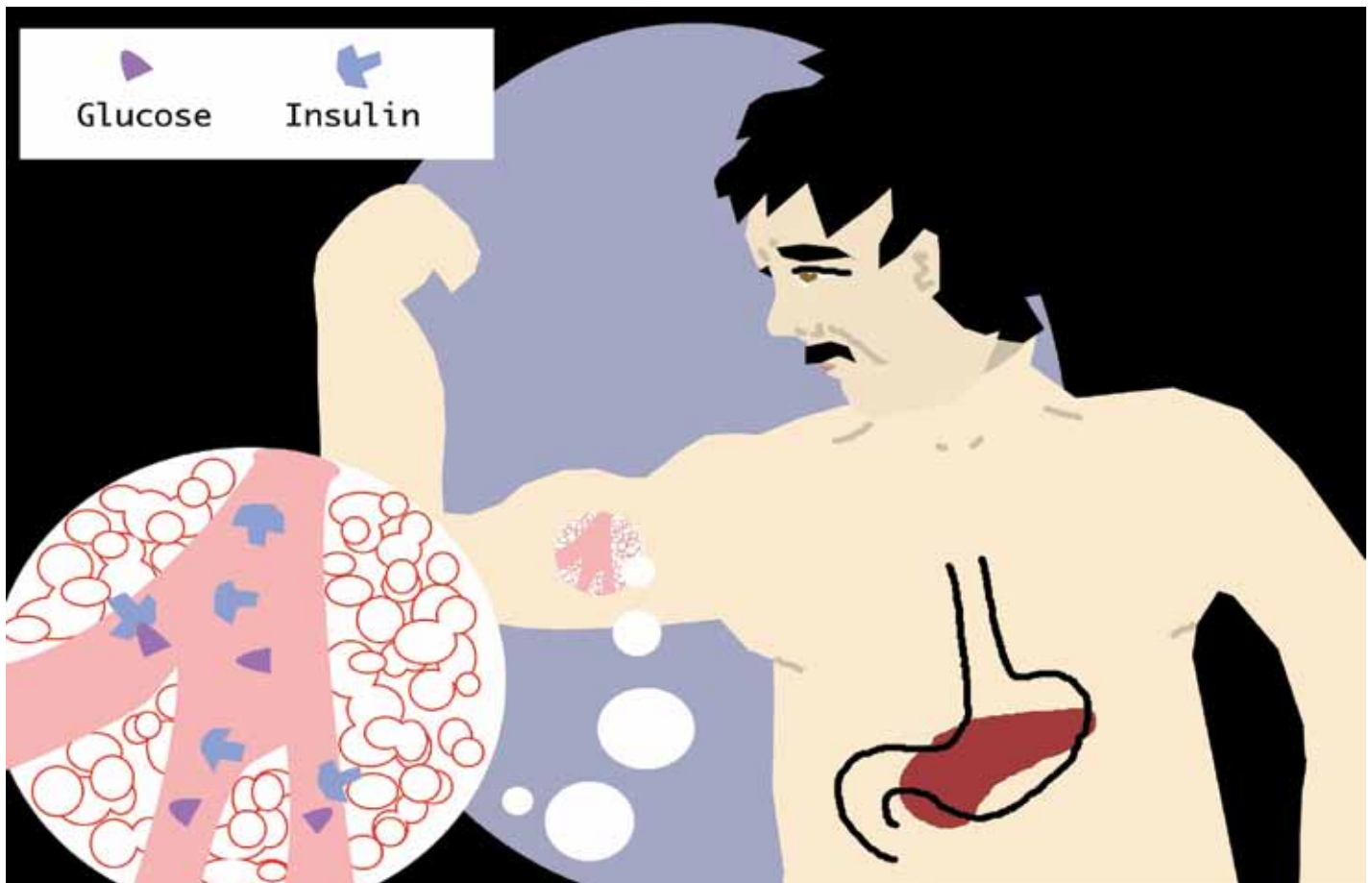
“I know someone with diabetes that has to take insulin shots,” explains Katherine. The diabetes educator nods her head yes in agreement. “Many people with diabetes must take pills and insulin shots to lower their blood sugar levels.”

Katherine-aaq qanertuq, “Nallunritua yugmek saarralaqaumalriamek kaputmek-llu insulin-aamek kap’aqlluni.” Tua-i-llu iinriurta elitnaurilria nayangartuq angerluni. “Yuut amlleret saaralaqaumalriit iinrututuut wall’u kaputmek insulin-aamek atulartut.”



“So where does this insulin come from?” asks Mitch. “Good question,” says the diabetes educator. “Insulin is a liquid that comes from the pancreas, an organ in our body. The pancreas is located just behind the stomach.”

Mitch-aq aptuq, “Naken una insulin-aaq kingunengqerta?” linriurnun elitnaurista qanertuq, “Assirtuq apyuten.” “Insulin-aaq meruuq kingunerluni tenguguamek, ilumteni uitalriamek.” Tenguguaq uitaug aqsaqum tunuani.



“The insulin must attach to the body cell to let the sugar move from the blood into the body cell. Pills or insulin shots may be needed if the pancreas does not make enough insulin. Some pills may also help the insulin in the body to work better.”

“Insulin-aaq ilaklliutarrkauguq augmun. Kia tenguguara pilinrillkan insulin-aamek wall’u nuringaluni insulin-aaq, kaputmek insulin-aamek aturrciquq. Saarralaqeryaraq ikayutengqertuq iinrunek.”



Mitch says, "Most of the people I know with diabetes do not take insulin shots, but I know one person who says they have been taking insulin shots every day since they were 6 years old."

Mitch-aq qanertuq, "Yuut nallunrillkenka saarralaqaumalriit kaputmek insulin-aamek atuyuitut. Taugam nallunritua ataucimek yugmek qanllermek arvinlegnek uksulek kaputmek insulin-aamek atulallminek."



“There are several types of diabetes. **Type 1** diabetes, **Type 2** diabetes, Gestational diabetes and Pre-diabetes,” explains the diabetes educator.

She continues to explain, “**Type 1** diabetes is where the pancreas makes no insulin. People with **Type 1** diabetes should eat healthy foods, exercise and take insulin shots.

Type 2 diabetes is where the pancreas makes some insulin, but not enough, or the insulin does not work like it is suppose to. People with **Type 2** diabetes should eat healthy foods, exercise and may have to take pills and/or insulin shots to improve their diabetes.

“Amlertut ayuqenrilnguut saarralaqqeryarat. **Type-1** saarralaqeryaraq, **Type-2** saarralaqeryaraq, kingunerluni saarralaqeryaraq, cali-llu Ayagnera saarralaqeryaram,” wani-wa elitnaurilriim iinriurta nasvautai.

Wani-wa nallqigutevsiarai, **Type-1** saarralaqeryaraq wani tenguguaq insulin-aamek pilissciigatqapiarluni. Yuut **Type-1**-aamek saarralaqaumakuneng kaputmek insulin-aamek aturciiqut.

Type-2 saarralaqeryaraq wani tenguguaq insulin-aamek nuryugciiluni. Yuut **Type-2**-aamek pingkellriit iinruturciqut wall’u kaputmek insulin-aamek aturciqut saarralaqallteng ikayurluku.



Gestational diabetes means having a high blood sugar level during a pregnancy. People with gestational diabetes should eat healthy foods, exercise and may have to take insulin shots.

Pre-diabetes is where the blood sugar is starting to get high, but not high enough to be told they have diabetes. People with pre-diabetes should eat healthy foods and exercise to prevent diabetes.”

Qingarluni saarralaqaumalria wani-wa tenguguaq pilisciiganani insulin-aamek qingarluni. Qingarluni saarralaqalria insulin-aamek kaputmek aipagni aturciqut.

Ayagnera saarralaqeryaram wani-wa tenguguaq cakviurrluni insulin-aamek pilillra nuringaluni cali-llu nuryuggciluni. Yuut saarralaqeryumiillkuneng nernarqut neq’kapienek cali-llu pektarrturluten.”



Mitch shares, “I never knew I had diabetes until I came in for my eye appointment and was sent to the outpatient department to get my blood sugar tested. How do people find out if they have diabetes?”

Mitch-aq apervikuaguq, “Nalluyaaqellruunga saarralaqaucimnek, iigka taugaam yuvriyartullemkek uavarcetellruatnga saarralaqa aumni yuvircecarturluku. Qaillun yuut saarralaqaumallteng nallunritlartatki?”



Katherine says, "I had my blood sugar checked with a finger poke during a village health fair. It took only 30 seconds. The next thing I remember, they were telling me my sugar level was too high and they thought I had diabetes. I had to go to the health aide clinic to have another blood sugar test taken. The doctor then told me I had diabetes for sure." Mitch nods and says, "I remember having health fairs in our village, but I never wanted to have my blood sugar tested. I never thought I could have diabetes and now I have it."

"Aumni saarralaqa yuvrircetellruaqa tekemkun kapqerlua nunamni health fair-allratni. Tuani qanrutaatnga saarralaqa quyigniluku saarralaqaumayuklua-llu. Muusvigmun pissqaatnga nereksaiqaarlua saarralaqa aumni yuvrimaluku. Aipiriama saarralaqa quyigluni, sungcaristem qanrutaanga iluumun saarralaqaumaniilua." "Umyuarteqllemni nunamni Health Fair-alallruut, taugaam wiinga saarralaqa aumni yuvrircecuitellruaqa. Umyuarteqlallruunga saarralaqaumangaicuklua taugaam maa-i saarralaquamaunga." Qanertuq Mitcha-aq.



The community health aide reports, “Everyone should have their blood sugar levels tested for diabetes at least once a year. Some people have symptoms, but some people don’t and the only way to know for sure is by getting tested. It is better to know than not to know. If you know, then you can do something to keep yourself from becoming sick.”

Health Aide-aq nasvagiug, “Ataucirqumek allrakumi yuut tamarmeng saarralateng aumegg’ni yuvircetlarrlitki. Iliat yuut temteng ellpeklarait taugaam cali ilaita ellpeksuinaki saarralaqaumallirteng yuvriraqameng taugaam. Assinruuq nallunailra. Nallunaiquvgu elluarcaut-kan qenangvailegpet piniaran.”



“I don’t want the diabetes to make me sick,” says Katherine. “I hear of people getting bad sores on their feet and something about their kidneys,” explains Katherine.

“Saarralaqaumallqa pitek-lluku qenayuumiitua,” qanertuq Katherine-aq. “Niitelartua yugnek pupingniluteng it’gamegteggun, wall’llu tarciqluteng,” qanertuq Katherine-aq.



The diabetes educator agrees with Katherine that diabetes can damage the body. The diabetes educator explains “The high sugar levels can damage the blood vessels and nerves everywhere in the body, including the brain, eyes, heart, stomach, kidneys, sexual organs, legs and feet. In Bristol Bay, people have gone blind, have had kidneys stop working, have had heart attacks, and have had parts of their toes and/or feet removed.”

linriurtem elitnaurilriim Katherine-
aaq angrutaa saarralaqeryaram tema
assiirutlaucianek. Cali iinriurta elitnaurilria
qanertuq, “Saarralaq quyiikuni
assiiruyutekciqaa tamallkuan temem ilua,
ilaklluku umyuarteqsuun, iik, unguvan,
aqsaquq, tartuk, qurrsuuten, iruk, wall’u
it’gak. Iilgayam yui saaralaqaumalriit
cikmingut, nasvaumanrilngurkun tarcigluteng,
cali-llu putukut ilait wall’u it’gat pilaggturluki
augwaumaaqlluteng.”



“It seems so scary to think about all the things that could happen,” says Mitch. The diabetes educator reassures Mitch that diabetes can be controlled or uncontrolled. “Having diabetes that is controlled can reduce the chance of having problems. Having a high blood sugar or uncontrolled diabetes for a long time can cause more and more damage and increase the chances of having problems. Many people live long healthy lives by taking care of their diabetes,” explains the diabetes educator.

“Alingnaqsaakuq umyuaqellra qaillun ayuqucirkat,” qanertuq Mitch-aq. Iinriurta elinaurilriim qanrutaa Mitch-aq saarralaqeryaraq ikayuumayugnganiluku wall’u-qaq ikayuteka aturpeknaku. “Saarralaqeryaram arenqiallugutekai murillkumakuneng capernaritekai ikayumaciiqut. Saarralaq quyiiikuni augmi wall’u saarralaqaumarrpalriim ak’anun assiiruyutekciqaa yuum temin ikayuasciigatekluku-llu. Amlleret yuut unguvamalartut saarralaqaumaluten aulukekunegtegg’u,” qanertuq iinriurta elitnaurilria.



Mitch reports, “Ever since I have had diabetes, I need to have my eyes and teeth checked every year. I go to Kanakanak hospital to see the doctor. They check my feet and check my blood tests. They also want to know what I am doing to lower my blood sugar levels and sometimes even make changes with my pills.”

Mitch-aq qanertuq
“Saarralaqaumarraanemnek iigka,
keggutengkaa-llu yuvrircetlaranka allrakuaqan.
Kanakanak hospital-aamun ayalarrrtua
paqluku saarralaqaumalrianek yuvrissta.
It’gagka yuvrilaraak cali-llu augillrenka.
Nallunriryuamegtegg’u qaillun saarralaqa
aumni ayuqucianek. Iliini iinrunka cimiraqluki.”



Mitch continues, “Last year, I saw a dietitian, a person who helps me with knowing what types of foods to eat and how much. Did you know foods like cabbage, green beans and fiddleheads don’t increase my blood sugar level, but too much bread, rice and pasta can cause my blood sugar levels to go really high?”

Mitch-aq egmirtuq, “Allgarni paqtellruaqa qaillun amllertalrianek canek nerlaucimnek yuvrissta. Nallunrituten-qaq cabbage-am, green beans-aat wall’u ceturrqaat saarralan auvni ikgelivqarrciq- qaa? Keliipam, kelupaam-llu, quyiigivkarrciq-qaq? saarralaq auvni.”



Katherine explains how she has controlled her diabetes through weight loss, “The doctor told me right away that if I lost some weight, my blood sugar level might get better. Just with the 7 pounds I have lost already, my blood sugar level is going down. I had to start eating less and walking more. I was not use to walking, but I don’t mind walking with my husband, he needs to lose weight as well.”

Katherine-aaq qanertuq qaillun saarralaqaumallni ikayullrucimineq uspeminek ikeglicarluni, “Sungcaristem egmianun qanrutaa, uspen ikeglikan saarralaq aumni utumariciquq. Kiingita malrulegnek uspernek ikgelikaniirillemmi, saarralaqa aumni atrallruuq. Nerellqa ikgelicallruaqa cali-llu piyuallqa amlleriicarluku. Piyuallqa atunritellruaqa, taugaam canrillkaqa maa-i piyuallqa aipamnek maliglua ell’ii-llu uspeni ikgelicararrkauyaaqng amiu.”



“To control my diabetes, I had to cut out the pop and high sugar foods and start eating healthy foods. Healthier foods for example, like berries, canned fruits in light syrup, canned vegetables and whole wheat bread rather than white bread. I enjoy eating subsistence foods mostly, like salmon and moose,” says Mitch.

“Saarralaqumalqa ikayurluku kallarvayulinek cali-llu neqngunrilingurnek nerellqa taqellruaqa. Taugaam nerenglua neqkanek makunek: atsanek, paankaumalrianek naunranek, cali-llu qatellriit kelipat cimirluki tungulrianek kelipaneq. Nerlartua yugtarnek neqkanek kesianek, neqnek wall’u tuntuvagneq.” Qanertuq Mitch-aq.



“I also had to start on medication. My blood sugar level was so high when they found out I had diabetes that the doctors had to start me on insulin shots until my blood sugar levels came down. Now I am able to control my diabetes with several pills,” explains Mitch.

“Saarralaqaumallqa quyillruuq nallunrillermegteggu saarralaquamallqa iggmianun-llu sungcaristet ayagnivvkallruatnga kaputmek insulin-amek atrarvianun saarralaqa aumni. Maa-i taugaam saarralaqaumallkqa iinrutgun ikayumauq,” qanertuq Mitch-aq.



Katherine reports “I had to take medication when I was told I had diabetes, but now with walking, eating less and making better food choices, I don’t have to take pills. Another lady in the village still has to take pills even though she has lost weight, but so far I can keep my blood sugar levels down with just eating better, walking and dancing more often.”

Katherine-aq qanertuq,
“Saarralaqaumallemnek qanrutellratn’ga
iinrutulangellruunga, taugaam maa-i
piyuagurallqa cali-llu nerellqa ikgelicarluku
utumalrianek neqkanek amellisaggpeknaki.
Maa-i iinrutuyuirutua. Arnaullgutka nunamni
cali iinrutulartuq uspeminek ikgelicallrungermi,
taugaam maa-i saarralaqa aumni
atraumavvkalaarqa alerquutaitnek kiingita
neraqlua, cali-llu piyuagaqlua.”



The diabetes educator explains, “Many times diabetes can be controlled just by eating better choices, less high sugar foods and drinks, cutting down on the amount of food we eat, losing 5-10 pounds and being more active.

Many individuals in Bristol Bay have proven that diabetes can be prevented or controlled by eating less and exercising more.

Blood sugar control is so very important to prevent diabetes from harming the body.”

linriurta elitnaurilria qanertuq, “Amllerni saarralaqaumalriit saarralaqaumallteng murillkesugngait alerquutemeggnek nerluteng, ikgelicariiluteng-llu nerrlemegg’nek cali-llu uitaurnaicarakun.

Amlleret yuut lilgayami nasvaumaut saarralaqeryaram ikayutengqerutcianek uugun neremyallerkun cali-llu uitaurnaicarakun.

Mulngak’lluku saarralaqeryaraq temevni arcaqanruuq.”



LEARN ALL YOU CAN ABOUT DIABETES

Learn more about what types of foods are good for your body and how much you should eat. Making good food choices and staying active can help you live a long and healthy life.

For more information on diabetes contact:
**BBAHC Diabetes Prevention/Lifestyle
Change Program in Dillingham, Alaska**
1-800-478-5201

Elitnaulleq saarralqeryamek
assirtuq. Elinaurnarquq canek neq'kanek
cucuklliryaraq murillkesarraq'llu nerell'ren.
Maliggtakuqvet cali-llu uitaaurassiiyauillkuvet
unguvakeggciiquten.

Nallunairiiyukuvet uum saarralaqeryaram
tungiinun qayagauqiu:

Qenavik Curyugmi
Saarralaqeryaram Ikayurvia
1-800-478-5201

ABOUT THE TRANSLATOR & NARRATOR: Ina Bouker has worked for the Dillingham City School District since 1985, received Outstanding Alaskan Native Educator Award 2002, Dillingham City School Teacher of the Year 2006, and Alaska Teacher of the Year 2007. She looks forward to the fish arriving every year so that she can cut, split and preserve them for the winter just as much as she looks forward to all the berries to be picked. She has six beautiful children that she hopes will look forward to the fish and berries too!

ABOUT THE ARTIST: Apayo Moore is one of many artists in her family from Bristol Bay. She designed her first logo for Curyung Village Council in elementary school with help from her dad. Since then she has created many more works of art ranging from logos, t-shirt designs, and business signs to community murals. Her first mural was painted in high school and still decorates the Dillingham High School Science Wing. She earned her Associates of Arts Degree in Auburn, WA, which is where she took her first serious painting class. Throughout college, she has been commissioned to do various animal portraits and landscapes. Her best known work consists of the two public murals that are displayed in downtown Dillingham. Currently, she is finishing her Bachelors Degree in Art-Business at Fort Lewis College in Durango, CO.



VILLAGES OF THE BRISTOL BAY AREA



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