

Tilmaamaha burushka rumayga

- Dooro burushka ilkaha lagu rumayo/cadayo oo sax ah oo ku habboon da'da ilmahaaga.
- Dooro burushka ilkaha lagu rumayo/cadayo oo leh timo jilicsan.
- Beddel burushka ilkaha lagu rumayo/cadayo marka timaha ku yaalaa ay duug noqdaan (labadii ama saddexdii biloodba mar).

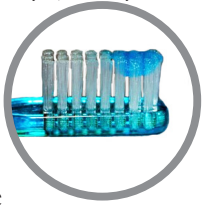


Waa wakhtigii burush cusub la heli lahaa!

Tilmaamaha daawada rumayga

Ubadka ilaa da'da 3 jirka ah

- Waxaad ilmahaaga afkiisa ku nadiifisaa maro ama burushka ilkaha lagu rumayo/cadayo oo khafiif ah inta lagu guda jiro sanadka ugu horeeya.
- Marka ilkuhu bilaabaan in ay ka soo dhex baxaan ciridka, isticmaal wax yar oo ah daawada ilkaha ee fluoride ee lagu rumaydo/cadaydo labbo jeer maalintii.
- Waxaa ugu fiican in la nadiifiyo ilkaha quraacda ka dib iyo wakhtiga hurdada ka hor.



Da'da 3 jir iyo ka weyn

- Kordhi xaddiga daawada ilkaha ee fluoride ee lagu rumaydo/cadaydo oo ka dhig mid qiyaasta digirta leeg.
- Rumayo/cadayo labba jeer maalintii ugu yaraan labba daqiiqadood.



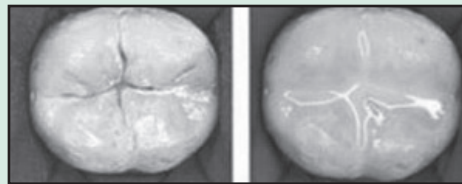
Dhammaan da'aha kala duwan

- Waxaad u baahan tahay in aad ilmahaaga ka caawiso in ay rumaydaan/cadaydaan ilkahooda ilaa ay ka gaarayaan ugu yaraan 7 ama 8 sano jir.
- Ilmahaaga bar in uu soo tufo daawada ilkaha lagu rumaydo/cadaydo ka dib marka uu rumaydo/cadaydo.

Dahaarida ilkaha

Sida caadiga ah carruurto waxay labadooda ilkood ee sare iyo labadooda ilkood ee hoose ee u horeeya ee gadaasha yeelan doonaan marka ay ku jiraan fasalada kowaad iyo labaad (laba ilkood oo sare iyo laba ilkood oo hoose). Labada ilkood ee sare iyo labada ilkood ee hoose ee kuwii hore soo raaca ee gadaashu waxay qiyaastii yeeshaan marka ay ku jiraan fasalada lixaad iyo toddobaad.

Dahaarida ilkuhu waa dahaar dareere ah oo raaca daloolada iyo jeex jeexyada ilkaha gadaasha ku yaala. Dahaarida ilkuhu waxay "ilaalisaa" bakteeriyada iyo cuntada keena in ilkuhu dalool yeeshaan. Dahaarida ilkuhu waxay ilkaha gadaasha ku yaala uga ilaalisaa in ay dalool yeeshaan. Ilmahaagu waa in uu dahaarid ilkaha la xiriirta ka hela dhakhtarkaaga ilkaha ama barnaamijka dugsiga ee dahaarka ilkaha.



Ka hor: Daloolada iyo jeexyada
Ka dib: isagoo dahaar leh

Buuxinta ilkuhu waxay ilaalisaa kaliya ilkaha gadaasha ku yaala. Waa muhiim in ilmahaagu rumaydo (cadaydo) labba jeer maalintii, fandhichiso maalin kasta isagoo ku isticmaalaya daawada ilkaha ee fluoride guriga ama dugsiga.

Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. Kala xiriir Qaybta Caafimaadka Afka 971-673-0348, ama email-ka oral.health@state.or.us. Waa aqbalnaa wicitaanada gudbinta oo dhan ama waxaad wici kartaa 711.

SM OHA 8770 (11/2017)

Ka dhigaya Afka Ilmahaaga Mid Caafimaad qaba



Af caafimaad qabaa waa qayb muhiim ah oo ka mid ah guud ahaan caafimaadka. Caafimaadka afka ee wanaagsani wuxuu ka bilaabmaa adiga oo ilkaha cunugaaga ka dhiga kuwo aan lahayn dalool.

Oregon
Health
Authority

WAAXDA CAAFIMAADKA DADWEYNAHA
Qaybta Caafimaadka Afka

Waa maxay ilko dalooshanku?

Ilko dalooshanku waa dalool soo gaara iliga. Marka bakteeriyadu (jeermis) dhexgasho sonkorta ku harta iliga korkiisa, waxay abuurtaa aashito. Aashitada ayaa wiiqda iliga taasi oo ugu dambeyntii sababta in iligu dalool yeesho. — ilko dalooshan. Ilko dalooshanku wuxuu noqon karaa mid aad u xanuun badan haddii aan la daaweyn.

Tilmaamaha qosol caafimaad leh

- Si joogta ah u arag dhakhtarka ilkaha
- Ilkaha rumayo/cadayo ugu yaraan labba daqiiqadood, labba wakhti maalintii
- Maalin kasta ilkaha findhicilo
- Isticmaal daawada ilkaha fluoride
 - » Daawada ilkaha lagu rumaydo/cadaydo
 - » Daawada ilkaha fluoride varnish
 - » Biyo lagu daray daawada fluoride
- Waa in aad ilko dahaarida aad heshaa
- Dooro macmacaan caafimaad leh sida miraha, khudrada, iyo burcadka
- Cab biyo, caano duxdu ku yar tahay iyo wax soo saarka caanaha (caanaha soy milk)
- Xiro wax afka ilaaliya marka la cayaarayo cayaaraha isboortiga

Si joogta ah u arag dhakhtarka ilkaha

Qaad ilmahaaga u qaad dhakhtarka ilkaha markuu jiro hal sano. Sii wad in aad ilmahaaga qaado oo uu si joogta ah u aado. Dhakhtarada ilkaha intooda badani waxay rabi doonaan in ay ilmahaaga arkaan labba jeer sanadkii. Baaritaanka caafimaadka afka ee dugsigu ma buuxinayaan baahida loo qabo aadida caadiga ah ee dhakhtarka ilkaha.

Daawada ilkaha ee fluoride

Daawada ilkaha ee fluoride waa macdan caawisa oo ilkaha ka dhigta kuwo awood leh si aanay ilkuhu dalool u yeelan. Waxaa jira siyaabo badan oo uu ilmahaagu u heli karo

xaddiga saxda ah ee daawada ilkaha ee fluoride si ay u illaaliyaan ilkhooda.

Waxaad ogaan kartaa in biyahahaaga tuubada/qasabada oo ay ku jirto daawada ilkaha ee fluoride adiga oo wacaya adeegaaga biyaha. Haddii ilmahaagu aanu habkaasi u helin daawada ilkaha ee fluoride, markaa dhakhtarkaaga ama dhakhtarkaaga ilkuhu waxaa laga yaabaa in ay rabaan in ilmahaagu uu daawada ilkaha ee fluoride u helo hab kale:

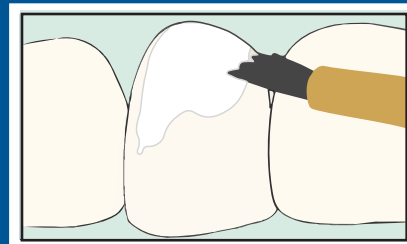
- Biyaha la cabo oo sifaysan oo ay ku jirto daawada ilkaha ee fluoride
- Daawada ilkaha ee fluoride ee lagu rumaydo/cadaydo
- Daawada ilkaha fluoride varnish (hoosta fiiri)
- Daawada ilkaha ee fluoride oo kiniini ah, dhibco ah ama lagu luqluqdo
- Daawada ilkaha ee fluoride ee isbuunyada oo kale ah ama xabagta oo kale ah

Daawada ilkaha fluoride varnish

Daawada ilkaha fluoride varnish waxay taageero ka geysataa ilaalinta in aanay ilkuhu dalool yeelan. Waa mid badbaado leh in dahaarka ilkaha dhowra oo ka mid ah daawada ilkaha ee fluoride la kor mariyo ilkaha korkooda. Daawada ilkaha ee fluoride waxay dhex gashaa oo qoysaa ilkaha. Dahaarka ilkaha dibadooda saaran wuxuu meesha ka baxaa maalinta xigta.

Ilmahaagu wuxuu daawada ilkaha fluoride varnish ka heli dhakhtarka ilkaha, dhakhtarka ama barnaamijka dugsiga ee caafimaadka afka. Waxay si fiican u shaqaysaa haddii uu ilmahaagu helo laba ilaa afar daaweyn sanadkii.

Dahaarka daawada ilkaha fluoride varnish



Findhicilo hal mar maalintii

Waa muhiim in la findhicisho ugu yaraan hal mar maalintii. Cuntada iyo jeermiska ayaa ku ku dhaga ilkaha dhexdooda halkaasi oo burushka ilkaha lagu rumayo/cadayo aanu gaari karin. Tani waxay keentaa in ilkuhu dalool yeeshaan.

Sida loo findhicisho

1. Soo qaado findhicilka ilkaha oo qiyaastisu dhan tahay 18 inches adiga oo ka soo qaadanaya halka uu findhicilku ku jiro.
2. Cirifka dambe ee findhicilka ku duub farahaaga dhexe.
3. Farta suulka ku xigta u isticmaal hagida findhicilka adiga oo hareerta ka marinaya ilig kasta isaga oo u eg qaabka “C”.
4. Si fudud kor iyo hoos u nadiifi gees kasta oo iligu leeyahay. Xaqiiji in aad findhicisho halka ka hoosaysa meesha iliga iyo ciridku iska galaan si aad uga sifayso cuntada iyo bakteeriyada.
5. La soo bax oo fur qayb cusub oo findhicilka ka mid ah marka aad kolba ilig u socoto.
6. Findhicilo ilkaha oo dhan, xataa ilkaha gadaasha ku yaala.

Tallaabooyinka findhicilashada

