

Hab-dhaqanada Caafimaadka qaba ee loogu talagalay Dhoola cadaynta Farxada Leh



Booqashada Ilmahaaga Rugta Caafimaadka Ilkaha

Carruurta waxay u baahan yihiin inay booqdaan rugta caafimaadka ilkaha si ay ilkhooda iyo afkooda u noqdan kuwo caafimaad qaba. Haddii carruurta ay si joogto ah u booqdaan rugta ilkaha, dhakhtarka ilkaha iyo nadaafadda ilkuhu waxay daryeeli karaan ilkhooda oo ay hore u heli karaan dhibaatooyin caafimaad oo afka ah. Booqashada joogtada ah ee ilkaha waxay kaloo baraysaa carruurta inay qiimeeyaan caafimaadka afka ee wanaagsan.



U diyaargarowga dugsiga wuxuu ka bilaabmaa caafimaadka!



Rugta Ilkaha, Kooxda Ilkaha waxay:

- Baarayaan ilkaha iyo afka ilmahaaga.
- Kaala hadlaya sida ugu fiican ee aad u daryeeli karto ilkaha ilmahaaga. Tusaale ahaan, ku cadayashada ilkaha ilmahaaga dawada cadayga ee fluoride ka dib quraacda iyo ka hor sariirta.
- La wadaag siyaalo kale oo kaa caawinaya ka hortagga bolalka iligga (godadka). Tusaale ahaan, ku shubida varnish fluoride ee ilkaha carruurta.

Talooyin ku saabsan booqashada rugta caafimaadka ilkaha

- Haddii ilmahaagu ku weydiiyo waxa ka dhici doona rugta caafimaadka ilkaha, sii jawaab fudud. Tusaale ahaan, dheh:
 - "Waxaa laga yaabaa inay tiriyaan inta ilig ee aad leedahay."
 - "Waxa laga yaabaa inay ilkahaaga nadiifiyaan si ay u iftiimaan iyo dhalaal uga dhigaan!"

- Haddii aadan jeclayn inaad aado rugta caafimaadka ilkaha, ha u sheegin ilmahaaga. Taasi waxay ka dhigi kartaa ilmahaaga inuu ka walwalo inuu sidoo kale, aado.
- Diyaarso kursi ilkeed oo iska yeelyeel ah. Iska dhig inaad tahay dhakhtarka ilkaha ama nadaafadda ilkaha. Fiiri afka ilmahaaga oo tiri ilkaheeda; ka bacdi kala hadal cadayashada ilkaheeda.
- La akhri buugaag ama la daawo ilmahaaga fiidiyowiyada ku saabsan booqashada rugta caafimaadka ilkaha. Ha isticmaalin buugaag ama fiidyowyo leh erayo ay ka mid yihiin dhaawac, xanuun, toogasho, dharbaaxo, baqdin, ama erayo kale oo cabsi gelin kara ilmahaaga.
- U ogolow ilmahaagu inuu keeno boombalada uu jecel yahay ama buste rugta caafimaadka.
- Haddii aad ogaato in ilmahaagu heli doono boombale yar ama caday cusub dhamaadka booqashada, xasuusi ilmahaaga abaalmarintan.
- U qorshee waxqabad madadaalo leh ka dib booqashada rugta.



Dukumeentigan waxaa taageeray Maamulka Carruurta iyo Qoysaska (ACF) ee Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Maraykanka (HHS) iyada oo qayb ka ah abaalmarin lacageed oo dhan \$7,582,500 iyadoo 97% ay maalgelisay ACF iyo 3% intaas Maamulka Adeegyada Kheyraadka Caafimaadka (HRSA) ee US HHS. Waxa ku jira waa kuwa qoraaga oo daruuri maaha in ay matelaan aragtiyaha, sidoo kale maaha wax ay taageerto, ACF/HHS ama dawladda Maraykanka. Kheyraadkan waxa loo nuqlin karaa isticmaalka aan ganacsiga ahayn fasax la'aan. Dhibcaha sawirka: Matxafka Qaranka ee Ilkaha / Foter / CC BY-NC-ND (bogga hore, sare); um.dentistry / Foter / CC BY-NC-SA (bogga hore, hoose); Kristen Jennings / Flicker / CC BY-NC-ND (bogga dambe)



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