



## Mala Baadhay ilkaha ilmahaaga markuu jirey Hal sano

Dhamaan caruurta waa inuu ilkahooda baadhaa dhakhka ilkaha and dhakhtarkoodu sanadguuradooda koowaad. Waydii dhaktarka ilkaha ama dhakhtarka ilmahaaga marka ugu horaysa eed gaynaysid.



# MaineHealth

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[www.fromthefirsttooth.org](http://www.fromthefirsttooth.org)



## Ku Dhowrida Ilmahaaga Ilkihiisa Caafimaadqab Laga Bilaabo Iliga Ugu Horeeya



## Xanaanaynta Ilmahaaga Afkiisa

Ku nadiifi ilmahaaga afkiisa maro qoyan iyo burush jilicsanmarka uu iliga ugu horeeyaa usoo baxo.

Nadiifi dhinacyada ilkaha ilmahaaga habeenkasta ka hor xiliga sariirta. Marka ay da'diisu tahay 2 sano, ku bilow isticmaalka daawada cadayga "qiyaastii in yar"

Baadh ilkaha ilmahaaga bishii hal mar. dibnaha kala qabo oo kabaadh bar cad ama bar kafee ah ilkaha. Hadii ay ka fuqi waydo barto, ugee dhakhtarka ilkaha.

Ha wadaagin jeermiska. Suuska (bololka) waxaa sabata bakteeriya ilmahana wuxuu ugu gudaa candhuuf ahaan. Ha wadaaginaburushka lagu cadaydo ama qaadada wax lagucno. Hagalin afkaaga majuruca " caaga ilmaha lagu sasabo ee afka loogaliyo" ka hor inta aadan galin ilmaha afkiisa.

Naftaada xanaanee. Caruurtaadu waxay wax ku baranayaan daawashadaada. Tus iyaga sida aad caafimaadkaaga iyo ilka-aaga u xanaanaysid.



## Cuno Caafimaad qabta Ilko Caafimaad qaba

Looma ogola dhalo xiliga sariirta. Caanaha laqaso, caanaha caadiga ah, caanaha naasanaha, biyo sonkor leh, sharaab iyo dareerayaasha kale ee macaan waxay sababaan marka lagu daayo canuga afkiisa suus. Haddaad sarrirta dhalo kusiisona biyo kaliya uga buuxi.

Dhalada (masaasada) kaga jar ilmaha hal sano. Marka uu gaadho 6 bilood ku bilow in aad koob ku kabisid xiliyada cuntada.

Yaraynta sonkorta. Bakteeriyada (jeermiska) waxay quudataa sonkorta, sonkorta badani waxay sababtaa suus. Ku xadidi cabitaan sharaabka xiliyada cuntada. Marka uu ilmahaagu oomo sii biyo.

Miraha, khudrada, iyo burcad(cheese) waa cuno caafimaad qabta oon lahayn sokor badan.

## Ku dificaac ilmahaaga ilkihiisa ilkihiisa Fluoride

Fluoridtu waa macdan adkaysa ilkaha si ay isaga difaacaan suuska. Waydii dhakhtarka ilkaha ama dhakhtarka ilmahaaga wixii kusaabsan daawaynta Fluoride.

Hadii biya tuunbada gurigaaga ayna lahayn fluoride, ka hubi dhakhtarka ilkaha ama dhakhtarka ilmahaaga Fluoridta dhibic dhibicda ah ama kiniinka ah.