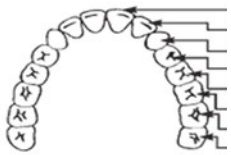
PHIAJ QHIA TXOG HNIA TUAJ

QHIA TXOG COV HNIAV DAB

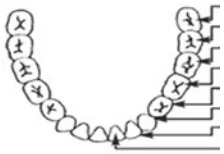
Sab Sauv	Tuaj	Phis (Lov)
Hniav tab meem ib	8-12 hlis	6-7 xyoo
Hniav tab meem ob	9-13 hlis	7-8 xyoo
Hniav dev	16-22 hlis	10-12 xyoo
Hniav puas ib	13-19 hlis	9-11 xyoo
Hniv puas ob	25-33 hlis	10-12 xyoo

Sab Hauv	Tuaj	Phis (Lov)
Hniav puas ob	23-31 hlis	10-12 xyoo
Hniav puas ib	14-18 hlis	9-11 xyoo
Hniav dev	7-23 hlis	9-12 xyoo
Hniav tab meem ob	10-16 hlis	7-8 xyoo
Hniav tab meem ib	6-10 hlis	6-7 xyoo

QHIA TXOG HNIAV KAV LAUS



Sab Sauv	Tuaj
Hniav tab meem ib	7-8 xyoo
Hniav tab meem ob	8-9 xyoo
Hniav dev	11-12 xyoo
Hniav puas ntse ib	10-11 xyoo
Hniav puas ntse ob	10-12 xyoo
Hniav puas ib	6-7 xyoo
Hniav puas ob	12-13 xyoo
Hniav txhab peb	17-21 xyoo



Sab Hauv	Tuaj
Hniav txhab peb	17-21 xyoo
Hniav puas ob	12-13 xyoo
Hniav puas ib	6-7 xyoo
Hniav puas ntse ob	10-12 xyoo
Hniav puas ntse ib	10-11 xyoo
Hniav dev	11-12 xyoo
Hniav tab meem ob	8-9 xyoo
Hniav tab meem ib	7-8 xyoo

QEE YAM TSEEB TXOG NTAWM COV HIAV TUAJ:

- Raw li keeb kwm ntawm neeg lub neej mas 6 lub hlis twg tuaj li plaub tug hniav
- Menyuam ntxhais li hniav xub tuaj dua menyuam tub
- Xws li sab hauv xub tuaj dua sab sauv
- Hniav tuaj mas txawm sab sauv sab hauv los pheej tuaj Khub ib tug sab xis ib tug sab laug
- Cov hniav dab mas me dua thiab dawb dua cov hniav kav laus uas yuav tuaj tom qab plhis cov hniav dab
- Thaum menyuam hnub nyoog 2 mus rau 3xyoos ces cov hniav dab yuav tsum tuaj tag lawm
- Tsis ntev tom qab lawv muaj plaub xyoos ces tus txha pob tsaig losis tus txha ntawm ntsej muag pib loj thiab ua chaw rau cov hniav tiag. Thiab thiaj li ua tau chaw rau tj tug hniav uas tuaj loj loj. Thaum hnub nyoog 6 mus rau 12 xyoos cov hniav puas yuav tuaj nrog cov hniav dab tabsis hniav puas tsis plhis yuav nyob hauv qhov ncauj vim yog cov hniav kav laus.

MUAJ XWM CEEV TXOG KAUS HNIAV

Tsoo Hniav Lov losi Nrho

Muab qhwv losi muab dej yaug yog tias lub hauv paus hniav lo phem. Tsis txhob txhuam tsam ho tev tau tej qho nqaij mos mos uas tseem lo tus hniav yog zoo tiag muab rov tsaw rau hauv lub qhov hniav yog tsaw tsis tau rov rau los muab tsau mis (milk) thiab mus ntsib kws kho hniav sai thiab nco ntsoovnqa tus hniav.

Yog muaj Khoom Daig cov Kis Hniav

Muab txoj xov rig maj mam rig txhob pub hlais cov pos hniav. Txhob siv tej yam ntse ntse los dig tej daig kaus hniav. Yog siv xov es tseem dig tsis tau qhov daig tawm no tiv tauj koj tus kws kho hniav.

Mob hniav

Muab dej sov yaug koj lub qhov ncauj kom ntxuav cov kib nyiab, maj mam muab xov rig losis muab cov tshuaj yaug qhov ncauj yaug kom txhob muaj khoom noj losis lwm yam daig rau cov kis hniav. Txhob siv tshuaj quab losi tshuaj noj kom txhob hnov mob tso ze cov pos hniav tsam ho tom cov pos hniav, yog mob tsis zoo ho hu rau kws kho hniav.

Healthy Smiles for Portage County
817 Whiting Avenue
Stevens Point, WI 54481
Phone: 715-345-5781
Fax: 715-345-5966

Portage County muab kev ua hauj lwm rau txhua tus neeg uas tsim nyog tau txais tsis hais hnub nyoog, tawv nqaij, pojniam, txiv neej, hom neeg twg, xiam oob qhab, muaj mob losis tsis paub tab uas txhais muaj nyob rau hauv s.51.01(5)], raug ntes losis tau ua txhaum txoj cai los lawm [s.111.32], muaj kev quab yuam ntawm kev sib deev,muaj cuab yig los tsis muaj losis tsis muaj peev los them.

{Hmong-Early Childhood Tooth Care Brochure 2012}

KEV KHO HNIAV ZOO HUV SI

RAU KOJ TUS MENYUAM

KAUS HNIAV ZOO TSEEM CEEB RAU MENYUAM:

- Zom kom yog thiab zaub mov zoo
- Kev hais lus
- Tag nrho peev xwm ntawm tus kheej
- Tseg chaw rau cov hniav laus tuaj ntxiv

LUB QHOV NCAUJ ZOO HUVSI

YUAV TU KOJ TUS MENYUAM COV HNIAV LI CAS

Yuav Tu Kuv Tus Menyuam cov Hniav Li Cas?

Kev tu kaus hniav zoo yog yuav tsum pib thaum koj tus menyuam nyuam qhuav tuaj thawj tug hniav xwb. So koj tus menyuam cov pos hniav nrog ib daim ntaub noo noo tom qab txhua zaum uas nws noj dabtsi tag thiaj pab tiv thaiv phaj nyaj thiab cov khub. Pib siv tus txhuam hniav mos mos txhuam ib hnub ob zaug. Thaum koj tus menyuam txawj pib kawm ntawv ces siv cov tshuaj txhuam hniav uas muaj tshuaj pab cov hniav kom khov, tsis tas koj tso tshuaj ntau ntau tsuas tso me me luaj li noob taum pauv xwb. Vim menyuam yaus tsis paub ces lawv pheej qos,yog qos tau ntau ces yuav ua rau nws cov hniav txaij losis daj.

Ua li sij cov tshuaj ntsiav pab hniav kom khov nev?

Cov tshuaj ntawv pab kom cov hniav khov thiab pab cov ci ci ntawm tus hniav tawv. Muaj ntau lub zos mas yuav kom siv cov tshuaj no rau cov dej haus. Yog koj nyob rau tej thaj chaw uas cov dej tsis muaj (fluoride) koj tus thaj maum xaj cov tshuaj no rau koj cov menyuam noj los thaum lawv muaj hnubnyoog rau hlis xwb. Cov tshuaj no tseem ceebheev rau koj tus menyuam. Tiam sis txhob muab ntau tshaj li koj tus thaj maum xaj. Yog muab ntaudlhau ces yuav zoo li coj tshuaj txhuam hniav thiabyuav zas menyuam cov hniav thiab.

Ua li kab noj (cavity) yog dabtsi?

Kab noj yog cov qho uas kab noj xws li yog tshwm sim los ntawm cov phaj nyaj uas yog ua los ntawm cov zaub mov losis kua qab zib. Cov kua no noj cov hniav. Kab noj hniav tshwm sim rau menyuam yaus. Kev tu thiab txhuam hniav zoo yuav pab kom kab txhob noj koj tus menyuam cov hniav.

LUB QHOV NCAUJ ZOO HUVSI

YUAV TU KOJ TUS MENYUAM COV HNIAV LI CAS

Puas ntxim li kuv tus menyuam cov hniav yuavraug kab noj?

Tej zaum koj tus menyuam cov hniav yuav raug kab noj yog tias nws noj khoom qab zib ntau xws li, khobnoom, dej qab zib, kua txiv, dej qab zib muaj pa los yog tias nws muaj qee yam li nram qab no:

- Yug ntxov losis thaum yug los es me me
- Muaj tej yam nws ua tsi tau es yuav tos kev pab
- Muaj tej teev dawb los daj lis ntawm nws cov hniav
- Tsis ntsib kws kho hniav pes tsawg

Kuv yuav pab tiv thiav kab noj li cas?

Txhua tus hauv koj tsev neeg yuav tau tu lawv cov hniav kom zoo. Vim tias tsev neeg twg yog muaj kab noj lawv cov hniav heev ces yuav kis tau rau cov menyuam mos ab thiab menyuam yaus. Kaus hniav yuav tau txhuam ib hnub ob zaug thiab muab xov rig ib zaug, txhua tus yuav tau mus ntsib kws kho hniav ob zaug tauj ib xyoos. Es kom kws kho hniav muab yas leem rau cov hniav puas pab tiv thiav.

Ua li kev noj haus puas cuam tshuam kuv tus menyuam cov hniav?

Cuam tshuam kawg. Txwv kom kab txhob noj ces yog muab dejqab zib thiab khoom qab zib rau noj kom tsawg. Cov khoom noj uas zoo rau kaus hniav yog zaub,txiv hmab txiv ntoo, cheese thiab crackers. Menyuam lub raj mis yog ib qho teeb meem thiab yog mis thiab kua txiv teev ntev ces ua rau kab yaim cov hniav pib daj vim li ntawv thiaj kom txhob cia menyuam puag lub raj mis mus rau ub rau no thiab mus pw. Yuav tsum qhia menyuam kom txawj haus hauv khob thaum nws muaj hnub nyoog ib xyoo.

LUB QHOV NCAUJ ZOO HUVSI

YUAV TU KOJ TUS MENYUAM COV HNIAV LI CAS

Ntxais tus taub teg puas phem rau kuv tus meyuam?

Yeej tsis ua cas yog ntxais tus taub teg losis lub txiv mis qhuav. Vim ntau tus menyuam lawv tseg tsis ntxais thaum lawv muaj hnub nyoog plaub xyoos lawm.. Yog tias koj tus menyuam tseem ntxais nws tus taub teg tom qab plaub xyoo no qhia rau koj tus kws kho hniav nws mam tshuaj tsuam saib xyuas saib puas muaj teeb meem rau nws cov hniav uas tsi tau phis.

Yuav yog thaum twg es kuv mam coj kuv tus menyuam mus ntsib kws kho hniav?

Qhov chaw American Dental Association xav kom txhua tus niam thiab txiv coj lawv tus menyuam mus ntsib kws kho hniav thaum muaj ib xyoos txhob cia lig tshaj ntawv. Ua li no kws kho hniav thiaj tshuaj tau yog muaj teeb meem dabtsi txog lawv cov hniav. Kws kho hniav rau menyuam yaus tsuas yog tshwj xeeb kho menyuam yaus xwb. Koj tus kws kho hniav yuav qhia tau rau koj txog ntawm kev noj, siv raj mis, txhuam hniav, losis siv tshuaj pab hniav. Coj lawv mus ntsib kws kho hniav thaum lawv tseem yau yuav pab tau lawv kom swm tus kws kho hniav es thiaj li yooj yim txhua zaum uas lawv mus ntsib kws kho hniav.