ADEEGYADDA ILKAHA EE LACAG LA'AANTA AH EE DUGSIGA ILMAHAAGA

Muhiim: Fadlan soo celi warqad oggollaansho oo saxiixan si aad u isticmaasho adeeggan lacag la'aanta ah.

Adeegyada waxaa ka mid ah:

- Baaritaanka ilkaha ee bilaashka ah– *Xirfadlaheena ilkaha waxa uu fiiriyaa gudaha afka ardayga si uu u eego caafimaadka guud ee ilkaha iyo ciridyada.*
- Ningaxyada bilaashka ah– *Dahaar ayaa lagu dhejinayaa ilkaha dambe ee ardayga si looga hortago suuska ilkaha.*
- Foloraydhka bilaasha ah – *Oo ilkaha lagu cadaydo ilkaha, fiitamiinkan waxa uu ilkaha ka dhigaa kuwa xoog badan kana ilaaliya suuska.*

Waa maxay sababta ay tahay inaad u diiwaangeliso ilmahaaga adeegyada bilaashka ah:

- Ilkaha caafimaadka qaba ayaa muhiim u ah caafimaadkaaga guud.
- Marka ningaxyada ilkaha lagu sameeyo dugsiga, waxaad seegaysaa shaqo yar, ilmahaaguna waxa uu in yar seegayaa dugsiga.
- Ningaxyada ilkaha waxaa sameeya xirfadlayaasha daryeelka ilkaha.
- Booqo dhakhtarkaaga ilkaha ugu yaraan hal mar sannadkii.

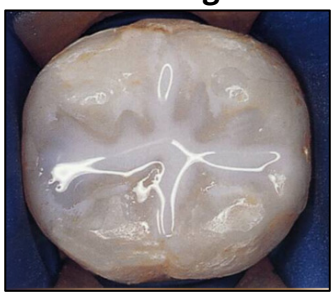
Foloraydh ilkaha lagu marinayo buraash yar

Si aad u hesho wixii macluumaad dheeraad ah, fadlan naga soo wac

503-521-7166.

Kahor Ningaxa

Kadib Ningaxa



<u>Dhibaatada: Suuska</u>

- Suuska waa cudurrada caadi ahaan ugu badan carruurnimada.
- Qiyaastii 50% carruurta ay da'doodu u dhaxayso 5-11 sano ayaa leh ugu yaraan hal suus[1].

<u>Xalka: Ningaxyada Ilkaha</u>

- Ardayda hesha ningaxa waxay leeyihiin 50% suus ka yar kuwa aan qaadan[2].
- Adeegsiga foloraydhka ayaa kahortagaysaa 43% suuska ilkaha joogtada ah iyo 37% suuska ilkaha ilmaha[3].

1 CDC. Children's Oral Health. https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html#:~:text=More%20than%20half%20of%20adolescents,one%

2 Community Preventive Services Task Force. (2017) Improving Oral Health: School-Based Dental Sealant Delivery Programs. https://www.thecommunityguide.org/sites/default/files/assets/OnePager-OralHealth-School-Sealants.pdf

3 Marinho VCC, Worthington HV, Walsh T, Clarkson JE. Fluoride varnishes for preventing dental caries in children and adolescents. Cochran Database of Systematic Reviews 2013, Issue 7. Art. No: CD002279. DOI: 10.1002/14651858

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