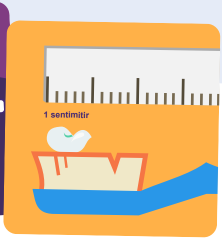
Sidee baad u hubisaa in ilkahaaga iyo gowsahaaga caafimaad qabaan?

Waa muhiim inaad si fiican u daryeesho ilkahaaga. Markaa si fiican ayaad u calalin kartaa oo si fudud ayaad wax u cuni kartaa. Waxaad sidoo kale yeelan doontaa godad yar iyo barar yar oo ciridka ah. Buug-yarahaan wuxuu kuu sheegayaa sida wanaagsan ee aad ilkahaaga u daryeeli karto.

Cadayashada ilkaha

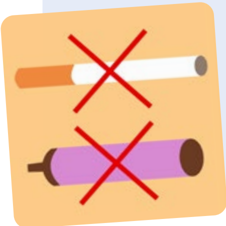


- Caday ilkahaaga 2 jeer 2 daqiiqo maalintii, cadayashada ka dib quraacda iyo ka hor intaadan seexan.
- 1 sentimitir oo daawada ilkaha ah ayaa ku filan.
- Iibso daawada ilkaha oo ay ku jirto fluoride. Fluoride waxay xoojisaa ilkahaaga iyo gowsahaaga.
- Ku billow cadayashada ilkaha hoose. Nadiifi 1. gudaha, 2. dibadda iyo 3. sare. Kadibna si la mid ah u caday ilkaha kore.

- Ma cadaysay ilkahaaga fiidkii? Markaa wax badan ha cunin hana cabbin. Had iyo jeer waxaad cabbi kartaa biyo.
- Iska tuf daawada ilkaha ka dib markaad cadaysato. Haddii aad rabto, waxaad ku raaci kartaa biyo yar daawada ka dib.
- Isticmaal istakiin ama burushka ilkaha dhexdooda 1 mar maalintii si aad u nadiifiso ilkahaaga. Samee tan fiidkii.
- Booqo dhakhtarka ilkaha si laguu hubiyo. Dadka intooda badan, laba 2 jeer sannadkii ayaa ku filan. Waxay fiiriyaan haddii aad leedahay wax dalool ah iyo haddii cirridkaagu caafimaad qabaan. Ilkahaaga sidoo kale waa la nadiifinayaa.

Cunista iyo cabbitaanka

- Haddii aad cunto sonkor, waxay u badan tahay in ay daloollo yeelato. Markaa, cun cunto yar oo sonkor leh. Oo cab cabitaanno fudud iyo casiir furuto ah, tusaale ahaan casiirka tufaaxa ama liin macaanta.
- Ma wax baad cuntay ama cabtay? Sug 2 saacadood ka hor intaadan wax cunin ama cabbin mar kale. Ilkahaagu waxay u baahan yihiin nasasho. Biyaha la cabbo mar walba waa la oggol yahay.



- Ha cabbin khamriga. Weli ma doonaysaa inaad khamri cabto? Ha samayn tan maalin kasta. Ha cabbin wax ka badan 1 koob.
- Ha cabbin sigaarka, xitaa sigaarka elektaroonigga ah.

Xanuun ma ku qabtaa ilkahaaga, gowsaha ama ciridka?
Kadib balan ka qabso dhakhtarka ilkaha.

Carruurta

- Ilmahaagu wax ma cunay ama cabbay? Sug 2 saacadood ka hor intaadan siin cunto ama cabitaan mar kale. Ilkaha waxay u baahan yihiin nasasho. Biyaha la cabbo mar walba waa la oggol yahay.
- Ha siin ilmahaaga dhalo casiir ama cabitaan macaan leh.
- Ilmahaagu ma leeyahay iliggiisii ugu horreeyay? U caday ilkaha ilmahaaga, 1 mar subaxdii iyo 1 mar fiidkii.

- Carruurta da'doodu u dhaxayso 0 ilaa 5 jir, u soo iibso daawada afka oo leh fluoride yar, fiiri tuubada si aad u aragto da'da ilmaha ee daawada afka loogu talo galay.
- Ka caawi ilmahaaga cadayashada ilkahooda ilaa ay ka gaaraan 12 sano jir. Had iyo jeer caday ilkahooda waqti dheeri ah.
- U raac ilmahaaga dhakhtarka ilkaha si aad u hubiso marka iliga 1aad soo baxo

Qarashka

- Baaritaanka ilkuhu waa bilaash carruurta ilaa 17 sano jir ah. Inta badan daawaynta waxaa bixiya caymiska caafimaadka.
- Laga bilaabo 18 sano jir, waxaad iska bixinaysaa qarashka dhakhtarka ilkaha. Waxaad geli kartaa caymiska ilkaha ee dheeriga ah.
- Weydii dhakhtarkaaga ilkaha kharashka daawaynta. Waxaad sidoo kale weydiin kartaa haddii ay jiraan daweyno kale.

SOMALISCH

Su'aalo?

Booqo www.allesoverhetgebit.nl.

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