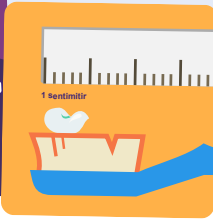




Sidee baad u hubisaa in ilkahaaga iyo gowsahaaga caafimaad qabaan?

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.

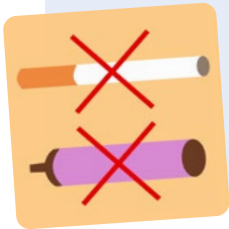


- Ma cadaysay ilkahaaga fiidkii? Markaa wax badan ha cunin hana cabbin. Had iyo jeer waxaad cabbi kartaa biyo.
- Iska tuf daawada ilkaha ka dib markaad cadaysato. Haddii aad rabto, waxaad ku raaci kartaa biyo yar daawada ka dib.
- Isticmaal istakiin ama burushka ilkaha dhexdooda 1 mar maalintii si aad u nadiifiso ilkahaaga. Samee tan fiidkii.
- Booqo dhakhtarka ilkaha si lagu 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.

Daabacaaddan waa hindise KNMT, oo ay taageerayaan GGD GHOR Nederland iyo Pharos