



Shan Tallaabo oo Dhoola Cadeynta Caafimaadan



1. Cadayo ilkahaaga laba jeer maalintii adoo isticmaalaya cadayga jilicsan iyo daawada ilkaha.
2. Soo iibso caday cusub 3 bilood ee walba.
3. Findhicileey ilkahaada maalin walba si aad u nadiifisid inta u dhaxeeyso ilkahaaga meesha buraashka ilkaha aan la gaari karin.
4. Arag dhaqtarka ilkaha ugu yaraan hal jeer sannadkii, xattaa haddii aadan qabin ilko dabiici ah ama aadan xiran ilkaha macmalka.
5. Cab biyo badan, calaali canjada sonkor la'aan, ha isticmaalin walaxaha tubaakada,

Sababaha loo Arkayo Dhaqtarkaaga Ilkaha ugu Yaraan Hal jeer Sannadkii



- Nadiifinta waxay ka saartaa wasaqda iyo huurada ilkahaaga
- Fiiri aastaamahaaga hore ee kansarka afkaaga
- Fiiri si aad u hubisid in ilkahaaga macmalka ay si fiican kuula egyihiin
- Aqoonso dhibaatooyinka ka hor inta aysan noqon kuwa halis ah oo ay sababaan xanuun iyo caabuq
- Waxay gacan ka geystaan ka hortaga ilko luminta sabab la xiriirto ilkaha dabacsan, godad, caabuqa, ama cudurka ciridka
- Ka caawi ka fiirinta dhibaatooyin kale ee caafimaadka, sida dhiigkarka iyo sonkorowga sareeyo
- Waxaa laga hubiyaa waxyeelada ay keentay caadooyinka xun sida calaalinta barafka, cidiyo cunista, ilko isku xoqa iyo sigaar cabida

Markii lagala soo Xiriirayo Dhaqtarkaaga ilkaha Tabashooyinka

- Ilko jaban
- Xanuunka joogtada ah ee iliga soo dhacaya
- Ciridka dhiiga markii aad cadeyanaysid
- Casaan, adkaansho, ama bararka ciridka ah ama ilkaha xasaasiyada
- Buuxinta daloolada ama daboolka ka soo dhaco iliga
- Dhibaatooyinka calaalinta ama liqida
- Isbedelada qaabka ilkahaaga macmaalka kuula egyihiin
- Xanuunka afkaaga oo aanan bogsoon
- Neefsiga urayo ama dhadhanka xun ee afkaaga ee aanan bogsoon kadib markaad cadayatid ilkahaaha

TALLO:

Dhaqaatiirta ilkaha badanaa waxay ku dhaafaan lambarka xaalada degdega ah ee mashiinkooda jawaabta fariimo aad adiga wacatid haddii aad qabto dhibaata daran ee ilkaha kadib saacadahooda shaqada.

Goorta la Waco Dhaqtarkaaga ilkaha Markiiba oo Aadan Sugin

- Ilig jaban
- Ilig dabacsan ama soo dhacay
- Dhiigbaxa aanan joogsaneyn
- Ilkaha aadka u xanuuna ama garaaca badan
- Bararitaanka bararka iyo bararka xanuunka daran ee dhabankaaga ama qoortaada
- Dhibic cad oo ciridkaaga saaran oo sii weynaato

Goorta la Aado Qolka Xaalada degdega Isbitaalka

- Marka aysan kuu suurtoogaleynin inaad la xiriirtid dhaqtarkaaga ilkaha saacadaha shaqada kadib oo aad qabtid aastaamaha daran ama xanuun
- Dilaac ama kala baxa daanka
- Barar si muuqdo ugu faafo wajigoo dhan iyo hoosta qoorta
- Dilaaca daran, jeexa, ama daloolada gudaha daanka, faruuraha, ama carabka
- Dhiig baxa culus ee afkaaga oo aanan joogsaneyn
- Haddii aad madaxaaga dhaawacday oo aad wax yeeshay ilkahaaga iyo daankaaga

Raadinta Dhaqtarka ilkaha

Haddii aad u baahantahay caawinta lagu raadinayo dhaqtarka ilkaha ama aad qabtid dhibaatooyin aad balan uga heshid dhaqtarkaaga ilkaha, fadlan ka soo wac Adeegyada Xubinta 1-866-398-9419, isticmaalayaasha TTY/TDD soo wac 711.

Caawinta Gaadiidka

RideConnect waxay bixiyaan Gaadiidka Caafimaadka Aan Gurmadka aheyn (NEMT) ee ka imaaneyso una socoto balamaha ilkaha ee xubnaha u qalma adeegyada caymisan. Wixii warbixin dheeraad ah, ka soo wac Adeegyada Xubinta 1-866-567-7242, isticmaalayaasha TTY/TDD soo wac 1-800-627-3529 ama 711.

Illaha Caafimaadka Afka

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475?p=1>

http://seniorsoralhealth.org/oral-hygiene-guidelines-preventing-dental-disease/?doing_wp_cron=1498146603.2632050514221191406250

<http://www.mouthhealthy.org/en/dental-care-concerns/dental-emergencies>

<https://data.web.health.state.mn.us/web/mndata/oral-health>

<https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html>



Adeegyada Xubinta 1-866-567-7242 ♦ TTY 1-800-627-3529 ama 711

Saacadaha Adeega: Febraayo 15 illaa Sebteember 30, Isniin-Jimce, 8 am illaa 8 pm;

Oktoobar 1 illaa Febraayo 14, 7 maalmood todobaadkii, 8 am illaa 8 pm

Booqo ama websyatka: www.mnscha.org

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