



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Ilkaha: Daryeelka Ilkaha iyo Ciridka Dental: Teeth and Gum Care (Somali)

Ilko caafimaad qaba iyo ciridada aad ayay muhiim ugu yihiin caafimaadka canugaaga. Ilkaha waa in la nadiifiyaa si looga saaro cuntada iyo huraada (plak). Huraadu waa lakab bakteeriyo oo waxyeelo badan sababi kara ilko bolal (bolalka ilkaha).

- Ilko bolalku wuxuu si dhaqso ah ugu dhacaa ilkaha ilmaha marka loo eego ilkaha dadka waawayn (rasmiga ah).
- Cadayashadu waa inay bilaabataa isla markiiba marka iligga koowaad soo baxo.
- Si looga hortago boloolka ilkaha iyo cudurka ku dhaca ciridka, ilkaha, ciridka ama carabka waa in la nadiifiyo ugu yaraan labo jeer maalintii. Sidoo kale waa arrin wanaagsan in ilkaha la cadaysado kadib marka cunto la cuno.

Sida loo baro canugaaga inuu ilkihiisa caddayo

- Ilmaha yaryar waxay kaaga baahan doonaan caawimaad illaa ay ka gaarayaan heer ay si iskood ah u caddaydaan ilkaha. Waxay bilaabi karaan inay bartaan cadaysiga marka ay gaaraan 2 sano. Marka ay gaaraan 10 sano, waa inay si iskood ah ilkaha u caddeysadaan.
- Isticmaal buraashka caddeyga oo yar, ahna mid jilicsa.
- Ka caawi ilmahaaga inuu barto sida loo caddeydo ilkaha adigoo u oggolaanaya inuu ku daawado markaad caddeysashanayso ilkaha. U sharax mid kasta oo kamid ah tallaabooyinka soosocda intaad sameyneyso caddeysashada aadna wada caddeyanaysaan.
 1. Mari madaxa caddeyga (qaybta buraashka ah) cadad yar oo ah daawada caddeyga ee fluoride ka ah. Ilmuhu haddii ay jiraan 3 sano iyo kasii wayn yihiin, ha isticmaalayn cadad daawada caddeyga ah oo le'eg mirta digirta. Carruurta jira 2 sano iyo kuwa kasii yar, waa inay isticmaalaan cadad daawo caddeyga ah oo le'eg mirta bariiska (Sawirka 1 aad).



Isha: [Fluoride \(hhs.gov\)](https://www.hhs.gov)

Sawirka 1 Kadib marka ilmuhu gaaro 3 sano cadad daawada cadayga ah oo le'eg mirta digirta isticmaal. Kahor inta uusan gaarin 3 sano jir, sii daaqa le'eg mirta bariiska.

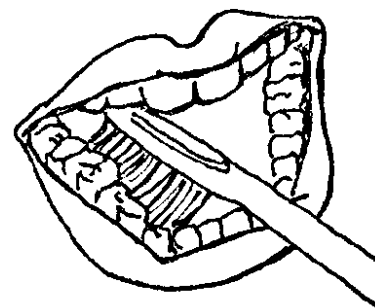
2. Kaliya cadayo 2 illaa 3 ilig markiiba. Geeska geli buraashka caddeyga adigoo la raacaya saxda ilkaha kujira gudaha kuna xoqaaya afka ciridka (Sawirka 2). Si tartiib ah u marmari adoo ku celcelinaaya. U caddeyida ilkaha si kor iyo hoos ah ama u caddeyida si xoog ah waxay waxyeelo u geysan kartaa ciridka iyo ilkaha.

3. Caddey qaybta kore ilkaha yaryar ee kooxaha ah. Marmar buraashka caddeyga geeska. U caddey dhammaan geesaha ilkaha isla qaab isku mid ah.

4. Markaad caddeyeyso gudaha ilkaha hore ama kuwa qalka hoose, madaxa caddeyga ka dhig mid toosan si (caadi ah u taagan). Si tartiib ah u marmari buraashka korka iyo hoosta ilkaha iyo ciridka.

5. Gabagabee caddeysashada adigoo buraashka caddeyga marinaaya carabka. Arrintaan waxay gacan ka geysanaysaa in bakteeriyada laga saaro carabka neeftuna noqoto mid fireesh ah.

6. Marka aad dhameysto, iskuday inaad tufto daawada caddeyga. Waa caadi haddii la laqo cadad yar oo daawada caddeyga ah. Ha luqluqan kadib marka aad dhameyso caddeysashada si daawada fluoride afka oga bixin.



Sawirka 2 Ku qalooci timaha leenka ciridka.

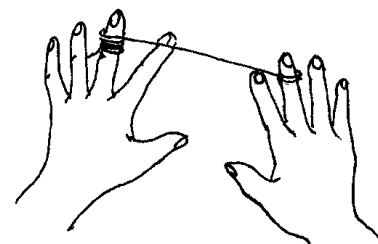
Tallooyinka buraashida ilkaha

- Badel buraashka caddeyga ugu yaraan 3 dii billoodba mar ama haddii uu jilco buraashka caddeyga. Cadayga ilkaha dhammaaday si wanaagsan uma nadiifinayo ilkaha canugaaga.
- Raac jadwal joogto ah ood ku caddeysashanayso subax kasta iyo kahor inta aadan seexan habbeenkii. Mar kasta caddeysasho muddo dhan 2 daqiiqo. Is madadaali oo dhageyso hees aad jeceshahay muddada 2 da daqiiqo ah, ama akhri buug ama ka sheekee sheeko.

Sida loo isticmaalo findhicilka ilkaha

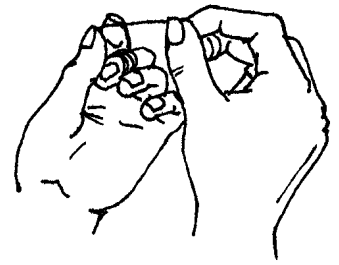
Findhicilka ilkaha waa in la sameeyo maalin kasta. Findhicileyntu waxay ilkaha ka saartaa waxyaabaha ku harhara ee uusan caddeygu gaari karin. Billoow findhicileynta ilkaha marka ilkaha cunugaaga ay isku soo dhawaadaan ayna geesahoodu is taabtaan. Si lamid ah sida ilkaha loo caddeydo, findhicileyntu waxay qaadataa waqti iyo fahan si qaab sax ah loo sameeyo. Cunugaagu wuxuu baran karaa ilko findhicileynta marka uu gaaro 11 ama 12 sano. **Sida loo findhicileeyo:**

1. Ka jar qiyaastii 18 inji oo findhicilka oo ku haweysii agagaarka farta dhexe ee gacanta. Ku duub afka hore ee far dhexaadka gacanta kale (Sawirka 3 aad). Intaad sameyneyso findhicileynta, xariga findhicilka ah ee la isticmaalay ama wasaqoobay waxaa lagu duubi doonaa fartaan labaad.

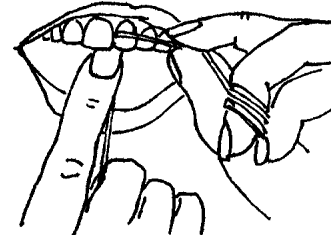


Sawirka 3 Ku qabo findhicileynta agagaarka farahaaga dhexe (aadna ha u adkeen).

2. Siidaa hal inji oo xariga findhicilka ah. Si tartiib ah u qabo, ayadoon waxba ku laadlaadin, faraha dhexdooda. (Sawirka 4).
3. Si tartiib ah u geli xariga findhicilka ah labada ilkood dhexdooda. Samee taxadar oo iska ilaali inaad si dhaqso ah u mariso xariga maadaama xarigu ku dhex go'i karo dhex bartanka ilkaha.
4. Marka xariga findhicilka ah gaaro laynka ciridka, ku duub geesaha banaanka iyo gudaha hal ilig si uu ugu muuqdo muuqaal C camal ah (Sawirka 5). Marwalba ku hay hal far gadaasha ilkaha aad findhicileyneyso farta kalena ku haay qaybta banaanka ee isla iliga aad findhicilayso.
5. Joogtee inaad xariga findhicilka ah u hayso si tartiib ah. Ka billoow hoosta laynka ciridka marmarina findhicilka korka iyo hoosta geeska iliga adigoon dhaawaceyn ciridka (Sawirka 5). Isla sidaan ku samee geeska kale.
6. Si aad usoo bixiso findhicilka, kor u riix qaybta kore ee iliga. Haddii cunugaagu u xiran yihiin biraha ilkaha, way fududaan kartaa in loo riixo findhicilka qaybta kore ee banaanka ee ilkaha.
7. Isticmaal qayb cusub oo ah findhicilka nadiifinta marka aad u gudubto meel banaan oo isla ilkaha dhexdooda ah.
8. Ku celi tallaabooyinka 2 aad illaa 7 aad.
9. Inkastoo aysan sida xariga findhicilka u wanaagsaneyn, biyaha wasakhda ilkaha looga saro ama caaga findhicilka ah si aad si tartiib ah ilkaha oga saarto qashinka.



Sawirka 4 Si tartiib ah ugu qabo xariga labada farood.



Sawirka 5 Ku duub findhicilka geesaha iliga. Kor iyo hoos u jiid-jiid adigoon dhaawac u geysan ciridka.

Waxyaabaha kale ee la sameeyo si looga hortago ilko bolalka

- la kulansii dakhtarka ilkaha si uu baaritaan ugu sameeyo 6 dii billoodba mar
- ha cuno cuntooyin caafimaad leh
 - Taxadar samee la xariira in cunugaagu uusan si joogto ah wax u cunin waxna u cabin inta lagu jiro maalinta. Mar kasta oo cunugaagu wax cuno waxna cabo, 20 daqiiqo gudahood, sonkorta kujirta waxay isku badelayaas aashito.
 - Sii biyo inta u dhaxeysa xiliyada cuntada. Cunugaaga ha siin waxyaabo kale oo uu cabo marka laga yimaada xiliga cuntada. Carruurtu waxay caadiyan cabi karaan 4 ounces oo boqolkiiba 100% ah cabitaan xiliga cuntada. Xaqiiji inaad siineyn cabitaanada juuska ah ama cabitaanada kale ee sonkorta leh.
 - Biyo afka ugu luqluq marka ilmuhu cuno cunto ama cabo cabitaan leh sonkorta mar walba.

- Ka ilaali inaad siiso waxyaabaha macmacaanka ah iyo cuntooyinka ku dhegi kara ama fuuli kara ilkaha muddo dheer.
- Sii khudaarta rasmiga ah, ee adag iyo khudrada, jiiska iyo yoqadka marka aad siineyso cuntooyin yaryar. Ka ilaali inaad siiso cuntooyinka jilicsan ee leh istaajka (starchy) ee ku dhegi kara ilkaha. (Carruurta ay u xiran yihiin biraha ilkaha waxaa laga dooni karaa inay yareeyaan cunida cuntooyinka la ruugo ee jabin kara xariga iyo biraha ilkaha.)
- daawada fluoride
 - Daawada Fluoride waxay adkeysaa ilkaha waxayna gacan ka geysataa inay ka ilaaliso bolalka.
 - Dakhtarka ilkaha ama dakhtarka qaabilsan nadaafada ilkaha waxaa laga yabaa inay ilkaha cunugaaga saaraan suuf leh fluorid mararka ay sameynayaan baaritaanka ilkaha.

Goorta la waco dhakhtarka ilkaha

Wac dakhtarka ilkaha haddii cunugaagu dareemo xanuun ama dhiig bax marka ay caddayanayaan ama haddii ay qabaan su'aalo kale.