



## ***Ka ilaali ilmahaaga suuska ilkaha***

- Si caadi ah u booqo akhtarkaaga ilkaha.
- Naas-nuujii ilaa 6 billood ama ka badan.
- Haddii ilkahaagu si fudud suus u galo, waydii:
- Daawada Chlorhexidin
- Xanjada la calasho oo ay ku jirto sonkorta macmalka ah (xylitol) 3 ilaa 5 jeer maalintii
- Bilow u rumayga ama u cadayga ilkaha ilmahaaga markay bilaabaan inay soo baxaan.
- Iliga ugu horeeya ama sanad guurada dhalashadiisa dakhtarka ilkaha ugee ilmahaaga.

## ***Resources for Dental Care***

Wac 211

Caafimaadka Degaanka Snohomish

[www.snohd.org](http://www.snohd.org)

425.339.5219 (liiska la duubay)  
Liiska dhakhaatiirta ilkaha ee hada qaadanaaya Medicaid

Ama

fidiiya daryeel ilkood oo qiimihiisu hooseeyo

WithinReach

[www.parenthelp123.org](http://www.parenthelp123.org)

U qalmida Caafimaadka/lacag bixinta ilkaha ee laga helayo internet-ka

**Snohomish Health District**  
Healthy Communities and Assessment  
Oral Health Program  
3020 Rucker Avenue, Ste 206  
Everett, WA 98201-3900  
425.339.5219

***Waxaa soo saaray***

**Public Health**   
Seattle & King County

Oral Health\_and\_Pregnant\_Women\_Somali\_30\_06\_2014\_pac

## **Waxa Hooyada Uurka Lihi u Baahantahay inay Ogaato**



**Caafimaadka  
Afku ee Caruurta  
wuxuu ka**

 **SNOHOMISH  
HEALTH DISTRICT**  
[WWW.SNOHD.ORG](http://WWW.SNOHD.ORG)



## ***Daryeelka ilkaha, markasta wakhtiga uurka, waxay leeyihiin badbaado!***

### **Hooyooyin Caafimaad leh = Caruur Caafimaad leh**

- Calaamadaha caafimaadka afka ee xun waa ciridka oo barara iyo dhiig bax fudud wakhtiga uurka
- Jeermiska soboba suuska ilkaha wuxuu isaga gudbaa hooyada iyo ilmaha cusub.
- Caruurta waxaa suurta gal ah in si dakhso ah suus uga galo ilkaha markay yar yihiin marka hooyadu ilkaha suus ku leedahay.

## ***Wakhtiga booqashada dhaw!***

**Medicaid way bixisaa daryeelka ilkaha wakhtiga uurka iyo 2 billood ka dib marka ilmuhu dhasho.**

- X-ray-ga iyo daawaynta ilkuhu waxay leeyihiin BADBAADO markasta wakhtiga uurka
- Ilko nadiifintu waxay wanaajisaa caafimaadka afka waxayna yaraysaa suurta galnimada ilmo aan ku dhalan wakhtigii caadiga ahaa.
- Ku fariisiga kursiga ilkaha si loo sifeeyo ama loo buuxiyo way fududahay wakhtiga lagu jiro xaalada labaad (second trimester) ee uurka.
- Daahinta daawaynta ilkaha waxay ilmaha iyo hooyada u sobobi karaan dhibaatooyin khatara.



## ***Yalaalugo ama matag soo noqnoqda?***

### **Maalintii cun xadi yar oo cunto caafimaad leh.**

- Xanjo calali, bilaa sonkor ah ama sonkorta macmalka ah (xylitol), cuntada ka dib.
- Koob biyo ku jiraan ku dar 1 qaado oo baking soda ah mataga ka dib si aad ilkaha uga ilaaliso aashitada caloosha
- Si tartiiba ugu rumayo ama ugu cadayo daawada ilkaha si aad uga hortagto dhaawac ilkaha gaaro oo uu sobobo matag badan.