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| ZOO RAU KOJ LUB QHOV NCAUJ |  |
| NWS YOG IB FEEM NTAWM KOJ LUB CEV |  |
| Koj Lub Qhov ncauj thiab Ntshav Qab Zib (Diabetes) |  |
| Xav paub ntxiv |  |
| Ntshav qab zib kuj tseem tuaj yeem ua rau mob ntshav qab zib (glucose) hauv koj cov qaub ncaug hauv pos hniav. |  |
| Thaum koj cov ntshav muaj ntshav qab zib ntau ntau, koj cov qaub ncaug zoo li cas. |  |
| Cov kab mob hauv cov quav hniav pub cov zeb tsuab thiab tuaj yeem ua rau cov hniav lwj, kab noj hniav, thiab kab mob ntawm cov pos hniav. |  |
| Cov neeg mob ntshav qab zib muaj feem ntau yuav muaj kab mob hauv cov pos hniav (pos hniav), kab mob ntawm cov pos hniav thiab pob txha uas tuav cov hniav. |  |
| Mob ntshav qab zib tuaj yeem kho tau qeeb, yog li nws tuaj yeem cuam tshuam nrog kev kho mob ntawm cov kab mob uas hu ua mob hlwb (periodontal). |  |
| Mob ntshav qab zib tuaj yeem ua rau lub qhov ncauj qhuav thiab kab mob hu ua ua npuas ncauj (thrush), uas ua rau mob dawb ntawm koj lub qhov ncauj. |  |
| -Qhov ncauj qhuav tshwm sim thaum koj tsis muaj qaub ncaug txaus - cov kua uas ua rau koj lub qhov ncauj ntub. Lub qhov ncauj qhuav tuaj yeem ua rau mob, rwj, muaj kab mob, thiab hniav lwj. Kev haus luam yeeb ua rau cov teeb meem no loj tshaj qub. |  |
| Minnesota Lub Chaw Saib Xyuas Hniav (Minnesota Oral Health Coalition) |  |