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| [Translated from English to Hmong - www.onlinedoctranslator.com](https://www.onlinedoctranslator.com/en/?utm_source=onlinedoctranslator&utm_medium=docx&utm_campaign=attribution) |  |
| NROG koj lub qhov ncauj |  |
| Nws yog ib feem ntawm koj lub cev |  |
| Koj Lub Ncauj Thiab Lub Xyoo Golden |  |
| Xav paub ntxiv |  |
| Cov neeg laus muaj teeb meem ntau dua rau cov teeb meem kev noj qab haus huv ntawm qhov ncauj xws li cov hniav lwj, kab noj hniav, kab mob ntawm cov pos hniav, thiab qog nqaij hlav hauv qhov ncauj. |  |
| Tom qab ntau xyoo ntawm kev noj thiab haus, koj cov hniav thiab nws cov enamel tawg thiab ua tsis muaj zog. |  |
| - 96% ntawm cov neeg laus hnub nyoog 65+ muaj kab noj hniav |  |
| - 20% muaj cov hniav tsis kho |  |
| - 68% muaj kab mob pos hniav |  |
| Cov kab mob no muaj feem ntau dua yog tias koj yog ib tus neeg laus uas haus luam yeeb. |  |
| Tiv thaiv koj cov hniav los ntawm kev mus rau kws kho hniav ob zaug hauv ib xyoos, txhuam hniav txhua hnub nrog cov tshuaj txhuam hniav fluoride, txhuam hniav, siv lub qhov ncauj ntxuav, thiab ceeb toom koj tus kws kho hniav nrog txhua yam kev txhawj xeeb txog koj cov hniav. |  |
| Kev noj qab haus huv ntawm qhov ncauj tuaj yeem cuam tshuam nrog lwm yam mob, xws li ntshav qab zib, haus luam yeeb ntev, mob plawv, thiab lwm yam. |  |
| Minnesota Oral Health Coalition |  |