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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 Qhov Ncauj thiab Mob Siab |  |
| Xav paub ntxiv |  |
| Kab mob ntawm cov pos hniav, los yog Peridontitis, tuaj yeem ua rau koj muaj kev pheej hmoo ntawm kev mob plawv. |  |
| Kab mob kab mob nkag mus rau hauv cov ntshav tuaj yeem cuam tshuam rau lub plawv li qub. |  |
| Nws tsawg dua ntawm cov kab mob thiab ntau ntxiv txog koj lub cev tiv thaiv kab mob rau cov kab mob. Qhov mob tuaj yeem ua rau vascular puas tsuaj. |  |
| Tsis muaj kev sib txuas ncaj qha ntawm cov pos hniav thiab kab mob plawv. Nws zoo li lwm yam, xws li kev haus luam yeeb, uas ua rau ib tus neeg muaj kev pheej hmoo rau ob qho tib si. |  |
| Qee cov tshuaj siv los kho cov ntshav siab lossis kab mob plawv tuaj yeem ua rau lub qhov ncauj qhuav. Qhov no tuaj yeem txo koj cov qaub ncaug, uas yog qhov tseem ceeb rau kev ua kom koj lub qhov ncauj huv si. |  |
| Qhia rau koj tus kws kho hniav ib daim ntawv teev cov tshuaj uas koj muaj. Qhov no yuav pab lawv kho koj txoj kev npaj kho mob yog tias koj muaj cov kev mob tshwm sim uas cuam tshuam rau koj lub qhov ncauj. |  |
| Minnesota Oral Health Coalition |  |