|  |  |
| --- | --- |
| [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 |  |
| Xav paub ntxiv |  |
| Koj qhov ncauj thiab tshuaj |  |
| Ntau cov tshuaj, suav nrog cov vitamins, minerals, thiab tshuaj ntsuab npaj, tuaj yeem ua rau tsis zoo rau koj lub qhov ncauj. Los ntshav txawv txav thiab Txo cov ntshav txhaws yog qhov tshwm sim ntawm cov tshuaj aspirins thiab cov tshuaj tiv thaiv coagulants, xws li heparin lossis warfarin. |  |
| Taste-alerting |  |
| Qee cov tshuaj tuaj yeem ua rau iab lossis xim hlau saj thiab cuam tshuam rau lub peev xwm saj. |  |
| Cov ntaub so ntswg mos |  |
| Qee cov tshuaj tau txuas mus rau kev txhim kho ntawm qhov ncauj qhov ntswg, o, los yog hloov xim ntawm cov ntaub so ntswg hauv qhov ncauj. |  |
| Cov pos hniav loj |  |
| Cov pos hniav cuam tshuam feem ntau ua rau mob, uas yog cov tsos mob ntawm gingivitis. Koj cov pos hniav yuav liab, mos, ci, thiab los ntshav yooj yim thaum txhuam los yog txhuam. |  |
| Qhov ncauj qhuav |  |
| Nws feem ntau yog ib qho kev mob tshwm sim ntawm qee yam tshuaj. Kua qaub pab tiv thaiv cov hniav lwj los ntawm neutralizing acids uas tsim los ntawm cov kab mob, txwv tsis pub cov kab mob loj hlob thiab ntxuav tawm cov khoom noj. |  |
| Yog tias koj tsis muaj qaub ncaug txaus thiab ua rau lub qhov ncauj qhuav, qhov no tuaj yeem ua rau cov quav hniav ntxiv, cov hniav lwj thiab cov pos hniav. |  |
| Cov tshuaj qab zib |  |
| Qab Zib yog ib qho khoom xyaw hauv ntau yam tshuaj. Kev siv cov tshuaj no mus ntev yuav ua rau mob hniav. Qhov no yog ib qho tseem ceeb tshwj xeeb tshaj yog nyob rau hauv cov me nyuam mos thiab cov me nyuam cov tshuaj, uas yog feem ntau sweetened. |  |
| Minnesota Oral Health Coalition |  |