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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 Qhov Ncauj thiab Cev Xeeb Tub |  |
| Xav paub ntxiv |  |
| Cia siab tias leej niam yuav raug kab mob ntau dua. |  |
| 1 ntawm 4 tus poj niam cev xeeb tub muaj kab noj hniav. Cov tshuaj hormonal cuam tshuam rau acidity hauv lub qhov ncauj, uas tuaj yeem ua rau muaj kab noj hniav |  |
| Cov tshuaj hormones ntau ntxiv kuj ua rau cov niam muaj feem cuam tshuam rau gingivitis, uas yog ib qho kab mob hauv cov pos hniav. Qhov no feem ntau tshwm sim hauv cov niam txiv, nyob qhov twg ntawm 60-75% yuav kis tus kab mob. |  |
| Cov hniav xoob kuj tseem muaj, vim tias cov tshuaj hormones nce ntxiv tuaj yeem txo cov ntaub so ntswg hauv cov hniav thiab cov pos hniav. |  |
| Cov niam uas muaj mob thaum sawv ntxov ntau tuaj yeem ntsib cov hniav erosion los ntawm plab acid. |  |
| Nws yog ib qho tseem ceeb rau cov niam txiv kom saib xyuas lawv lub qhov ncauj vim tias txhua yam kab mob thiab kab mob tuaj yeem nkag mus rau hauv cov hlab ntsha thiab hauv tsev menyuam. Ib leej niam uas muaj lub qhov ncauj tsis zoo yuav kis tau cov kab mob phem rau tus menyuam mos. |  |
| Minnesota Oral Health Coalition |  |