|  |  |
| --- | --- |
| [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 Ncaim thiab Ntsuag |  |
| Xav paub ntxiv |  |
| Cov qaub ncaug pab tiv thaiv kab noj hniav los ntawm kev tsim, thiab pab tiv thaiv cov pos hniav. Nws ib txwm ntxuav cov hniav los ntawm kev ntxuav cov khoom khib nyiab thiab tiv thaiv cov kua qaub ntev ntev ntawm cov hniav enamel. Nws kuj muaj cov tshuaj tua kab mob uas pab tua cov kab mob phem uas ua rau cov kab noj hniav. |  |
| Cov qaub ncaug yog tsim los ntawm dej, mucus, proteins, minerals, thiab amylase uas yog tsim los ntawm lub |  |
| salivary qog nyob rau hauv koj lub qhov ncauj. Nws yog ib qho tseem ceeb rau kev ua kom koj cov hniav huv si thiab pab tiv thaiv kab noj hniav los ntawm kev tsim. |  |
| Nws pab tiv thaiv cov pos hniav thiab ua kom koj cov hniav muaj zog los ntawm kev muab cov zaub mov noj qab haus huv. |  |
| Txij li cov qaub ncaug yog 99% dej, cov dej haus yog qhov zoo tshaj plaws los txhawb cov qaub ncaug. Qhov nruab nrab, koj yuav tsum haus 4-6 khob dej ib hnub. |  |
| Cov qaub ncaug tsis txaus los tuav lub qhov ncauj noj qab nyob zoo. Nrog rau kev haus dej txaus, nco ntsoov txhuam koj cov hniav ob zaug ib hnub. |  |
| Minnesota Oral Health Coalition |  |