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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 Ncaim thiab Vaping |  |
| Xav paub ntxiv |  |
| 43% ntawm cov neeg siv vape muaj kab mob pos hniav thiab kab mob qhov ncauj. Nicotine txwv cov ntshav ntws mus rau koj cov pos hniav, uas tuaj yeem ua rau muaj kab mob hauv cov pos hniav |  |
| kab mob uas ua rau koj lub puab tsaig puas |  |
| Cov tshuaj nyob rau hauv cov kua txiv vape tau muag raws li "kev nyab xeeb" dua li cov luam yeeb, tab sis tseem tuaj yeem ua rau koj lub qhov ncauj puas. |  |
| Propylene Glycerin yog cov khoom xyaw hauv cov kua txiv vape. Thaum tawg hauv koj lub qhov ncauj, nws tsim cov khoom lag luam uas muaj tshuaj lom rau cov hniav enamel thiab cov ntaub so ntswg hauv koj lub qhov ncauj. Qhov no tuaj yeem rhuav tshem koj cov enamel, ua rau koj cov kab noj hniav thiab qhov ncauj qhuav |  |
| Zaub Glycerin yog lub qab zib tsw hauv vape kua txiv. Cov flavorings tuaj yeem txo koj cov hniav enamel los ntawm 27%. Nws yog ib qho nplaum nplaum uas pab cov kab mob phem lo rau koj cov hniav |  |
| Nicotine ua rau koj cov pos hniav puas thiab txwv cov ntshav khiav uas ua rau koj muaj kev phom sij ntawm kev tsim cov pos hniav |  |
| Minnesota Oral Health Coalition |  |