



## **Nplooj Ntawv Qhia Tseeb Txog Cov Tshuaj Fluoride**

### **Tshuaj fluoride (flor-ahyd) yog dab tsi?**

Fluoride yog ib hom tshuaj ib txwm xeeb txawm muaj sib txawv nyob rau hauv tag nrho cov khoom noj thiab dej haus. Puav leej siv cov tshuaj fluoride txuam rau ntau cov khoom tsim rau hniav xws li cov tshuaj txhuam hniav thiab cov tshuaj yaug qhov ncauj.

### **Tshuaj fluoride pab kom hniav txhob muaj kab noj tau li cas?**

Cov tshuaj fluoride ua hauj lwm tau ob hom: pleev thiab nqos.

Cov tshuaj fluoride pleev (txhais tias yog muab cov tshuaj fluoride tso kiag rau cov hniav) ua rau cov hniav hauv qhov ncauj muaj zog. Thaum muab cov tshuaj fluoride pleev raug cov hniav, nws plooj ntxiv rau tus hniav, ua rau tus hniav muag zog dua vim nws tiv thaiv cov hniav kom txhob muaj kab noj. Cov tshuaj fluoride pleev puav leej pab thiab ua rau cov pos hniav txhob rhiab yog muab cov tshuaj fluoride pleev mus rau cov ntug pos hniav uas “mos mos”.

Cov tshuaj fluoride nqos yog cov uas noj nrog khoom noj thiab dej haus thiab yog lub cev siv thaum lub cev pib tsim hniav tuaj. Yog noj kom muaj tshuaj fluoride tsis tu ncuu rau lub sijhawm thaum cov hniav pib tuaj (6 hli mus rau 6 xyoo), yuav ntxiv rau txheej hniav tshooj (txheej sab saum tus hniav) thaum nws tuaj zus, ua rau tus hniav muaj zog dua, tiv taus cov kab noj hniav dua. Cov tshuaj fluoride nqos mus puav leej tiv thaiv tau cov hniav pleev tshuaj thiab; cov tshuaj fluoride ntawm cov qaub ncaug, uas yeej ntxuav cov hniav tag mus li. Cov tshuaj fluoride yuav pab kho tau tus hniav yog kua qaub ua tus hniav puas thaum kab pib noj hniav.

### **Kuv yuav ua li cas thiaj li tau cov tshuaj fluoride?**

Cov tshuaj fluoride pleev muaj nyob rau hauv cov tshuaj txhuam hniav, cov tshuaj yaug qhov ncauj, kua nyeem, thiab cov kua pleev kiag rau cov hniav. Cov me nyuam yeej nquag tau cov tshuaj fluoride pleev thaum lawv mus ntsib kws kho hniav. Cov tshuaj fluoride pleev yog ib yam muab tau cov tshuaj fluoride pab cov hniav zoo tshaj plaws. Yog koj los yog koj tus me nyuam muaj kab noj hniav los yog cov hniav rhiab thaum raug dej txias, koj tus kws kho mob hauv CDA yuav muab tau ib yam tshuaj uas muaj cov tshuaj fluoride ntau dua li cov uas koj muas hauv khw.

Cov tshuaj fluoride nqos muaj nyob hauv cov dej haus ntawm ciav uas yeej ib txwm xeeb txawm muaj los yog muab cov tshuaj fluoride tov nrog cov dej haus kom pab tua cov kab noj hniav. Hauv cov zej zog uas cov dej tsis muaj tshuaj fluoride, tib neeg muas tau cov fwj dej haus uas muaj tshuaj fluoride los yog koj tus kws kho hniav hauv CDA los yog koj tus me nyuam tus kws kho mob ua ntawv muab tau cov tshuaj fluoride ua ntsiav los yog ua tshuaj qab los. Nco ntsoov, yuav tsum nqos cov tshuaj fluoride thiaj yuav ua hauj lwm rau lub cev.

### **Tshuaj fluoride muaj txiaj ntsim zoo rau leej twg?**



Txhua leej txhua tus yuav txais tau txiaj ntsim zoo los ntawm cov tshuaj fluoride txoj kev tua tau cov kab noj hniav. Yuav luag 60% ntawm cov tib neeg nyob hauv California yeej muaj cov dej haus uas muaj tshuaj fluoride nrog. Yog koj lub zej zog xav tso tshuaj fluoride rau hauv cov dej haus, nws yuav tsis yog txhawb kev zoo rau koj thiab koj cov me nyuam xwb, tiam sis yuav pab tau txhua leej txhua tus hauv lub zej zog.

### **Yog muaj me ntsis tshuaj fluoride zoo, uas muaj tshuaj fluoride ntau heev puas zoo dua?**

Cov txiaj ntsim zoo los ntawm cov tshuaj fluoride yeej muaj koob muaj npe ntev tshaj lawm 60 lub xyoo thiab ntau cov koom haum pab kev noj qab haus huv thiab pab kev tshaj lij xws li California Koom Haum Txhawb Hniav (California Dental Association), Neeg Asmeskas Koom Haum Txhawb Hniav (American Dental Association), Neeg Asmeskas Koom Haum Txhawb Kab Mob Kev Nkeeg (The American Medical Association), Teb Chaws Asmeskas Cov Chaw Tswj thiab Tiv Thaiv Tshuaj Lom Tuag (United States Centers for Disease Control and Prevention), Teb Chaws Asmeskas Chaw Pab Pej Xeem Kev Noj Qab Haus Huv (U.S. Public Health Service) thiab Koom Haum Txhawb Ntiaj Teb Kev Noj Qab Haus Huv (World Health Organization) yeej tau txhawb cov kev zoo. Tiam sis, zoo xws li txhua yam uas peb nqos mus rau lub cev, yeej muaj cov qib nyab xeeb, cov qib uas zoo tshaj rau koj txoj kev noj qab haus huv tag nrho, thiab cov qib uas tsis zoo. Thaum twg nqos tau tshuaj fluoride ntau heev, yuav ntsib qhov teeb meem hu ua tsuas tshuaj fluoride. Txawm tias hniav tsuas tshuaj fluoride tsis ua mob dab tsi los nws ua rau koj tus me nyuam cov hniav doog los yog ua tej tee dawb dawb.

Cov niam txiv yuav tsum faj seeb txog cov khoom uas nqos muaj tshuaj fluoride. Yog koj lub zej zog cov dej haus muaj tshuaj fluoride “zoo tshaj plaws” los yog nyob rau qib pab tiv thaiv kab noj hniav zoo kawg nkaus lawm, ces koj tus me nyuam yuav tsum txhob noj cov ntsiav tshuaj fluoride los yog cov tshuaj qab los fluoride. Ntxiv mus, tsuas tso tshuaj me me luaj lub noob taum pauv rau cov me nyuam (cov tsis txawj nti tom qab txhuam hniav tag) kom lawv tsis txhob nqos tau cov tshuaj fluoride ntau heev.

### **Yam yuav tsum nco txog yog dab tsi?**

Cov tshuaj fluoride nkaus xwb yuav tiv thaiv tsis tau cov kab noj hniav; nws tsuas yog ib feem ntawm txoj kev ceev kom cov hniav muaj zog thiab lub qhov ncauj noj qab haus huv xwb. Txhuam koj cov hniav tsawg kawg li ob zaug ib hnuv twg nrog cov tshuaj txhuam hniav uas muaj tshuaj fluoride nrog, xuas hlua dig hniav txhua hnuv, noj cov khoom noj khoom haus kom zoo, thiab txwv txhob txom ncauj tom qab cov puas noj tag, tshwj xeeb yog cov khoom qab zib thiab nplaum. Mus ntsib koj tus kws kho hniav hauv CDA tsis tu ncau thiab ua raws li nws cov lus pom zoo rau txoj kev tu xyuas koj tsev neeg cov hniav.

**800.CDA.SMILE**  
**cda.org**

Kho tshiab Kaum Hli Ntuj 2010

