

Cov Duab Xoo Hniav (Dental Radiographs) (X-Rays)

California Dental Association

MUS RAU PEM SUAB. UA KE.

Vim li cas cov duab xoo hniav thiaj lit seem ceeb?

Cov duab xoo hniav, uas nquag hu ua cov duab xoo hluav taws xob (X-rays), yog cov ciaj tseem ceeb pab rau koj tus kws kho hniav ntsuam xyuas koj cov kev tu ncuatawm koj lub qhov ncauj. Lawv cia koj tus kws kho hniav pom tej yam uas lub qhov muag tsis muaj rab peev xwm pom txog. Cov duab xoo hluav taws xob pab tus kws kho hniav txiav txim txog koj txoj kev muaj [kab noj hniav \(hniav to\)](#), [kab mob pos hniav \(pos hniav\)](#), hniav ua paug los yog qhov ncauj hlav tej yam txawv, xws li kab mob qog nqaij hlav los yog ua paug hlwv. Lawv puav leej pom cov hauv paus hniav tuaj nyob rau qhov twg thiab cov hniav sib ti heev los yog tsis tuaj tshwm taus zoo li cas.

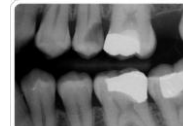
Yuav tsum yees cov duab xoo hluav taws xob heev npaum li cas?

Txoj kev yees cov duab xoo hluav taws xob pes tsawg zaus thiab yuav yees hom twg yog nyob ntawm koj tus kws kho hniav pom zoo raws li nws yuav tsum muaj thiaj li ntsuam xyuas tiav thiab nrhiav tau qhov teeb meem thaum ntov kom txo tsawg txoj kev puas rau koj cov hniav thiab/los yog cov pos hniav. Nws puav leej nyob ntawm seb koj lub qhov ncauj mob li cas, cov teeb meem loj heev npaum li cas thiab koj tus kws kho hniav xav pom qhov twg hauv koj lub qhov ncauj. Yog koj nyuam qhuav raug xoo hluav taws xob tsis ntev los, koj thov kom muab cov duab xoo hluav taws xob xa mus rau koj tus kws kho hniav tau.

Cov Hom Duab Xoo Hluav Taws Xob

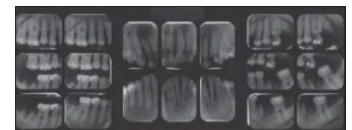
Cov Duab Xoo Hniav Sib Tom (Bitewings)

Cov duab xoo hniav sib tom (Bitewings) yog ib hom duab xoo hluav taws xob uas nquag siv tshaj plaws. Cov duab xoo hniav sib tom yees tau cov hniav tshwm saum pos hniav thiab cov pob txha ntawm cov kis hniav. Cov duab xoo hniav sib tom pab qhia tau kab mob pos hniav thiab hniav to hauv cov kis hniav. Yuav muab daim yees duab hluav taws xob tso rau sab hniav npuab koj tus nplaig thiab yuav kom koj tom daim tw ntawv tawv kom nws nyob chaw. Feem ntau, yuav yees li plaub pawg duab. Yuav yees li rau lub hlis ib zaug twg los yog ob rau peb xyoos ib zaug twg rau cov tib neeg tu qhov ncauj zoo thiab tsis muaj kab noj hniav.



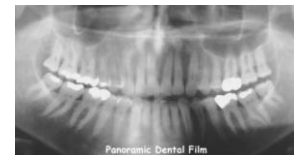
Cov Pawg Duab Tag Nrho (Full Set)

Cov “pawg duab tag nrho” xoo pom tag nrho koj cov hniav thiab tag nrho cov pob txha ib puag ncig. Yuav pab kom ntsuam xyuas tau hniav to, paug hlwv los yog kab mob qog nqaij hlav, hniav ua paug, hniav sib ti heev thiab kab mob pos hniav. Cov pawg duab tag nrho muaj xws li 14-20 daim duab xoo hluav taws xob thiab feem ntau yog pom zoo yees thaum thawj zaug mus ntsib tus kws kho hniav tshiab kom pab nws ntsuam xyuas thiab tuav tswv yim kev kho hniav tau zoo.



Duab Xoo Ncig Lees Qhov Ncauj (Panorex)

Daim duab xoo ncig lees qhov ncauj yog xoo pom tag nrho lub qhov ncauj uas tsis tau yuav muab dab tsi ntsaws rau hauv koj lub qhov ncauj hlo li. Koj tsuas zaum twj ywm, lub koob xoo hluav taws xob kiv ncig koj, yees ib daim duab loj loj pom tag nrho koj cov puab tsaig thiab cov hniav ua ke. Hom xoo hluav taws xob no yuav pab kom pom daim puab tsaig sab sauv thiab sab hauv ua ke thiab yuav pom cov hniav sib ti heev los yog lwm cov nraim nraim uas tej daim duab me me ntawm cov “pawg duab tag nrho” yees tsis pom txog.



Duab Xoo Ib Koog Chaw (Periapical) (PA)

Daim duab xoo ib koog chaw (periapical) (PA) yog yees ib daim duab xoo hluav taws xob pom kiag ib koog chaw uas txhawj xeeb txog. Yog koj muab mob hniav,



koj tus kws kho hniav yuav pom zoo siv daim duab PA thiaj pom tag nrho tus kaus hniav nrog rau lub hauv paus hniav.

Tshuab Computer Xoo Duab Hluav Taws Xob Ntawm Raj Nplaim Teeb (Cone Beam Computed Tomography) los yog Cov Duab Xoo Hluav Taws Xob Pom 3 Sab (3-dimensional X-rays)

Cov txuj ci siv khoom hluav taws xob zoo zuj zus tsim muaj cov kev xoo hniav tshiab uas lub qhov muag tsis muaj rab peev xwm pom txog. Ib yam khoom xoo hniav tshiab tshaj plaws yog tshuab computer xoo duab hluav taws xob ntawm raj nplaim teeb (cone beam computed tomography) (CBCT). CBCT siv yam khoom xoo hluav taws xob uas tig kiv, nrog lub tshuab computer, yees tau cov duab pom 3 sab tseeb tseeb rau cov nqaij mos, cov pob txha, cov nqaij leeg, thiab cov hlab ntsha. Koj tus kws kho hniav yuav pom zoo kom siv CBCT los yog lwm cov kev yees duab hniav tshiab yog nws xav tias yuav tsum xoo kom pom zoo dua ntxiv thiab ntsuam xyuas los yog kho tau hniav tsim nyog.

Cov kev xoo duab hluav taws xob rau hniav raug xaim hluav taws xob tsis zoo ntau npaum li cas?

- Ib pawg duab xoo hniav sib tom muaj plaub koob duab hluav taws xob uas tus neeg raug xaim hluav taws xob tsis zoo 22 txog 51 microSv (microsievert).
- Daim duab xoo ncig lees qhov ncauj ua rau muaj xaim hluav taws xob li 5 txog 25 microSv.
- Cov duab xoo hluav taws xob tshuab computer xoo duab hluav taws xob ntawm raj nplaim teeb yuav raug ntau hom xaim hluav taws xob xws li tsawg npaum 20 microSv mus txog ntau npaum li 700 microSv, nyob ntawm daim duab yees loj npaum li cas thiab lub tshuab taw raj teeb uas siv yog hom twg.

Kom to taub tias cov lus no txhais li cas, muab qhov no piv rau cov xaim hluav taws xob nruab nrab uas raug ib tug tib neeg hauv ib lub xyoo (xaim hluav taws xob muaj ntawm huab cua puag ncig). Qhov raug nruab nrab ntawd thoo plaws ntiaj teb yog 2400 microSv hauv ib xyoo twg.

Puas muaj tej yam uas kuv tus kws kho hniav ua tau kom txo tsawg kuv txoj kev raug xaim hluav taws xob los ntawm kev xoo duab hluav taws xob rau hniav?

Muaj. Koj tus kws kho hniav siv tau ob peb kauj ruam los tswj xyuas kom koj raug xaim hluav taws xob tsawg npaum li tsawg tau thaum xoo hluav taws xob.

- 1) Muab ib daim ntaub thaiv npog koj lub cev. Pom kom siv cov ntaub thaiv qog caj pas, txawm txoj cai tsis yuam kom siv.
- 2) Siv lub raj txuas collimator, uas yog ib raj ntev ntev txuas ntawm lub tshuab xoo hluav taws xob los. Cov raj txuas collimator txo tsawg cov nplaim teeb uas taw mus raug kiag tus neeg.
- 3) Siv hom kev yees duab ceev tshaj plaws (E/F) los yog cov yees raws zauv dhia (digital).

Ntawm sab laug yog ib lub raj txuas collimator. Ntawm sab xis yog muab lub raj txuas siv.



Thaum pom zoo xoo hluav taws xob, cov kws kho hniav xoo raws li cov quag ALARA (Qis Npaum Li Qis Tau Kom Tsim Nyog Ua Tau (As Low As Reasonably Achievable)), kom txo txoj kev raug xaim hluav taws xob rau lawv cov neeg los ntawm: kev ntsuas txoj kev tsim nyog xoo hluav taws xob thiab hom duab xoo hluav taws xob twg, nrog rau cov txheej txheem siv kom tswj tau txoj kev zoo; thiab kev nyeem cov duab kom txhij txhua thiab kom yog. .

Cov duab xoo hluav taws xob yog yam ciaj tseem ceeb rau koj tus kws kho hniav. Ntsuam xyuas tau thiab kho kab mob thaum ntxov yog txoj kev saib xyuas zoo tshaj plaws kom koj lub qhov ncauj noj qab haus huv thawm koj lub neej. Koj tus kws kho mob yuav pom zoo siv hom kev xoo hluav taws xob uas yuav pab tau koj lub qhov ncauj txoj kev noj qab haus huv tshaj plaws xwb. Yog koj muaj lus nug los yog kev txhawj xeeb txog cov hom kev xoo hluav taws xob los yog kev xoo hluav taws xob pes tsawg zaus uas koj tus kws kho hniav pom zoo, nco ntsoov nug koj tus kws kho hniav txog koj cov lus.

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