

Kamfawpnak

Kamfawpnak nih rawl le thurhnawm pelpawi pawl thianhnak ah a bawmh khawh.

A hlei in a ummi sining pawl caah kamfawp ning phun tampi a um.

1. Ti in kamfawpnak nih kaa chung ummi acid dat pawl a thianh khawh. Ti in kamfawpnak cu acid dat aa telmi rawl silole eidin pawl na ei tik caan paoh ah tuah ding in forhfiial a si.
2. Antimicrobial Kamfawpnak nih zawtnak rungrul a ummi zat a zawrnak ding a bawmh khawh i hani zawtnak pawl a khamh khawh. Antimicrobial kamfawpnak nih ha tawlnak le kam teihnak airolnak a tuah lo.



Ngakchia caah Hrial Dingmi Thil pawl

- ◆ Ngakchia hmur hnamhnak nih zawtnak rungrul a chawnh khawh, cu nih cun Nulepa sin in bawhte sin ah hakuatnak pawl a can termi zawtnak a chawnh ter khawh.
- ◆ Nulepa/Zohkhenhtu nih ngakchia i a hnukdawpnak thilri cu thianhnak ding ah an kaa chung ah chiah hnu ah ngakchia kaa chung ah chiah thannak.
- ◆ Ngakchia kha aa hngilh tiang a kaa ah hnukdawpnak thawl chiahnak kha hrial. Mah nih hin ngakchia i a ha chung ah a taang kho dingmi cini pawl a khamh khawh.
- ◆ Ngakchia thlumhang dinnak ah thingthei hang, sodam le thingthei dinawk pawl tibantuk nikhat chung silole ih lai ah dinhnak pawl kha hrial.

Na Rak Hngal Maw

- Nau na pawl i thla 3nak le 6nak chung ah, na fa i a ha pawl cu an i ser.
- Nau hnuk dinh liomi ngakchia pawl nih hakuatnak pawl an ngah khawh thiam rih. Nau hnuk dinhnak ah cini dat aa tel i ngakchia i a ha cu a thiangmi, a nemmi tawlnak in nifatin hnawh langmang awk a si.
- Na kaa cu acid dat tampi aa telmi dinhang pawl nah nu hnu ah a thami pH level phak than ding ah minute 30 in 40 karlak pakhatkhat a phakter khawh.
- Cini dat aa telmi a hang pawl le a bangmi cini tiah a um. Soda le thingthei hang tibantuk cini dat aa telmi hang pawl cu ha he tonghter lo ding ah a dawpnak fung in din ding an si. Mah dinhang pawl din hnu ah ti in kam i fawpnak nih a bawmh khawh.
- Xylitol aa telmi Cini-umlomi cekcek khainak nih rawl ei dih hnu ah cil chuahnak a bawmh khawh ii acid dat pawl zawrternak in le ha fehternak in ha kuatnak pawl runvennak ah a bawmh khawh.



Cherhchan:

¹ American Dental Association. (2019). Pregnancy. Kaa zawn hin laak a si [https:// www.mouthhealthy.org/en/babies-and-kids/healthy-habits](https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits)

² Harris, N., Garcia-Godoy, F. & Nathe, C. (2009). Primary Preventive Dentistry. (7th Edition). New Jersey: Pearson Education.

Naupawi Nu hna caah Ha lei Zohkhenhnak

Nau pawl lio ah na ngandamnak a tlangpi in i zohkhenh hi a biapi tukmi a si. Ha lei ngandamnak cu a biapit tluk in aa sersiam liomi na fa ngandamnak cung ah hmual a ngei kho.



Naupawi Lio ah Kaa lei Ngandamnak Ruahnak Cheuhnak pawl

- Na luak na luak a si ahcun, na ha a hnorsuang kho ding tihnungmi acid dat kha thianh ding ah na kam kha ti in i fawp.
- A sami silole a kikmi rawl pawl na koh tik ah ha ii a sining silole a fahnak hmelchunhnak pawl kha zoh.
- Ha fakhnak silole luak chuahnak pawl caah kaa he aa pehtlaimi sii pawl na din hlaan fatin na siibawi kha ruahnak hal.
- Ha siibawi sin ah punghman tein kalnak pawl cu tha tein thianhnak caah le zohfelnak tuahnak ding ah ruahnak pek a si.
- A thlumi pawl kha a thiangmi thingthei le tisik anhnah pawl in thleng.
- Aa ruangmi rawleinak ngei. Ei supsap kha a zafang in tuah. Khuh-sii hnah(tobacco), zu, le tihnungmi thil pawl kha hrial hna.
- I Chingchiah: I Teih, Coih, Kamfawp.

Naupawi Hani Puarnak

Hormone pawl hi naupawi nu hna a hnorsuang khomi hmurka lei a dinmi zawtnak can ter tu a ruang bik an si.

- A sen varmi, hani puarnak
- Hani pawl tongh tik ah fahnak
- Hani thichuahnak karhnak
- Fa hrin hnu ah bawmhnak



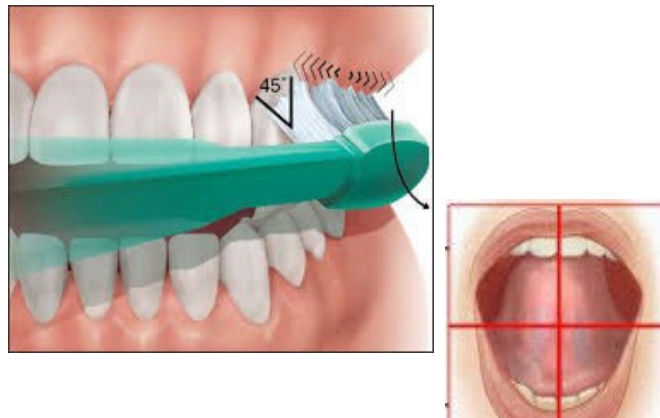
Naupawi Lio Ha Rungrul Einak Karhnak

- Luakchuahnak le luak i luaknak nih ha a dohdalhmi acid dat pawl paw in a chuah ter khawh.
- Muthai dawpnak, eidin hlamnak, le a tu le tu rawl karlak ah carbohydrate pawl aa telmi ei supsap pawl einak nih ha kuatnak a karh ter khawh.
- Luakchuahnak karhnak silole chungnonak nih nau pawl lio ah nifatin ha zohkhenhnak a dawnhkhaan khawh.

Ha Teih Ningcang

Hateihnak nih kaa chung ii a thur hnawm pawl, rawl, le ha a sehmi pawl vialte kha a hlonh khawh dih. Hateihnak cu Nikhat ah voi 2 a si awk a si.

1. A nemmi hateihnak brush in thok, ha ni umnak lei ah brush kha 45 degree chia.
2. Duhsah tein, hateihnak hmup pawl cu an cawl.
3. Kaa ii a cung tang keh orh pakhat cio second 30 cio hrawng hnawr, a zapi te ah minute 2.



Ha Hnor Ningcang

Ha hnornak thil pawl le nifatin hmanmi ha teihnak nih ha kuatnak i sernak khamnak, ha thichuahnak tleihnak, le kaa haw thumi zawrternak ding ah a thurhnawm pelpawi le ha karlak ii phanh a harnak hmun a ummi rawl pawl an thawn khawh.

Hri in hahnornak le fung in hanornak tibantuk ha hnor daan pawl hman khawhmi an um.



1. Hahnornak tahnak ah, hahnornak hri ii a tawisau kha na kut dong laifang in na kio ah kal ter.
2. Hahnornak kha kut dong lai fang ah khan zel law a taangmi kha a dang kut dong pakhat ah zel.
3. Tungniam tungsan (seesaw) cawlcangh daan hmang in, duh sah tein ha karlak hnor. Tinhmi hmun phak a si tik ah (ha tonghnak hmun) ha kha temnak in C-pungsan ser law ha a thian hlaan lo a cung in a tang ah hnor. Lei ii a hnu le hmai pahnih ning in nolh.

