

Maywy Silver Diamine Fluoride (SDF)?

SDF walibuwa dareery taas o ly marsythy korry ilkoo si lyng rooji suusky ilko. Waliba ly mariyay ilko yeetho lyng isti'imaalany irbid amy wal lyky bujhiyow, sithaas dartiye waliba nogothy kortee to si khaas e ing aawiyaasy Vermonters haanas o dhib ky qobaang helowky daryeelky aafimaadky ilkoo. Ky daaweyowky suusky SDF mey luku yaabe ingti ingku hor tagny meel ing baahang markasty ini ly bedely illighy o ing baahang ingti ly buuy mustaqbalky.

Habra'aghy meyu si lyng mariyi SDF ilko unugy?

- Nathiifyowky ilko waliba engejiyaayana ilko unuga.
- Waliba mariyaayana SDF meely wala deersyng ilkyty walaago yar i waliba ing ogolaathayana ingti engeggy hal daqiiqy.
- Ogaaw ini SDF daloolky mithow ilkoo bedely doonaang. Arag sawirythung hoosy.
- Waliba luku yaabee ini onogaa ku afshey dareemy dhadhang bir e, taas o isly markiiby hor ku bahaasy.
- haddii SDF maghaarky koo deerty misy ilidky, wasaq yar ye korry doony.
- Haddii SDF ly saary ilkyd korshe ilkytaas o e to kalar lyky buuyi, wasaq yar ye luku yaaby ingti dhiyi.

Fatlang ing sheeg nathiifyeeghy ilkoo haddii unugaa qoby wal ku mid e haalythooghung ha so'othaang:

- Hasaasiyad inis bedelaasy qalin amy birooyin kaleed
- Nabary bathang hanuung le o afky ky yaaly
- Dareemy kasty o e maqaarky mohogy e

Habra'aghy kydib:

- Unugaa ingty afky atheysythy my e ingty ku dhiming maalingty.
- Saameyntung kor lyky sheeghi mey luku yaabe ingti ingky jerny dhamaan saameynyaalky haku warbiyeng shirkydy daawythy ha saarti. Haddi athy aragty saameyn kaleed o ingky jerny haang kor lahaky sheeghi, fathlang la hariir kalkaalisyytha iskuulky.
- Haddi unuga ing haaysyny dhakhtarky ilko si joogty e, nathiifyeeghy ilkoo ye kii aawiyi doony ingti athy helly boos o unugy ky hely korry daryeel ilky o so'othaayang waany dhameystiryng.
- Daawythy SDF ingti lyky naqnaqywu lity biloot ha so'othang haddi unug ing helny wili daawythy ilko.

Ilkoo lahaky daaweeyi SDF:



Photo Credit: Dr Jeanette MacLean



Photo Credit: Dr Jeanette MacLean

Any o e, _____, walibaa akhriyay foomkung waany fahami daawythung. Daawythy, lyky dari halistiye i faa'ithythyie, wal ing sharahi wiliby sithy o any ky qana'i waany waliba haaysthey fursyd any ky weydiyi su'aaloghi any fathow. Waliba fahansana ingti ing jerny balang qaad o e ingti daawythung guuleysthaasy. Meelung waliba ky adeeyay ingti any ogolaangshy dhiibi ingti any shaty ly ing siyay ingti habra'aghung qobothy ilky nathiifyy.

Taariigty: _____ Sahiihighy Bukaangky:

Sahiihighy Bukaanky Waalidky, Mas'uulky, misy Wakiilky Shar'ighy (haddii lyng baahathy):

Sahiihighy markhaatygy: _____

Oggolaangshythung meybaa ansah eta ilaa ku biyaang waalidky onogy misy mas'uulky shar'ighy.