

Tej hom tshuaj tua kab mob hauv qhov ncauj (fluoride)

Sources of fluoride (Hmong)

Tshuaj tua kab mob hauv qhov ncauj (fluoride) ua rau kom koj cov hniav muaj zog thiab pab tsoo cov kev puas tsuaj ntawm cov acids uas ua los ntawm qhov hniav lwj uas ua kom muaj kab mob nyob hauv koj lub qhov ncauj. Nyeem mus ntxiv seb hom tshuaj tua kab mob hauv qhov ncauj uas siv heev tshaj yog hom twg.

Cov dej uas muaj cov tshuaj tua kab mob hauv qhov ncauj

Kev ntxiv cov tshuaj tua kab mob hauv qhov ncauj rau cov dej yog qhov uas kho cov tshuaj tua kab mob hauv qhov ncauj uas xeeb txawm muaj (natural fluoride) nyob hauv cov dej mus rau qhov kom zoo rau txoj kev kaj huv hauv lub qhov ncauj. Raws li cov kev tshawb fawb los, United States Public Health Service (USPHS) tsim tau ib qho uas qhia tias muaj fluoride ntau npaum li cas thiaj li zoo hauv cov dej uas yog 0.7 mus rau 1.2 seem (parts) rau ib vam (million) twg (ntawm 1 seem rau ib vam twg, ib seem ntawm cov tshuaj tua kab mob hauv qhov ncauj yog tov rau ib vam seem ntawm cov dej).

Kev ntxiv cov tshuaj tua kab mob hauv qhov ncauj rau cov dej nws zoo npaum li cas?

Nws muaj ntau cov pov thawj uas siv txuj ci (scientific) los tau ntev tshaj 50 xyoo uas muab pov thawj tias kev ntxiv cov tshuaj tua kab mob hauv qhov ncauj rau cov dej yeej zoo tiag tiag.

Yam muaj tseeb: Hauv ib qho kev tshawb fawb 15-xyoo hauv Grand Rapids, Michigan, pom tau hais tias cov me nyuam uas haus cov dej uas muaj cov tshuaj tua kab mob hauv qhov ncauj txij thaum yug los muaj hniav lwj 50 mus rau 63 feem pua tsawg dua ntawm cov me nyuam uas raug soj ntsuam thaum lub sij hawm ua thawj qhov kev nug.

Minnesota cov dej puas muaj cov tshuaj tua kab mob hauv qhov ncauj?

Muaj Xeev Minnesota ib txoj cai hais tias cov dej hauv zej zos yuav tsum tau muaj cov tshuaj tua kab mob hauv qhov ncauj kom txog rau qhov uas tsim nyog. Cov dej hauv ib lub qhov dej (well) tej zaum yuav muaj los sis tsis muaj cov tshuaj tua kab mob hauv qhov ncauj nyob rau hauv vim nyob ntawm cov pob zeb uas cov dej los xwb.

(Txuas mus)

Yog hais tias kuv xaiv haus cov dej ntim hauv taub uas yuav tom khw los ne?

Feem ntau cov dej ntim hauv taub tsis muaj cov tshuaj tua kab mob hauv qhov ncauj txog rau qhov uas tsim nyog.

Yam muaj tseeb: Hauv kev soj ntsuam seb cov dej ntim hauv taub muaj feem raug cov tshuaj tua kab mob hauv qhov ncauj li cas, muaj ntau yam uas yuav tau muab xav. Qhov ib, koj haus cov dej ntim hauv taub ntau npaum li cas? Qhov ob, koj puas siv cov dej ntim hauv taub los haus, los ua noj los sis los ua kua txiv thiab lwm cov dej? Qhov peb, koj puas siv lwm cov dej haus (xws li cov dej hauv zej zos) tom qhov chaw zov koj tus me nyuam, tom tsev kawm ntawv los sis tom hauj lwm?

Lwm qhov teeb meem uas tseem ceeb yog los xyuas seb muaj cov tshuaj tua kab mob hauv qhov ncauj ntau npaum li cas hauv cov dej uas ntim hauv taub. Yog hais tias qhov qhia tias seb muaj cov tshuaj tua kab mob hauv qhov ncauj ntau npaum li cas ntawd tsis muaj nyob rau ntawm daim ntawv uas lo ntawd, koj yuav hu tau rau lub tuam txhab ntim cov dej los sis sim cov dej kom paub cov lus qhia no. Qhov uas qhia tias seb muaj cov tshuaj tua kab mob hauv qhov ncauj ntau npaum li cas yuav tsum tau soj ntsuam yam tsawg ib xyoos ib zaug los xyuas seb puas muaj qhov twg hloov.

Cov tshuab lim dej tom tsev (piv txwv li, cov lim dej) puas muaj feem dab tsi rau cov dej uas twb muaj cov tshuaj tua kab mob hauv qhov ncauj uas tsim nyog lawm?

Muaj. Tej hom tshuab lim dej yuav tshem tau cov tshuaj tua kab mob hauv qhov ncauj tawm hauv cov dej. Carafe cov tshuab lim dej, xws li Brita®, tsis tshem cov tshuaj tua kab mob hauv qhov ncauj tawm hauv cov dej.

Yam muaj tseeb: Tau sau tias cov reverse osmosis systems thiab cov tshuab lim (distillation units) tshem cov tshuaj tua kab mob hauv qhov ncauj tawm hauv cov dej. Nrog cov tshuab lim dej, qhov uas seb muaj cov tshuaj tua kab mob hauv qhov ncauj ntau npaum li cas cas tseem nyob hauv cov dej nyob ntawm seb siv hom tshuab lim zoo li cas thiab zoo npaum li cas, seb lub tshuab lim zoo li cas thiab seb lub tshuab lim ntawd twb tau hov ntev los lawm. Cov tshuab ua kom cov dej muag (water softeners) tsis tshem cov tshuaj tua kab mob hauv qhov ncauj tawm hauv cov dej.

Yog hais tias koj siv ib lub tshuab lim dej tom tsev, koj yuav tsum tau soj ntsuam koj cov dej yam tsawg ib xyoos ib zaug thiab tej zaum tej co yuav tau soj ntsuam heev dua. Mus cuag koj tus kws kho hniav yog xav paub seb yuav soj ntsuam koj cov dej li cas.

Tej co khoom noj uas muaj cov tshuaj tua kab mob hauv qhov ncauj yog cov twg?

Txawm tias feem ntau cov khoom noj muaj ib co tshuaj tua kab mob hauv qhov ncauj los, hom zoo tshaj plaws uas ntej yog cov dej uas muaj cov tshuaj tua kab mob hauv qhov ncauj. Cov khoom noj uas muaj cov tshuaj tua kab mob hauv qhov ncauj muaj xws li ntses, cov cereal ua hmoov, qaib cov khoom thiab feem ntau tsiaj cov khoom.

(Txuas mus)

Cov dej haus (beverages) uas tej zaum muaj cov tshuaj tua kab mob hauv qhov ncauj muaj xws li cov dej uas ntim hauv taub, cov dej qab zib, cov tshuaj yej uas muab cub thiab me nyuam mos liab cov mis. Cov khoom noj thiab cov dej haus yuav siv tau cov dej uas muaj cov tshuaj tua kab mob hauv qhov ncauj thiab yuav ntxiv tau rau hauv qhov seb haus cov tshuaj tua kab mob hauv qhov ncauj ntau npaum li cas tag nrho (tshwj xeeb tshaj yog rau cov me nyuam mos liab). Piv txwv li, yog hais tias koj siv cov dej ntawm kais uas muaj cov tshuaj tua kab mob hauv qhov ncauj los tov cov mis ua hmoov, koj ntxiv cov tshuaj tua kab mob hauv qhov ncauj pab ntxiv (los ntawm cov dej) rau cov hmoov mis. Li ntawd, siv cov dej lim kom ntshiab thiab huv (distilled water) thaum uas tov cov mis ua hmoov li no koj thiaj li txo tau qhov uas yuav tsuas cov hniav (dental fluorosis). (Dr. Robert Ophaug, U of M Dental School.)

Tshuaj txhuam hniav

Nrhiav American Dental Association (ADA) lub thwj cim qhia tias tau kev pom zoo. Cov khoom uas muaj lub thwj cim no tau raug sim, raug soj ntsuam thiab pom zoo los ntawm ADA rau qhov uas nws muaj kev ruaj ntseg thiab zoo. Ntxiv thiab, saib seb puas muaj cov tshuaj tua kab mob hauv qhov ncauj nyob rau hom tshuaj txhuam hniav uas koj xaiv.

Cov tshuaj tua kab mob hauv qhov ncauj uas ib tug kws txawj muab tso rau los sis cov tshuaj tua kab mob hauv qhov ncauj uas tus kws kho hniav sau los yuav

Cov tshuaj tua kab mob hauv qhov ncauj uas nyeem (fluoride gel) yog dab tsi thiab siv li cas?

Thaum uas qhia txog cov tshuaj tua kab mob hauv qhov ncauj uas nyeem rau cov me nyuam yaus, tej lub sij hawm peb muab hu ua "vitamins rau cov hniav." Qhov ntawm no yog cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog (concentrated) uas nyeem nyeem es muab tso rau cov hniav uas siv ib lub tais— ib lub rau cov hniav sab sauv thiab ib lub rau cov hniav sab hauv. Yuav kom cov tshuaj tua kab mob hauv qhov ncauj raug rau cov hniav zoo, yuav ua kom koj cov hniav qhuav tas ua ntej yuav tso tshuaj rau. Ntxiv mus, koj tom cov tais li ntawm plaub feeb. Tom qab qhov uas tso tshuaj, koj yuav noj tsis tau, haus tsis tau los sis yang ncauj tsis tau mus li peb caug feeb.

Cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog (concentrated) uas muab tso rau yog dab tsi? Nws puas zoo dua cov tshuaj tua kab mob hauv qhov ncauj uas nyeem uas muab rau cov me nyuam hauv tais?

Cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog tau siv thoob hauv teb chaws Europe thiab tam sim no hauv Teb Chaws Mis Kas uas ua ib txoj kev los tiv thaiv hniav lwj.

(Txuas mus)

Yam muaj tseeb: Cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog nws yooj yim siv dua cov tshuaj tua kab mob hauv qhov ncauj uas nyeem uas siv hauv cov tais rau koj cov me nyuam yaus vim hais tias:

1. Tsis tas ua kom cov hniav qhuav ua ntej tso tshuaj rau li qhov uas siv cov nyeem.
2. Nws siv sij hawm tsawg dua los tso rau dua cov tshuaj tua kab mob hauv qhov ncauj uas nyeem.
3. Tsis muaj qhov pav qhov ncauj vim tsis siv tais.
4. Nws nplaum thiab nyob kom yog chaw ceev thaum uas cov qaub ncaug chwv.
5. Nws tsaus kom pom yooj yim thaum uas tso rau cov hniav.
6. Tsis tas yuav tos 30 feeb mam li haus dej tom qab tso tas rau.
7. Siv tau yooj yim rau tus me nyuam uas tsis koom tes.

Cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog tseem muaj cov tshuaj tua kab mob hauv qhov ncauj ntau dua cov tshuaj tua kab mob hauv qhov ncauj uas nyeem. Yuav kom cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog ntawd ua hauj lwm zoo, xav tias koj yuav tau tos ob teev ua ntej yuav noj thiab tos plaub teev ua ntej yuav txhuam hniav.

Qhov uas paub tau los ntawm ib qho kev sim peb xyoos hauv Finland qhia tau tias cov tshuaj tua kab mob hauv qhov ncauj uas muaj zog nws zoo npaum li cov tshuaj tua kab mob hauv qhov ncauj uas nyeem hais txog kev tiv thaiv hniav lwj uas nyob rau cov kem ntawm cov hniav.

Thaum twg thiaj li yuav siv cov tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj?

Koj tus kws kho hniav tej zaum yuav kom siv cov tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj yog hais tias koj los sis koj cov me nyuam muaj txoj hmoo hauj sim los sis muaj txoj hmoo ntau uas yuav muaj hniav lwj. Piv txwv li, yog hais tias koj tus me nyuam zawm hniav (braces), tej zaum yuav sau ib co tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj rau nws. Yog hais tias koj los sis koj cov me nyuam muaj txoj hmoo tsawg uas yuav muaj hniav lwj, tej zaum koj yuav tsis tas siv cov tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj.

Yam muaj tseeb: Kev siv cov tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj ua hauj lwm zoo tshaj yog hais tias siv rau lwm lub sij hawm uas tsis yog lub sij hawm thaum koj txhuam hniav. Sij hawm zoo tshaj yog txhuam hniav thaum sawv ntxov, siv cov tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj tom qab noj sus tas, siv cov tshuaj yaug ncauj uas muaj cov tshuaj tua kab mob hauv qhov ncauj tom qab noj hmo tas thiab txhuam hniav thaum yuav mus pw. Qhov zoo tshaj, qhov uas raug rau cov tshuaj tua kab mob hauv qhov ncauj ntau zaus hauv ib hnub ntawd yuav pab txo tau koj txoj hmoo uas yuav muaj hniav lwj los sis pab tso cov pob txha rov rau hauv (remineralize) qhov uas lwj thaum ntxov.

(Txuas mus)

Yog vim li cas ho siv cov tshuaj tua kab mob hauv qhov ncauj pab ntxiv (fluoride supplements)?

Yog hais tias ib tug me nyuam muaj 6 hli mus txog 16 xyoo es nws tsis muaj cov tshuaj tua kab mob hauv qhov ncauj txaus los ntawm cov dej nws haus, ib tug kws kho mob los sis ib tug kws kho hniav tej zaum yuav sau cov tshuaj tua kab mob hauv qhov ncauj los sis cov kua tshuaj tua kab mob hauv qhov ncauj los yuav. Thaum uas cov me nyuam nqos cov tshuaj tua kab mob hauv qhov ncauj thaum uas cov hniav tseem tseem tab tom tuaj, cov tshuaj tua kab mob hauv qhov ncauj ntawm cov kua los sis cov tshuaj lub nws yuav nyob rau txheej kaus hniav dawb. Qhov ntawm no ua kom nyuaj rau cov kab mob uas ua rau kom muaj hniav lwj.

Ib qho me me ua piv txwv ntawm cov dej haus yuav tsum tau raug muab soj ntsuam seb muaj cov tshuaj tua kab mob hauv qhov ncauj ntau npaum li cas ua ntej yuav sau ntawv kom los yuav cov kua tshuaj tua kab mob hauv qhov ncauj los sis cov tshuaj lub. Qhov ntawm no yog los txo qhov uas koj tus me nyuam yuav tau cov tshuaj tua kab mob hauv qhov ncauj ntau dhau heev lawm thiab yuav muaj kev tsuas (los sis "tsuas cov hniav") rau cov hniav uas yuav nyob tas mus li. Kev tsuas cov hniav yog ib qho ua rau kom cov hniav tsis zoo nkauj thaum uas tau cov tshuaj tua kab mob hauv qhov ncauj ntau heev lawm thaum uas cov hniav tab tom tshwm.

Kuv puas yuav tsum siv cov tshuaj tua kab mob hauv qhov ncauj pab ntxiv thaum uas kuv cev xeeb tub?

Muaj kev qhia tsawg tsawg tias kev siv cov tshuaj tua kab mob hauv qhov ncauj thaum cev xeeb tub yuav pab tau koj tus me nyuam uas tab tom loj hlob. The Council on Dental Therapeutics ntawm ADA thiab American Academy of Pediatrics Committee on Nutrition ntseeg tias muaj pov thawj tsawg rau qhov uas kom siv cov tshuaj tua kab mob hauv qhov ncauj ntau tshaj li qhov uas twb yeej tau los ntawm cov dej thiab cov khoom noj thaum cev xeeb tub. Yuav tau muaj kev tshawb fawb ntxiv los xyuas seb yog tias siv cov tshuaj tua kab mob hauv qhov ncauj thaum uas cev xeeb tub puas yuav txawv li cas hauv koj tus me nyuam tshiab cov hniav.

Sources of fluoride

Fluoride strengthens your teeth and helps fight off the damaging effects of acids produced by the tooth decay causing bacteria in your mouth. Read on to discover the primary sources of fluoride.

Fluoridated water

Water fluoridation is the adjustment of the natural fluoride concentration of a water supply to the level recommended for optimal dental health. Based on extensive research, the United States Public Health Service (USPHS) established the optimum concentration for fluoride in the water in the range of 0.7 to 1.2 parts per million (at 1 part per million, one part fluoride is diluted in a million parts of water).

How effective is water fluoridation?

There is overwhelming scientific evidence of more than 50 years which proves the effectiveness of water fluoridation.

Fact: In a 15-year landmark study in Grand Rapids, Michigan, it was found that children who drank fluoridated water from birth had 50 to 63 percent less tooth decay than children who were examined during the original baseline survey.

Is the Minnesota water supply fluoridated?

There is a Minnesota State law that requires a community water supply to contain an optimal level of fluoride. Individual water wells may or may not have fluoride depending on the rocks the water is drawn from.

What if I choose to drink bottled water purchased from the grocery store?

Most bottled waters do not contain the optimal level of fluoride.

Fact: In evaluating how bottled water affects fluoride exposure, there are several factors to consider. First, how much bottled water do you drink? Second, do you use bottled water for drinking, meal preparation or making juices and other beverages? Third, do you use another source of drinking water (such as community water supply) at your child care center, school or work?

Another important issue is determining the fluoride level in bottled water. If the fluoride level is not shown on the label, you may contact the bottling company or have the water tested for this information. The fluoride level should be tested at least once a year to detect changes.

Continued

Can home water treatment systems (e.g., water filters) affect water with optimal fluoride levels?

Yes. Some types of home water treatment systems can actually remove fluoride from the water. Carafe filter systems, such as Brita[®], do not remove fluoride from the water.

Fact: It has been documented that reverse osmosis systems and distillation units remove fluoride from the water supply. With filters, the amount of fluoride left in the water depends on the type and quality of the filter being used, the status of the filter and the filter's age. Water softeners do not remove fluoride from the water supply.

If you use a home water treatment system, you should have your water tested at least once a year and some may require more frequent testing. See your dentist for more information on how to get your water tested.

What are some foods that contain fluoride?

Although most foods contain some fluoride, the primary dietary source is fluoridated water. Foods that have fluoride include fish, powdered cereal, poultry products and most animal products. Beverages that may have fluoride include bottled water, soft drinks, brewed tea and infant formulas. Food and beverages can be processed with fluoridated water and can add to the total fluoride consumption (particularly in infants). For example, if you use fluoridated tap water to mix powdered formula, you are adding more fluoride (from the water) to the powdered formula. Therefore, it is better to use distilled water when mixing powdered infant formula so that you reduce the chance of dental fluorosis. (Dr. Robert Ophaug, U of M Dental School.)

Toothpaste

Look for the American Dental Association (ADA) seal of approval. Any product with this seal has been tested, evaluated and approved by the ADA for its safety and effectiveness. Also, look to see that there is fluoride in the toothpaste you select.

Professionally applied or prescribed fluoride

What is fluoride gel and how is it used?

When explaining fluoride gel to children, we sometimes refer to it as "vitamins for the teeth." This is concentrated fluoride in a gel form applied to teeth with a tray — one for the upper and one for the lower teeth. To ensure better contact of fluoride and teeth, your teeth are dried thoroughly before application. Next, you bite down on the trays for four minutes. Following the application, you cannot eat, drink or rinse for one half-hour.

What is fluoride concentrate that is brushed on? Is it better than fluoride gel given to children in trays?
Fluoride concentrate has been widely used in Europe and now in the United States as a means of preventing tooth decay.

Continued

Fact: Fluoride concentrate is easier to apply than the fluoride gels used in trays for children because:

1. Teeth don't need to be dried before an application as with gel use
2. It takes less time to apply than fluoride gels
3. No gagging occurs because no trays are used
4. It adheres and sets quickly when touched by saliva
5. It is tinted so it is easier to see when applying it to teeth
6. It is not necessary to wait 30 minutes to drink after an application
7. It is easier to apply to an uncooperative child

Fluoride concentrate also has more fluoride than fluoride gels. To ensure the effectiveness of the fluoride concentrate, it is recommended that you wait two hours before eating and wait four hours before brushing.

The results from a three-year clinical trial in Finland suggests that fluoride concentrate is as effective as fluoride gel in preventing tooth decay found between teeth.

When should a fluoride mouthrinse be used?

Your dentist may suggest a fluoride mouthrinse if you or your children are at moderate or high risk for developing tooth decay. For example, if your child has braces, a fluoride mouthrinse may be prescribed. If you or your children are at low risk for developing tooth decay, you probably won't need to use a fluoride mouthrinse.

Fact: The use of a fluoride mouthrinse works best if it is used at other times than when you brush. The best schedule would be to brush in the morning, fluoride rinse after lunch, fluoride rinse after dinner and then brush at bedtime. Ideally, multiple exposures to fluoride throughout the day help to lower your risk for developing tooth decay or to help remineralize areas of early decay.

Why use fluoride supplements?

If a child age 6 months to 16 years is not getting sufficient amounts of fluoride from his drinking water supply, a physician or a dentist may prescribe a fluoride tablet or drops. When children swallow fluoride while permanent teeth are developing, the fluoride from the drop or tablet is incorporated into the enamel. This makes it tougher for the bacteria to cause tooth decay.

A sample of the drinking water should be analyzed for fluoride concentration before a prescription for fluoride drops or tablets is given. This is to reduce the chance that your child will get too much fluoride and have staining (or "dental fluorosis") of the permanent teeth. Dental fluorosis is a cosmetic side effect of getting too much fluoride when teeth are developing.

Should I use a fluoride supplement when I am pregnant?

There is little indication that the use of fluoride during pregnancy will offer benefits to your developing baby. The Council on Dental Therapeutics of the ADA and the American Academy of Pediatrics Committee on Nutrition believe there is little justification for recommending prenatal use of systemic fluoride above the amounts normally obtained through water and food. More research is needed to see if fluoride taken during pregnancy makes a difference in your new baby's teeth.

Adapted from the American Dental Association