XEEV CALIFORNIA

THE PATIENT ADVOCATE

Kev Hloov ntawm Kev Saib Xyuas Mob Nkeeg hauv California: Nws Muaj Nqis Li Cas Rau Koj

KEV KHO HNIAV RAU ME NYUAM YAUS

Cov kev cai kev kho mob tshiab no muaj feem yuav pab tau koj cov menyuam kom tau txais kev kho hniav ntawm lawv cov hniav, pos hniav thiab qhov ncauj. Kev kho hniav nws xam muaj kev pov thaiv thiab kev kho hniav lwj, thiab kab mob pos hniav, thiab mob hniav.

Kev mob hniav muaj qhov tsis zoo rau kev noj qab haus huv tag nrho ntawm me nyuam yaus.

Hniav lwj tuaj yeem ua rau voos thiab mob heev.

- Nws yog hom kab mob uas muaj heev tshaj plaws rau cov menyuam yaus uas tseem yau.
- Hniav lwj tuaj yeem ua rau muaj teeb meem rau kev noj mov, kev pw tsaug zog thiab kev kawm. Nws yog ib lub chaw chiv uas ua rau menyuam yaus tsis mus kawm ntawv uas tshwm muaj tas li.
- Tab txawm tseem yog hniav menyuam mob xwb los kuj tseem ceeb kawg li thiab. Cov hniav pab tau tus me nyuam mos xo tau, luag, thiab hais lus, thiab tuav tau cov chaw rau cov hniav laus tshwm tuaj.

Tam sim no muaj qee yam kev kho hniav tiv thaiv uas duav tau lawm.

Nug saib koj qhov chaw faj seeb fab kev noj qab haus huv puas muaj kev saib xyuas tiv thaiv uas tsis sau nqi. Qhov nov xam muaj:

- **Fluoride:** Fluoride pab tiv thaiv cov qhov hniav kab noj. Yog koj cov kais dej ntawm tsev tsis muaj fluoride nyob rau hauv cov dej no ces hais kom koj tus menyuam tus kws kho mob muab tshuaj fluoride pab ntxiv.
- **Kev txheeb xyuas kev pheej hmoo fab kev muaj mob ntawm lub qhov ncauj:** Koj tus menyuam tus kws kho mob yuav tsum tshuaj xyuas kev nyab xeeb ntawm nws lub qhov ncauj, tam li ib feem ntawm cov kev tshuaj xyuas me nyuam mos thiab me nyuam yaus kom zoo.

Cov hniav uas tsis muaj mob yog qhov tseem ceeb heev rau cov me nyuam yaus txoj kev noj qab haus huv tag nrho. Qhov ntawd qhia tau hais tias vim li cas kev saib xyuas hniav rau me nyuam yaus yuav muaj pib txij xyoo 2014.

Muaj ntau lub chaw pab cuam fab kev kho hniav ntxiv yuav duav tau nyob rau xyoo 2014.

Pib txij xyoo 2014, muaj ntau cov chaw faj seeb kev mob nkeeg yuav pub kev txuag kho hniav tam li yog ib yam txiaj ntsim zoo ntawm kev saib xyuas mob nkeeg uas tseem ceeb rau cov me nyuam yaus thiab cov me nyuam hluas, mus txog rau hnub nyoog 19.

Kev txuag kho hniav theem pib xam muaj cov kev pab cuam los mus tiv thaiv thiab kho kab noj hniav thiab lwm yam teeb meem. Nyob rau feem ntau ntawm cov chaw faj seeb, koj yuav tau them ib feem ntawm tus nqi rau cov kev pab cuam.

Kev saib xyuas hniav theem pib xam muaj cov kev pab cuam xws li:

- Kev tshuaj xyuas thiab kev tu hniav ib xyoos ob zaug
- Txhaws hniav txhawm rau tiv thaiv cov hniav puas
- X-rays txhawm rau tshuaj xyuas teeb meem
- Txhaws cov qhov kab noj
- Hniav khwb, hniav pob tsaig (cuav), thiab cog cag
- Kev rho hniav (tshem tus hniav uas puas tawm)

Lus Nug & Lus Teb

Tam sim no puas muaj cov chaw faj seeb twg duav txog kev saib xyuas hniav rau me nyuam yaus?

Muaj, muaj kev saib xyuas hniav theem pib rau cov me nyuam yaus thiab cov me nyuam hluas uas tau tso npe nkag rau hauv Medi-Cal.

Qee yam ntawm lwm cov chaw faj seeb kev mob nkeeg duav txog kev saib xyuas hniav rau cov me nyuam yaus. Lossis tej zaum koj kuj yuav muaj peev xwm los mus muas ib qho kev faj seeb kho hniav uas nws muaj nws.

Kuv tus me nyuam tuaj yeem mus rau cov kws kho hniav twg?

Feem ntau ntawm cov chaw faj seeb fab kev mob nkeeg thiab kev txuag kho hniav muaj ib lub network lossis cov npe ntawm cov kws kho mob uas nyiam dua. Nug koj qhov chaw faj seeb fab kev mob nkeeg lossis kev txuag kho hniav kom tau cov npe teev tseg no.

Kuv yuav tuaj yeem nrhiav tau ib qhov chaw faj seeb uas duav txog kev saib xyuas hniav rau kuv tus me nyuam tau li cas nyob rau xyoo 2014?

Muaj ntau qhov chaw faj seeb nyob rau xyoo 2014 yuav duav txog kev saib xyuas hniav rau cov me nyuam yaus. Yog hais tias koj tus me nyuam xav tau ib qho chaw faj seeb kev txuag kho hniav, tiv tauj rau Covered California, uas yog ib lub khw kev faj seeb kev mob nkeeg. Mus saib **CoveredCA.com**.

Phiajxwm Kev Pab Cov Neeg Siv Kev Pab Cuam

Kev pab dawb nyob rau ntau yam lus

1-888-466-2219

HealthHelp.ca.gov

Cov lus qhia

Pib txuag kho hniav tam sim no mus

- Coj koj tus menyuam mus cuag kws kho hniav txhua txhua 6 lub hlis, pib txij li thaum nws tuaj thawj thawj tus kaus hniav los sis thaum muaj hnub nyoog 1 xyoos kiag.
- Thiab coj koj tus menyuam mus cuag kws kho hniav yog hais tias:
  - Koj pom tej qhov daj los sis dub nyob rau saum lawv cov hniav.
  - Koj tus menyuam nroo mob hniav.
  - Koj tus menyuam muaj hniav raug mob, los sis lwm yam teeb meem ntsig txog kaus hniav.

Txuag kom koj tus me nyuam cov hniav txhob muaj mob.

- Yog hais tias koj ua tau, pub mis niam nyob rau thawj lub xyoo ntawm tus me nyuam.
- Yog hais tias koj pub mis raj rau koj tus me nyuam, ces tsuas pub siv dej qauv lossis dej nkaus xwb—tsis pub muaj kua txiv lossis kua soda.
- Txhob cia koj tus me nyuam mos tsaug zog nrog lub raj mis.
- Pub kua txiv, kua soda thiab cov khoom noj ua si uas muaj piam thaj kom tsawg.

Txhuam koj tus me nyuam cov hniav.

- Siv ib txoj phuam mos lossis pas txhuam hniav me nyuam mos los mus tu koj tus me nyuam cov hniav uas xub tuaj.
- Qhia koj cov me nyuam txhuam hniav ib hnub ob zaug, thaum sawv ntxov thiab ua ntej mus pw. Siv tshuaj txhuam hniav fluoride ib tee luaj lub noob taum.

- Pab koj cov me nyuam txhuam lawv cov hniav kom txog ntua thaum lawv muaj hnub nyoog 6-8 xyoo thiab txog ntua thaum uas lawv tuaj yeem txhuam tau zoo lawm mam li tso tseg.

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