

Waa maxay Silver Diamine Fluoride (SDF)?

- SDF waa daawo dareere ah oo lagu daweeyo suuska ilkaha.
- SDF waxay joojisaa inuu kordho daloolka iyadoo dilaysa bakteeriyada. Waxaan ugu yeedhnaa tani "suuska ilkaha oo la qabtay".
- Suuska ilkaha la qabtay wuxuu isu rogaya bunni madow xigeen ah, isla markiiba ama waqti ka dib (fiiri sawirrada hoose).
- Meelaha caafimaadka qaba ee ilkaha ee lagu daweeyo SDF wasakh ma yeeshaan waxayna sii ahaan doonaan midabka iliga oo dabiici ah.
- Sida foloraydh-yada kale, SDF ayaa sidoo kale xoojinaysa iliga si looga hortago inuu ku dhaco suus cusub waxaana loo isticmaalaa in lagu daweeyo saliilyada iliga



Before SDF Application on front teeth
(Rosenblatt et al J Dent Res 88(2): 116-125, 2009)
kahor marinta SDF ilkaha hore



After SDF Application on front teeth
kadib marinta SDF ilkaha hore



After SDF Application on back teeth
kadib marinta SDF ilkaha dambe



Sidee loo sameeyaa daaweynta SDF?

- Ilkaha waa la qalajiyaa oo xoogaa yar oo SDF ah ayaa lagu buraashaa meelaha ilkaha uu kujiro suus firfircoon.
- Taxadar dheeraad ah ayaa la muujiyaa si looga fogaado SDF in la taabasiyo cirridka, maqaarka ama dharka (si looga fogaado wasakheyn.)
- Marka suuska la daweynayo, midabka mugdiga ah wuxuu muujinayaa in SDF ay shaqeynayso.
- Daawaynta xili hore waxay ka hortagi kartaa waxyeelo badan oo soo gaadho ilkaha.
- SDF waxaa laga yaabaa inay tahay daaweyn heer koowaad ama muddada dheer ah.
- Buuxinta ama daaweyn kale ayaa laga yaabaa in wali lagu taliyo haddii daaweynta SDF la sameeyo ka dib markii dalool uu horay u dhaawacay iligga.
- Ka dib marinta SDF ee hore, waxaa lagu taliyaa in SDF dib loo mariyo mar kale 2 ilaa 8 isbuuc gudahood si loo helo natiijada ugu fiican ee joojinta suuska. 6 ilaa 12 bilood wixii ka dambeeya, waxaa laga yaabaa in lagu taliyo inaad mar kale marsato.

Macluumaadkan waxaa loogu talagalay ujeedo waxbarasho oo kaliya. Looguma talagalin inuu badalo talooyinka ay bixiyaan daryeelayaashaada caafimaadka. Haddii aad qabto wax su'aalo ah la hadal dhakhtarkada ama kooxdaada daryeelka caafimaadka.

Haddii aad tahay bukaan Gillette oo qaba su'aalo deg deg ah ama walaac, fadlan la xiriir khadka kalkaalisooiyinka 651-229-3890

Yaa helaya faa'iidooyinka daaweynta SDF?

- Carruurta aad u yaryar oo aan wali awoodin in ay kaala shaqeeyaan daryeelka ilkaha.
- Carruurta qaba ilkihii ilmanimda oo bololay oo mar dhow ka dhici doonaan.
- Dadka daaweyntoodu dib u dhac ku yimaado ama u baahan in mudo dheer lagu dhameystiro.
- Dadka leh af qallalan oo ay sababtay dawooyinka ama kiimoterabi.
- Dadka ay daweynta kale ee ilkaha ay aad u adagtahay ama aanay suurtagal ahayn.

Shakhsiyaadka ma aha in ay helaan daaweyn SDF ah haddii ay qabaan:

- Xasaasiyada qalinka (silver allergy)
- Nabarro xanuun badan ama meelo danqasho leh oo afka ku yaalla
- Walaac ku saabsan ilkaha bololka ah in wasakh ku dhaqgo

Fadlan weydii Takhaatiirta ilkaha haddii aad qabtid wax su'aalo ah oo ku saabsan daaweynta SDF.