



Wāween Karreoik Niid Im Niid

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Wāween Karreoik

Lōñiid Im Ñiid

written by

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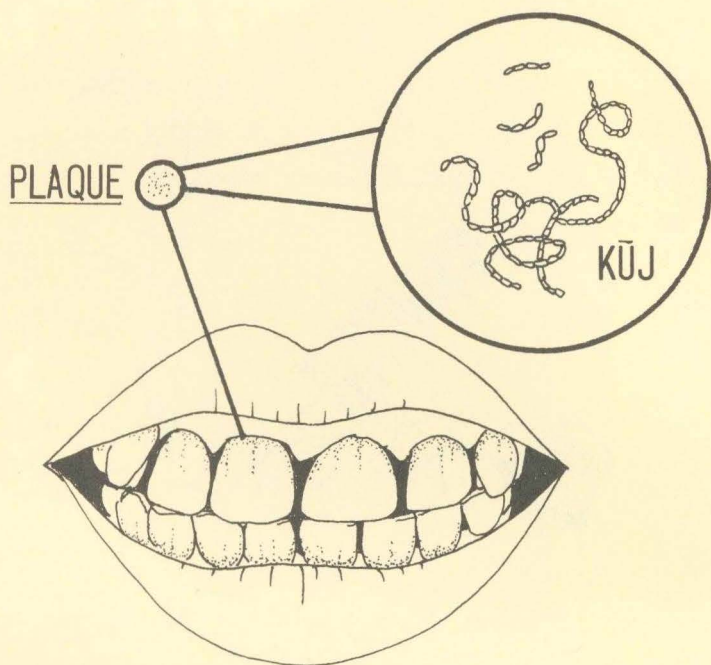
Bōlen jinōm im jemam raar jiroñ eok
bwe kwōn būraje nīim. Bōlen kwaar loe an
jet armej būraje nīer. Innām kwaar jino
am make būraje nīim. Bōlen kwaar barāin-
wot kwale loñiūm elōñ alen. Būraje niim
im kwale loñiūm rej jet wāween ājmuur ko
rōmman. Ak kwōjelā ke etke kwoj kōmmani
wāween kein? Kwōjelā ke ta eo enaaj
walok elañne kwojjab kōmmani men kein?
Ekwe, jen baj lale mōk ta.



Kwoj būraje ñiim bwe en erre^o loñiim.
Aolep rej kōṇaan bwe en erre^o loñier.
Juon loñi erre^o ej kōmman bwe kwon erre^o
im lemoṇōṇō. Enaaj kōmman bwe kwon jab
taiṇad. Enaaj kōmman bwe kwon karbōb im
emman ilōm. Aet, ñi ko rōrreo ekanooj in
lap tokjāir ñan aolep armej. Ak enaaj
ewi wāween bwe en erre^o wōt ñiim?



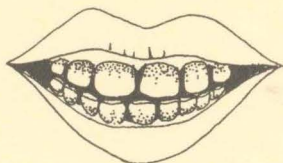
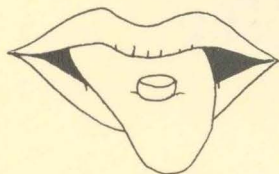
Loñi eo erre eo ej itok jān am būraje
ñiim im ñadim. Ñe kwoj būraje ñiim, kwoj
juloki jet men ko etai er in plaque.
Kwomaroñ in bar juloki plaque kein ilo am
kōjerbal floss im kwal, loñiim iien otemjej.



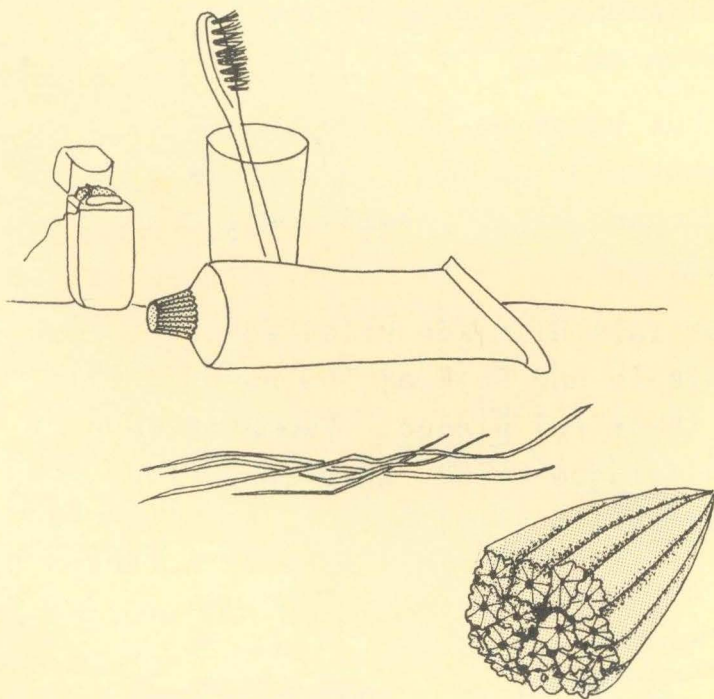
Kwojelā ke ta in plaque? Kwonañin
kar ellolo ke ñi rot en eor plaque ie?
Ekwe, plaque ej juon kuk in kūj ko rej
eddāp tok ilo ñiim. Kūj kein rej eddek
ilo ñiim iien otemjej. Emōkajlōk aer
eddek elaññe kwoj mōñā men ko retōñal.
Lole im kola rej kōmman bwe en mōkaj an
kūj kein eddek ilo ñiim im ñadim.

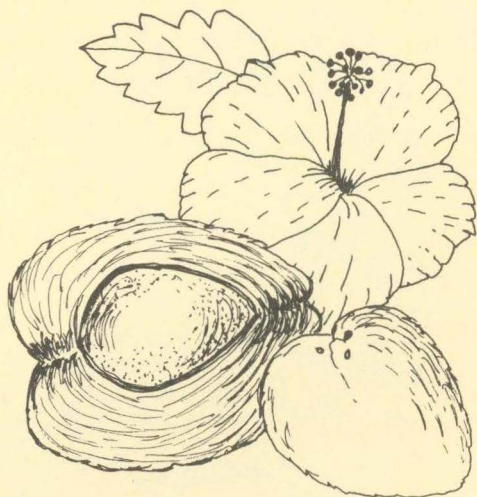
Kwoj kōnaan ke lalē elāññē eor plaque ilo ñiim? Ekanooj in bidodo kappok plaque ilo ñiim. Men eo deo kwoj aikuj in loori wāween kein:

1. Pukōt juon kilaj im lalē loñiim im ñiim ie. Erreo ke ñi kō? Kwoj ellolo ke kauno ioon ñi kō?
2. Bōk jūon batin in kauno jān rūkaki eo. Batin eo ejjab uno in nañinmej. Batin eo ej kein wōt kaunoik plaque ko bwe en emman am loi.
3. Likūt batin eo ña iloñiim im mei. Poktake uno eo bwe en kaunoik aolepān ñiim, im emmōjake lōk ñe emōj.
4. Bar lalē ñiim kōn kilaj eo. Aolepān uno ko kwoj loe aer alikkar rej plaque. Kwomaroñ ke loi plaque kein? Elap ke an lōñ plaque ilo niim?



Aaet, uno ko kwoj loi ilo ñiim rej
kakōllan plaque. Erkein men ko rej
kōmman bwe en kōba ñiim im or mak ie.
Kwōj aikuḡ in juloki plaque kein kiiō,
kiiō wōt. Kwomaroñ juloki men kein ilo
am kōjerbale būraj ak men ko jet im
karreoik ñiim. Ñe emōkaj am juloki plaque
ko enaaj diklōk an jorrāan ñiim. Eñāñe
ejjelōk am būraj in ñi, kwomaroñ kajjeon
kōjermal wūlmōd. Wōdwōd bōb ebar maron
jipañ karreoik ñiim im lewoj on ñan
ānbwinnim.



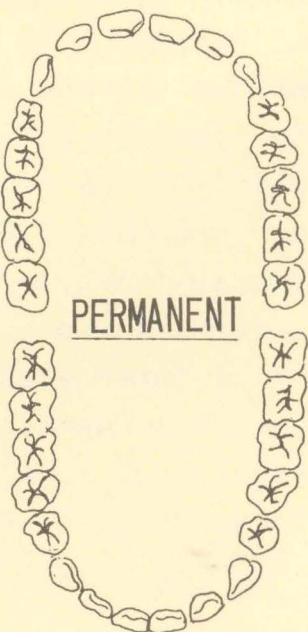
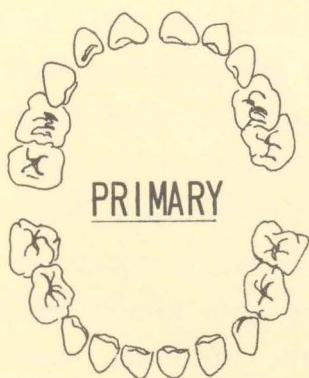


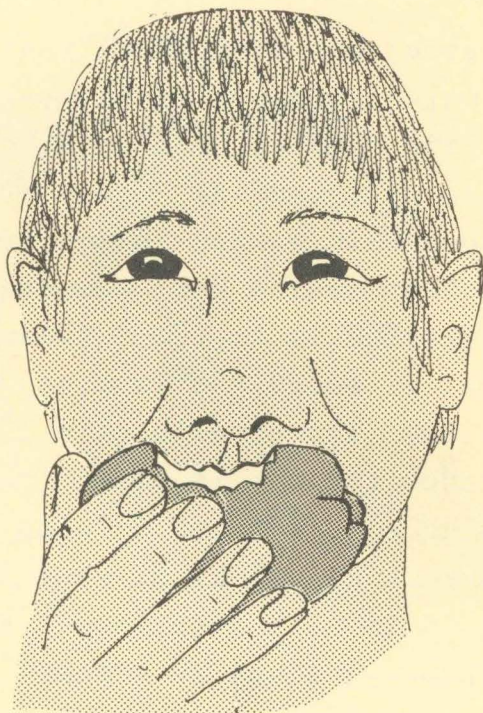
Eḷaṇṇe ejjelōk an jikuul, eo ak imōṇ
taktō eo kein karreo ṇi, ekwe kajjeon
kōjerbal bar jet men. Lipūpū ekkā an
kōmman an jab jān kūlin loo ak men ko jet.
Lajimma ekkā an jojo an bweḡ in ekkwal im
ej bar kōmman an eo jān men ko jet. Men
kein aolep repen im emman ṇan naaj kōjer-
bali im karreoik ṇiim kaki. Kwomaroṇ
pukōt kilen eo emman ṇan aṃ kōjerbal men
kein im karreoik ṇiim. Men kein reṃman
bwe ejjelōk ōnāer im baamle eo aṃ eban
joḷok money kaki. Kwomaroṇ kajjitōk ippān
jiṇom ak jemam bwe ren pukōti men kein ṇan
eok.



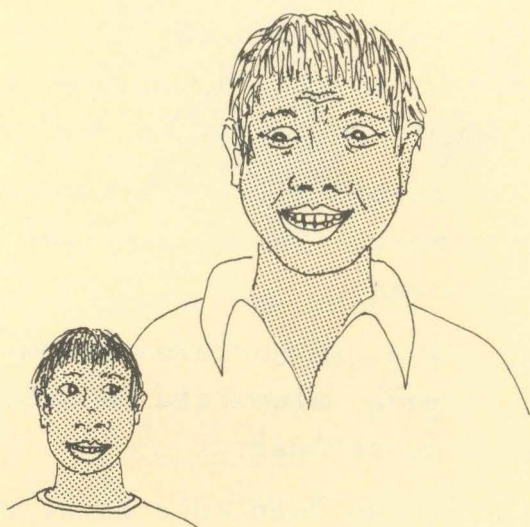
Enañin kar metak ke ñiim? Elōñ
armej, im ekkā tata ajri, rej jorrāān jān
metak ñi ilo jet iien. Jet armej rejjab
metak ñier ñan jidik kōnke erreō loñier
im ājmuur ñi ko ñier. Kōn men in, eļaññe
kwōjjab kōñaan bwe en metak ñiim, ekwe
eor jet men ko kwōj aikuj in jeļā kaki kōn
ñi. Jet kein meļeļe kōn ñi ijin ilaļ.

Aolep armej eor iien an ulik n̄ier.
Moktata ej walok juon pea in n̄i etan
primary ak n̄iin niñniñ. Pea in n̄i eo kein
karuo etan in permanent ak n̄iin rūtto.
Kajjo iaan pea kein eoktak jōkjōkier im
woṛāer jān doon. Bōlen kwōj keememej wōt
an kar etteoleol n̄iim im tūm. Bōlen ej
or wōt n̄i en aer eddek tok im pinej jikin
n̄i ko raar tūm. Iḷo tōre in n̄iin rūtto
ko aṃ rej eddek tok wōt im pinej jikin
n̄iin niñniñ ko aṃ. Kōn men in eḷap unin
bwe kwōn lukkuun kejparoki n̄i kaṇe n̄iim
kiiō. N̄i ko n̄iim ālik tata kaṇe. Eḷaṇṇe
rejorrāān, kwonaaj aikuj in kōteepi im
make wia n̄iim ni n̄at.





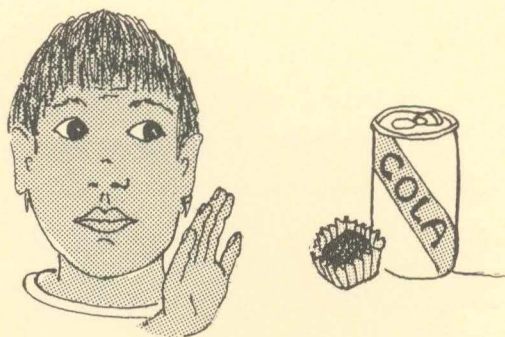
Kwojeļā'ke ta ko ñi ko rej jermal
 ñani? Ekwe, mōktata kwōj mei mōñā ko
 kijōm kōn ñiim. Bōlen jet iien kwōj kūji
 men ko jet kōn ñiim. Ñe kwōj mōñā, eor
 bar jet men ko ñiim ej kōmmani ilo iien am
 meme. Ñi ko rej kūji, kekōli, rupi, im
 iri mōñā ko kijōm. Rej barāinwot jipān
 eok ļaļi men ko reppen mōkta jān aer
 deļon wōj ilo būruōm. Eļāñne enana ñi ko
 ñiim, innem eban emman aer kōmmani jermal
 ko aer. Kwomaron jeemtak eļāñne ejjab
 mālij mōñā ko kijōm. Ekwe enaaj kanooj
 in emman an ñi ko ñiim jipān eok eļāñne
 emman am karreoiki im kejpārōki.



Bōlen enaaj itok limoum in jelā ke
niim renaaj pād wōt toan wōt am, mour
elañne emman am kejp̄aroki. Juon in naan
ekamñōñō roñjake im jelā kake. Aaet, mool
ke niim raar kōmmani bwe en etto aer pād.
Bōlen emōj am, loe jet rūtto ro im ej
emman wōt n̄ier. Rūttō rein rej emman wōt
n̄ier kōnke emman aer karreoiki im kejp̄a-
roki. Bar kwe kwomaroñ in jino am
kammineneik eok kōn jet wāween ko remman
ñan am kejp̄arok niim.

Erri wōt wāween kein ij aikuḡ in
kammineneik eō bwe en eḡḡan im erreō wōt
nīū? Erkein jet iaer, kajjeōn mōk:

1. Būraje nīim ālikin aḡ ruḡ im
mōkta jān aḡ ilen kiki aolep
raan.
2. Kwal im kurkure loḡnīūm ālikin aḡ
mōnā, eḡap tata nē kwōḡ mōnā men
ko retōnal.
3. En uḡ ūnen mōnā ko kijōm iḡo
kajjojo iien mōnā. Men ko rej
kaddek nīim rej itok wōt jān
mōnā ko kwōḡ kaḡi.
4. Kajjeōn kamineneik eok būraj,
karreoik, im kejparok nīim jān
an jorrāan.
5. Jab kiji men ko repen nan an
nīim kiji.
6. Ilok bwe taktō eo en laḡe nīim
iien otemjej nē ej iwōḡ nan āneo
ak aelōn eo aḡ.
7. Jab kanooḡ im mōnā men ko retō-
nal. Mōnā kein ejjelōk ūneir im
rejjab jipaḡ ānbwinim nan jidik.



Ta eo ej kōmman bwe en mak juon nī?
Juon mak emaroñ waļok ilo juon ian wāween
kein: 1) kūj ko rej kōmman plaque,
2) jukwa ak carbohydrates ko rej mōñ, im
3) juon nī eo eṃōjño ñan an acids ko kok-
kure. Juon plaque ej juon men eo ejjelok
ūnokan, emāni im ej ejaak ilo ñiin jabde-
wōt armej. Plaque ej ejaak jān bacteria
im men ko mōttan. Kūj kein rejjab maroñ
ejaak im eddek eļañne ejjelok kijeir.
Bacteria kein eṃōkaj aer eddek im ejaak
ñe ej wōr jukwa ak men ko retōñal ilo
ñiid. Bacteria kein rej kōjerbal mōñā
ñan aer eddek im maroñ jokwe ilowaan
loñiid. Bacteria ko rej ukōt jukwa ñan
acids. Acids ko rej oktak im kōkkure
enamel, men eo im epen tata ilo ñiim.
Eļañne ejorraān enamel eo, innem kūj ko
jān plaque eo rej item kōkkure ļok wōt
dentin eo im pulp eo. Ilo wāween in kiiō
ej or mak ilo ñiim.



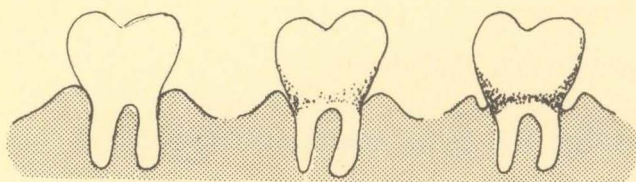
Kwomaron̄ bōbrae n̄im jān an jorrāān eḷaṇṇe kwonaaj būraj im karreoik n̄im ien otemjej. Kwomaron̄ bar bōbrae n̄im jān an jorrāān eḷaṇṇe kwonaaj kadikḷok aṃ kōjer-baḷ jukwa im men ko jet retōṇal. Rikōṃṃan ni ro iḷo jikin taktō eo remaron̄ in bar bōbrae n̄im jān an jorrāān.

Taiṇad ej kakōḷḷe eo eaḷikkar tata kōn joorāān in n̄i. Taiṇad ej waḷok jān kūj ko rej pād iḷo ḷoṇiim im kōkkure n̄im. Ej kwaḷok ke n̄im kab ṇadūm rejjorrāān.

Ta ko rej kōkkure ṇadūm? Kōmalle ko rej waḷok jān kūj ko im rej kōkkure ṇadūm im jikin ko jet ilo ḷoṇiim. Kōmalle ekkā wōt an waḷok ippān armej ro rerūtto.

Bōtaab, ajiri ro reddik remaron̄ in bar bōk kain naṇinmej in. Maktata ej ebbōj ṇadūm im tōṇor bōtōktōk jān ṇadūm eḷaṇṇe kwōj būraj ak karreoik ḷoṇiim. Naṇinmej rot in ej ijino ippān ajri im kwōj aikuḷ in bōbrae ilo iien in ke kwōj dik wōt.

Kūj ko ilo plaque ko eḷap kwoṇaer
 ilo kōmman kōmalle nān nīim. Kūj kein
 rej ejouj ilo nādūm im remaroṇ kōmman
calculus eḷaṇṇe kwoj jab būraj im juloki.
 Ilo an eddek kūj kein ej kōmman bwe nādūm
 im nīim ren jepel, ḷok jān doon im kōmman
 kōta ikōtaan men kein ruo. Kōta in enaaj
 obrak kōn kūj im emmed. Kūj kein rekanooj
 in iddik im kwoban loi kōn mejam. Emmed
 ko rej kōmman jān bacteria ko rej mej im
 men ko mōttaer im rej jorrān ilo nādūm.
 Naṇinmej in kōmalle ej kokkure nādūm im
 men ko jet rej juraake nīim. Jorrān in
 kōmalle ej kōmman bwe nīim en tūm im jako.
 Ej barāinwōt kōmman eḷap metak nān nīim
 im ḷōṇiim.



Kwomaron̄ bōbrae nañinmej in kōmālle
 ilo jet wāween ko. Būraj im karreoik
 ñiim iien otemjej. Kapaak taktō in ñi ro
 rej wāween ko remman̄ ñan am bōbrae nañin-
 mej rot in. Jułoki men ko rekōba ilo
 ñiim bwe ren jab kōmman̄ jorrāān ñan ñiim
 im loñiim.

Eñin wāween an plaque ko ejaak:

Kūj in plaque + jukwa = acids

Acids + ñi = metak ñi im mak

Kūj in plaque + kūj + ñad =
 kōmālle

Men in Katak ko:

1. Kāālōt juon mōttam im ettōn ak ūjō
nān doon.
 - a) Kwōj loe ke nīin?
 - b) Ewi wāween nīin?
 - c) Emman ke an ettōn kōn nīin?
2. Bōk jidik mōttan mōnā. Kajjeon
kañe mōnā eo ak kwōn jab kūji.
 - a) Kwomaron ke kañe mōnā eo ak
kwōj jab kūji?
 - b) Ewi wāween an nīim jipān eok
mōnā?
 - c) Enaaj kar ewi wāween nē ekar
ejjelok nīim?
3. Kāālōt bar juon mōttam. Komro naaj
lale nīin doon.
 - a) Elōn lok ke nīin ajri eo mōttam
jān kwe?
 - b) Ein jōkjōkin nīin wōt juon ke?
 - c) Dettan nīin wōt juon ke?
 - d) Eor ke nīin en ejako?



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