

# Su'aalaha Badiyaaba la iska Weydiiyo Fallooraydhka



## Waa maxay Fallooraydh?

Fallooraydh waa maaddo badiyaaba laga helo biyaha oo dhan. Sida caadiga ah, fallooraydhku waxay saamayn ku leedahay in ilkaheennu adkaadaan taasoo ka caawisa inaan ilkaheennu bololin ama yeelan suus/godad, waxay kaloo ka caawisaa haddiiba ay dhacdo in ilkaheennu bololaan inay dib usoo kabmaan. Isticmaalka joogtada ah ee qiyaas yar oo fallooraydhta ka mid ah waxay yaraysaa in ilkaheennu bololaan qiyaastii 18 ilaa 40 boqolkiiba dadka da'doodu kala duwan tahay.

## Waa maxay Fallooriinayntu?

Fallooriinayntu waa marka biyaha lagu daro qiyaas ah maaddada fallooriin si looga hor tago in ilkuhu bololaan.

Habkani waa hab la mid ah sida marka caanaha lagu daro Faytamiin D ama cabbitaanka liinta ka samaysan lagu daro Faytamiin C si loo xoojiyo waxtar ahaan, sidaa si la mid ah ayaa biyahana loogu daraa maaddada fallooraydh taasi waxay yaraysaa inay yaraato qiyaasta ilko bololka ee u dhexeysa dadka saboolka ah iyo dadka ladan ee ku nool dalka Maaykanka. Xarunta ka hortagga iyo ilaalinta cudurrada waxay aaminsan tahay fallooriinaynta biyuhu inay tahay mid ka mid ah kuwa ugu waaweyn guulaha laga gaadhay xagga caafimaadka bulshada.

## Goorma iyo goobtee ka bilaabantay Fallooriinaynta biyuhu?

Waxay ahayd sannadkii 1945kii markii magaalada Grand Rapids ee gobolka MI ay noqotay meeshii ugu horreysey ee biyaha la cabbo lagu daray maaddada fallooraydh, kaddib markii saynisyahanno xaqiiqsadeen in dadka ku nool meelaha biyahoodu leeyihiin xaddi sare oo maaddada fallooraydhka ahi in aanay ilkahoohu daldaloolin. Muddo ku siman 15 sannadood xanuunka ilko-bololku wuxuu hoos u dhacay 60 boqolkiiba tiro ku dhow 300,000 oo ka mid ah ciyaalka dugsiyada aada ee magaalada Garad Rapids.

Minneapolis waxay ka mid ahayd kumannaanka degaan ee laga hirgeliyey fallooriinaynta biyaha sannadihii kontomaadkii iyo lixdanaadkii.

## Qiyaas intee lee goo maaddada fallooraydh ah ayaa looga baahan yahay biyaha la cabbo.

Biyaha laga cabbo gobolka Minnesota oo ay ka mid yihiin biyaha magaalada Minneapolis waxa sharci ah in lagu daro qiyaas falloraydh ah oo u dhiganta 0.7mg Litirkiiba. Qiyaastaasi waxa ku talo bixiyey Waaxda Caafimaadka iyo Adeegga Bulshada ee CDC waa qiyaas lagu xaddiday xaddiga fallooraydhka ah ee ee loo

baahanyahay si looga hortago xanuunka ilko-bololka iyo weliba si loo xaddiddo khatarka ka imankarta xanuunka ay dhaliso fallooraydhka sida xad dhaafka ah loo qaato.

## Sidee looga warhayn karaa xaddiga fallooraydhka ah ee biyaha la cabbo?

Inkastoo nidaamka loogu daro fallooraydhka biyaha magaalada Minneapolis uu yahay mid loogu talo galey inuusan wax dheeraad ah kusii deyn, hadana heerar ka ay mareyso ku darista-ka-dib si joogto ah ayaa loogala socdaa aallado khadka internetka ah. Xirfadlayaal aqoon u leh hawshan ayaa si joogto ah maalin walba muunado baaritaan ah uga qaada meelo ka mid ah ilaha biyaha la cabbo lagu kaydiyo ama ay soo maraan si loo xaqiijiyo in qiyaastii fallooraydhka ahayd ee loogu talo galey ay biyuhu leeyihiin. Natiijooyinka baaritaanadaasi waxaa loo gudbiyaa Waaxda Cafimaadka ee gobolka Minnesota bil walba, sidoo kale waxa isla natiijooyinkaas mid la mid ah loo diraa isla waaxdaas saddexdii biloodba mar.

Macluumaadka tayada biyaha Minneapolis ee bil walba ama sannadkiiba waxaa laga heli karaa [Halkan](#).

## Fallooriinaynta biyuhu ma tahay wax lagu kalsoonaan karo?

Hay'adaha caafimaadka bulshada iyo kuwa cilmibaadhista adduunkuba waxay dhammaantood taageereen waxtarka iyo nacfiga ay leedahay fallooriinaynta biyuhu. Macluumaadka la ururiyey toddobaatankii sano ee la soo dhaafay waxay qirayaan muhiimadda iyo faa'iidada ay caafimaadka dadka u leedahay ku darista biyaha ee maaddada fallooraydhku (Fallooriinaynta biyaha). Sidoo kale xogo iyo cilmibaadhista cusub oo dhowaan la sameeyey ayaa iyana sii xoojinayaa faa'iidada caafimaad ee biyaha lagu daro maaddada fallooraydhku.

Inkastoo aan la hayn xidhiidh ka dhexeeya maaddada fallooraydhka iyo cudurka kansarku, haddana isticmaalidda xaddi badan oo fallooraydhka ahi waxa la arkaa inay keento dabar iyo ilkaha oo nuglaada ama u sahlanaada inay jabaan. Meelo yar oo ka mid waddanka Maraykanka waxa dabiici ahaan laga helaa qiyaas maddada fallooraydhka ah oo ka badan intii loo baahnaa. Si looga ilaaliyo shacabka inay u keento dhibaato caafimaad, Hay'adda Ilaalinta Deegaaku (EPA) waxay ku xaddiday qiyaasta fallooraydhka 4mg Litirkii biyo ahba.

Sannadkii 2006dii Golaha Cilmibaadhista Qaranku waxay soo saareen warbixin ka hadlaysa maaddada fallooraydhka ee biyaha la cabbo looga baahan yahay. Warbixintaasi waxay gunaadkii sheegtay in qiyaasta macdanta biyaha la cabbo ku milan ee ay hayadda Ilaalinta Degaanku qaadatay aanay ahayn mid dammaanad qaadi karta inaanay biyahaas wax yeello caafimaad ka dhalan. Guddigaas warbixinta soo saartay waxay dhanka kale garowsatay in gunanaanadkoodaasi aanay saamayn ku lahayn biyaha dadka Maraykanka badidoodu cabbaan oo ah kuwa aanay macdantaasi ku badnayn. Hay'adda Ilaalinta Degaanku waxay dib u eegis ku samaynaysaa inay go'aan ka gaadho in loo baahan yahay in qiyaasta macdanta ku jiri karta biyaha la cabbo ay lagama maarmaan tahay in la yareeyo.

### ***Waa maxay Dabarku?***

Dabarku waa isbeddel ku dhaca aragga ilkaha. Waddanka Maraykanka dabarku waa mid sahlan, waxay arkaysaa magar ku dhigay qofka ilkihiisa.

Dabarku waxuu dhacaa marka carruurta si joogto ah muddo u isticmaalaan xaddi badan oo ah maaddada fallooraydhka waqtigaas oo carruurta ilkahoodu korayaan. Dabarku ma samaysmo marka la ilka dhacsado kaddib.

Biyaha lagu daray maaddada fallooraydhka waa loo isticmaali karaa in carruurta loogu qaso caano boodhaha. Maadaama caana boodhaha carruurta loogu talo galay lagu daro maaddada fallooraydhka haddii haddana lagu qaso biyo leh maaddada fallooraydhka waxa suurto gal ah in ilmahaas lagu arko dabar sahlan ama ilkihiisa oo yeesha magar yar.

Si aad u hesho macluumaad ku saabsan sida looga ilaaliyo cunugaaga ama ilmahaaga ilko bololka iyo dabarkaba, fadlan daalaco CDC's [FAQ on Dental Fluorosis](#) (Su'aalaha Badiyaaba la iska Weydiiyo Dabarka).

## Xaggee baan ka heli karaa macluumaad dheeraad ah?

- [Centers for Disease Control and Prevention \(CDC\)](#) Xarumaha Xakamaynta iyo Kahortagga Cudurrada
- [Minnesota Department of Health \(MDH\)](#) Waaxda Caafimaadka ee Minnesota
- [American Academy of Pediatrics: Campaign for Dental Health](#) Akadeemiyada Mareykanka ee Daaweynta Carruurta: Ololaha caafimaadka ilkaha
- [Myths & Facts: Responses to Common Claims about Community Water Fluoridation](#) Khuraafaadka & Runta: Jawaabaha ku taxaluqa macluumaadka ku saabsan Falooriineynta biyaha bulshada?
- [The Center for Fluoride Research Analysis](#) Xarunta cilmibaadhista iyo falanqaynta Fallooraydhka
- **Nala soo xiriir!** Ka soo wac Maareeyaha Tayada Biyaha George Kraynick lambarka ah 612-661-4923

## Tixraacyada

<sup>1</sup> American Dental Association: "[Fluoridation Facts](#)"

<sup>1</sup> American Academy of Pediatrics, Campaign for Dental Health: "[A Summary of Research](#)"

<sup>1</sup> American Academy of Pediatrics, Campaign for Dental Health: "[IN THEIR OWN WORDS What Respected Organizations Say About the Safety and Effectiveness of Community Water Fluoridation](#)"

<sup>1</sup> National Cancer Institute: "[Fluoridated Water](#)"

<sup>1</sup> Environmental Protection Agency: "[Questions and Answers on Fluoride](#)"

<sup>1</sup> The National Research Council: "[Summary of Fluoride in Drinking Water: A Scientific Review of EPA's Standards](#)"

<sup>1</sup> Mayo Foundation for Medical Education and Research: "[Expert Answers: Is it safe to mix fluoridated tap water with infant formula?](#)"

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