

Betel nut & oral cancer - Chin Hakha

Kun thei & kaa lei khensar



Kun thei cu zeidah a si?

- Kun thei, areca thei ti zong in hngalhmi cu areca ung thei i aci a si.
- Kun thei khainak cu Asia le Pacific ah nunphung lei le zatlang nun lei he aa peht-laihmi tuahbikmi a si.
- Suai ahmang ngaimi thil a si.
- Kun thei hmannaak nih kaa khensar a chuaipi khawh.

Kun thei in sermi pawl cu zeidah an si?

Kun thei cu amah lawng asilole adang he cawh in hman khawh a si cucu 'kun ya' tiah auh a si.

Kun ya cu kun hnah, kun theih le thunghang in tuahmi a si i khuhsi ahang cawh a si tawn.

Kun hnah he mah tein timhtuah a si men lai asilole dur asilole sipuazi ningin ngah khawh a si men lai, cucu paan/supari, bin lang, puwak, le buai/daka tiin hngalh an si.

Kaa lei khensar lei ka tihnunnak zeitikdah ka zorter lai & ka kaa lei ngandamnak ka thanchoter lai?

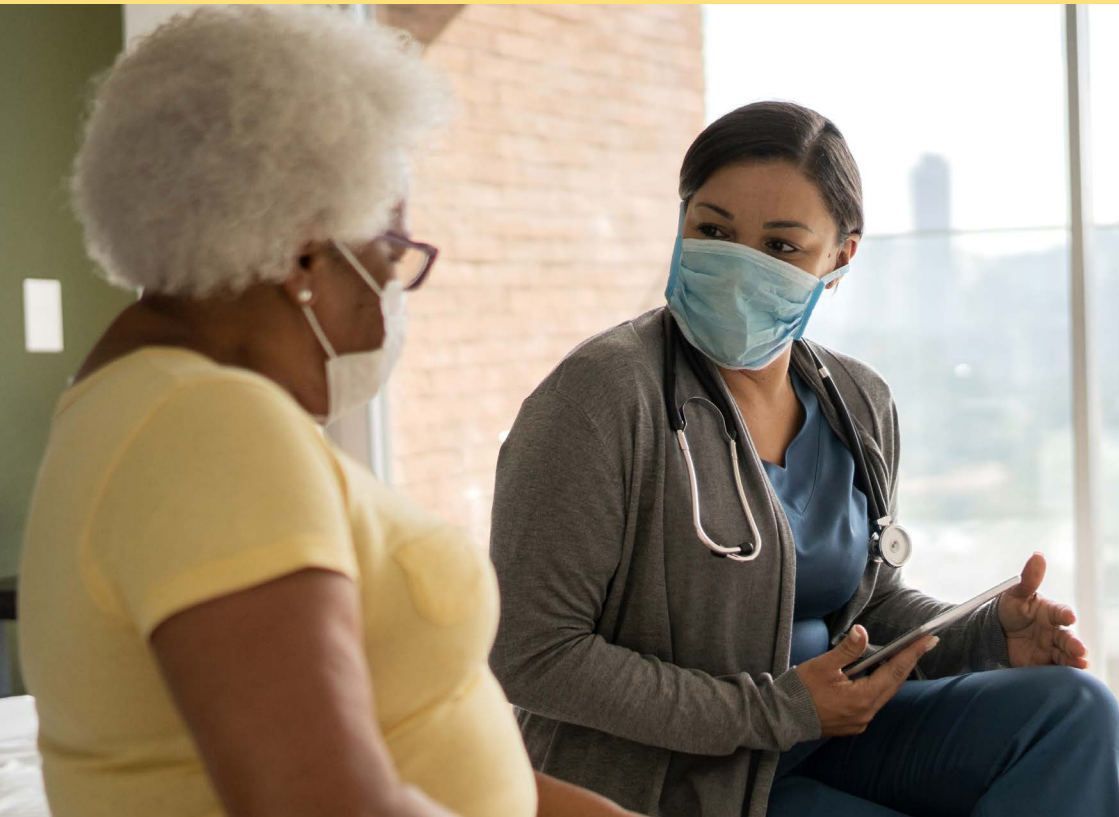
- Kun thei in sermi hman kha ngol.
- Kuakzuk, bingzuk, asilole khuhsii in sermi pawl hman kha ngol law zu dinmi kha tlawmter.
- A nemmi haahnornak le fluoride haasi hmangin nikhat ah nah aa voihniih hnor law, nifatin na haa kha hri in thianh.
- Thla 6 in 12 dan ah punghmaan haa cheknak tuah.



Caan sin ah kun thei in sermi pawl atu le atu hmannaak nih kaa lei khensar tihnunnak a karhter.

Kaa lei khensar i a langhnak pawl & hmelchunnak pawl

- Kaa chungah a senmi, a raangmi, asilole anak abomi.
- Kaa, hngawng, asilole hmai ah a bomi chuaahnak
- Hmatnak (cuar a langhnak ah a kakmi).
- Tongh tikah fawi tein punghmaan loin thi chuaahnak pakhat khat.
- Dolh, biachim, khai, asilole khabe asilole lei cawl tikah fahnak asilole iharhnak.
- Or asilole kaa chungah hmatnak.
- Kaa asilole hmai ah hitnak.
- Thla thumnak tamdeuh chung pehzulh in a cung i langhtermi hmelchunhnak pakhat khat umnak.



Aho sin in dah bawmhnak ka ngah khawh lai?

Kaa le kaa lei harnak pakhat khat kongkau ah na haa thloptu asilole siibawi sin ah chim. An tuah khawhmi:

- Khensar a langmi tuahdeuh ah fianter
- Na haa zohkhenh dingah kaa lei thianhnak caan suaisamh ding nangmah bawmh
- Tihnung a simi thil sining kong ah ruahnak cheuh le hmelchunhnak lei tawl-relnak pek.
- Thiamsang pawl sinah kuatchinnak pawl he bawmh.



Tuahdeuh i cheknak pawl nih a thadeuhmi ngandamnak aphi pawl a chuahpi men lai.



Haa lei zohkhenhnak hmuhkhawhnak

- Hmailei thawngthanmi hmuhnak caah na haa thloptu sin ah kal asilole na ngandamnak lei tangka bawmnak kha pehtlaih.
- Pumpak haa siibawi kha hika ah kawl: www.ada.org.au/Find-a-Dentist.
- Manlo in haa lei zohkhenhnak cu aa tlakmi minung pawl caah zapi ca haa thlopnak seekhaan pawl ah ngah khawh a si.

Khensar kong & bawmhnak Manlo & A thlithup

- Khensar Khawngsil
- 13 11 20 chawn
- Website cancer.org.au/support-and-services



Manlo in haa lei zohkhenhnak caah aa tlakmi na sinak chek dingah zaangfahnak in QR code kha scan tuah asilole hika zoh health.nsw.gov.au/oralhealth/Pages/info-patients.aspx



Thlanglei Nitlak Sydney Mah umnak hmun Ngandamnak
Pengkomm le Nitlak Sydney Mah umnak hmun Ngandamnak
Pengkomm he i bawmh in NSW Acozah nih bawmhmai

