

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 hmanna 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?

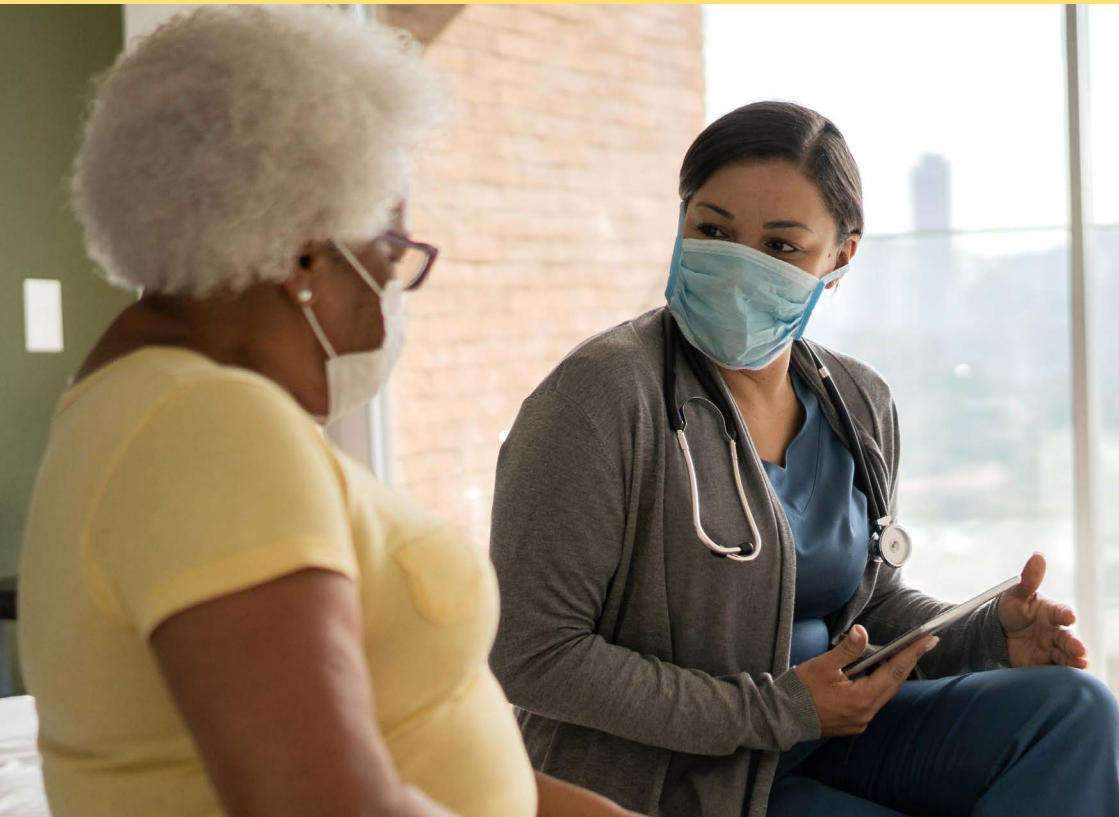
- Kun thei in sermi hman kha ngol.
- Kuakzuk, bingzuk, asilole khuhsii in sermi pawl hman kha ngol law zu dinmi kha tlawmter.
- A nemmi haahnornak le fluoride haasi hmangin nikhat ah nah aa voihniih hnor law, nifatin na haa kha hri in thianh.
- Thla 6 in 12 dan ah punghmaan haa cheknak tuah.



Caan sin ah kun thei in sermi pawl atu le atu hmanna 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 chuahnak
- Hmatnak (cuar a langhnak ah a kakmi).
- Tongh tikah fawi tein punghmaan loin thi chuahnak 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](http://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](http://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](http://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 bawmhmi

