

2022-2023

Gacaliye Waalidka/Ilaaliyaha,

Greater Portland Health, oo kaashaneyso Dugsiyada Dadweynaha Portland iyo Westbrook, waxay daryeelka ilkaha siisaa Dugsiyada Dadweynaha Portland iyo Dugsiga Sare Westbrook.

Fadlan buuxi kaddibna saxiix foomka ilkaha ee ku lifaaqan iyo Ruqsadda xagga Kashifaadda Macluumaadka si loogu oggolaado ilmahaaga in uu adeegyada ilkaha ka helo dugsiga. **Fadlan xasuuso: waxaa loo baahan yahay labo saxiix: fadlan saxiix foomka diiwaan gelinta iyo foomka ruqsadda.**

Sheegashooyinka ceymiska waxaa loo gudbin doonaa adeegyada la bixiyo hadba sida lagu dabaqi karo. Haddii bukaanka uusan qabin ceymis, Greater Portland Health waxaa laga heli karaa adeega khidmadda ku xiran dakhliga.

Adeegyada la Bixiyay

Nadiifinta, flourideka, iyo buuxinta waxaa dhamaan Dugsiyada Portland ama Kliinikada Talbot (Riverton) ama Portland High Clinic iyo Dugsiyada Sare Westbrook ka bixiya aqoonyaanada nadiifinta ilkaha.

Daaweynta

Daweynta waxaa bixiya takhtarka ilkaha Barnaamijka Caafimaadka Afka Caruurta (Children's Oral Health Program) ama waxaa kormeera ardayda ilkaha UNE ee ku sugan kliinikada Dugsiga Sare Portland. Daweynta waxaa ka mid ah, balse kuma eka, baaritaanka ilkaha, raajada-x, flouride, buuxinta, daboolka (crown), iyo saaridda.

Warqadahaan waxaad ku arki doontaa:

- Foomka Isku Qoridda Ilkaha - *fadlan buuxi, saxiix, kaddibna u soo celi kalkaalinta dugsiga. Fadlan buuxi xattaa haddii cunugaada lagu qoray sannadkii la soo dhaafay bacdamaa loo baahan yahay macluumaadkii ugu dambeyay.*
- Ruqsadda Kashifaadda Macluumaadka – *fadlan saxiix kaddibna soo celi.*
- Ogeysiiska Asturnaanta Greater Portland Health - wuxuu ku yaal dusha warqaddaan - *waxaa loogu talagalay in aad haysatid.*

Su'aalaha Badanaa Leys Weydiiyo

Ma jiraa kharash lagu bixiyo adeegyada ilkaha? Haa, haddii ilhgu uu qabo ceymiska ilkaha, sida MaineCare, kharashka waxaa lagu dallici doonaa ceymiska. Caruurta aan qabin ceymiska ilkaha, waxay ku shaqeyaan adeega khidmadda ku xiran dakhliga soo gala reerka. **Waxaad heli kartaa la-talliyeyaasha maaliyadda oo kugu kaalmeeyo in la ogaado haddii aad xaq u yeelan kartid ceymiska iyo, haddii kale, si loo fiiriyo qorshooyinka lacag bixinta iyo kharashka ku baxa adeegyada.**

Kani may yahay barnaamijka dugsiga? Maya, barnaamijku wuxuu ka shaqeyaa dugsiga, balse waxaa fulliya Greater Portland Health. Caruurta jirta inta u dhexeyso 6 bil ilaa 21 sanno waxay isku qori karaan barnaamijkaan.

Ma loo baahan yahay in aan cunugeyga ku qoro haddii isaga ama iyada tahay bukaan ka qoran Greater Portland Health? Haa, foomka diiwaan gelinta wuxuu noo ogol yahay in aan aragno ilmahaaga waqti uusan waalidka joogin.

Maxaan sameyaa haddii ilmahaygu uu horay u tagay kliinikada? Fadlan dhamaystir foomamka ku dhaggan si loo cusbooneysiyo taariikhda caafimaadka loona fiiriyo siyaasadda asturnaanta kaddibna saxiix ruqsadda kashifaadda.

Fadlan soo wac **207-874-2141, Qorshaha 7** si aad u qabsatid ballan ama la xariir Kathy Martin, Maamulaha Brograamka Ilkaha Greater Portland Health, telefoonka (207) 874-2141 x 8401 *ama* kmartin@greaterportlandhealth.org si aad u heshid macluumaad badan. Caafimaadka Portland waa xarun caafimaadka uu federaalka aqoonsan yahay, ujeedadeedana tahay in ay bixiso daryeel caafimaad tayo sare oo ku wajahan bukaanka, la heli karo, la awoodo, iyo dareensan hiddaha. Si aad u heshid macluumaadka ku saabsan Greater Portland Health, fadlan wac (207) 874-2141 ama booqo boggena internetka: <http://www.greaterportlandhealth.org/>