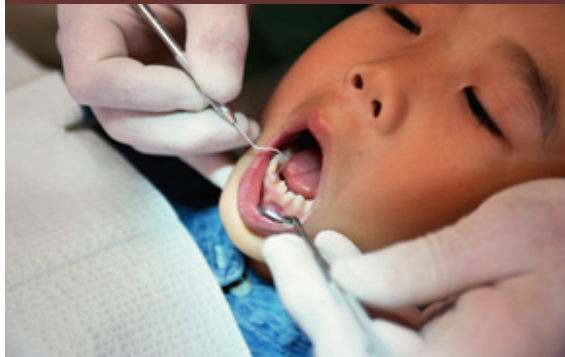


What's the issue?

- ✓ Childhood tooth decay is the most chronic, yet preventable, infectious disease in children.
- ✓ Dental problems are five times more prevalent than asthma and seven times more than hay fever.
- ✓ 50 percent of tooth decay in low income children goes untreated.



When children are in pain, they cannot reach their full potential.



Medical & Dental Coverage

Is your child or another member of your family currently without health care coverage? If you would like information about any of the low-cost or free health coverage programs offered in your state, please call toll-free:

1-877 KIDS NOW / 1-877-543-7669

Covering Kids & Families

Call your county Human Service Office for Medical Assistance Applications:

Becker County: (218) 847-5628

Mahnomen County: (218) 935-2568

Clearwater County: (218) 694-6164

White Earth Indian Health Center: (218) 983-4300

*Child Care Providers,
Schools, Head Start*

*Programs can ask for Dental
Prevention Services from:*

- ✓ White Earth Indian Health Services
- ✓ County and Reservation Home Health Agencies
- ✓ White Earth Child Care Program
- ✓ White Earth Early Childhood Initiative

Brought to you by:

White Earth Child Care Program
White Earth Early Childhood Initiative
West Central Early Childhood Network



Plan Ahead!

Getting dental appointments is difficult, even if you are having an urgent problem—especially if you are a new patient. Schedule routine care!

Plan ahead for yourself or your child's dental appointment:

- ✓ Make sure you have a ride
- ✓ Be on time
- ✓ If you must cancel, always call and let the dentist's office know as soon as you can.
- ✓ Keep your dentist's name and phone number handy.

Prevention is the key!

For Babies

- ✓ Prevent baby bottle tooth decay by *not* putting baby to sleep with a bottle, exposing baby to lots of sugary formula, juice, or soda pop, or using bottle as a pacifier.
- ✓ Clean baby's gums and teeth after every feeding with a small damp cloth or gauze pad—even before baby's teeth have come in!
- ✓ Start teaching baby to use a "sippy" or training cup around six months of age; after age one, always drink from a cup (training cup).
- ✓ Your child should have a first visit to the dentist around age one.

For Kids

- ✓ Limit drinks (especially juices and soda pop) and food high in sugar. Choose healthy snacks.
- ✓ Find out if your water supply has fluoride. If you drink bottled water, look for a brand that contains fluoride.
- ✓ Brush your children's teeth or, when they are able, have them brush with a soft-bristled toothbrush for about two minutes at least twice a day. Use a pea-size amount of toothpaste that smaller children won't swallow.
- ✓ Floss daily as soon as the child is able, around six years of age.
- ✓ Visit dentist at least once a year.

For Adults

- ✓ Brush at least twice daily and floss daily. Limit sugary foods and drinks.
- ✓ Visit the dentist at least once a year.
- ✓ Set an example for your children! Brush and floss!

HAVE YOU HAD TROUBLE GETTING DENTAL CARE? LISTED BELOW AND INSIDE ARE OPTIONS TO HELP YOU AND YOUR FAMILY GET THE DENTAL CARE YOU NEED!

Dental Clinic Options

Apple Tree Dental:

(218) 483-1038
520 Main Street
Hawley, MN

Services for all ages:

- ✓ Routine restorative care
- ✓ Urgent care (extractions, sedative fillings, pain relief)
- ✓ Preventative (cleaning, exam, x-ray)
- ✓ Dentures
- ✓ Root canals
- ✓ Crowns

Generally accepted payers

(verification of eligibility required):

- ✓ North Dakota & Minnesota Medical Assistance
- ✓ Minnesota plans (BluePlus, Medica, Ucare)
- ✓ North Dakota and Minnesota state assistance programs
- ✓ Self pay
- ✓ Payment plans

Minimum co-pay and self-pay amounts due at visits.

Lakes Mobile Dental:

(218) 831-3131
Toll Free (877) 562-7874
Mahnomon Health Center/Hospital

Services for all ages:

- ✓ Oral hygiene/cleaning
- ✓ Fillings
- ✓ Dentures
- ✓ Root canal therapy
- ✓ Crowns/extractions
- ✓ Other preventative services

Generally accepted payers

(verification of eligibility required):

- ✓ No cost for the dental services for children on MA
- ✓ Minnesota Care Dental Insurance Plans
- ✓ Self pay



Apple Tree Dental Outreach Clinic: (218) 483-1038
Toll Free: (888) 683-1038
St. Mary's Regional Health Care
North Campus
114 Frazee Street East
Detroit Lakes, MN

Services for ages 2 to 10 years:

- ✓ Need to be covered by Minnesota Health Care Programs or Medical Assistance

Community Dental Clinic:

(218) 299-6860
1900 28th Ave South
MSCTC Campus
Moorhead, MN

Services for Minnesota Care and MA recipients:

- ✓ Dental Exams
- ✓ X-Rays
- ✓ Dental Cleanings
- ✓ Fillings
- ✓ Extractions
- ✓ Dentures



White Earth Health Clinic:

(218) 983-6285
Toll Free: (800) 477-0125
White Earth, MN

Services for Tribally Enrolled and Descendants:

- ✓ Cleanings
- ✓ Fillings
- ✓ Sealants
- ✓ Annual exams
- ✓ Dental x-rays
- ✓ Community Outreach Prevention Services

Private Practice Dentists

The private practice dentists provide a full range of services.

Please contact individual dentist offices to ask about services, accepted payment, scheduling appointments and more.