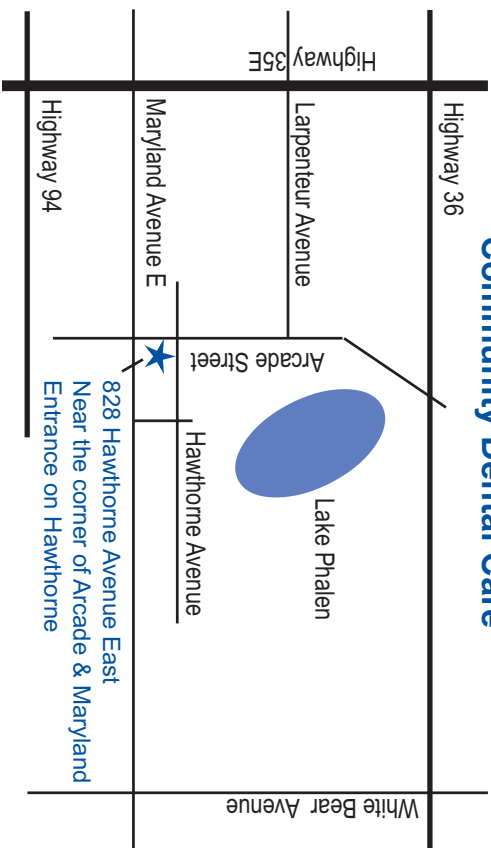


Community Dental Care



Community Dental Care

quality dental care for all



828 Hawthorne Avenue East
St. Paul, MN 55106
651-774-2959
www.cdentc.org

Dr. Vacharee Peterson, CEO
Maggie Yang, Manager
Ann Copeland, Director of Public Health
See Yang, Receptionist

Convenient Clinic Hours

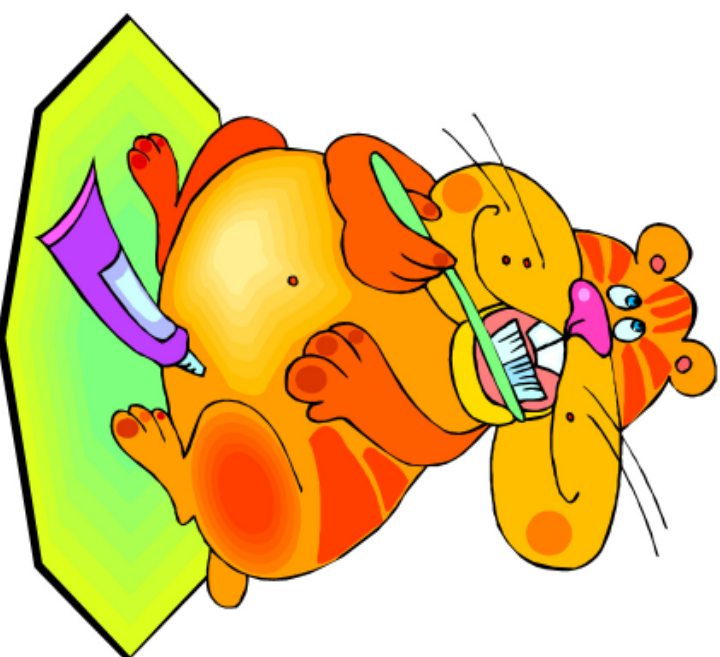
8 AM - 5 PM Monday - Thursday
8 AM - 2 PM Friday - Saturday

Community Dental Care is a member of the Partnership for Improving Children's Oral Health in Ramsey County and a United Way Bright Smiles partner. This project is funded by Greater Twin Cities United Way, Knight Foundation and the Otto Bremer Foundation.



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For your child's
HEALTHY TEETH
and
BEAUTIFUL SMILE



Let us be your family dental clinic!

Community Dental Care
Serving our community for over 24 years

Call now for an appointment!
651-774-2959

Important Things to Know About Caring for Your Children's Teeth



Do you want your children to grow up with **healthy, beautiful teeth**? If you have children that are 6 months to 5 years old, these are the years when they need **LOTS** of help to learn how to take good care of their teeth and gums.

At this young age, it is **VERY IMPORTANT** to take care of their teeth for them!

- ★ Brush and floss their teeth every day with a soft brush.
- ★ When they have only one or two teeth, wipe them clean with soft cloth after each bottle or feeding.
- ★ Take them to the dentist by the time they are one year old.
- ★ After the first visit to the dentist, take them every 6 months.
- ★ Feed them healthy food and don't give them pop or sticky candy.
- ★ **It's good to nurse your baby.** Your milk doesn't cause cavities and it **DOES** help fight off diseases.

Why it's **IMPORTANT** to bring your children to see the dentist at one year old or before

- ★ So your child will learn that the dentist is kind and is their friend.
- ★ So the dentist can check their mouths for problems or cavities.
- ★ So **YOU** can learn how to care for your children's teeth.
- ★ So your child will begin to learn good brushing and flossing habits.
- ★ So your child will not have toothaches or false teeth when older.
- ★ So your child will grow up with a beautiful smile!

We have a **GIFT** for your child at each visit!
Toothbrush • Automatic Toothbrush
Toothpaste • Toothpaint • Toy



Healthy Food = Strong Bones and Teeth



It's important to nurse your babies. Your milk helps fight off childhood diseases. Consult your physician if you are going to use formula.

LIMIT SUGARS, FATS AND SALT

Offer your children lots of different foods: whole grain cereals, breads, rice, crackers or pasta, a variety of fruits and vegetables, and lean meats, fish, poultry and beans.



All About Community Dental Care



Community Dental Care was formerly known as Peterson & Peterson Family Dentistry. Our dentists and assistants have been serving East St. Paul neighborhoods for over 24 years.

We are now a nonprofit agency, but we still provide a full range dental services for patients of all ages—babies, children, teenagers, adults and elderly. Come see us for:

- Emergency Care
- Preventive Care (exam, teeth cleaning, & fluoride treatment)
- Fillings (cosmetic white or silver)
- Teeth Whitening
- Root Canal Treatment
- Extractions (pulling infected teeth)
- Crowns and Bridges
- Partial and Full Dentures
- Minor Orthodontic Procedures
- Invisalign

We **welcome** people and families of all races and ethnic backgrounds. Our staff speak Hmong, Thai, Laotian, English, Spanish, Vietnamese, French and Farsi. Our clinic works with everyone and welcomes patients with Medical Assistance and Minnesota Care, including:

- U-Care
- HealthPartners
- Blue Plus
- Medica
- Delta Dental
- Commercial insurance
- Self-Pay