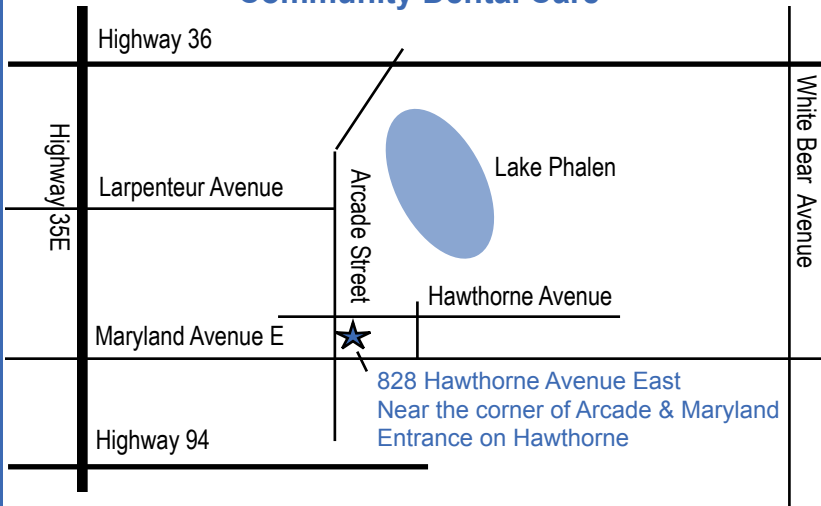


Community Dental Care



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 Vang, 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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Special Dental Care for Pregnant Moms



We want to help you have a healthy pregnancy and healthy baby.

Please come in now for an oral exam, cleaning and special instruction on keeping your teeth and gums healthy during your pregnancy.

We will teach you how to keep your teeth and the teeth of your child healthy, strong and beautiful.

Community Dental Care
Serving our community for over 24 years

Call now for an appointment!
651-774-2959

Dental Care for Pregnant Moms

Keep your teeth and gums healthy!

- **Brush your teeth** twice daily with a soft brush and fluoride toothpaste.
- **Floss your teeth** once every day.
- **Get a regular checkup** with your dentist every six months.
- **Eat right.** Eat foods that are rich in vitamins and minerals.
- **Avoid sugary foods.** They cause cavities.
- **Do not drink pop.** The acid in pop will erode your teeth and cause cavities.

IMPORTANT! Pregnant women often have nausea and vomiting during pregnancy which leaves acid in your mouth that can dissolve your teeth. Rinse with water or non-alcohol mouthwash right away but do not brush right away. Rinsing will remove the acid from your mouth and freshen your breath.

Good Food for Pregnant Moms

Fresh Fruits • Vegetables • Whole Grains • Lean Beef, Lean Pork, Chicken & Fish • Low Fat Milk, Yogurt & Cheese.



Drink Soy Milk if you have an allergy to milk.

Drink lots of water between meals and with food.

Limit sugary foods and eat them with fruits, vegetables, water or cheese.

What is 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
- Preventative Care (exams and teeth cleaning)
- Fillings (cosmetic white or silver)
- Teeth Whitening
- Extractions (pulling infected teeth)
- Crowns and Bridges
- Partial and Full Dentures
- Minor Orthodontic Procedures (braces)

We **welcome** people and families of all races and ethnic backgrounds. Our staff speak Hmong, Thai, Laotian, English, 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

Are You Pregnant?

We are currently working on a project to provide **special care for pregnant mothers**. We invite you to call today to make an appointment for the care and follow-up you need to keep yourself and your unborn baby healthy.

Do you have young children? Bring them to see a dentist as soon as their baby teeth erupt and every six months after that.