

Looking for Affordable Dental Care in Madison and Dane County?



Caring for your teeth and gums is an important part of your health. Dental care can be difficult to obtain, especially if you have Medical Assistance/BadgerCare or are unable to pay. Try not to put off taking care of your own or your children's teeth because dental problems only get bigger and more expensive!

This booklet contains some ideas and resources in Madison and Dane County that may be helpful.



Public Health
MADISON & DANE COUNTY

Healthy people and places

210 Martin Luther King, Jr. Blvd., Rm. 507
Madison, WI 53703-3346
Phone (608) 266-4821
www.publichealthmdc.com

Dental Resources for Adults and Children

Here is a list of low cost dental care options available in Madison and Dane County. Services may or may not be available when you call.

Dental Hygiene Clinic at Madison Area Technical College (MATC)
211 North Carroll Street, 5th Floor, Room 501 **258-2400**

This program is for training dental hygienists. For a small fee, teeth cleaning, fluoride treatments and dental x-ray services are provided by student hygienists. Dental sealants are also available for an additional fee. Medical Assistance/BadgerCare is accepted. Call for an appointment. Best times are August/September for fall appointments and January for spring appointments. If no appointments are available when you call, ask to be put on the waiting list. You can save money by getting this preventive care done first while you try to find a dentist. Any x-rays taken can be sent to your dentist. Open September through May only. ***If you miss an appointment, you may not be rescheduled.***

Max Pohle Dental Clinic at Meriter Hospital
202 South Park Street **417-6500**

This is a dental clinic that is set up to provide advanced training for dentists. Medical Assistance/BadgerCare is accepted and payment plans may be worked out, but some payment is usually required at each visit. They have a **call-in** system of making regular and emergency appointments for a limited number of people each month. ***If you miss an appointment, you may not be rescheduled.***

Access Community Health Center (ACHC) Dental Clinic
3434 East Washington Avenue **443-5482**

This is a full service clinic that provides dental care to adults and children. Services are provided on a sliding-fee scale based on income and family size. A minimum payment is required at the time services are provided. Medical Assistance/BadgerCare is accepted. Appointment times fill up quickly and are only scheduled two weeks in advance. ***If you miss an appointment, you may not be rescheduled.***

Denture Resources

Many general dental offices provide services for denture patients.

- ***Dr. Lubet & Associates***
6661 University Avenue, Middleton 836-1446
- ***Prosthodontists*** specialize in dental services such as making dentures. Look in the phone book Yellow Pages (blue section) under Prosthodontists. Call for payment information.
- ***Affordable Dentures***
Market Square Shopping Center
6668 Odana Road 827-3077 or 1-800-336-8873
This is a dental office whose practice is limited to dentures and related care.

THE “KEY” TO SUCCESS

- Be reliable, polite, flexible and don’t give up!
- When you get an appointment, keep the appointment and be on time. Most dental offices won’t give you a second chance.
- If you keep your appointment and make your payments (even small payments), it will be easier for you and your family to get dental care in the future!



Dental Resources For Children Only

WHAT CAN I DO FOR MY CHILDREN?

Children's Dental Health Program

259-2993

To qualify for this free dental program, your child must be:

- ✓ Uninsured (without dental insurance or Medical Assistance/BadgerCare)
- ✓ 4 to 18 years of age
- ✓ Madison or Dane County resident
- ✓ Income eligible (we can check for you when you call)

This is a dental home for children enrolled in the program. Call 259-2993.

Space is limited so missed appointments may not be rescheduled.

Here's How to Keep Your Children's Teeth Healthy!

Make sure your child has

- ✓ Enough fluoride. (see page 6)
- ✓ Sealants on their teeth. (see page 5)
- ✓ VERY LITTLE SUGAR!! (including soda pop and sugar drinks!)
- ✓ Brushed at least 2 times each day (morning and night).
- ✓ Healthy snacks including gum that contains **XYLITOL**. (It prevents cavities!)
- ✓ A dental or medical professional check their mouth and teeth. (Parents should look too!)



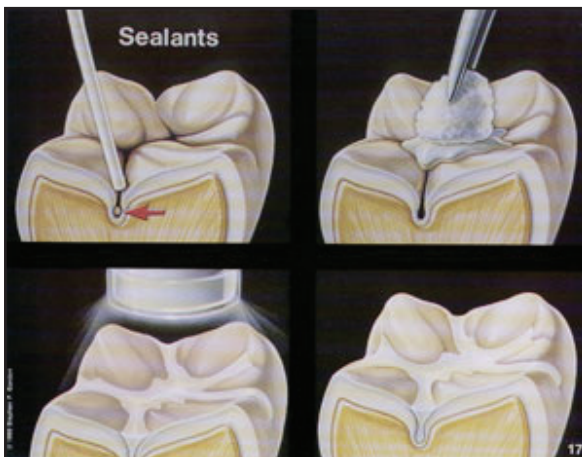
GOOD NEWS!
Children NEVER have to have cavities!



Dental Sealants: The “Prevention Invention”

Dental sealants are a white plastic coating placed on the chewing surface of permanent molars. They help protect teeth from getting cavities. The best time to get sealants is as soon as the permanent molars come in. They typically erupt around age 6 and a second set of four molars come in around age 12.

The Celebrate Smiles Dental Program is a school-based program. It provides dental screenings, sealants and other dental care for Madison and Dane County elementary school children right at their school. For more information about this program you may call 243-0354.



REMEMBER:

MORE sugar =

MORE cavities =

MORE pain =

MORE \$\$ spent



Fluoride makes teeth STRONG!



Children who get enough fluoride have fewer cavities!

So . . .

- ✓ Drink TAP water! Most municipal water has fluoride but bottled water usually does not.
- ✓ Brush at least 2 times daily with toothpaste that contains fluoride.
- ✓ Use a fluoride mouth rinse before bedtime (children over 5 years).
- ✓ Ask your dental professional about getting an annual check up, cleaning and fluoride varnish treatment.

FLUORIDE SUPPLEMENT PROGRAM

Public Health Madison and Dane County (in cooperation with the Dane County Dental Society) offers supplemental fluoride to Dane County children ages 6 months to 14 years who do not have enough fluoride in their drinking water. Most Dane County cities and villages add fluoride to their water supplies. If families have their own wells however, they likely have very little fluoride in their water, and may qualify for this supplement program. For information, please call 242-6529.

WHAT CAN YOU DO?

Here are some other ways that have been helpful for others in finding dental care:

1. Find a dentist.
 - Call a dental office where you've been before, (tell the receptionist that you have been seen there in the past).
 - Look in the phone book and call a dental office near you.

2. Describe the problem you are having with your teeth or gums.
 - If you have pain, is it continuous? throbbing? on and off? keeping you awake at night?
 - Do you have swelling, infection or drainage?
 - How long has it bothered you?
 - Is it sensitive to hot, cold or sweet?

3. Try to make an appointment to help with the problem you have right now.
 - If you get an appointment DON'T MISS IT!
 - Try to arrange for a payment plan. Dental offices are sometimes willing to work with you if you show that you are reliable! (Like showing up on time.)
 - Schedule more appointments as you can afford them to get needed work done so you won't have an emergency in the future.
 - Offer to be available on short notice or when the office has cancellations.




QUESTIONS ABOUT INSURANCE?

If you DON'T have Medical Assistance, BadgerCare or Dental Insurance:

- Figure out a payment plan. Some dental offices are willing to work out payment schedules for reliable clients.
- Ask the dental office about credit services available that can help you finance your needed dental work.
- Check to see if your employer offers a medical savings plan (called “flexible spending”) that can be used to pay for dental care.
- Start and keep a savings plan to pay for dental care.

If you DO have Medical Assistance or BadgerCare Plus insurance and can't find a dentist who will accept it:

- you can get a list of dental providers in your area who are signed up with the program by calling 800-362-3002 or check online at www.forwardhealth.wi.gov.
- keep in mind that most dental providers are NOT taking new patients and there is NO LIST available for those who do.

 The Medical Assistance and BadgerCare Plus program is run by our state government. If you have concerns about this program, contact your state legislators and let them know. To find out who your legislators are, you can call the Legislative Hotline at 800-362-9472.

