



## New Senior Oral Health Care Program

The Sawtooth Clinic's Oral Health Task Force has been helping our communities' parents care for the oral health of their children for over 10 years. Working together, we have reduced children's cavities and oral health problems to the lowest level in Minnesota. Now the Task Force would like to help seniors 65 and over in Cook County and on the Grand Portage Reservation with their dental issues.

The oral health of older adults is important for many aspects of quality of life – eating, speaking, and freedom from pain. Poor oral hygiene can lead to plaque accumulation, gum inflammation, bad breath, cavities, periodontal diseases, and tooth loss, as well as systemic conditions such as pneumonia, heart disease, arthritis, complications from diabetes, and even mortality.

### The Oral Health Task Force will make it simple:

If you want to see the dentist, simply call Grand Marais Family Dentistry and schedule an appointment.

**218-387-2774**

  
**Sawtooth Mountain Clinic**  
Together Through Life

If you don't have dental insurance or are underinsured, it shouldn't be a problem. Just ask the scheduler at Grand Marais Family Dentistry if you qualify for financial assistance. If you do (many seniors do) then we will pay for 90% of the cost: X-rays, checkup, and cleaning. If you need some further work done (like fillings) and qualify, we'll pay 90% of those bills also.

Questions about scheduling, cost, or transportation? The dental office will be able to help you or call our Task Force Hygienist, Bonnie Dalin, at (218) 370-2559.