Low Cost Options for Dental Care

Regular visits to the dentist’s office are an important part of keeping your teeth and gums healthy. Though finding low cost dental care in Maine is difficult, the organizations listed below might be able to help you. As always, if you have questions or need help with these dental resources, simply ask your CarePartners Care Manager for assistance.

**City of Portland, Public Health Division**
Oral Health Program
20 Portland Street
Portland, ME 04101
Tel: 874-8450

**Dental Hygiene Clinics**
Offers basic preventive dental care for low income clients, including cleaning, x-rays, screenings and referral services, $10.00 per visit. For Portland residents. Call 874-8450 to make an appointment.

**Homeless Health Dental Clinic**
Restorative and preventive services are provided in a dental clinic for Portland’s homeless and transitional populations. Call 874-8450 for more information.

**Community Dental – Portland**
640 Brighton Avenue
Portland, ME 04102
Tel: 874-1028
Fax: 842-2963
Provides dental services, including oral health education, for children and adults. Services are available on a sliding fee schedule for uninsured residents of Community Dental’s service areas in southern, central and western Maine who meet income guidelines. MaineCare and private insurances are also accepted. The Dental Center is open Monday through Friday from 8:00 am to 4:30 pm.
* Community Dental programs are offered throughout the state. If you live outside of Cumberland County, please inquire with your Care Manager or contact a Resource & Referral Specialist at CarePartners to find one in your community.

**Cumberland County Denture Program**
Community Dental
333 Lincoln Street
Saco, ME 04072
Tel: 282-1305
Provides free dentures for pre-qualified residents of Cumberland County. To qualify, you must verify that you are at 125% of poverty level or below and have had a dental evaluation. Patients are financially responsible for the dental exam and any necessary extractions. An applicant may call to be placed on the waiting list, and should anticipate a waiting time of approximately 2-12 months.

University of New England
Dental Hygiene Department/Westbrook College Campus
716 Stevens Avenue
Portland, ME 04103
Tel: 221-4900
Offers dental hygiene services that include oral examination, oral hygiene instruction, blood pressure screening, x-rays, teeth cleaning, fluoride treatments and sealant placement. These services are available to the general public and there are no income restrictions. This is a teaching clinic so appointments may require more time than usual. Patients do not see a dentist, but work with a student hygienist. Services NOT provided include: fillings and restorations, extractions, crowns, root canals, orthodontics, dentures or bridges. MaineCare is accepted for patients through age 20 only. No other insurances are accepted: only cash or check payments. Low fees are charged to cover the cost of materials only. To schedule an appointment call 221-4900, Monday-Friday, 9 am – 4 pm:
The clinic is only open from September through April.

Oasis Dental Clinic
Professional Building (at Mid Coast Hospital)
66 Baribeau Drive
Brunswick, ME 04011
Tel: 721-9277
Perform emergency services, such as extractions or fillings. Client must meet income guidelines, have no health insurance and live in or near Sagadahoc County (along coast to Freeport). All services are free and an in-person interview is required. Call 721-9277 between 9 am – 3 pm, Monday – Friday, to set up an appointment.

York County Community Health Care
P.O. Box 72
6 Spruce Street
Sanford, ME 04073
Tel: 490-6900 or 1-800-965-5762 (in York County)
A program of York County Community Action Corporation that provides dental, primary care, and mental health services. The Center’s Dental Department provides a full range of preventative, restorative, emergency, and minor oral surgery care to
individuals of all ages. A sliding fee discount is provided to persons who meet the Health Center's income guidelines. Families and individuals insured by MaineCare, private insurance, or Dirigo Health are welcome. Dental office hours are Monday, Wednesday, and Friday from 8:30 am to 5:00 pm; Tuesdays 9:30 am to 7:00 pm; and Thursdays from 9:00 am to 7:00 pm.

**Southern Maine Agency on Aging**
(Cumberland and York Counties)
136 US Route 1
Scarborough ME 04074
Tel: 396-6500 or 1-800-427-7411
Fax: 883-8249

**Senior-Dent**
Offers dental care to low-income elderly persons at reduced fees. Maine citizens who are age 62 or older, have no dental benefits under a private insurance plan or the MaineCare program, and whose annual income qualifies them for Maine's Low-Cost Drug program, are eligible to enroll in Senior-Dent. Persons who qualify for Senior-Dent will receive a minimum discount of 15 percent from the usual and customary fees of participating dentists on all dental services. Maine's Area Agencies on Aging can provide further information and can determine if an individual is eligible to receive dental care at reduced fees. For more information, contact the nearest Agency on Aging.

**Donated Dental Services Program**
Offers free dental care to needy disabled, elderly or seriously ill individuals by dentists who volunteer their services. The program serves disabled and elderly people who cannot afford needed treatment. Each person's condition must be severe enough to prohibit or greatly limit gainful employment, and they must need extensive treatment rather than only a cleaning or check-up. Each patient receives services through this program only once. Patients are restored to oral health, but they are responsible for maintaining it. Contact the DDS Program referral coordinator at 1-800-205-5615 for more information, or to obtain an application.
Basic Tips for Healthy Teeth and Gums

- Brush twice a day with fluoride toothpaste to remove plaque.
- Floss daily to remove plaque from between teeth and under your gumline.
- Eat a balanced diet and limit sugary or starchy foods.
- Visit a dentist regularly for professional cleanings and check-ups (visits every 6 months are recommended).
- Red, swollen or tender gums that tend to bleed easily may be warning signs of gum disease. Contact a dentist as soon as possible to talk about these symptoms.


Online access here: http://www.mainedentalaccess.org/docs/LISdirectoryAug07.pdf
Preventive Services

Dental Hygiene Schools
University of New England, Westbrook College, Portland: School of Dental Hygiene – provides preventive services, Sept. – April. (797-8999)

University of Maine, University College, Bangor: Dental Health Programs – provides preventive services, Sept. – April. (262-7872)

Federally Qualified Health Centers
Eagle Lake Health Center (444-5973) – provides limited dental hygiene services, refers to dentist(s) in Fort Kent.

Preventive Dental Hygiene Programs
agencies, etc. They provide services via contracts & other arrangements with schools, Head Start and WIC agencies, other community agencies such as Boys & Girls Clubs, and others.

- Prevention Partners, Inc. (633-9716) – primarily southern & central Maine, but also statewide (mobile)
- Tooth Fairies, Inc. (754-8784) – primarily western Maine (mobile)
- Maine Dental Health Outreach, Inc. (Tooth Angels) (377-7003) – based in Winthrop, works with surrounding school systems
- Saving Smiles, Inc. (445-2852) – central Maine and Waldo County (mobile)

Sebasticook Valley Hospital Dental Clinic, Pittsfield (487-5238): Provides preventive dental services within the hospital’s defined service area.

Washington County Children’s Program, Machias: (255-3426) operates the “Tooth Ferry”, a mobile dental unit that travels to the various schools and other agencies that the WCCP’s dental program works with, providing screenings, sealants, and dental health education.

Waterville Pediatrics (873-5437): Employs a dental hygienist part-time within the practice who provides preventive dental services to eligible children (those who do not have a family dentist).

Aroostook County Action Program, Presque Isle: (768-3065) employs a full-time dental hygienist in its WIC program who provides preventive dental services to eligible children (those who do not have a family dentist).

ME DHHS, Center for Disease Control, Oral Health Program (287-2361): School Oral Health Program provides grants for classroom-based preventive oral health education and weekly fluoride mouthrinse in grades K-6 in eligible elementary schools, and sealants to 2nd graders. Eligibility is based on community-based criteria related to access to fluoridated water, MaineCare enrollment, poverty rate, and student eligibility for free and reduced lunch.

Definitions:
A dental clinic is a dental program with a fixed site, permanent equipment (rather than portable), employed staff and regular hours, where people may receive a full range of preventive and restorative dental care. Specialty services may or may not be available.

Mobile programs may either use a vehicle, such as a specially outfitted truck or coach, in which dental equipment has been installed, or may be mobile in the sense that they bring portable equipment to the various locations where they provide services.

Volunteer or voucher programs depend largely on health professionals who donate their time to provide dental services. Such programs in Maine are individually designed and no two are alike. A voucher program coordinates the referral to services of qualified individuals and may or may not provide some services prior to referral.

Preventive Dental Hygiene programs offer a range of preventive services provided by registered dental hygienists practicing under Public Health Supervision status.

Prepared by the Maine Center for Disease Control & Prevention Oral Health Program
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For more information call 287-2361
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