

**Manhattanville in West Harlem Implementation Plan Report  
October 15, 2024 Submission**

**Declaration Reference and Key Data**

Obligation Section Number: **5.07(c)(iv)**

Obligation Title: **Dental Health Screenings for Senior Citizens**

Obligation Page Number: **53**

Obligation Trigger: **Acquisition by ESD or CU of all Initial Stage 1 Condemnation Parcel(s)**

Obligation Start Date: **March 12, 2012**

Obligation End Date: **March 12, 2037 (25 Years from Commencement)**

Obligation Status: **In Compliance**

**Obligation**

*Dental Health Screenings for Senior Citizens through the ElderSmile Program.* During the summer months, the Mobile Dental Center offers northern Manhattan’s elderly population free dental screenings and referrals for further dental treatment at senior centers throughout Washington Heights/Inwood and Harlem. Commencing with the acquisition by ESDC or CU of all Initial Stage 1 Condemnation Parcels, and continuing for a 25-year period from commencement, dental health screenings for senior citizens shall be extended to include NYCHA residents in Manhattanville Houses and General Grant Houses.

**Alternatives Based on Changed Conditions**

While the Declaration states dental health screenings for senior citizens are offered through the Mobile Dental Van during the summer months, the service provider has modified the program based on program experience. Dental health screenings for senior citizens are offered year-round through the ElderSmile Program, including residents in Manhattanville Houses and General Grant Houses. Visits to each host site by the mobile health clinics are scheduled in coordination with the leadership of each host site. The frequency of visits is determined in collaboration with each site based on site availability and preference. Follow-up appointments are made in accordance with each individual patient’s dental requirements and in coordination with each site.

The dental screening follows a standard protocol using light and tongue depressor, the standard services remain the same. The modification clarifies the program through which the services are provided.

**Evidence of Compliance**

1. Link to website
2. Annual report

Columbia University’s Implementation Plan and all supporting documentation are made available on the Columbia Neighbors Webpage at <https://neighbors.columbia.edu/content/community-commitments>.

**Manhattanville in West Harlem Implementation Plan Report  
October 15, 2024 Submission**

**EOC Checklist for Obligation 5.07(c)(iv):**

Please check to verify EOC items submitted for review.

- 1. Link to website
- 2. Annual report

**Monitor’s Notes / Comments:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Status:**

Please check to indicate the status of Obligation 5.07(c)(iv):


- In Compliance
- In Progress
- Not In Compliance
- Not Triggered


# Dental Health Screenings for Senior Citizens


## Link to website:

<https://www.dental.columbia.edu/about-us/community-outreach/community-dentcare-program>

COLUMBIA UNIVERSITY IRVING MEDICAL CENTER

 We are open for dental care. [Learn more about our services](#) and how we are keeping our patients and employees safe.

 COLUMBIA COLLEGE OF DENTAL MEDICINE

Students Alumni Faculty Giving Contact Us 

About Us ▾ Education ▾ Research ▾ Patient Care ▾ Events News


Home > About Us > Community Outreach > Community DentCare Program

**Our Mission**  
History  
Leadership and Administration  
Board of Advisors  
Global Dean's Council  
News  
Diversity  
Community Outreach  
Community DentCare Program  
Global Initiatives  
Support the College of Dental Medicine  
Events Calendar  
Contact Us  
Columbia Visiting Professorship Program  
CDM Publications

## Community DentCare Program

### Bringing Care to the Community


Many members of our community face barriers to accessing dental care and other health care. Recognizing this, Columbia University College of Dental Medicine launched its Community DentCare program in 1996 to help address these disparities, with special focus on children and the vulnerable elderly. We partner with around 70 neighborhood organizations to provide health screenings and dental services at sites around Northern Manhattan and the South Bronx. DentCare offers these services regardless of ability to pay.



DentCare has so far logged more than 150,000 patient care visits.

### How We Work

Columbia fosters relationships with community partners—collectively called the Community DentCare Network—to coordinate visits to their locations. Partners include Head Start centers, schools, foster care facilities, senior citizen and community centers, and child care centers. Dental faculty, hygienists, and trainees provide care onboard our Mobile Dental Center or directly on site.



### Mobile Dental Center

DentCare operates a 35-foot-long mobile clinic outfitted for comprehensive dental care and oral

**Annual Report: Dental Health Screenings for Senior Citizens**

State Submission Annual Reporting Period: **October 2023 - September 2024**

On April 11, 2023, Columbia University College of Dental Medicine launched a new Mobile Health Clinic, generously funded by a grant from the Mother Cabrini Health Foundation. This mobile clinic is staffed by faculty and students at Columbia University’s College of Dental Medicine and the Vagelos College of Physicians and Surgeons. Using an integrated model for both primary medicine and oral health that allows patients to receive comprehensive care, the van features both a dental chair and a medical examination table. The clinic is equipped to offer a new level of interdisciplinary preventive care, including vaccinations. Along with the other mobile clinic, which was funded by grant from Delta Dental, this van travels to neighborhood schools, Head Start programs, daycare centers, foster care facilities, schools, nursing homes, rehabilitation centers, and health clinics in Harlem, Inwood, Washington Heights, and the South Bronx to provide onsite oral health care and preventive health services to children and seniors through Columbia’s DentCare program. Only those sites located within the "local" catchment area as defined by the Declaration of Covenants and Restrictions have been included in the report below.

**Note: Two integral members of the mobile clinic team were on medical leave for most of the 2023-2024 reporting period. One of these team members was a driver, so only one mobile unit was available to make all visits the clinic is responsible for servicing. As a result, the clinic was not able to service as many senior citizen groups or pre-K aged children as it has in previous years.**

**The community dental health coordinators and program administrator noted difficulties in coordinating visits to the Manhattanville Houses and Grant Houses during this reporting period. Due to issues communicating with representatives from these Houses and the turnover of individuals involved in scheduling the mobile unit, it was difficult to secure dates and advertise the presence of the unit. Additionally, there are challenges with parking the unit at these sites. There is a plan to secure portable equipment that can be used to perform screenings within the housing developments.**

*As patient needs require, the clinic provides comprehensive care and treatments (such as deep cleanings and fillings). As such, fewer patients may be seen as those services require more time and resources than screenings and referrals.*

Date of Service	Site Name	Site Address	Total Patients Seen	Dental Screenings	Dental Exams	Treatments Performed	Dental Referrals
10/5/2023	Arc XVI Phillip Randolph Center	108 W. 146th St. New York, NY 10039	5	0	5	0	2
11/2/2023	Arc XVI Phillip Randolph Center	108 W. 146th St. New York, NY 10039	3	0	0	3	1
11/15/2023	ARC Ft. Washington	516 West 181 St. New York, NY 10033	3	0	3	0	3
11/21/2023	Archcare Harlem	1432 5th Ave New York, NY 10035	5	0	4	1	3
1/4/2024	ARC XVI Phillip Randolph Center	108 W. 146th St. New York, NY 10039	8	4	1	3	1
1/23/2024	St. Mary's	521 W. 126th St, New York, NY 10027	2	0	2	1	0
1/24/2024	FoodBank NYC	252 W 116th St, New York, NY 10026	2	0	2	1	0
1/25/2024	ARC XVI Phillip Randolph Center	108 W. 146th St. New York, NY 10039	5	0	2	2	1
1/30/2024	Arc Ft Washington	516 W 181st New York, NY 10033	5	0	5	1	0
2/1/2024	ARC XVI Phillip Randolph Center	108 W. 146th St. New York, NY 10039	5	0	2	4	1
2/6/2024	Archcare Harlem	1432 5th Ave New York, NY 10035	4	0	4	0	0
2/20/2024	Archcare Harlem	1432 5th Ave New York, NY 10035	5	0	4	1	0
2/22/2024	ARC Ft. Washington	516 West 181 St. New York, NY 10033	4	0	4	0	0
3/7/2024	ARC XVI Phillip Randolph Center	108 W 146th St, New York, NY 10039	5	0	4	1	0
3/19/2024	Archcare Harlem	1432 5th Ave New York, NY 10035	3	2	1	0	0
3/27/2024	Archcare Harlem	1432 5th Ave New York, NY 10035	3	0	2	1	0
4/16/2024	Archcare Harlem	1432 5th Ave New York, NY 10035	7	0	3	4	1
5/8/2024	ARC Harlem	108 W 146th St, New York, NY 10039	4	0	3	1	1
5/22/2024	ARC Harlem	108 W 146th St, New York, NY 10039	7	1	6	5	2
5/29/2024	Archcare Harlem	1432 5th Ave New York, NY 10035	3	0	3	2	0
6/12/2024	ARC Harlem	108 W 146th St, New York, NY 10039	6	1	4	4	2
6/25/2024	ARC Harlem	108 W 146th St, New York, NY 10039	1	1	0	0	1
6/26/2024	FoodBank NYC	252 W 116th St, New York, NY 10026	1	0	1	0	0

7/2/2024	ARC Harlem	108 W 146th St, New York, NY 10039	3	0	3	2	0
7/16/2024	ARC Harlem	108 W 146th St, New York, NY 10039	5	2	3	0	0
7/24/2024	FoodBank NYC	252 W 116th St, New York, NY 10026	1	0	1	0	1
7/30/2024	ARC Harlem	108 W 146th St, New York, NY 10039	6	1	5	2	2
8/13/2024	ARC Harlem	108 W 146th St, New York, NY 10039	1	0	1	0	0
8/21/2024	NYC Foodbank	252 W 116th St, New York, NY 10026	1	1	0	0	0
8/27/2024	ARC Harlem	108 W 146th St, New York, NY 10039	7	2	5	0	0
9/4/2024	ARC Harlem	108 W 146th St, New York, NY 10039	4	1	3	1	2
9/10/2024	ARC Harlem	108 W 146th St, New York, NY 10039	5	1	1	2	0
9/18/2024	NYC Foodbank	252 W 116th St, New York, NY 10026	3	1	2	1	1
<b>Total</b>			<b>132</b>	<b>18</b>	<b>89</b>	<b>43</b>	<b>25</b>

Site visits are coordinated in conjunction with the organizations and the Dental Services professionals.

Columbia University dentists supervise a team of dental students who conduct the screenings. The screenings consist of an extraoral and intraoral assessment, caries and gum disease assessment, prosthesis evaluation, blood pressure screenings and general education on healthy diet and lifestyle habits. Referrals for immediate concerns are given as needed.

The HIPAA Privacy Rule establishes national standards to protect individuals' medical records and other personal health information and applies to health plans, health care clearinghouses, and those health care providers that conduct certain health care transactions electronically. The Rule requires appropriate safeguards to protect the privacy of personal health information, and sets limits and conditions on the uses and disclosures that may be made of such information without patient authorization. The Rule also gives patients rights over their health information, including rights to examine and obtain a copy of their health records, and to request corrections. Columbia University follows the HIPAA Privacy Rule.

**Additional Supporting Documentation**

- Copies of public notifications and/or announcements of clinic visits
- Copies of information and materials distributed to patients



## **Columbia University College of Dental Medicine Dental Van**

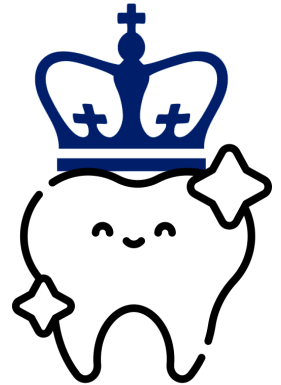
- *Exams*
- *Cleanings*
- *Fluoride application*
- *Oral health counseling*
- *Dental sealants*
- *Referrals*



[www.dental.columbia.edu](http://www.dental.columbia.edu)

[Dentcarecdm@cumc.columbia.edu](mailto:Dentcarecdm@cumc.columbia.edu)

# Columbia University College of Dental Medicine Mobile Dental Clinic



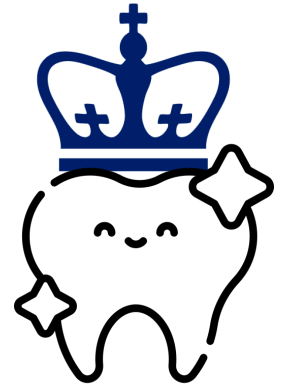
- Exams
- Cleanings
- Fluoride Application
- Adult & Child Oral Health Counseling
- Dental Sealants
- Referrals

Check out our mobile clinic by scanning this QR Code:



[www.dental.columbia.edu](http://www.dental.columbia.edu)  
[dentcarecdm@cumc.columbia.edu](mailto:dentcarecdm@cumc.columbia.edu)

# Columbia University College of Dental Medicine Mobile Dental Clinic



- Exámenes
- Limpiezas dental
- Aplicaciones de fluoruro
- Consejería de salud dental familiar
- Sellantes dental
- Referidos

Escanee este código para ver nuestra clínica dental móvil:



[www.dental.columbia.edu](http://www.dental.columbia.edu)  
[dentcarecdm@cumc.columbia.edu](mailto:dentcarecdm@cumc.columbia.edu)



Summer/Fall 2024



# COLUMBIA UNIVERSITY NEIGHBORS

---

## NEWSLETTER

### Inside

---

- Programs & Resources
- Double Discovery Center
- Health & Wellness
- Columbia Employment
- Summer Uptown

# Double Discovery Center

## Double Discovery Center Receives Federal Funding to Launch First-Gen Mentorship Program



The Roger Lehecka Double Discovery Center (DDC) recently announced new federal funding to create Project Start Right, an initiative aimed at reducing college attrition rates among underserved and first-generation communities throughout Northern Manhattan and West Harlem. DDC, first established in 1965, has been working with college-bound youth to help ensure their success to, through, and beyond their years as an undergraduate.

Thanks to U.S. Senators Chuck Schumer and Kirsten Gillibrand, who shepherded \$388,000 in funding for the initiative through the FY'24 spending bill, this project will allow DDC to support first-generation students enrolled in colleges across the country.

“We are very excited to launch this new initiative, which we hope will become an important resource for our young neighbors throughout West Harlem, Washington Heights, and Inwood,” said Columbia University President Minouche Shafik. “Project Start Right will provide valuable counseling to young college enrollees from Upper Manhattan, with the goal of removing any obstacles that stand in the way of a completed college degree.”

Learn more about Project Start Right at [neighbors.columbia.edu/ddc-24](https://neighbors.columbia.edu/ddc-24).

## Meet Double Discovery Center Mentor Anthonella Fabiana Mendoza

A mentor at DDC and a Columbia student, Anthonella Fabiana Mendoza (CC'25) is on a mission to show local students their true potential.

The summer before her senior year, Mendoza experienced the power of mentorship when she received free college advising from the nonprofit, Matriculate. While her school's guidance counselors primarily promoted in-state options, her Matriculate mentor opened her eyes to a wider range of possibilities.

Mendoza aims to pay it forward in her mentorship role at DDC, where she began volunteering through a class she took called



“Equity and Access in Higher Education.”

“I was paired with two high school juniors as their mentor, and I still keep up with those students to this day,” said Mendoza.

“It's a full-circle experience because I'm providing them with the same support I received when navigating high school and the pre-college journey.”

Read the entire interview with Mendoza at [neighbors.columbia.edu/ddc-mentor](https://neighbors.columbia.edu/ddc-mentor).

# Health & Wellness

## Columbia's Mobile Health Clinic Hits the Road



Delivering health screenings and low-cost dental care to residents of Northern Manhattan and the Bronx, Columbia's mobile health clinic has increased its capacity with a \$500,000 grant from the Mother Cabrini Health Foundation.

The new and improved van integrates in-

frastructure for both primary medicine and oral health, featuring both a dental chair and a medical examination table.

The mobile clinic will travel to neighborhood schools, Head Start programs, day care centers, foster care facilities, nursing homes, rehabilitation centers, and health clinics in Harlem, Inwood, Washington Heights, and the South Bronx to provide on-site oral health care and preventive health services to children and seniors through Columbia's DentCare program.

Learn more about the clinic at [neighbors.columbia.edu/mobile-health](https://neighbors.columbia.edu/mobile-health).

## Support for Parkinson's Caregivers at Columbia Neurology

Are you a caregiver for someone living with Parkinson's? Every first Wednesday of the month from 2:00 pm to 3:00 pm, a virtual support group at Columbia University Irving Medical Center is held to provide a supportive space for those taking care of a person with Parkinson's.

The Parkinson's Caregivers Support Group is free and open to anyone who is a caregiver. The group is facilitated by a passionate movement disorders team led by Erika Adelman, who spoke with *Neighbors* about the challenges experienced by caregivers and how the group can help.

“One thing we focus on is teaching people how to ask for help,” said Adelman. “This can be as simple as learning how to advocate for a loved one during doctor's appointments or, on a larger scale, how to



Erika Adelman (right) and members of her movement disorders team.

navigate the complex healthcare and social services system.”

Alongside the caregivers support group, the movement disorders team also leads other programs for Parkinson's patients to improve speech, reduce loneliness, and increase support.

Learn more about the Parkinson's Caregivers Support Group and other wellness programs for Parkinson's patients at [neighbors.columbia.edu/parkinsons](https://neighbors.columbia.edu/parkinsons).

## Ask Us About:

**Toothbrushing**



**Cleaning in between your teeth**



**Nutrition advice**



**Preventing Disease**



**Cavities**



**Gum Health**



**Jaw Problems**



## Columbia Referral Numbers / Números de Referidos General:

- Columbia University College of Dental Medicine / Columbia Escuela Dental  
(212) 305-6100 (*Medicaid or cash, seguro Medicaid o paga en efectivo*)
- Columbia-Presbyterian Primary Medical Care / Columbia Atencion Primaria  
(212) 305-2500
- Columbia-Presbyterian Emergency Room / Sala de Emergencias  
Emergencies after 5pm / Emergencias después de 5pm.  
(877) 426-5637
- Columbia Doctors - Dental Faculty Practice  
(877) 426-5637 (*Private insurance or cash, seguro privado o paga en efectivo*)

**Scan the links below for low-cost clinics.**

**Escanee los códigos QR a continuación para clínicas de bajo costo.**

Manhattan



Brooklyn



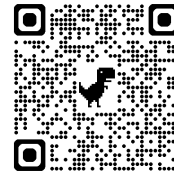
Queens



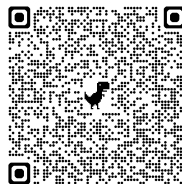
Bronx



Staten Island



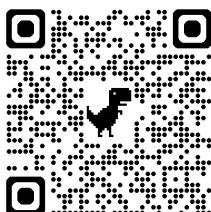
**Columbia-Harlem Health & Medical Partnership**  
521 W. 126th St. New York, NY 10027 (347) 614-2121



Follow the link or scan the following code for a guide to Columbia University College of Dental Medicine services and information.

Siga el enlace o escanee el siguiente código para obtener una guía de los servicios y la información de la Facultad de Medicina Dental de la Universidad de Columbia:

[www.tinyurl.com/ColumbiaDentalServices](http://www.tinyurl.com/ColumbiaDentalServices)



# Brushing and Flossing



Older adults are at risk for getting cavities and gum disease. **Brushing** helps remove plaque (white, sticky layer of germs), food and bacteria from the surface of the teeth. **Flossing** helps remove plaque, food and bacteria from areas that a toothbrush cannot reach, such as between teeth and below the gum line.

Brushing and flossing teeth daily help keep your teeth and gums healthy and prevent bad breath.

## How to brush your teeth:

1. Squeeze fluoride toothpaste on a soft or ultra-soft toothbrush.
2. Place your toothbrush at a 45-degree angle to your gums.
3. Move the brush back and forth using gentle, short strokes.
4. Brush the outer surfaces, inside surfaces and chewing surfaces of all teeth.
5. Clean the inside surface of your front teeth by holding the brush vertically and making several up-and-down strokes.
6. Brush your tongue to remove bacteria and prevent bad breath.
7. Rinse both your mouth and toothbrush with room temperature water.

The frayed bristles on this toothbrush means it cannot clean well. Replace your toothbrush every 3 months.



# Brushing and Flossing

## *Senior Dental Care*

**Brush after every meal or at least twice a day.**

**If you have trouble holding a toothbrush**, ask a family member or friend to wrap a small washcloth around the handle of the toothbrush and secure it with a rubber bands. This will make the handle easier to hold.

### **How to floss your teeth:**

1. Cut off a large section of floss (about 18 inches), and wrap one end around your middle finger. Wind the other end around the middle finger of the opposite hand.
2. Hold the floss tightly between your thumbs and forefingers.
3. Gently guide the floss between your teeth, using a rubbing motion.
4. When the floss reaches the gum line, curve it into a C shape against the side of the tooth. Gently slide it into the space between the gums and the tooth.
5. Holding the floss tight, gently rub it up and down the surface of the tooth several times. Repeat this method on both sides of all teeth, making sure to use a new section of floss with each tooth.

If you find this method difficult, try a different one, such as using a pre-threaded flosser or an inter-dental brush (a small brush designed to clean between teeth).

**Floss at least once each day.**

If you wear dentures, please see the *Denture Care* fact sheet.

---

**Contact your dentist or medical provider promptly if you are in pain or need care.**



COLUMBIA UNIVERSITY  
*College of Dental Medicine*



# Gum Disease



SENIOR DENTAL CARE

Gum disease, or swollen gums, can get worse with time. It is often painless until very advanced and can cause people to lose their teeth. When that happens, eating, talking and smiling are difficult.

## What causes gum disease?

Bacteria found in plaque – a film that forms around teeth – causes gum disease.

## What are the signs and symptoms of gum disease?

- Swollen gums
- Bleeding gums after brushing teeth
- A change in how partial dentures fit
- Loose teeth
- Bad breath that won't go away

## How to prevent gum disease:

1. Brush your teeth at least twice a day with a soft toothbrush and fluoride toothpaste.
2. Floss your teeth at least once a day.
3. Visit your dentist regularly for a checkup and cleaning.
4. Speak to your doctor or dentist if you have diabetes. People with diabetes may have worse gum disease. Gum disease may also make diabetes worse.

The recessed gums here are caused by gum disease. Gum disease can cause tooth loss.



Contact your dentist or medical provider promptly if you are in pain or need care.



# Tooth Care and Cavities

## SENIOR DENTAL CARE



Seniors may be at greater risk for developing cavities due to dry mouth and shrinking gums. Dry mouth can be caused by diabetes and medications commonly taken by seniors.

### What causes cavities?

Eating sugary or starchy foods can lead to cavities. These foods, when combined with bacteria found in the mouth, can cause tooth decay.

### Why are cavities bad?

Cavities can cause pain. Untreated cavities may cause infection, tooth damage and tooth loss.

### How to prevent cavities:

- See your dentist regularly
- Limit starchy and sweet foods
- Limit sugary drinks
- Brush your teeth after each meal with a soft toothbrush and fluoride toothpaste

This dark spot is a cavity. This type of cavity is common when gums shrink.



Contact your dentist or medical provider promptly if you are in pain or need care.







# Keep Your Mouth Healthy

Simple steps to protect  
your teeth and gums

# Oral Health Tips

## People who are pregnant

- Pregnancy can increase your risk for oral health problems. Pay special attention to your teeth and gums during this time.
- Dental treatment (such as X-rays or local anesthesia) is safe during pregnancy. Tell your provider if you are pregnant at your visit.
- Cavity-causing germs in your mouth can be passed to your newborn baby through saliva. Treat your tooth decay before your baby is born.

## Parents and caregivers

- Start brushing your child's teeth with a soft-bristle toothbrush as soon as your child's first tooth comes in. Use a smear of fluoride toothpaste.
- Begin regular dental visits when the first tooth comes in, and no later than age 1.
- Ask your child's dentist about fluoride varnish and dental sealants, which are treatments to help stop cavities.

## Older adults

- Adults age 65 and older are at higher risk for diseases of the mouth, including infections, cavities on the roots of the teeth, tooth loss and oral cancer.
- Dry mouth, often caused by certain medicines or oral health conditions, can lead to tooth decay or trouble eating. Drink water often and brush with fluoridated toothpaste.
- If you have dentures, remove and clean them after eating and before going to sleep.

# Take care of your teeth and gums.

- Oral health means keeping your mouth healthy, which is also an important part of keeping your whole body healthy.
- Gum disease and tooth decay are common oral health issues. If untreated, they can lead to pain, infection, loss of teeth, and trouble eating and speaking.
- You can prevent many oral health issues by practicing good oral hygiene, including regular brushing and flossing.

## What is gum disease?

- Gum disease is an infection of the gums that makes them swell and turn red. It can lead to tooth loss and other health problems.
- **Risk factors** for gum disease include not brushing or flossing regularly, using tobacco, or having health conditions such as diabetes.

## What are signs of gum disease?

- Red, swollen or tender gums
- Bleeding when brushing, flossing or eating
- Pain when chewing and sensitivity to cold
- Loose teeth or gums that have pulled away from the teeth
- Bad breath or a bad taste that does not go away



## What is tooth decay?

- Tooth decay is damage from bacteria eating away at the teeth. Over time, holes in the teeth called cavities can form.
- **Risk factors** for tooth decay include not brushing or flossing regularly, consuming foods or drinks high in sugar or starch, or eating many snacks during the day.

## What are signs of tooth decay?

- Tooth discoloration
- Toothache
- Pain when biting, chewing, or eating or drinking something sweet, hot or cold
- Cracked or broken teeth



## Simple Steps to Improve Oral Health

- **Brush at least twice per day, including before bedtime.** Use toothpaste with fluoride and a soft-bristle toothbrush. Use mouthwash if recommended by your dentist.
- **Floss every day.** The spaces between your teeth and under your gums cannot be reached with a toothbrush.
- **Eat healthy.** Limit daytime snacking and snacks high in sugar or starch, such as sodas, cookies or candy. Visit [choosemyplate.gov](http://choosemyplate.gov) for healthy eating tips.
- **Drink tap water.** The fluoride in New York City's tap water helps keep your teeth strong.
- **Avoid tobacco.** Tobacco use greatly increases your risk of gum disease, as well as mouth and throat cancer. Visit [nysmokefree.com](http://nysmokefree.com) or call 866-NY-QUITS (866-697-8487) to apply for a free starter kit and to talk to a quit coach.
- **Limit alcohol.** Drinking a lot of alcohol increases your risk of mouth and throat issues, including cancer. If you need support to limit alcohol, call **311** or NYC Well at 888-NYC-WELL (888-692- 9355).
- **Know your risk.** Your habits, health conditions, age and family history can all increase your risk of dental disease. See your health care provider regularly, and talk to your dentist about possible risks and any special care you may need.
- **Visit your dentist.** Regular dental visits (at least once per year) help find problems early, when they are easier to treat.

## Insurance Information

Dental care is covered by Medicaid and the Child Health Plus health insurance plan, regardless of immigration status.

For more information about enrolling in health insurance, visit [nyc.gov/health/healthcoverage](https://nyc.gov/health/healthcoverage). To find a low-cost dental provider, call **311** or visit [nyc.gov/health/teeth](https://nyc.gov/health/teeth).

For information about oral health,  
visit [nyc.gov/health/teeth](https://nyc.gov/health/teeth).

