



Dental Awareness

Dear Parents,

Sometimes it is so difficult to limit the amount of sweets our kids eat. Just drinking a can of soda contains about 17 tsp. of sugar and 250 empty calories. Even though the soda tastes good, the downside is that the bacteria in your mouth feeds off the sugar and can dissolve the enamel of your teeth. Did you know that the health of your teeth impacts the health of your body? It is important that children brush their teeth regularly and see a dentist at least once a year. If you don't have insurance or can't afford for your child to see a dentist you may contact:

Siskiyou County Public Health Department-CHDP
805 S. Main St
Yreka 530-841-2133

They can provide you with an application for **Medi-Cal/Healthy Families** and assistance finding **CHDP providers** in your area. (Spanish assistance available)

You can contact them yourself at:

Medi-Cal/Healthy Families
1-800-880-5305

Local Dentist that except Medi- Cal

- Karuk Clinic 842-9200 Yreka CA
- Dr. McGaughey 926-6441 Mt. Shasta CA
- Dr Janice Madkin 493-1600 e xt 2150 Happy Camp (as pt load allows)
- Dr. Connie Kadera 397-8411 Dorris CA
- Dr. Mary Ali 233-4641 Canby CA



“Healthy Children Learn Better”