

Carolina
Community
Health
Partnership

Your Health News Quarterly

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Adult Dental Care

Everyone knows what a toothache is and how bad it can hurt. Toothaches are usually the result of tooth decay, gum disease, abscesses, broken or loose fillings, food trapped in teeth, or exposed roots. But did you know that tooth pain is one of the leading causes for costly emergency room visits for Medicaid? And, the emergency rooms cannot treat the cause of tooth pain, only the pain itself. If the cause of the pain is not treated, tooth pain will return.

What can you do?

Proper care of your teeth starts at home. Taking care of your teeth is easy if you just:

- Eat low sugar foods like milk, cheese, fruits and vegetables
- Avoid high sugar foods like candy, cookies and soda
- Brush your teeth every day with a fluoride toothpaste and a soft or medium tooth brush

- Brush all your teeth taking special care to reach the teeth in the back of your mouth to clean them as well.
- Use dental floss to clean the spots between your teeth where your brush misses.
- And see a dentist at least once a year but twice is better. Medicaid will pay for two visits per year.

Early Signs of Gum Disease

Watch for bleeding gums, red, swollen and tender gums, gums that pull away from your teeth, and bad breath which can be a sign of gum disease.

If you have any of these signs, see a dental professional as soon as possible.

Taking care of your teeth and visiting a dentist twice a year is a lot less painful than having a toothache! So take care of those teeth and avoid the pain!

Your Medical
Team:
You, Your
Doctor, and
Your Carolina
Access Case
Manager



Your Health News Quarterly

Your Health News Quarterly is a quarterly newsletter sponsored by Carolina Community Health Partnership Case Management Services especially for Carolina Access II Medicaid recipients.

This newsletter will provide news on chronic diseases and provide timely tips for healthy living for you and your family.

ENJOY!

Carolina Community Health Partnership Carolina Access Case Management

Carolina Community Health Partnership now has nine (9) Registered Nurse Case Managers who's goal is to help you utilize the medical system in a way that will ensure you receive quality, cost effective medical care. Case managers work with you and your medical provider to serve you better. Case managers can help you by educating you regarding your disease, answering questions about your medical care, helping you to understand and take your medications properly, monitoring your progress, teaching you proper use of medical services including the Emergency Room and linking you to needed service agencies.

Your Carolina Community Health Partnership Carolina Access Case Manager may be contacted for help by calling 704-484-5152.

