

Oral health: A window to your overall health

Poor dental health can lead to strokes, heart disease, lung conditions, mouth cancer, diabetes, dental decay, gum disease, tooth loss and bad breath.



How can I protect my oral health?

- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily.
- Eat a healthy diet and limit between meal snacks.
- Replace your toothbrush every three to four months or sooner if bristles are frayed.
- Schedule regular dental checkups and cleanings.
- Avoid tobacco use.

UCSF School of Dentistry

Services:

Screening exam for all new patients
General dentistry
Oral surgery
Diagnostic/preventative/restorative care
Crowns, dentures, implants
Teeth whitening

Hours:

Monday - Friday - 8:00 AM to 5:00 PM

Payment options:

1/2 to 2/3 the cost of private dentist
\$40 exam for new patients
\$12 oral health assessment fee for initial eligibility and needs assessment
Usually treated by a dental student under the supervision of a licensed dentist faculty member.

Contact Information:

707 Parnassus Ave,
San Francisco CA 94143
(415) 476 - 1891

Affordable Dental Services



Lincoln University

401 15th Street, Oakland, CA 94612

(510) 628-8034

Highland Hospital Dental Clinic

Services:

Full dental services offered
Emergency dentistry
Diagnostic/preventative/restorative care
Dental examination, X-Rays, extractions
Fillings
Cosmetic surgery

Hours:

Monday - Friday - 7:00 AM to 5:00 PM

Insurance:

MediCal (DentiCal), Health Pac (for undocumented immigrants), temporarily MediCal, United Health Care (from Medicaid programs), Cigna (from Medicaid & Medicare programs).

Payment options:

Payment plans available
50% off the payment depending on the income

Contact Information:

1411 E 31st Street
Oakland CA 94602
(510) 437- 4473

La Clinica De La Raza

Services:

General dentistry
Oral surgery
Diagnostic/preventative/restorative care
Limited periodontics
Endodontics
Orthodontics

Hours:

Monday - Thursday - 8:00 AM to 5:30 PM

Insurance:

Membership fee \$25
Medi-Cal
Any private PPO Insurance
Verification of income

Payment options:

Membership available
25-75% discounts depending on the income

Contact Information:

3050 E 16th Street
Oakland CA 94601
(510) 535 - 4700

Life Long Dental

Services:

Full dental services offered
Root canal
Diagnostic/preventative/restorative care
Dental examination, X-Rays, extractions
Fillings
Dental hygiene

Hours:

Monday - Wednesday - 8:30 AM to 5:00 PM

Insurance:

Medi-Cal
Medi-Care
Any private PPO Insurance
Verification of income

Payment options:

Sliding scale available for low income patients based on family size and income
\$120 minimum fee

Contact Information:

1860 Alcatraz Ave
Berkeley CA 94703
(510) 280 - 6080