

# Tips for Healthy Teeth

**Begin visiting** the dentist regularly by the age of 3.

**Eat healthy** foods like fruits and vegetables.

**Drink water** often.

**Limit snacks** high in sugar.

**Brush your teeth** in the morning and before bed with fluoride toothpaste.

**Floss** your teeth every day.

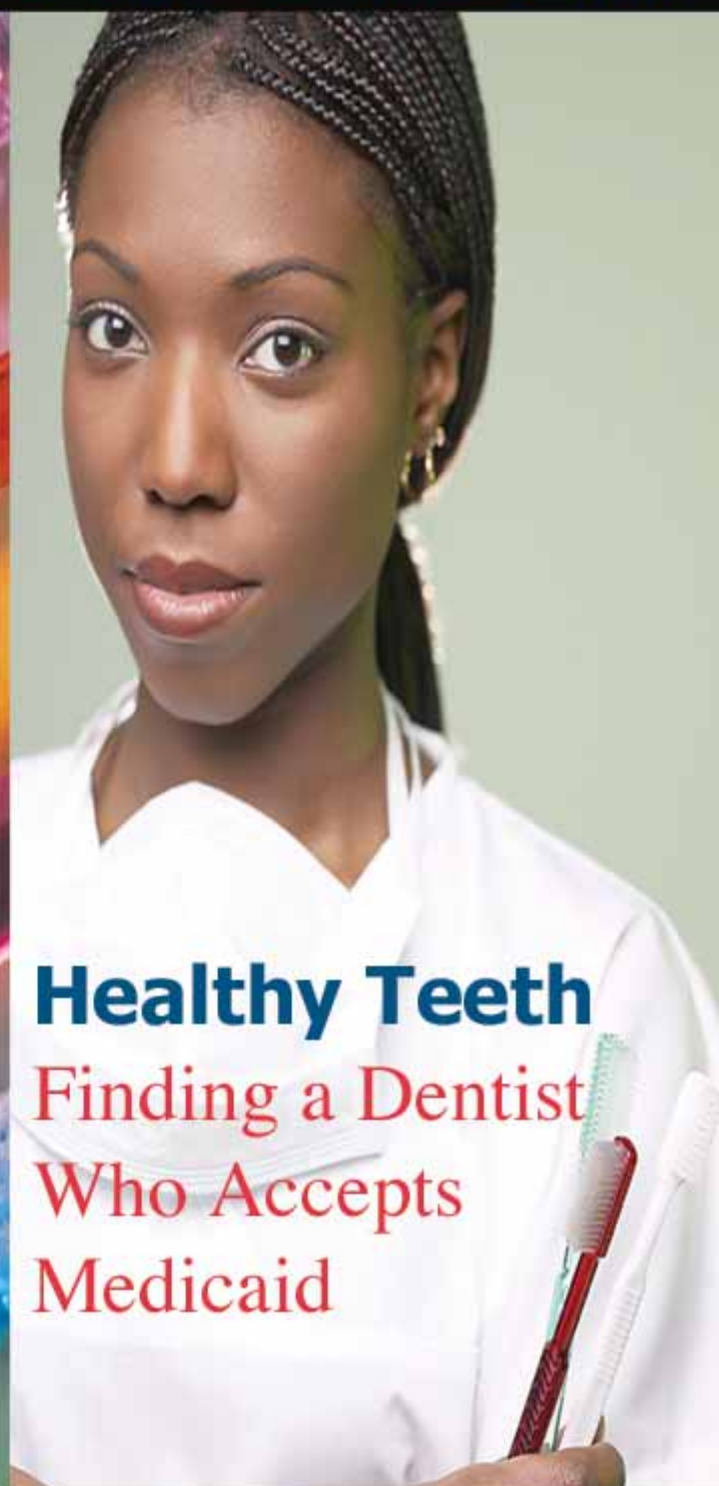
**Replace your toothbrush** every three or four months -- a child's more often, because it wears out sooner.

Source: American Dental Association



University at Albany, SUNY  
[www.albany.edu/cemhd](http://www.albany.edu/cemhd)  
(518) 442-5976

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**Healthy Teeth**  
Finding a Dentist  
Who Accepts  
Medicaid

## Albany County

### Albany County Health Department

Dental Services  
175 Green Street  
Albany, NY 12201  
(518) 447-4587  
M-F: 8:00-4:00  
CHILDREN ONLY

### Small Smiles Dentistry of Albany

1839 Central Ave  
Albany, NY 12205  
(518) 464-0402  
M-F: 8:00-4:00

### St. Peter's Healthcare Services Dental Department

317 South Manning Blvd.  
Albany, NY 12208  
(518) 525-1757  
M-F: 8:00-4:00

### Whitney M. Young Jr. Health Services

Lark and Arbor Dr.  
Albany, NY 12206  
(518) 465-6330  
M-F: 8:00-5:00

### Center for the Disabled

314 Manning Blvd.  
Albany, NY 12203  
(518) 437-5731  
M-F: 8:30-4:30  
DISABLED PATIENTS ONLY



## Rensselaer County

### Seton Health - Dental Services

Massry Center  
147 Hoosick Street  
Troy, NY 12180  
(518) 268-5750  
M-F: 8:00-5:00

### St. Peter's Healthcare Rensselaer Health Department

53 Columbia Street  
Rensselaer, NY 12144  
(518) 434-2526  
M-Th: 8:00-4:00  
Fri: 8:00-12:00

### Hudson Valley Dental Care

Hannaford Plaza, 658 Columbia Tpke  
East Greenbush, NY 12061  
(518) 477-2682  
M-Th: 8:30-5:00  
Fri: 8:30-2:30

## Montgomery County

Vincent Filanova DDS  
8 Mohawk Place  
Amsterdam, NY 12010  
(518) 842-2611  
M-Th: 9:00-4:00

## Schenectady County

### Hometown Health Centers of Schenectady

1044 State Street  
Schenectady, NY 12307  
(518) 370-1441  
M: 8:30-5:00  
T: 10:00-8:00 W: 8:30-5:00  
Th: 8:30-5:00 F: 10:00-5:00

### St. Clare's Hospital

600 McClellan St.  
Schenectady, NY 12304  
(518) 382-2270  
M-F: 9:00-4:30



**You should always call providers first, to make an appointment**