

# AFFORDABLE DENTAL CARE FACILITIES

**Greater Nashua Dental  
Connection:**

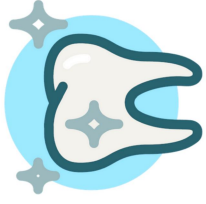
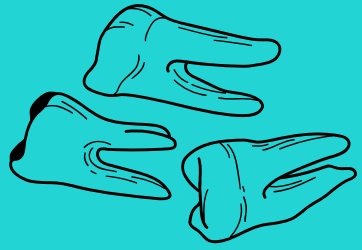
31 Cross Street, Nashua  
(603) 879-9314

Provides care for everyone, no  
matter insurance status, age,  
or cultures.

**Harbor Homes Wellness  
Center:**

45 High Street, Nashua  
(603) 821-7788

Low cost dental visits to better  
dental health

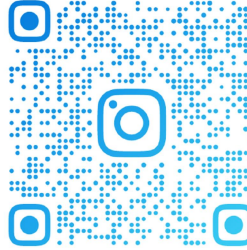


## CONTACT US!

Email: [hillsborough.dental.aid@gmail.com](mailto:hillsborough.dental.aid@gmail.com)



Check out our Facebook!



Follow us on Instagram  
for weekly updates!

[HOP4DENTALAID](https://www.instagram.com/HOP4DENTALAID)



Explore our new website!

# HILLSBOROUGH ORAL-HEALTH PROGRAM FOR DENTAL AID



Helping Hillsborough County  
with dental supply needs since  
2018



## THE IMPORTANCE OF DENTAL HEALTH:

Believe it or not, the health of your teeth is a great predictor for how healthy your whole body is. For example, poor dental health leads to a weakened immune system, bad nutrition, and severe pain. All of these side effects can reduce your quality of life. Dental pain sends many people to the emergency room each year. Usually, these expensive emergency room visits can be avoided using basic preventative care, such as daily tooth-brushing. Stronger teeth and a lack of oral pain also allows people to eat a wider variety of fruits and vegetables. Overall, better dental health leads to a better life!

## WHY SHOULD YOU BRUSH YOUR TEETH?



- A healthy smile is a predictor of good hygiene, and you should always put your best self forward!
- Healthy teeth allow you to eat the foods you desire without pain!
- Brushing stimulates your gums, which helps to keep them healthy and prevent gum disease.
- Your teeth are connected to your whole body. If you have a dental problem, it can hurt your whole being.
- By brushing your teeth, you can prevent costly cavity fillings!

## THE BASICS OF PREVENTATIVE CARE

### BRUSHING

Brushing your teeth is one of the best, and easiest ways, to prevent major dental issues. You should brush your teeth twice a day, after breakfast and after dinner. This removed all the plaque build up from eating and drinking. You should get a new toothbrush every three months for maximum cleanliness

### FLOSSING

Flossing is very important to making sure you have a clean mouth. You should floss your teeth once a day. It also allows any food trapped in between teeth to be removed, which decreases discomfort.

### USING MOUTHWASH

Mouthwash allows people to prevent bacteria in places a toothbrush can not reach. It should be used once a day.