

TEXAS TECH DENTAL ORAL HEALTH CLINIC

Under the direct supervision of our licensed faculty dentists, our students perform services based on the types of skills they are building through their education.

Please call us for more information and to schedule a screening appointment.

915-215-6700



Texas Tech Health EL PASO

Community Health Outreach Program

The **Community Health Outreach Program** at **Texas Tech Health El Paso** is committed to helping Borderland families live healthier lives.

Through education, resources, and community partnerships, we support oral health as part of a stronger, healthier El Paso.

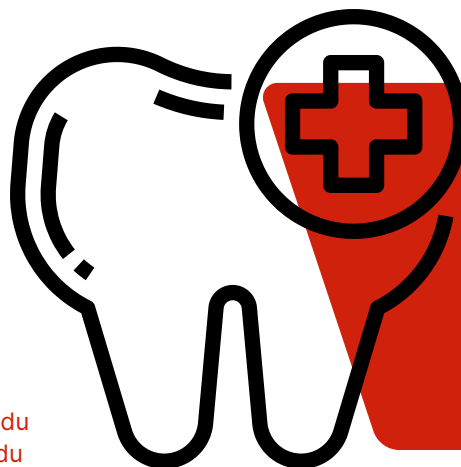
Our Community Health Outreach Workers are here to help connect you to:

- Low-cost dental services
- Help making appointments
- Oral health workshops and community events

Ask about services available right here in El Paso!



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**YOUR SMILE, YOUR HEALTH:
THE IMPORTANCE OF
ORAL CARE**

Texas Tech Health
EL PASO





EVERYDAY STEPS TO PROTECT YOUR ORAL HEALTH

- ♥ Brush your teeth twice a day with fluoride toothpaste
- ♥ Floss daily to clean between teeth
- ♥ Drink more water, limit sugary drinks
- ♥ Eat fresh fruits, vegetables, and whole grains
- ♥ Avoid smoking or chewing tobacco
- ♥ Visit a dentist at least once a year, even if you feel fine!



**SMILE TODAY. STAY HEALTHY
TOMORROW.**

Brought to You by the Community Health Outreach Program
at Texas Tech Health El Paso

SPECIAL TIPS FOR FAMILIES

- Make brushing and flossing a family activity — teach children early!
- Seniors: Keep natural teeth healthy longer by brushing, flossing, and using dental checkups.
- Pregnant? It's safe and important to visit a dentist — caring for your mouth protects you and your baby.
- Wearing dentures? Clean them daily to prevent infection.
- Don't wait for pain — prevention is easier than treatment!



HEALTH TIP: DIABETES, HIGH BLOOD PRESSURE,
AND GUM DISEASE OFTEN HAPPEN TOGETHER.

**KEEPING YOUR MOUTH HEALTHY CAN HELP
CONTROL YOUR BLOOD SUGAR AND BLOOD
PRESSURE TOO!**



Texas Tech Health 
Interprofessional Education EL PASO

YOUR SMILE MATTERS. YOUR HEALTH MATTERS.

Good oral health is about more than just a beautiful smile — it's key to your overall health and wellness.

Learn here how simple steps today can protect your heart, body, and future!

WHY ORAL HEALTH IS IMPORTANT

- Healthy teeth and gums help you eat, speak, and live comfortably.
- Poor oral health is linked to heart disease, diabetes, and even pregnancy complications.
- Regular dental care can prevent serious health problems later.

OUR MOUTHS ARE THE MIRRORS OF OUR OVERALL HEALTH!