



HELPFUL RESOURCES

SMILE HEALTHY

Members of the Pennsylvania Dental Association (PDA), a constituency of the American Dental Association (ADA), care about your oral health care needs and the ability for you to access quality affordable dental services in a timely manner. Here are some valuable resources on how to improve your oral health and information on where to find care.

➤ **PENNSYLVANIA DENTAL ASSOCIATION** **PADENTAL.ORG**

Organization representing Pennsylvania's dentists and the patients they serve. Access the online Dental Clinic Directory for clinics in your area that offer free or reduced cost services. Use the Virtual Dental Van to find out about insurance programs and how to improve your oral health.

➤ **AMERICAN DENTAL ASSOCIATION** **ADA.ORG**

National organization representing dentists and the leading source of oral health information for dentists and patients.

➤ **MOM-N-PA** **MOM-N-PA.COM**

Find information about mobile two-day dental clinics that offer free services to children and adults at various locations across the state.

➤ **MOUTH HEALTHY // MOUTH HEALTHY KIDS** **MOUTHHEALTHY.ORG** **MOUTHHEALTHYKIDS.ORG**

Provides online resources to adults and children, as well as tips for avoiding dental problems.

 **I LIKE MY TEETH**
ILIKEMYTEETH.ORG

The Campaign for Dental Health provides information on fluoridation and other prevention tools.

 **DENTAL CARE EVERYDAY**
NIDCR.NIH.GOV/ORALHEALTH

Provides resources for caregivers on best oral health care practices for the developmentally disabled.

 **NATIONAL MATERNAL & CHILD ORAL HEALTH RESOURCES**
MCHORALHEALTH.ORG

Resource for expecting moms about the importance of oral health care during pregnancy and for their children.

 **SENIORS ORAL HEALTH**
SENIORSORALHEALTH.ORG

Seniors will find a wealth of information about maintaining oral health as they age.

 **ORAL HEALTH AMERICA**
ORALHEALTHAMERICA.ORG

Provides information on access to care, oral health education and how to advocate for oral health issues.

 **MOUTHPower**
MOUTHPower.ORG

Children have fun playing games and engaging in crafts and activities about the importance of oral health.

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