Getting Dental Care for Seniors

Why Your Oral Health is Important

The health of your mouth can impact your whole body. Taking care of your mouth helps you:

- Prevent pain and infection
- Eat the healthy foods you love
- Speak and smile with confidence
- Keep feeling good as you age

Poor oral health is linked to other diseases such as:

| Heart Disease | Stroke | Lung Disease | Diabetes | Oral Cancer |
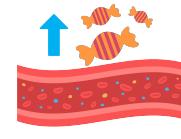
Get Healthy, Be Healthy, and Stay Healthy

Regular visits to a doctor and dentist are part of getting healthy, being healthy, and staying healthy! Community health centers in San Diego provide:

- Medical care
- Dental care
- Mental health care
- And so much more
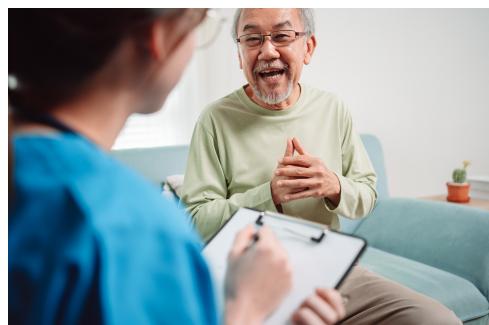
Dedicated staff can help you make an appointment. Contact one of the San Diego Senior Oral Health Partnership community health centers (see back page) or a health center near you.

San Diego Senior Oral Health Partnership
Community Health Centers

Community Health Systems, Inc.

To make an appointment, contact (760) 451-4730. For more information, visit www.chsica.org.

Location: Fallbrook

Neighborhood Healthcare

To make an appointment, contact (833) 867-4642. For more information, visit www.nhcare.org.

Locations: Escondido, Lakeside, Valley Center

Father Joe's Villages

Eligible individuals experiencing housing instability can call (619) 645-6405 for an appointment. Website: www.neighbor.org.

Location: Downtown San Diego

San Ysidro Health

To make an appointment, contact (619) 662-4100 ext. 3194. For more information, visit www.syhealth.org.

Locations: Multiple sites across the county

Imperial Beach Community Clinic

To make an appointment, contact (619) 429-3733. For more information, visit www.ibclinic.org.

Location: Imperial Beach

Vista Community Clinic

To make an appointment, call or text (844) 308-5003. For more information, visit www.vcc.org.

Locations: Oceanside and Vista

Indian Health Council

Eligible Native Americans can contact (760) 749-1410 to make an appointment. For more information, visit www.indianhealth.com.

211 San Diego

For more locations, visit www.211sandiego.org or call 2-1-1.

Need help? Call (619) 692-8858.
County Oral Health Program