

Personal Hygiene Kits



About the Ben Massell Dental Clinic (BMDC)

The [BMDC](#) has been serving the community for over 100 years and is the only resource for comprehensive, quality dental and wrap-around care at no cost to uninsured low-income residents in metro-Atlanta.

Over 150
volunteer
dentists*

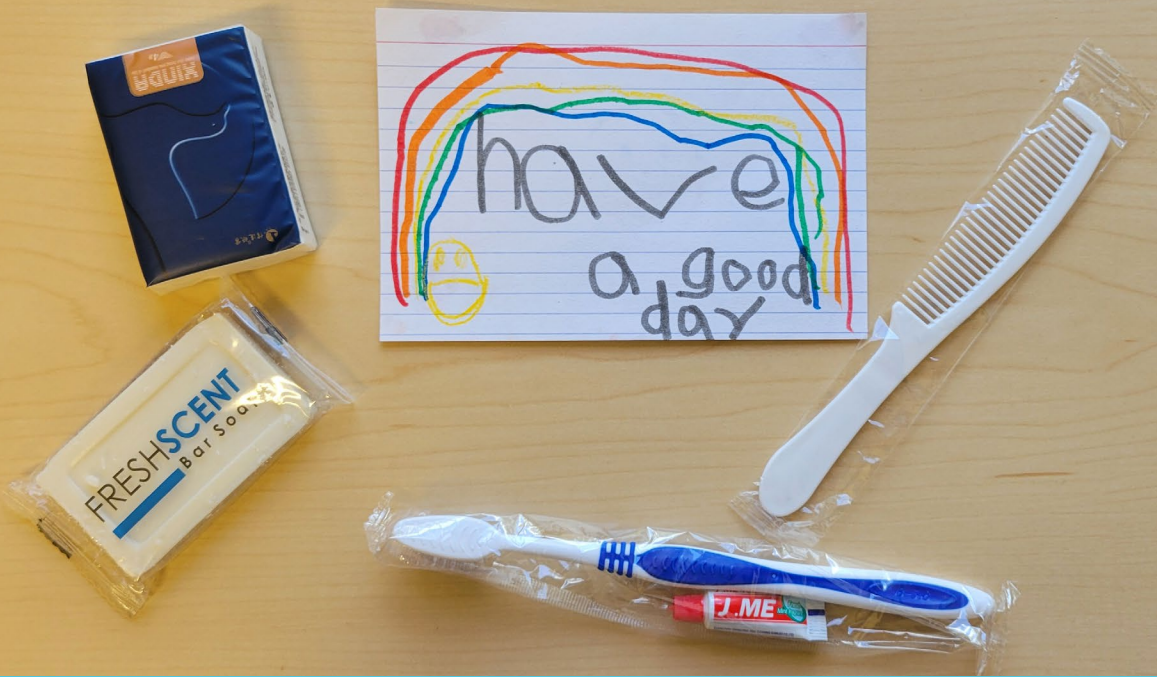
13,000
procedures
performed*

1,267
patients
served*

Services and referrals for mental
health and medical care, housing,
financial assistance and more.

*During FY23

[WATCH: Learn about BMDC from our patients](#)



Did you know?

Oral health impacts quality of life.

Nearly 20% of working adults and 30% of those with lower incomes report that the appearance of their mouth and teeth affects their ability to interview for a job.

[\(Centers for Disease Control and Prevention, n.d.\)](#)

Cost is often a barrier to receiving oral healthcare.

Respondents with lower incomes and without dental insurance were over four times more likely to avoid a dental professional due to cost, and over two times more likely to decline recommended treatment due to cost.

[\(Thompson et al., 2014\)](#)

About 40% of adults with low-income or no private health insurance have untreated cavities.

[\(Centers for Disease Control and Prevention, n.d.\)](#)

There is a strong association between periodontal disease with systemic diseases such as diabetes.

Patients with diabetes showed a 24% increase in the incidence of periodontal disease, and patients with periodontitis had a 26% increase in developing diabetes.

[\(Stohr et al., 2021\)](#)

Learn more: [Project Bright Smiles](#)

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What can you do?

Hygiene products are costly, but essential for maintaining good oral and physical health. Assemble personal hygiene kits for BMDC patients so they can maintain their overall health without breaking their budget.

Making the Kits

Gather 5 products to include in each kit. Each kit must have 1 toothbrush and 1 toothpaste.

[Suggested Supply List](#)

Optional: Add a handwritten note with words of encouragement to uplift patients going through a difficult time.

Contact Megan Koziel, Volunteer Engagement Manager, at mkoziel@jfcsatl.org to schedule a date to drop off kits at JF&CS in Dunwoody or BMDC in West Midtown.

