



# KNOW YOUR NUMBERS

SYSTOLIC

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DIASTOLIC



Normal.

Keep up the good work!



Elevated.

See your  
primary care  
physician.



High.

## HEALTHY HABITS FOR LOWER BLOOD PRESSURE



Choose fresh foods  
low in salt and sugar



Limit alcohol



Exercise regularly



Cut back on caffeine



Maintain a healthy weight



Quit tobacco

1-800-QUIT-NOW (1-800-784-8669)



Reduce stress, sleep well



Ask your dentist to check  
your blood pressure



Take your medication

Brought to you by Maryland Department of Health's Office of Oral Health and the Center for Chronic Disease Prevention and Control.



MARYLAND  
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