

2 MINUTES WITH YOUR DENTIST



CAN SAVE YOUR LIFE

*Ask your dentist*

**TO SCREEN YOU FOR  
HIGH BLOOD PRESSURE TODAY**

[www.OralHealth4BetterHealth.com](http://www.OralHealth4BetterHealth.com)

# HEART DISEASE is the leading cause of death in Maryland.



**11,000**  
deaths per year



**High blood pressure**, a major risk factor for heart disease, affects more than **one-third** of Maryland adults.<sup>1</sup>

It is known as a “silent killer” because there are often no signs to alert you. That’s why it is important to get your blood pressure checked often.

## HIGH BLOOD PRESSURE PREVENTION STARTS WITH *Your dentist*



### GET YOUR BLOOD PRESSURE CHECKED

Ask your dentist or dental hygienist to screen you for high blood pressure.

Know your numbers!  
A healthy blood pressure is less than 120 and less than 80.



### PRACTICE HEALTHY HABITS

Brush twice a day

Visit your dentist regularly

Choose fresh foods low in salt and sugar

Exercise regularly



### QUIT TOBACCO

If you use tobacco and want to quit, free resources are available through the Maryland Tobacco Quitline.

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

1. Maryland Behavioral Risk Factor Surveillance System, 2013. [www.marylandbrfss.org](http://www.marylandbrfss.org).

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