

2 MINUTES WITH YOUR DENTIST



CAN SAVE YOUR LIFE

Ask your dentist

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

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.¹

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.

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



MARYLAND
Department of Health