2 MINUTES WITH YOUR DENTIST

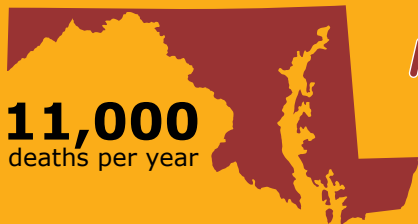## 2

CAN SAVE YOUR LIFE

Ask your dentist

TO SCREEN YOU FOR
HIGH BLOOD PRESSURE TODAY.

www.health.maryland.gov/oral-health

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 number is less than 120 and less than 80.

PRACTICE HEALTHY HABITS

Brush your teeth 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