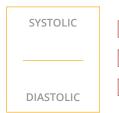


## **KNOW YOUR** NUMBERS



Normal. Keep up the good work!

Elevated. Make healthy choices.

High. See your doctor.

## HEALTHY HABITS FOR LOWER BLOOD PRESSURE

- Choose fresh foods ര് low in salt and sugar
- 00

Exercise regularly

- Maintain a healthy weight 9
- -----Reduce stress, sleep well
- Take your medication

Limit alcohol



Cut back on caffeine



- Quit tobacco 1-800-QUIT-NOW (1-800-784-8669)
- - Ask your dentist to check your blood pressure

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



Learn more about oral and overall health www.OralHealth4BetterHealth.com