












KNOW YOUR NUMBERS

SYSTOLIC

DIASTOLIC

- Normal.** Keep up the good work!
- Elevated.** Make healthy choices.
- High.** See your doctor.

HEALTHY HABITS FOR LOWER BLOOD PRESSURE

-  Choose fresh foods low in salt and sugar
-  Exercise regularly
-  Maintain a healthy weight
-  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.



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