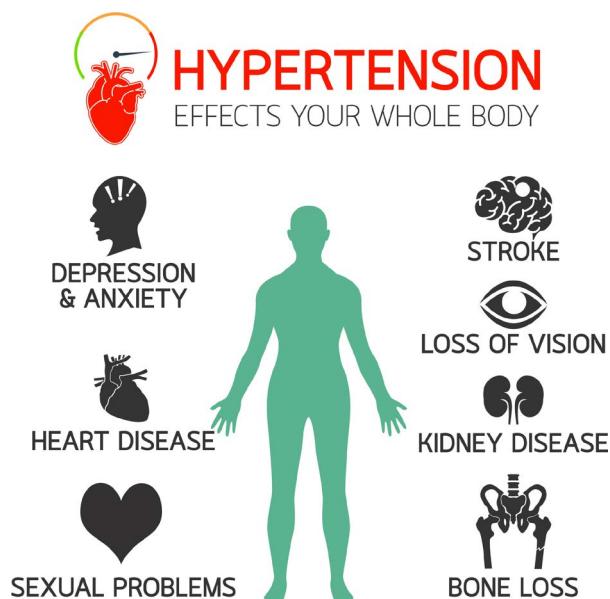


Follow-up for Hypertension

High blood pressure (hypertension) raises your risk for heart disease and stroke, which are the leading **causes of death in the U.S.**

Nearly **1 in 3 adults in North Dakota** is diagnosed with hypertension.

1 in 3 U.S. adults is unaware they have high blood pressure.



When and How to Follow-up

If your blood pressure readings are high in the dental office, your dental provider should provide a referral to your primary care provider to prevent long-term consequences of hypertension. If you don't have a primary care provider, ask your dentist where you can go for a checkup.



MYTH

If you have "white coat hypertension" (where your blood pressure is thought to be higher in clinical settings than at home), you do not need to follow up because your blood pressure will be normal after you leave the clinic.

FACT

White coat hypertension may signal that you are at risk of developing long-term hypertension and may be at higher risk of developing certain cardiovascular problems.

Tips for Success

Eat Smart

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, and fish. Limit sodium, saturated fats, and added sugars.

Move More

Physical activity helps control blood pressure, weight, and stress levels.

Manage Weight

If you're overweight, even a slight weight loss can reduce high blood pressure.

Don't Smoke

Every time you smoke, vape, or use tobacco, the nicotine can cause a temporary increase in blood pressure.

Sleep Well

Short sleep (less than six hours) and poor-quality sleep are associated with high blood pressure.