

Blood Pressure Screening at Your Dental Office

There are patients in your practice with hypertension; you have the potential to reduce their risk of heart disease.



1 in 2 adults in the U.S. has hypertension.



In North Dakota, nearly **1 in 3 adults** is diagnosed with hypertension.



1 of every 4 adult deaths in the U.S. is from heart disease.



Uncontrolled hypertension or high blood pressure increases the risk of heart disease and often has no symptoms.



As part of the healthcare team, dental professionals should measure their patients' blood pressure to assist with detecting, treating, and managing hypertension in its early stages.



Blood pressure screenings also present opportunities for dental teams to discuss other habits, such as physical activity, nutrition, and tobacco and alcohol use.



All pregnant patients, regardless of age, should be screened for hypertension. Hypertensive disorders in pregnancy can cause significant maternal and fetal morbidity and mortality.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

More Information

Access the manual prepared for North Dakota dental practices, [Blood Pressure Measurement in Dental Practice: Information and Guidelines](#).

Contact Melissa Kainz
Community Clinical Coordinator
(701)328-4568
mkainz@nd.gov