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.

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.