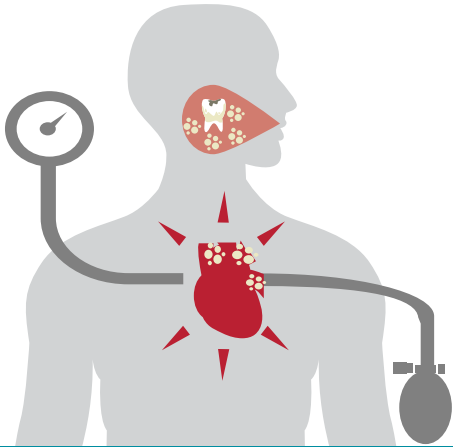


# Oral Health & Hypertension



**Gingivitis**, the first sign of gum disease, occurs when bacteria in the mouth causes the gums to swell and bleed. These symptoms are known as inflammation and can spread to other parts of the body.

**Taking care of teeth and gums** is important for good heart health. Inflammation is present in both gum disease and heart disease. Both of these diseases also share underlying causes such as age, tobacco use, family history, stress, poor nutrition and obesity.

In addition to a healthy diet and lifestyle, **manage your blood pressure** to maintain heart health. Daily, good oral health habits and regular dental visits are important to your mouth, and your heart.

# Blood Pressure

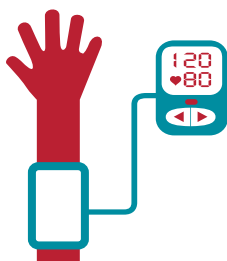


## What is Blood Pressure?

Blood pressure is the pressure of blood against artery walls. Blood pressure is recorded in two numbers. The top number measures the pressure when the heart beats. The lower number measures the pressure when the heart rests.

### High Blood Pressure increases the risk of:

- Heart attack
- Stroke
- Kidney disease
- Other serious illness



## KNOW YOUR NUMBERS

### NORMAL BLOOD PRESSURE

BELOW **120**  
BELOW **80**

**Get your blood pressure checked regularly by your doctor, dentist or other healthcare professional.**