

Dental Care Professional guidance for a holistic approach to patient care

- Invite the patient to read the information sheet regarding holistic care, in advance of their appointment. Respect the patient's right to choose.
- If the patient agrees to go ahead, take the patient's blood pressure.
 - Measure blood pressure in both arms, If the difference in readings between arms is more than 15 mmHg, repeat the measurements. If the difference in readings remains more than 15 mmHg on the second measurement, measure subsequent blood pressures in the arm with the higher reading.
 - If blood pressure measured in the clinic is 140/90 mmHg or higher, take a second measurement during the consultation. If this is substantially different from the first, take a third measurement. Record the lower of the last two measurements as the clinic blood pressure.
 - The device used should comply with BIHS listing for reliable blood pressure readings (listed here [For Specialist Use - British and Irish Hypertension Society | Registered UK Charity No. 287635 \(bihsoc.org\)](#)) and also be used with the correct sized cuff for the patient.
- Record the patient's height, weight and waist measurements.
- Calculate the patient's BMI.
- Deliver the findings to the patient in a non-judgemental way.

Normal range readings

Normal blood pressure is up to 120/80. If the patient's blood pressure is more than 140/90 suggest that the patient visit their doctor's surgery to have it checked. www.bloodpressureuk.org

Values of systolic BP 121-139 and diastolic BP 81-89 are considered high normal blood pressure.

Normal BMI is 18.5 to 24.9 www.nhs.uk/live-well/healthy-weight/bmi-calculator/

BMI 25 to 29.9 is overweight

BMI 30 or greater is obese

Normal waist measurement for a female is up to 31.5 inches (80cm); for a male is up to 37 inches (94cm).

Lifestyle Factors

Discuss the patient's lifestyle, including smoking, alcohol intake, diet and exercise. Explain the relevance of recording measurements and lifestyle factors.

It has been shown that increased BMI and waist measurements are associated with a number of common chronic diseases, including high blood pressure, heart disease and type 2 diabetes.

Diabetes and smoking are the major modifiable systemic risk factors for periodontitis. There are also scientific data suggesting that BMI is associated with periodontitis. There are several studies indicating that periodontitis may be a risk factor for heart disease.

We ask about alcohol intake because together with smoking, alcohol contributes to many chronic diseases, including oral cancer. For oral cancer, there is clear evidence that smoking and alcohol together multiply the risk to a much greater extent than each does individually.

How can screening help?

Discussing diet, BMI and exercise with a patients may encourage them to think about eating a healthy balanced diet and balancing calorie intake with the amount of exercise they take.

The charity, Blood Pressure UK, is dedicated to lowering the nation's blood pressure and recommends five tips:

1. Eat less salt
2. Eat more vegetables and fruit
3. Keep to a healthy weight
4. Drink less alcohol
5. Take regular exercise