

## Understanding blood pressure and hypertension in children and adolescents

Blood pressure is the force that the blood exerts on the blood vessel wall. When this force or pressure is excessive, we call it hypertension (**HTN**). Thus, in hypertensive people, the excessive pressure with which the blood reaches the different organs slowly damages them. And this damage is mainly exerted on the cardiovascular system (heart and arteries), favoring cardiovascular diseases, such as ischemic heart disease, stroke, and chronic kidney disease. Worldwide, it is precisely these cardiovascular diseases that are responsible for the majority of premature deaths.

If you want to better understand how the body regulates blood pressure, please **CLICK OR FOLLOW THIS LINK**: <https://youtu.be/pkBnMszSL80>

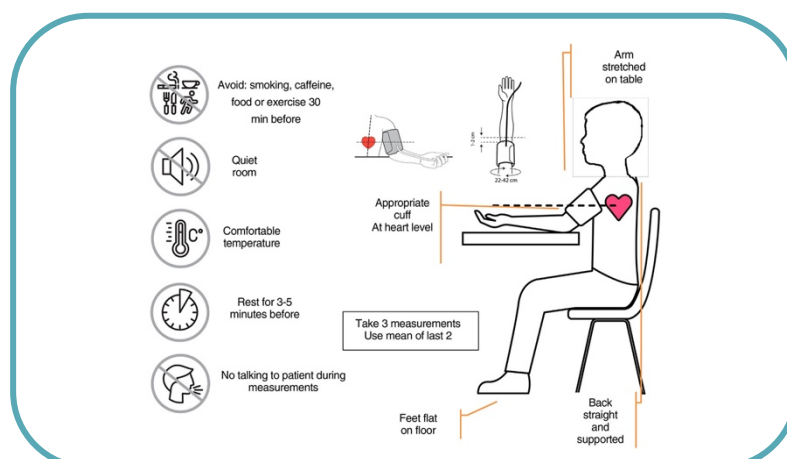
### Can children and adolescents suffer from hypertension?

And this also occurs in children, since, although HTN in children is about 10 times less frequent than in adults, up to 5% of adolescents may be hypertensive, and among obese adolescents, up to 1 in 10 may be hypertensive.

### How can I find out if my child has hypertension?

Hypertension is a silent disease because, in most cases, it does not produce symptoms (it is not noticeable, and it does not hurt...). Therefore, many people with hypertension may be hypertensive without knowing it. That's the reason why is so important to measure blood pressure.

Your pediatrician will measure children's blood pressure in all regular checkups since 3 years old. If not, please ask it to do it.



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## **BUT watch out!**

If your children suffer from some conditions that increases the risk of having hypertension:

- Children born prematurely
- Children with chronic diseases (heart, kidney, lung, diabetes, ...)
- Children after solid organ transplantation
- Children taking medication known to increase blood pressure (methylphenidate, steroids, contraceptive pill...)
- And overweight and obese children.

Blood pressure should be measured by his/her pediatrician at every contact and at least once a year.

Once we understand what hypertension is, it becomes easier to conclude that the younger the hypertensive patient is, the more damage can be generated in his or her organism.

Therefore, it is essential to detect hypertension early by measuring Blood Pressure by the pediatrician during health check-ups.

[Please take this survey and help us improve the parent area of HyperchildNET. It will take 10 minutes](#)



[Want to learn more about how to improve your child's cardiovascular health? Visit us at:](#)





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[www.hyperchildnet.eu](http://www.hyperchildnet.eu)

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