

Hypertension



Cardinal Pediatrics
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What is Hypertension?

Hypertension refers to high blood pressure and in the pediatric population it is defined as blood pressure readings that are higher than the 95th percentile for age, gender, and height percentile on at least 3 separate occasions. We typically begin measuring blood pressure with every well child check and certain sick visits at the age of 3.

Hypertension is divided into 2 categories

Primary - Risk Factors include: obesity, lack of exercise or physical activity, low infant birth weight, smoking, alcohol use

Secondary - Recurrent Urinary tract Infections, some medications, and certain genetic conditions particularly those that affect the kidneys or heart

Other Symptoms

- Headache
- Blurry Vision
- Nosebleeds
- Unusual Weight Gain/Loss
- Chest Pain
- Flushing
- Fatigue

How do we treat Hypertension?

- When possible we like to treat blood pressure by adjusting lifestyle habits and promoting healthy choices!
- Encourage regular exercise of 30-60 min at least 5 days each week
- Limit screen time to less than 2 hours per day
- Increase fresh veggies and fruits and encourage healthy fiber intake and non-fat dairy products, lean meats, and fish
- Consider limiting daily intake of sodium, refined sugar, and saturated fats. We are happy to talk to you regarding the specific recommendations for your child!
- We also sometimes use medications to help manage hypertension in children
- In Secondary hypertension it is very important that whatever underlying problem is contributing to the high blood pressure such as a possible kidney problem is also addressed!

What is White Coat Hypertension?

You may have heard the Term “White Coat Hypertension”; this refers to high blood pressure that only occurs in the Medical setting, but is normal at home and throughout the rest of your child’s daily life. One way to determine the difference is to check blood pressure at home as well, so we may speak with you about ambulatory blood pressure monitoring before giving your child a diagnosis of Hypertension.



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Remember we are only a phone call away!