

Hypertension in Children and Teens

What is hypertension?

Hypertension, also called high blood pressure, is persistent blood pressure elevation above the normal range. Children and teens can have hypertension, although it is more common in adults.

What causes hypertension in children?

- Most hypertension in children is caused by kidney disease.
- Other causes include certain heart conditions and hormone problems.
- It may also occur without a main cause, especially in older children and in those with a family history of hypertension.



Are certain children at high risk of developing hypertension?

Yes. If there is a strong family history of high blood pressure, the child's risk of developing it at some point in their life is higher. Children who are overweight are also at increased risk.

Is untreated hypertension dangerous?

Yes. Untreated hypertension may lead to heart disease, strokes, or kidney failure.

Can hypertension in children be treated?

Yes. Children with hypertension can be treated with:

- Changes in diet.
- Medicine that lowers blood pressure.
- Surgery if a condition that can be corrected is found.
- A combination of diet changes and/or medicine and/or surgery.

TO LEARN MORE

- **Pediatric Hypertension Program (206) 987-2524**
- **Your Child's Health-Care Provider**

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.