



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 changes in diet, medicine, or surgery.

To Learn More

- Pediatric Hypertension Program 206-987-2524
- Your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers: 206-987-2280 (TTY).

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

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

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