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Childhood hypertension and 24 hours blood pressure monitoring

High blood pressure is the leading risk factor-related cause of death throughout the world. 12.8% of all deaths, 51% of stroke deaths and 45% of coronary heart disease deaths are related to hypertension. In USA, 33% of adult more than 20 years old are hypertensive and after age of 55 years 90% will go on to develop hypertension in their lifetime. From 2011 to 2012 in the United States, the prevalence of high blood pressure in pediatrics was 1.6 %. It was found that the distribution of childhood BP has shifted upward in the United States by 1.4 mm Hg for systolic BP and 3.3 mm Hg for diastolic BP. BMI has the most substantial effect on age related increase in BP as the obese adolescents had 7.6 mmhg higher SBP than normal weight adolescents. It is fundamental to recognize and manage hypertension during childhood, moreover classifying this group of population using ambulatory blood pressure monitoring carries the same importance if not more. 24 hours blood pressure monitoring using ambulatory recorder categorizes the hypertensive child to be pre-hypertensive, hypertensive or severely hypertensive. New blood pressure parameters should be considered when managing a hypertensive patient beside of the systolic and diastolic blood pressure; this includes the systolic and diastolic blood pressure load, the mean arterial blood pressure during sleep and awake period and the dipping. The presentation will focus on our work as a single center experience in managing pediatric hypertension with aid of a 24 hours blood pressure monitoring with further discussion on the indications for routine performance of ABPM, usefulness of ABPM to classify BP, approach for ABPM and its role in diagnosis of pre-hypertension in and the risk of progression to sustained (ambulatory) hypertension.

Biography

Ala A Habaibeh studied Medicine at Jordan University of Science and Technology, Jordan. He has completed his Clinical Fellowship in Pediatric Nephrology at Queen Rania Children's Hospital and joined Dubai Hospital in 2012. He is a Tutor at Dubai Medical College, Member of the International Pediatric Hypertension Association (IPHA), International Pediatric Nephrology Association (IPNA) and the European Society of Pediatric Nephrology (ESPN).

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