

# 3<sup>RD</sup> WORLD KIDNEY CONGRESS

October 08-10, 2018 Dubai, UAE



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### **Management of hypertension in children and adolescence**

**Introduction:** Blood pressure in the pediatric age group varies with age, sex, height and weight. Systolic & Diastolic BP are of equal importance, if disparity between the two then the higher determines the BP category. Ethnic origin has little influence on BP in normal young children but plays a role in adolescents.

**Hypertension stages Stage 1 HTN:** Systolic & or Diastolic between 95th percentile & 5 mmHg above the 99th percentile or if in Adolescents BP >140/90 even if < 95th Percentile

**Stage 2 HTN:** Systolic & Or diastolic > 99th percentile plus 5 mmHg. Categories of Hypertension Primary Hypertension, No identifiable cause is found, Secondary Hypertension, An underlying cause is identified. Hypertension in children & adolescents is mainly secondary in origin. Renal parenchymal diseases are the most frequent causes (70-80%) of secondary hypertension. Renovascular, cardiovascular & endocrinal disorders constitute only 20-30% of the causes. Essential Hypertension is being increasingly recognized in children and adolescents and form around 12 to 18% of the etiology of hypertension in this age group.

**Conclusion:** BP checking should be a part of the routine examination in the pediatric age group. Early diagnosis and intervention is essential to avoid end organ damage. Efforts to prevent & to control childhood obesity should be pursued. Awareness of the side effects of the antihypertensive agents can assure their proper monitoring. Patients-parents understanding of the nature of hypertension and its outcome should be worked on to ascertain compliance. Patients & parents should be educated & fully instructed about potential adverse effects of antihypertensive therapy, administration, proper handling and storage to decrease side effects & assure success of therapy.

### **Biography**

Mazen Abou Chaaban has done Bachelor of Medicine & Surgery Ain Shams University and the Co-President of the Emirates Medical Association, Nephrology Society (EMAN) And President of Pan Arab Pediatric Nephrology Association (PAPNA) from 2000-2004

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