

High Blood Pressure in young

The high blood pressure can show signs when we are in high school or middle school.

A child may look healthy and without any complaints but the unnoticeable blood pressure may cause headaches that can be ignored conveniently.

The high blood pressure is due to the heart pumping hard and exerting pressure when pumping blood through our body.

If you accidentally notice your child with high blood pressure, it should be addressed and not ignored.

What should we do when we find our child has high blood pressure?

- Get blood test done for full lab
- See a cardiologist and get the heart checked
- Get **Ambulatory Blood Pressure Monitoring (ABPM)** done. Your child will have a cuff and a belt to monitor blood pressure for 24 hours while your child does the normal activities. This shows the reading during the day, night while sleeping, morning, evening and the doctors take the average of these readings. This might help to assess if the blood pressure remains high only during the particular hours of a day
- See a nephrologist if your kidney function is good