

Mayo Clinic Minute

Kids with high blood pressure

Video	Audio
Vivien Williams	Because high blood pressure is becoming an issue with kids, the American Academy of Pediatrics released a new set of screening and treatment guidelines.
Vandana Bhide, M.D. Internal Medicine Mayo Clinic	“The most common reason that we’re seeing much more high blood pressure is obesity.”
Vivien Williams	Dr. Vandana Bhide says kids don’t move as much as they used to, and they have easy access to processed foods and drinks that are high in sugar and fat. So kids are gaining weight, which can cause blood pressure to rise.
Dr. Vandana Bhide	“The vast majority of kids who have high blood pressure actually don’t have any symptoms whatsoever, and that’s why, at age 3, we want to be starting to screen them.”
Vivien Williams	The guidelines include information on safe blood pressure numbers for all ages and sizes of kids.
Dr. Vandana Bhide	“It’s important, because blood pressure is something that causes damage over a lifetime.”
	Dr. Bhide says lifestyle changes and medication can help protect kids from diseases such as heart disease, diabetes and stroke. For the Mayo Clinic News Network, I’m Vivien Williams.