

High Blood Pressure In Kids

By Amy Bentley

HIGH BLOOD PRESSURE IN KIDS

High blood pressure can affect people of all ages – kids included, says Dr. Dorit Ben-Ezer. Blood pressure is the force of blood as it flows through the body's blood vessels. In someone with hypertension, "There is higher pressure in the vascular system and the heart has to push the blood harder. Over time this can hurt your heart, the eyes and the kidneys," says Dr. Ben-Ezer. Most of the time there are no symptoms and high blood pressure is under-diagnosed in kids. Therefore, as most OC pediatrician do, blood pressure check should be part of your child's annual physical exam beginning at age three, Ben-Ezer advises.



SERIOUS HEALTH RISKS

Just like in adults, high blood pressure in children can result in serious, long-term health problems and can cause a stroke. "High blood pressure in kids can also indicate high blood pressure in the person as an adult. It's important to pay attention to it in childhood," says Dr. Ben-Ezer. Obesity is the most common cause for high blood pressure in kids today, followed by kidney problems, she notes.



50 YEARS OF EXPERT CARE

Dr. Ben-Ezer is the medical director of CHOC's Nephrology Program. She specializes in kidney disorders including renal failure, hypertension, kidney stones and dialysis. Dr. Ben-Ezer completed a pediatric nephrology fellowship at the UCLA Center for the Health Sciences. She completed her residency at Soroka Medical Center in Beer-Sheva, Israel, and her internship at Chaim Sheba Medical Center in Tel-Hashomer, Israel. Dr. Ben-Ezer has traveled on volunteer medical missions to underserved areas around the world, including India and rural Ecuador.

Dr. Ben-Ezer's philosophy of care: "We provide comprehensive, individualized care to each child and family as if they were our own, with the goal of making their life as normal, healthy and routine as possible. We team with the families to provide that care."

EDUCATION:

Sackler School of Medicine at Tel Aviv University, Israel

BOARD CERTIFICATIONS:

Pediatric Nephrology

2-5%

THE PREVALENCE OF HIGH BLOOD PRESSURE IN CHILDREN AGE 0-18

67 million

OF AMERICAN ADULTS (OR 31%) WITH HIGH BLOOD PRESSURE



\$93.5 billion

PROJECTED COST IN THE U.S. (FOR 2010) IN HEALTH CARE SERVICES AND MISSED WORKDAYS DUE TO HIGH BLOOD PRESSURE

HIGH BLOOD PRESSURE AND KIDNEY PROBLEMS

High blood pressure is common in children who suffer from kidney disease or have a kidney problem. Early detection and treatment of high blood pressure help young kidney patients reduce the chance of complications. "When we see children diagnosed with high blood pressure, many times we find the cause to be a previously undiagnosed kidney problem she says.

If necessary, a pediatrician can refer your child to a special kidney doctor called a nephrologist.

For over 50 years, CHOC Children's physicians, nurses and staff have been devoted to improving the lives of children and families in our community. As home to the region's only dedicated pediatric emergency department and other world-class services and programs, from cardiology and neurosurgery to neonatology and orthopedics, CHOC is committed to being the leading destination for children's health by providing exceptional and innovative care.

For information on the expert care we provide and the health plans we accept, visit choc.org

