

Mayo Clinic Medical Edge
High Blood Pressure in Kids

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WE WORRY ABOUT OUR KIDS, AND RIGHTLY SO. THINGS LIKE SCHOOL, THEIR FRIENDS AND THE CHOICES THEY'RE GOING TO MAKE CAN BE KIND OF SCARY. BUT HIGH BLOOD PRESSURE? THAT'S NOT SOMETHING WE NEED TO WORRY ABOUT IN OUR KIDS. OR IS IT?
Carl Cramer, M.D.	"THE INCIDENCE AND PREVALENCE OF HIGH BLOOD PRESSURE IN CHILDREN IS A LOT HIGHER THAN WHAT WE ANTICIPATED IT TO BE."
	IN FACT, MAYO CLINIC DR. CARL CRAMER SAYS HIGH BLOOD PRESSURE IS NOW ONE OF THE MOST COMMON CHRONIC

	DISORDERS IN ADOLESCENTS. WHY?
Dr. Cramer	“THE DRIVING FORCES MAY BE RELATED TO OBESITY, DIET, AND THE FACT THAT SALT INTAKE IS HIGHER.”
	ANOTHER REASON ACCORDING TO DR. CRAMER IS THAT WE’RE PROBABLY JUST MORE AWARE OF THE PROBLEM AND SCREENING BETTER. IN GENERAL, THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS ANNUAL BLOOD PRESSURE SCREENING BEGINNING AT AGE THREE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.