

**375.00**

## **HYPERTENSION IN CHILDREN IS NOT ONLY OF SECONDARY ORIGIN**

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It has long been believed that hypertension, as well as other atherosclerosis and coronary artery disease (CAD) risk factors (RF) are present only in adults. It was also thought that hypertension in children is only of secondary origin. Aim: To investigate the prevalence and origin of hypertension in schoolchildren. Material and methods: BP levels were recorded in 1050 children, ranging in age from 7 to 18 yrs, selected at random from Prishtina the Elementary and High school. All, generally, AHA admitted rules for the measuring of BP were observed: standard procedure at four visits, 1 week apart, with three measurements in each visit. Results: Of 1050 children, 25 (2.4%) have estimated evidence of persistently elevated blood pressure, while in 19 children (1.8%) the "borderline" hypertension was found. There were only four children (16.0%) with secondary hypertension, others belong to primary hypertension. Among children with primary hypertension, there were many, the faulty life-style habits, especially food habits. Juvenile smoking incidence in our sample is pretty high (32.0%), while obesity (5.0%) is not so common in our schoolchildren. Conclusion: The incidence of hypertension (4.2%) in our sample is similar with incidence referred by many authors; it looks the incidence of essential hypertension in children is more prevalent than was thought many years ago. Since, this is a cross-sectional study, it's probably the reason for such a high incidence of primary hypertension, which is likely, preventable one.