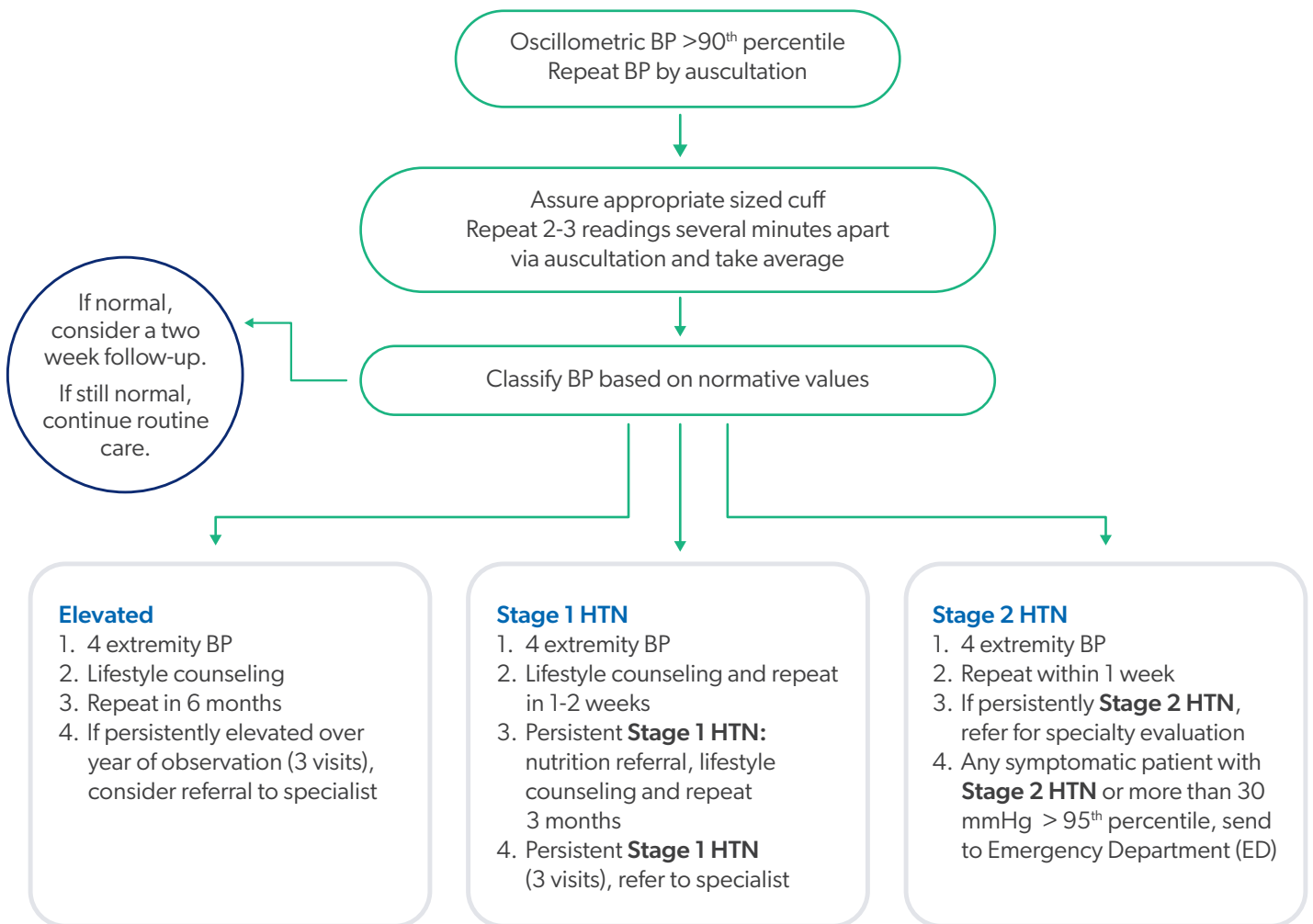


Definition of hypertension (HTN)

Blood pressure (BP)	Age 1-13 years	≥ 13 years
Normal BP	$< 90^{\text{th}}$ percentile	$< 120 / < 80$ mmHg
Elevated BP	$\geq 90^{\text{th}}$ percentile to $< 95^{\text{th}}$ percentile or 120/80mmHg to 95 th percentile (whichever is lower)	120/ < 80 – 129/ < 80 mmHg
Stage 1 HTN	$\geq 95^{\text{th}}$ percentile to 95 th percentile + 12 mmHg or 130/80-139/89 mmHg (whichever is lower)	130/80 – 139/89 mmHg
Stage 2 HTN	$\geq 95^{\text{th}}$ percentile + 12 mmHg or $\geq 140/90$ mmHg (whichever is lower)	$\geq 140/90$ mmHg



Further considerations

Primary hypertension is the most common diagnosis in children. Family history and obesity increase this risk.

- Lifestyle counseling:
 - Nutrition counseling, DASH/low salt diet, improve weight
 - At least 1 hour moderate, vigorous activity 3-5 days/week
- Consider screening laboratories: UA, CBC, CMP, TSH, Free T4, plasma renin, cortisol, lipid profile, if obese then HgA1c
- Cardiology and nephrology services are both happy to serve as specialty consultants for the evaluation of abnormal blood pressure

Partnering connects us

Refer your patient to Cardiology or Nephrology to manage your patient's hypertension.

Pediatric Cardiology

At Cook Children's Heart Center, you'll find top pediatric cardiologists and cardiovascular surgeons with expertise in an extensive list of specialties and subspecialties. Our doctors are known for their innovative surgical techniques and heart-mending technologies. From newborns, infants and children, to adults with congenital heart defects, you'll find that our focus is always on the patient.

Fort Worth

682-885-2140 phone
682-885-2329 fax

Prosper

682-303-4200 phone
682-303-0719 fax

Locations:

Abilene, Alliance, Amarillo, Arlington, Denton, Fort Worth, Mansfield, Midland, Prosper, San Angelo, Southlake, Waco and Wichita Falls



[Learn more.](#)

Pediatric Nephrology

If your patient is affected by kidney disease, turn to Cook Children's Nephrology for complete care. We use the latest diagnostic testing to identify each child's specific needs and offer a full range of treatments. Our team puts the patient first, providing high-quality care in a supportive environment while focusing on the well-being of the patient and family.

Fort Worth

682-885-4260 phone
682-885-2874 fax

Prosper

682-303-4200 phone
682-303-0719 fax

Locations:

Alliance, Denton, Fort Worth, Mansfield, Midland, Prosper, San Angelo, Southlake and Waco



[Learn more.](#)



For referral forms and insurance information, visit cookchildrens.org/professionals.

Visit our paperless portal to access the referral platform and view mutual patients at epiccarelink.cookchildrens.org.