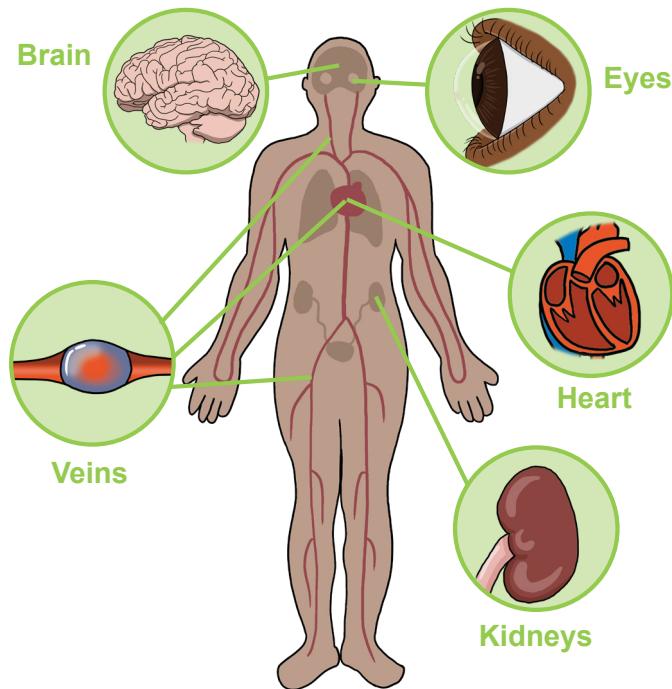


## Hypertension or high blood pressure (hi-per-ten-shin)

High blood pressure or hypertension happens when the heart is pumping blood harder than it should.

High blood pressure makes the blood push on the walls of the arteries stretching them.

**High blood pressure can cause damage to the:**



It can be hard to know if bub has high blood pressure. Taking bub for **regular check-ups** with a doctor is important.

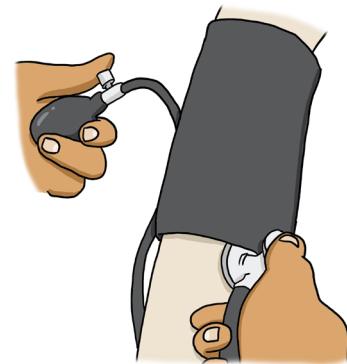
The doctor will check bub's blood pressure by placing the pressure cuff around their arm. The cuff fills with air, tightens around their arm and then gives the blood pressure result.

Bub may be at risk of getting high blood pressure if they:

- are overweight
- have a family history of high blood pressure
- have diabetes
- have a sleeping disorder.

If bub has high blood pressure they will have their blood pressure checked every time they see the doctor.

- If the blood pressure reading is high, a 24 hour recording may be needed using a portable blood press device. The device is worn for 24 hours and blood pressure is checked throughout this period. The doctor will look at the results.
- A blood test may be needed to check if there is any damage to organs.
- A referral to a specialist may be needed if bub needs more help.



## Treatment

The best way to reduce high blood pressure is to make changes to what bub eats and how much exercise they do.



Walk, swim, run or bike ride every day.  
Get the heart pumping leaving bub puffing and red in the face.  
This is the best way to strengthen the heart.

Serving per package - 12		
Serving size		
	Per Serve	Per 100g
Energy	599kJ	1499kJ
Protein	4.1g	10.3g
Fat		
-Total	0.8g	2g
-Saturated	0.1	0.3g
Carbohydrate	27.2g	68g
-Sugar	1g	2g
Sodium	160mg	400mg

Lots of snacks and processed foods have too much salt.  
You can check the label on the packet; buy foods with less than 400mg of sodium (salt) per 100g.



Try not to add salt to bub's food.

The Healthy Weight Team at Perth Children's Hospital can help your family make healthy changes to prevent or manage high blood pressure.

Please yarn to the **Healthy Weight Team at Perth Children's Hospital**. If you have any question or are worried call (08) 6456 2222.



Government of Western Australia  
Child and Adolescent Health Service

**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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