

## Cardiology Data



### 1st Virtual Congress of Cardiology



## Characterization of the Blood Pressure Values in Children from 5 to 14 years old living in Guantanamo, Cuba

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### **Introduction:**

The Systematic Arterial Hypertension is one of the main cardiovascular risk factors and it represents a health problem in our contemporary world. To modify its epidemiologic behavior in Cuba is a priority of the Ministry of Public Health.

Hypertension affects children; however, no internationally conclusive criteria have been established for its diagnosis in infants, Cuba has been using those criteria brought from other countries, despite the fact that it has been proven that they are modified by the influence of geographic factors which demand that each country makes an effort to establish its own patterns due to the inconvenience of comparing genetically different populations whose life-styles are developed in different environmental conditions.

### **Abstract**

**Introduction:** prevalence of systemic blood hypertension (BP) differs according to the regions of the world. Criteria for diagnosis in children have not been internationally established, a fact that restricts measuring the problem. The importance of this study is revealed, since in Cuba figures extrapolated from other countries are used, although influence by geographic factors has been confirmed, so that each country is required to establish its patterns in their own population, due to the problem of comparing people genetically different.

**Objectives:** Establish patterns of systemic blood pressure (percentiles 90 and 95) according to age and sex, and reflects the influence in these by family history in first degree of blood hypertension (FHFD-BP).

**Method:** We studied 200 children from Guantanamo (100 male and 100 female) in each year of age, from 5 to 14 (n=2000), selected at random according to age, sex, nutritional state. Systolic and diastolic systemic blood hypertension is registered by the Korotkoff method, and international recommendations. Results are validated by the analysis of variance, and the student test.

**Results:** In males and children with FHFD-BP the figures of systemic blood pressure are higher ( $p < 0.01$ ) regardless of age, sex, and nutritional state. Percentiles 90 and 95 are established for systolic and diastolic systemic blood pressure for this population.

Source: 1st Virtual Congress of Cardiology. "Characterization of the Blood Pressure Values in Children from 5 to 14 years old living in Guantanamo, Cuba."

<http://pevc.sminter.com.ar/evirtual/tlibres/tnn2528i/tnn2528i.htm> (accessed March 22, 2005).