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Important Note for Readers. The findings in medical articles are usually not directly applicable and patients should consult their physicians before any utilization of the results of medical studies.

EVEN CHILDREN SUFFER FROM HIGH BLOOD PRESSURE

Hypertension is one of the most common diseases in the world that even affects children, especially if they are overweight. An undesirable consequence of the modern lifestyle in large cities is the overweight and obesity in all ages, including childhood. This is a major concern of physicians who care for blood pressure in the population. Dr Mohkam and her colleagues in Tehran carried out a screening of high blood pressure in school-aged children, and the results were eye opener! Among children aged 7 to 11 years in 5 public schools of Tehran 24% had hypertension and 12% were shown to be overweight. High blood pressure was more common in students of the north of Tehran, especially in girls, in comparison with other geographic parts of Tehran. This study is a warning for the parents and the health care policy makers. Controlling overweight and early prevention and treatment of high blood pressure as early as childhood is an urgent need in large cities like Tehran.

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WHY PARATHYROID HORMONE IS IMPORTANT IN DIALYSIS PATIENTS?

Usually people on long-term dialysis suffer from a high level of parathyroid hormone, which is a cause of imbalance in their calcium metabolism. Recently, researchers have found that this problem also causes other complications in dialysis patients. High blood pressure is common among people with kidney failure, and it is due to several problems they face, most probably also due to high parathyroid hormone levels. Dr Sedighi and his coworkers in Mazandaran University of Medical Sciences, in the north of Iran, investigated the relationship between high blood pressure and high parathyroid hormone level. They compared hemodialysis patients with and without hypertension and found that parathyroid hormone is higher in those with hypertension. Also, in those with high blood pressure, higher parathyroid hormone levels were seen in those with more severe hypertension. The authors hoped that their finding will help them to further control blood pressure of dialysis patients by more strict treatment of high parathyroid hormone levels.

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