ឈ្មោះអាជ្ញាប័ន: ទំនាក់ទំនងរវាងជំងឺធាត់និងជំងឺលើសសម្ពាធឈាមលើកុមរ និងមនុស្សចាស់

ប្រធានបទ: ទំនាក់ទំនងរវាងជំងឺធាត់និងជំងឺលើសសម្ពាធឈាមលើកុមរ និងមនុស្សចាស់

ជំងឺលើសសម្ពាធឈាមលើកុមរ និងមនុស្សចាស់ ចំណាត់ថ្នាក់ជាប្រភេទជាតិដែលមានតែមនុស្សម្នាក់មួយនិងកុមារម្នាក់មួយ។ ជំងឺបានបង្កើតកើនឡើងជាមួយនឹងភាពធាត់ ការសិក្សាវេជ្ជសាសនេះបានបង្កើតឲ្យធាត់បានកំពុងកើនឡើងនៅក្នុងមួយនាទី។ ជំងឺធាត់ធ្វើឲ្យមានកំណើនចំណុះឈាមបាញ់ច្រាញពីបេះដូងក្នុងមួយនាទី និងកំណើនភាពធន់ន្រាសរស្រាឈាមក្រាហម។ ជាអ្នកមានជំងឺធាត់ និងមនុស្សចាស់ ជំងឺលើសសម្ពាធឈាមត្រូវបានការពារបន្ទាប់ពីបញ្ចេញអាឆ្រេីន។

ប្រធានបទព័ត៌មានបី: 

1. ជំងឺលើសសម្ពាធឈាមនិងមនុស្សចាស់ ជំងឺលើសសម្ពាធឈាមកើនឡើងទៅតាមអាយុដោយសារតេសរសេឈាម

2. ជំងឺលើសសម្ពាធឈាម, ជំងឺធាត់, មនុស្សចាស់, កុមារ

Source: PSP
HIGH BLOOD PRESSURE IN CHILDREN AND OLDER PERSONS

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Abstract: The relationship between high blood pressure and other conditions is not only with pregnancy, but also with obesity and older age. Obesity causes an increase in the cardiac output and the blood volume, and in the arterial resistance. Blood pressure increases with age because the arteries harden. An overweight child that has a family history of hypertension is at greater risk of hypertension.

Key words: High blood pressure, obesity, older persons, children.

High blood pressure and obesity

Many medical studies have shown a relationship between obesity and high blood pressure. Obese people have a higher blood pressure than people with a normal blood pressure. The cardiovascular risk increases with obesity.

Why is there a relationship between obesity and high blood pressure?

Many medical studies have shown that obesity causes an increase in the cardiac output and the blood volume, and in the arterial resistance. In fact, obesity induces a high secretion of insulin in trying to decrease the excessive sugar concentration in the blood. This insulin secretion is very high compared to non-obese patients. Moreover, insulin, which secreted by the pancreas, is responsible for many modifications in the body:

- It induces a thickening of the vessels, which is responsible for an increase in their rigidity, thus increasing the blood pressure;
- It increases the cardiac output, because the secretion of adrenalin is increased;
- It induces the re-absorption of water and salt by the kidney, which increases the blood volume and thus increases the blood pressure.

High blood pressure and older age

Blood pressure increases with age because the arteries become stiffer. Thus, high blood pressure is a very frequent pathology in older persons,
ការសិក្សាសេវជេវវេជ្ជសាសេតបានបង្ហាញថាការចុះនូវសាកលភាពថាម្ាេជាមួយការកាត់បន្ថយការសិក្សាគួរឲ្យកត់សាកលភាពដោយបេើឱសថបញ្ចុះសាកលភាព។

• ការវាស់សាកលភាព

សាកលភាពអាចវាស់បានចំពោះកុមារដែលមានអាយុចាប់ពី៣ឆ្នាំឡើងទៅដូច្នោះដាលដូចកុមារ។ គោលគំនិតនេះមានសារសំខាន់ប្រាំបាន។

• កមាិតសាកលភាពជាសំអាងសមាជកម្មកុមារ

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<td>113/67 mmHg</td>
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- ការវាស់សាកលភាពបានបញ្ចប់ជាមួយការឈ្មោះគូហោះបៃតងកុមារ

៧៤ www.cjnm.org ក្រសួងកំពូលជាតិស្តីពីជំងឺលើសសមា្ពាធឈាម
concerning 15 to 25% of the population. According to medical studies, people aged 60 and over are considered old.

The difficulty in older persons is represented by the extreme daily variation of the blood pressure, depending in particular on the body position. Indeed, these subjects often present a hypotension during the passage from the sitting or lying position to the standing position (defined by a fall of more than 20 millimeters of mercury between the 2 positions on the systolic blood pressure).

This hypotension is characterized by giddiness, dizziness and a great tiredness or fatigue, and impairs considerably the antihypertensive drug therapy.

Medical studies have shown that a reduction of the blood pressure involves a reduction in the cardiovascular mortality, in a very significant way. The aim of the blood pressure value in this context is 150/90 millimeters of mercury. This decrease of the cardiovascular risk is proportional to the decrease of the arterial blood pressure.

High blood pressure and children

The blood pressure in children is lower than that of an adult.

We know that family history of high blood pressure and weight can influence the level of the blood pressure. Thus, a child who is overweight and comes from a family of hypertensive subjects will be more easily hypertensive himself.

The measurement of the blood pressure

Blood pressure can be measured from 3 years of age, by using a small cuff adapted to the circumference of the arm. This concept is very important because a too large cuff would underestimate the blood pressure.

• Reference values of the blood pressure in children

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td>Between 3 and 6 years</td>
<td>113/67 mmHg</td>
<td>110/68 mmHg</td>
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<tr>
<td>Between 6 and 10 years</td>
<td>117/76 mmHg</td>
<td>114/75 mmHg</td>
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<td>Between 10 and 13 years</td>
<td>123/82 mmHg</td>
<td>122/80 mmHg</td>
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<td>Between 13 and 16 years</td>
<td>130/84 mmHg</td>
<td>128/84 mmHg</td>
</tr>
<tr>
<td>More than 16 years</td>
<td>138/87 mmHg</td>
<td>132/86 mmHg</td>
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</tbody>
</table>

• What to do when a child has a high blood pressure

In case of a high blood pressure in children, the practitioner has to measure the blood pressure every six months, the antihypertensive drug therapy being used only in exceptional cases.

Very often, the blood pressure is regularized at the end of a few months or years.

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