

- BP less than 90th percentile is normal.
 - BP between the 90th and 95th percentiles is prehypertension. In adolescents, BP of 120/80 mm Hg or greater is prehypertension even if this figure is less than the 90th percentile.
 - BP over the 95th percentile may be hypertension.
6. If the BP is over the 90th percentile, the BP should be repeated twice at the same office visit, and an average systolic BP and diastolic BP should be used.
 7. If the BP is over the 95th percentile, BP should be staged. If BP is stage 1 (95th to 99th percentile plus 5 mm Hg), BP measurements should be repeated on two more occasions. If hypertension is confirmed, evaluation should proceed. If BP is stage 2 (>99th percentile plus 5 mm Hg), prompt referral should be made for evaluation and therapy. If the patient is symptomatic, immediate referral and treatment are indicated.

BP, Blood pressure.

From National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents: The fourth report on the diagnosis, evaluation, and treatment of high blood pressure in children and adolescents, *Pediatrics* 114(2 Suppl 4th Report):555–576, 2004.

Orthostatic Hypotension

Orthostatic hypotension (OH), also called *postural hypotension* or *orthostatic intolerance*, often manifests as **syncope** (fainting), **vertigo** (dizziness), or lightheadedness and is caused by decreased blood flow to the brain (**cerebral hypoperfusion**). Normally blood flow to the brain is maintained at a constant level by a number of compensating mechanisms that regulate systemic BP. When one assumes a sitting or standing position from a supine or recumbent position, peripheral capillary vasoconstriction occurs, and blood that was pooling in the lower vasculature is returned to the heart for redistribution to the head and remainder of the body. When this