

CASE REPORT

TREATMENT OF ESSENTIAL HYPERTENSION IN A 3 YEARS OLD CHILD

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INTRODUCTION:

Childhood hypertension is a systemic pathology with multifactory etiology and is associated with more or less severe complications.

Usually this condition is related with **congenital malformation of kidneys**, heart and lungs, with gestational age <37 weeks and with childhood obesity.

This pathology, usually asymptomatic, requires therapeutic approaches with drugs like **beta blockers**, **ACE inhibitors**, **calcium antagonists** and **diuretics**.

MATERIALS AND METHODS:

A 3 y.o. male came at our observation in the osteopathic practice of dr. Marasco.

The patient had been hospitalized with a **persistent headache**. During hospitalization several tests have been performed, such as ECG, 24h blood pressure monitoring, blood chemistry tests and renal ecodoppler which resulted in systolic-diastolic pressure values higher than normal. During these tests, no cardiac or renal abnormalities emerged. He was later discharged with a diagnosis of essential hypertension, without any pharmacological treatment.

Case history revealed that **the child was born with an emergency C-section** at 37 weeks for maternal gestosis of pregnancy; he presented marked constipation and his mother reported some facial traumas during the first year of age.

During the first session a cranial compression was detected, **immediately treated osteopathically**.

After a month, during the second session, the mother reported a decrease in constipation. Treatment was focused on the decompression of the skull and the release of abdominal tensions.

After two weeks the patient returned to the practice, **reporting complete disappearance of headache**, hypertensive and constipation symptoms.

RESULTS:

Following 3 osteopathic treatments, a reduction in proteinuria and a return to normal arterial pressure was observed. The patient **no longer reported headaches** and constipation after osteopathic treatment.

CONCLUSIONS:

The patient, arrived at our attention diagnosed with essential hypertension not treated with drugs, had a complete resolution of his symptoms following osteopathic treatment. To date, no scientific evidence exists in literature regarding the correlation between osteopathic cranial treatment and essential hypertension. It would be necessary to carry out further studies to demonstrate the effective correlation between the improvement of hypertensive symptoms and osteopathic treatment, despite a low number of cases.

It would be ideal to **integrate osteopathic treatment and traditional therapy** in order to reduce resolution times and decrease medication intake, where possible, or to improve the associated symptoms.