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Session Name : KSN-ESPN Joint Symposium

Session Topic : KSN-ESPN Joint Symposium

Date & Time, Place : June 12 (Fri) / 13:50-15:30 / Room 1 (GBR 101), 1F

Hypertension and Cardiovascular Risk Management in Children With CKD

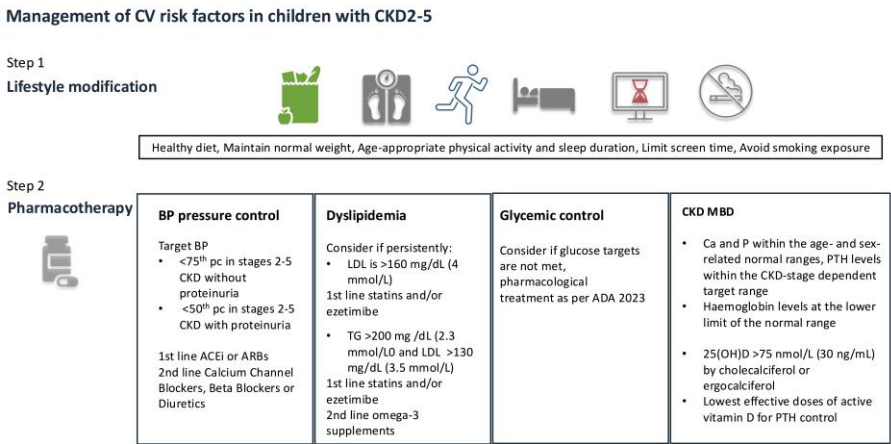
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Cardiovascular disease affects nearly all children with chronic kidney disease, significantly reducing their life expectancy. While early risk factors like hypertension and obesity are common, advanced stages introduce complex issues including fluid overload, mineral dysregulation that aggravate the progression of athero- and arteriosclerosis, vascular calcification and cardiomyopathy which may not fully reversible after kidney transplantation. As cardiac events occur in up to 31% of dialysis patients and there is limited evidence on optimal treatment targets and the effectiveness of different therapeutic strategies, the European Society for Paediatric Nephrology has established these consensus-based practice points to standardize prevention and treatment of cardiovascular risk factors across stages of kidney disease. Management of cardiovascular risk in children with CKD requires a highly individualized approach. Healthy lifestyle practices, including a balanced diet and regular exercise, has key role in mitigating CV risk. Achieving rigorous blood pressure control improves cardiovascular outcomes alongside with aggressive management of mineral bone disease—specifically phosphate, calcium, and PTH—to prevent early vascular calcification. Beyond medications, in children on dialysis management should focus on optimization of dialysis prescriptions using advanced modalities like HDF or icodextrin to better manage fluid and toxins, while post-transplant care must focus on minimizing steroid-related metabolic side effects. Reference Stabouli S, Sinha MD, Paglialonga F, Bacchetta J, Bernardor J, Drozd D, Düzova A, Ferro C, Lalayiannis AD, Melk A, Schmitt CP, Wiegman A, Wühl E, Tönshoff B, Shroff R. Assessment, prevention, and management of cardiovascular disease risk factors in children with chronic kidney disease, on dialysis and after transplantation: clinical practice recommendations from the European Society for Paediatric Nephrology. *Lancet Child Adolesc Health*. 2026 Mar;10(3):216-232. doi:

Keywords: Cardiovascular disease, Chronic Kidney Disease, Hypertension, Children

Figure. Management of CVD in children with CKD.jpg



Modified from Stabouli et al. Lancet Child Adolesc Health. 2026 Mar;10(3):216-232.