

2<sup>nd</sup> International Congress on**RESTORATIVE & ALTERNATIVE MEDICINE**

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**Dilemas related to hypertension and cardiovascular diseases, and salt and sodium intake****Sanja Trivunovic**

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The topic of this paper was to evaluate the effect of reducing salt and sodium intake on blood pressure. The results were collected from 8 studies and 4 meta analyzes published at PubMed and Google Scholar in the period from 2011 to 2017. Selected studies covered topics related to arterial hypertension (AH) and interventions on reductions in salt and sodium intake into the body. AH is the leading independent cause of cardiovascular disease (CVD) with mortality prevalence of 40% in the adult population. It is among the most important public health problems and one of the most important preventable causes of premature death. In most studies, so far, high salt and sodium intake is associated with AH and moderate reduction in salt and sodium consumption causes a decrease in blood pressure and thus the incidence of CVD mortality.

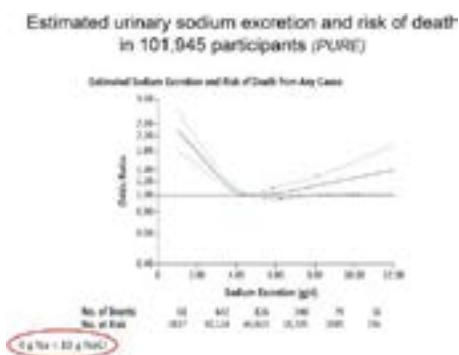


Figure 1: Prospective Urban Rural Epidemiology, Urinary sodium and potassium excretion, mortality, and cardiovascular events.

**Biography**

Sanja Trivunovic has been working in the field of Official and Holistic Medicine for many years now. She works as a Family Doctor and also as a Leader of the Aesthetic Center whose foundation is improving health through holistic approaches, counseling for healthy nutrition, and non-invasive aesthetic interventions.

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