



Population Sodium Intake: Impacts on Cardiovascular Health

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Deadline for manuscript
submissions:

20 January 2025

Message from the Guest Editors

Dear Colleagues,

For nearly half a century, there has been controversy over the contribution of sodium consumption as a risk factor for non-communicable diseases, including cardiovascular disease. As many researchers have used models based on blood pressure reductions to predict the number of deaths that could be saved in the general population by reducing sodium consumption, the evidence for blood pressure as a surrogate endpoint for cardiovascular disease and stroke risk is widely recognized and accepted. However, sodium can exert its functions not only through blood pressure, but also other processes. Therefore, any strategy to reduce sodium consumption should include studies that demonstrate a link between sodium consumption and direct health effects.

This Special Issue includes manuscripts that address sodium intake in different populations and the potential of reducing sodium intake as a dietary treatment to prevent various diseases. The materials presented are the result of an international scientific collaboration of experts specializing in these topics. The content may be useful for clinical practitioners and stimulate further innovative research.





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