



## Diet Relation with Hypertension

Aya Soliman

Cairo University, Egypt

### Abstract:

By using systematic review of multiple studies being confined to our observations on human patients only. Diet, alcohol consumption and physical activity stand out as the major influences on blood pressure levels and hypertension.

In connection with studies of experimental hypertension the effects of various types of diet on the blood pressure. The Dietary Approaches to Stop Hypertension (DASH) diet has been shown to lower the risk of hypertension, but its role in the prevention of stroke remains in debate.

Very low in sodium content appeared to exert a hypotensive effect which was abolished by the addition of sodium chloride. Low-sodium; low-sodium, high-potassium; low-sodium, low-calorie; and low-calorie diets also led to significant systolic and diastolic BP reductions, whereas Mediterranean diet participants experienced a significant incremental reduction in diastolic but not systolic BP.

### Biography:

Dr. Aya Soliman is a Medical Student at Cairo University in Egypt. She studied medicine at University of Cairo and completed Bachelor of Medicine and Surgery "MBBCH" from the same university, She currently worked as a House officer at Kasralainy Hospital, Egypt.



### Recent Publications:

1. First contribution to the doryctine fauna (Hymenoptera, Bracnionidae, Doryctinae) of Farasan Archipelago, Saudi Arabia, with new records and the description of a new species.
2. Mosquitofish *Gambusia affinis* avoids thermal stress by moving from open water to the shade of mangrove *Rhizophora mangle*
3. The Image of Ibrahim Pasha in Early Modern English Drama: Thomas Kyd's *The Tragedy of Soliman and Perseda*

[Webinar on Hypertension and Healthcare, December 14, 2020, Vienna, Austria](#)

**Citation:** Aya Soliman, Diet Relation with Hypertension, December 14, 2020, Vienna, Austria