Diet Relation with Hypertension

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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 Cario Universty in Egypt. She studied medicine at University of Cario 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:
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