

Looking to sell your car? **FREE valuation here**

Home > health > [Excess salt intake linked to higher risk of stroke](#)

[E-MAIL THIS](#) [PRINT THIS](#) [MOST POPULAR](#)

## Excess salt intake linked to higher risk of stroke

November 25th, 2009

Agencies

London : Intake of high amounts of salt is linked to much higher risk of strokes and cardiovascular disease, says a new study.

The study looked at the relationship between the level of habitual dietary salt intake and the occurrence of stroke and cardiovascular disease by reviewing 13 prospective studies from Britain, Japan, the US, the Netherlands, Finland and China.

It included more than 170,000 participants, followed up for 3.5 to 19 years, who experienced nearly 11,000 vascular events.

The research was carried out jointly by the WHO's Collaborating Centre for Nutrition at the University of Warwick and University Hospital in Britain and European Society of Hypertension Excellence Centre at Federico II University Medical School in Italy.

The study provides unequivocal evidence of the direct link between high dietary salt intake and increased risk of stroke and cardiovascular disease.

A five gram lower daily salt intake would reduce stroke by 23 percent and total cardiovascular disease by 17 percent, thus averting 1.25 million fatal and non-fatal strokes, and almost three million vascular events worldwide each year.

The effect is greater, the larger the difference in salt intake and increases with time, said a WHO release.

Francesco Cappuccio, professor and head of the WHO Centre at Warwick Medical School said: "We have seen reductions in the salt content of several food items, due to the collaboration between governments, public health bodies and sectors of the industry on a voluntary basis."

"Habitual salt intake in most adult populations around the world exceeds 10 grams per day as against the WHO's recommended daily intake of no more than five grams," says Pasquale Strazzullo, professor and study author.

These results were published in the British Medical Journal.

### POST YOUR COMMENT

Your name:

Your email:

Subject:

Comment Text:



Send

#### Latest News

Top Stories & Breaking News Read and Watch News Online!

[www.russiatoday.com](http://www.russiatoday.com)

#### Used Car Search

1000s used cars available locally Search our database of Quality Cars

[LocalMotoring.com](http://LocalMotoring.com)

#### Personalised Newspapers

Buy a Fake Daily Mirror Front/Back Page, a Fun Gift Idea - Only £9.99!

[www.GoneDigging.co.uk](http://www.GoneDigging.co.uk)

#### Fake Newspaper

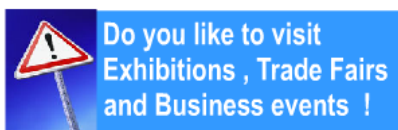
Fake Newspaper To Make You Smile. Create A Brilliant Gift In 1 Minute

[www.InThePaper.co.uk](http://www.InThePaper.co.uk)

Ads by Google

#### Related News Stories

- » [New method may treat arterial disease](#)
- » [Eat well to boost immunity, don't pop vitamins](#)
- » [Women who store waist fat likely to develop dementia](#)
- » [Researchers construct erectile tissue in rabbits](#)
- » [New treatment for hemophilia launched in India](#)
- » [Exercise lowers stroke risk](#)
- » [Thinking of loved ones helps reduce pain: study](#)
- » [Toll free answers to pregnancy or puberty queries](#)
- » [Fatty deposits impair heart function](#)
- » [Love hormone Oxytocin also bolsters envy](#)



Do you like to visit Exhibitions , Trade Fairs and Business events !

Call India Just 2p

NO prepayment - NO accounts to open

NO sign ups - NO pins - NO calling card

Simply Dial (from- TajPhone.com)

0844 799 0078

using Landline then 009 1xxx -ur connected

[www.lamfromindia.com](http://www.lamfromindia.com)

Ads by Google

#### Latest News Stories

- » [No leak at Kaiga nuclear plant: PM](#)
- » [Cursed CAT: Trouble on day three again](#)
- » [Minor raped in bus in Madhya Pradesh](#)
- » ['Paa' to release in 20 countries with 700 prints](#)
- » [India to attend UN meet on South-South Cooperation](#)
- » [Dalit boy set on fire in Madhya Pradesh](#)
- » [Man burnt alive for alleged extra-marital affair](#)
- » [Women play key role in Indian Navy traditions: official](#)
- » [Maoists kill tribal leader in Lalgarh](#)

» [Three die, six taken ill from food poisoning in Kolkata](#)

#### Most Popular Stories

- » [Manmohan Singh meets Brian Lara](#)
- » [Medal theft: Kirpal Singh arrested from Moga](#)
- » [Where is Osama ,British PM asks from Pakistan ?](#)
- » [Two special trains from Delhi for Gangasagar Mela](#)
- » [Punjab to get two multi-super speciality hospitals](#)
- » [Indians among foreign sex workers held in Malaysia](#)

---

[home](#) | [this is India](#) | [entertainment](#) | [politics](#) | [views](#) | [events](#) | [international](#) | [business](#) | [diaspora](#) | [news 4 use](#) | [development news](#) | [go India](#) | [health](#) | [New Delhi/ncr](#)  
[crime](#) | [sports](#) | [nation](#) | [concern](#) | [lifestyle](#) | [J&K- Chandigarh- Punjab- Haryana- Himachal](#) | [Uttarakhand- UP-Bihar-Jharkhand-West Bengal](#) | [other states](#)

---

[about us](#) | [advertise](#) | [contact us](#) | [privacy policy](#) |

© 2009-2010 Max Digital Media .All Rights Reserved. Terms under which this service is provided to you.  
**Powered by:** [PHPCow.com](#)