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## High salt intake tied to higher stroke risk



**NEW YORK:** Older adults with salty diets may have an increased risk of suffering a stroke, a new study suggests. The new findings strengthen the case for heavy salt intake as a stroke risk factor, according to Dr Francesco P Cappuccio, of the University of Warwick in the UK, who wrote an editorial published with the study in the journal *Stroke*. Researchers found that of close to 2,700 older, mostly minority adults, those who got well above the recommended sodium intake were nearly three times as likely to suffer a stroke over 10 years as people whose intake was within limits.

It is well-known that as people's sodium intake goes up, their blood pressure is likely to increase as well. It is unclear whether a salty diet may ultimately mean higher risks of heart attack and stroke down the road. Unlike blood pressure, which changes quickly, stroke and heart disease are long-range complications.

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