



## Prehrana hipertoničara — važnost smanjenja unosa kuhinjske soli

## Hypertonic patients' diet — importance of reduced intake of table salt

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**N**ačin prehrane ima značajan utjecaj na vrijednosti arterijskog tlaka i u normotoničara i u hipertoničara. Danas se sigurno zna kako su prekomjeran unos kalorija (koji dovodi do pretilosti) i naročito prekomjeran unos kuhinjske soli najznačajniji čimbenici rizika. I obratno, dokazano je kako smanjivanje unosa kuhinjske soli dovodi do smanjenja prevalencije hipertenzije, ali i uspješnijoj kontroli hipertoničara. Redukcija unosa soli je jednostavna i jeftina metoda koja može značajno pridonijeti kvaliteti života, ali i značajno smanjiti troškove zdravstva. No, velik je problem što ljudi nisu svjesni opasnosti koje po zdravlje nosi prekomjeran unos soli, a i kada postanu svjesni tog rizika, vrlo teško mjenjaju navike. Upravo u tom segmentu je presudna uloga medicinske sestre u edukaciji bolesnika praktičnim savjetima.

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**D**iet greatly affects the values of blood pressure in normotonic and hypertonic patients as well. Today we know that an excessive intake of calories (causing obesity) and especially, an excessive intake of table salt are the most significant risk factors. It has been also proved that reduced intake of table salt results not only in reduced prevalence of hypertension, but also an efficient control of hypertonic patients. The reduction in intake of salt is a simple and a cheap method that may significantly contribute to a better life quality and also greatly reduce the healthcare expenses. However, the big problem is that people are not aware of a danger to health due to an excessive intake of salt and after they have become aware of this risk, they are reluctant to change habits. This is where the nurses' role in providing patients with practical advices is decisive.