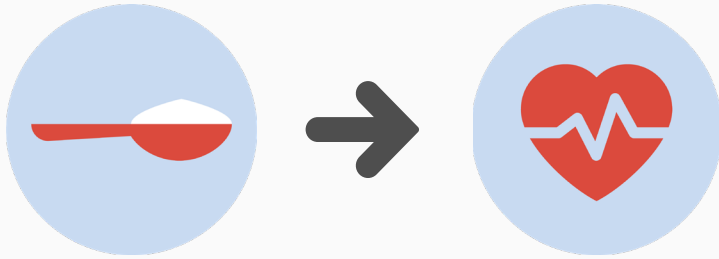


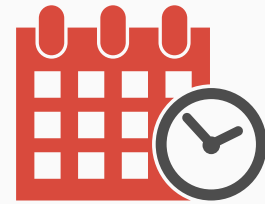
SODIUM-HF

Study Objective

Assess the effects of lowering the amount of sodium in the diet on clinical outcomes in a heart failure (HF) population.



Procedures



12 month intervention period + patients followed for additional 12 months



Dietary sodium intake assessed using a 3-day food record.

Participants



806 Patients



26 Sites

Patients randomized to the low sodium diet followed a dietary intervention designed to reduce sodium intake to <1500 mg/day. Patients randomized to usual care followed local guidelines.

6 Countries



Results



In patients with HF, a dietary intervention to reduce dietary sodium intake did not reduce clinical events, such as being hospitalized or going to the ER.



Modest improvements were seen in quality of life and New York Heart Association HF class.



SODIUM-HF is the largest trial of its type and provides a major update to published evidence.