

A focus on paediatric hypertension

Pier Paolo Bassareo, Giuseppe Mercurio

Department of Medical Sciences "M. Aresu", University of Cagliari, Cagliari, Italy

"The cardiovascular benefits of reduced salt intake are on par with the benefits of population-wide reductions in tobacco use, obesity, and cholesterol levels. A regulatory intervention designed to achieve a reduction in salt intake of 3 g per day (...) would be more cost-effective than using medications to lower blood pressure in all persons with hypertension."

Kirsten Bibbins-Domingo et al., 2010

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Corresponding author

Pier Paolo Bassareo, MD, PhD, Department of Medical Sciences "M. Aresu", University of Cagliari, Policlinico Universitario, S.S. 554, bivio di Sestu – 09042 Monserrato (Cagliari), Italy; tel.: +390706754953; fax: +390706754953; email: piercard@inwind.it.

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