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Statement of the Problem: It is known that and salt loading not only increases blood pressure (BP) but cause cardiovascular damage in animals and humans. Recent clinical studies have demonstrated that metabolic syndro (MS) increases the salt sensitivity of BP. ere is also known that salt sensitivity increases with age.

Purpose: e purpose of study was to assess an association between salt-sensitive hypertension and metabo syndrome in the elderly.

Materials & Methods: e study enrolled a total of 158 ethnically Georgian patients of stage I essential hypertension (JNC VIII). 72 of them where middle-aged (38-62 year old, 42 females and 30 males) and 86 where elderly (65 years old, 47 females and 39 males). Anthropometry, blood pressure monitoring, and 24 hr urinary sodium excreti were performed. All subjects were tested for salt-sensitivity. MS was classi ed as recommended by the Internatio Diabetes Federation-IDF9.

Findings: Our results have shown that all subjects consumed high amount of sodium chloride. Salt sensitivit was detected in 41 (57%) of hypertensive middle-aged (24 i.e. 58.5% of them were females) and in 62 (72% hypertensive elderly patients (44 i.e., 70.9% females). MS was detected in 18 (25%) of hypertensive middle-aged (61%), of them were females and 14 (77.7%) were salt-sensitive) and 46 (53.4%) of hypertensive elderly patients (73.9%) of them were females and 39 (84.7%) were salt-sensitive). A high prevalence of salt-sensitive hyperten was revealed in women and positive correlation of salt-sensitivity with age was found ($r=0.64$, $p<0.05$).

Conclusions: High incidence of salt-sensitivity and prevalence of salt-sensitive hypertension associated with hig sodium intake has been detected in Georgian hypertensive subjects. High sodium consumption in salt-sensiti hypertensive patients of Georgian nationality is closely linked with higher incidence of MS. ere is a high prevalence of metabolic syndrome in the elderly, especially in women.

Recent Publications:

1. Singer, M., Deutschman, C., Seymour, C., Shankar-Hari, M., Annane, D., Bauer, M., Bellomo, R., Bernard, Chiche, J., Coopersmith, C., Hotchkiss, R., Levy, M., Marshall, J., Martin, G., Opal, S., Rubenfeld, G., van Poll, T., Vincent, J. and Angus, D. (2016). e ird International Consensus De nitions for Sepsis and Septic Shock (Sepsis-3). JAMA, 315(8), p.801-810.
2. Masson, S., Caironi, P., Fanizza, C., omae, R., Bernasconi, R., Noto, A., Oggioni, R., Pasetti, G., Romero, M Tognoni, G., Latini, R. and Gattinoni, L. (2015). Erratum to: Circulating presepsin (soluble CD14 subtype) as marker of host response in patients with severe sepsis or septic shock: data from the multicenter, randomiz ALBIOS trial. Intensive Care Medicine, 41(9), pp.12-20.
3. Koch, A., Nilsen, R., Eriksen, H., Cox, R. and Harthug, S. (2015). Mortality related to hospital-associate infections in a tertiary hospital; repeated cross-sectional studies between 2004-2011. Antimicrobial Resistan and Infection Control, 4(57).
4. Komorowski, M., Celi, L., Badawi, O., Gordon, A., and Faisal, A. (2018). e Arti cial Intelligence Clinician learns optimal treatment strategies for sepsis in intensive care. Nature Medicine 24: 1716-1720.

Biography

Irina Andronikashvili is an Associate Professor in the Department of Internal Medicine, Tbilisi State Medical University. Her scientifc interest is etiology and pathophysiology of hypertension, particularlymechanism of development salt sensitivity and salt sensitive essential hypertension, elaboration of adequate methods of treatment and prevention. She is a Member of Georgian and Europian Societies of Cardiology.

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