| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Dodson, 198999  Location: US  Setting: Community  Design: Randomized, parallel  Number of Sites: 1  Study Years: unclear | Study of: Adults N: 34  Intervention 1: % Male: 71 Mean Age/Range/Age at Baseline: mean 61.9 (SD 7.5) Race: NR Systolic BP: 179 Diastolic BP: 98 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: NR % with Hypertension: 100 % with history of CVD: NR % with Type 2 diabetes: 100 % with Kidney disease: NR % with history of Kidney stones: NR  Comparator: % Male: 65 Mean Age/Range/Age at Baseline: mean 61.1 (SD 6.3) Race: NR Systolic BP: 174 Diastolic BP: 100 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: NR % with Hypertension: 100 % with history of CVD: NR % with Type 2 diabetes: 100 % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: Patients with type II diabetes with no past or current history of treatment with insulin. Three consecutive hypertensive BP readings (defined by the SBP > 160 mm Hg or DBP >95 mm Hg) in an established diabetic. Exclusion: Evidence of diabetic or hypertensive nephropathy, pregnancy, and cardiac failure. | Intervention Type(s):  Intervention 1: Dietary/lifestyle counseling (single or multiple sessions, including dietary advice) to reduce sodium intake Description: Moderate sodium restriction Form of Administration: Dietary Modification: Patients advised not to add salt at the table or in cooking and the avoidance of heavily salted foods Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Usual Diet Description: Patients instructed to continue with their usual diet Form of Administration: Usual diet Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 3 months Exposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measure Best sodium measure recorded: During run in period then at 1, 2, 3 months Sodium Status Intervention 1: 136.8 mmol/24h Potassium measure: Single 24-hour urine analysis without validation Best potassium measure recorded: During run in period then at 1, 2, 3 months Potassium Status Intervention 1: 63.9 mmol/24h  How was blood pressure measured? BP was taken in the supine and erect positions (after 5 and two minutes' rest, respectively) with a Hawksley random zero sphygmomanometer. All readings were taken by a separate "blind" observer, DBP was recorded at Korotkoff phase V. When the mid-arm circumference was less than 33 cm A standard width cuff (14 cm) was used ; for larger circumferences a 19 cm cuff was used. | Subgroup: Mild HTN, Diabetes Diastolic BP-supine Follow-Up Time: 3 months Comparison: Intervention 1 vs Comparator MD -2.80 (95% CI: -8.48 - 2.88) Systolic BP-supine Follow-Up Time: 3 months Comparison: Intervention 1 vs Comparator MD -7.10 (95% CI: -19.11 - 4.91) |