| **Study** | **Participants** | **Intervention(s)** | **IntakeStatus Ascertainment** | **Findings - Outcomes and Comparison** |
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| Dodson, 198999Location: USSetting: CommunityDesign: Randomized, parallelNumber of Sites: 1Study Years: unclear | Study of: AdultsN: 34Intervention 1:% Male: 71Mean Age/Range/Age at Baseline: mean 61.9 (SD 7.5)Race: NRSystolic BP: 179Diastolic BP: 98Magnesium: NRCalcium: NROther Minerals: NRMean BMI: NR% with Hypertension: 100% with history of CVD: NR% with Type 2 diabetes: 100% with Kidney disease: NR% with history of Kidney stones: NRComparator:% Male: 65Mean Age/Range/Age at Baseline: mean 61.1 (SD 6.3)Race: NRSystolic BP: 174Diastolic BP: 100Magnesium: NRCalcium: NROther Minerals: NRMean BMI: NR% with Hypertension: 100% with history of CVD: NR% with Type 2 diabetes: 100% with Kidney disease: NR% with history of Kidney stones: NRInclusion: 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 intakeDescription: Moderate sodium restrictionForm of Administration: Dietary Modification: Patients advised not to add salt at the table or in cooking and the avoidance of heavily salted foodsDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRComparator: Usual DietDescription: Patients instructed to continue with their usual dietForm of Administration: Usual dietDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRDuration: 3 monthsExposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measureBest sodium measure recorded: During run in period then at 1, 2, 3 monthsSodium Status Intervention 1: 136.8 mmol/24hPotassium measure: Single 24-hour urine analysis without validationBest potassium measure recorded: During run in period then at 1, 2, 3 monthsPotassium Status Intervention 1: 63.9 mmol/24hHow 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, DiabetesDiastolic BP-supineFollow-Up Time: 3 monthsComparison: Intervention 1 vs ComparatorMD -2.80 (95% CI: -8.48 - 2.88)Systolic BP-supineFollow-Up Time: 3 monthsComparison: Intervention 1 vs ComparatorMD -7.10 (95% CI: -19.11 - 4.91) |