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• 简 讯 •

马什哈德脑卒中与心脏动脉粥样硬化性疾病队列人群血清钠钾水平及膳食摄入与高血压的关联性: 一项横断面研究

Sherkati A, Saffar Soflaei S, Darroudi S, Moodi Ghalibaf A, Esmaeili S, Abdollahian N, Arabpour S, Omouri-Kharashtomi M, Mirzaei M, Ensan B, Allahyari M, Latifi M, Esmaily H, Ferns GA, Ebrahimi M, Ghayour-Mobarhan M. Association of serum levels and intakes of sodium and potassium with hypertension in the MASHAD cohort study population: a cross-sectional study. *J Health Popul Nutr*, 2025, 44(1):184.

高血压是一个重大的健康问题,也是多种疾病的危险因素。本研究旨在比较马什哈德脑卒中与心脏动脉粥样硬化性疾病(Mashhad stroke and heart atherosclerotic disorder, MASHAD)队列研究中高血压患者与健康对照者的血清钠钾水平及其膳食摄入量。方法和设计: 纳入 MASHAD 队列全部参与者。高血压定义为收缩压 ≥ 140 和/或舒张压 ≥ 90 mmHg(1 mmHg=0.133 kPa)或有高血压病史。由医护人员收集人口统计学变量,通过食物频率问卷评估钠钾膳食摄入量,电解质分析仪常规检测血清钠钾水平。采用 SPSS 18 版

进行数据分析。采用二元 logistic 回归模型控制混杂因素。结果: 在 9 704 名参与者中, 6 641 人血压正常, 3 063 例为高血压。两组血清钠钾水平差异无统计学意义(分别 $P=0.700, 0.360$)。校正混杂因素后, 这种关联性保持不变。高血压组钠钾膳食摄入量明显更高, 校正基线特征后, 膳食钠摄入量每增加 1 单位, 高血压风险升高 0.8%(95%CI 1.000~1.015)。结论: MASHAD 参与者血清钠钾水平与高血压无关, 但膳食钠摄入增加与高血压风险独立相关。

袁源(译)、郑武洪(摘、审校)