

✓ Vitality Wellness

January 2018

Stick it to sodium: why watching your salt intake is crucial to your health



The week of January 28th marks National Salt Awareness Week. Did you know that, according to Harvard School of Public Health, people over the age of 50 have a heightened risk of health problems due to salt consumption? The following are just a few major effects that excessive sodium intake can have on your physical health.

Increased water retention.

According to the American Heart Association, consuming too much sodium can lead to your body retaining larger quantities of water. Ultimately, this retention causes symptoms such as puffiness,

bloating, and weight gain. This may in turn negatively influence your personal body image.

Cardiovascular disease.

High levels of sodium may also increase your risk for various cardiovascular diseases, according to Harvard School of Public Health. These ailments include stroke, heart disease, and heart failure. By reducing your sodium intake, you can decrease your risk for these often fatal diseases.

Dehydration.

Sodium can also dehydrate those who consume it in excess. To

compensate for sodium intake, keep an appropriate amount of water in your diet. If you do not give your body the water that it needs, San Francisco Gate notes, it may begin pulling water from your cells. This can lead to unpleasant effects such as thirst, nausea, dizziness, cramps, vomiting, and diarrhea.

Hypertension.

Also known as high blood pressure, hypertension can result from excessive sodium levels. According to the American Heart Association, 77.9 million American adults suffer from hypertension. High blood pressure is also one of the leading causes of death in women, contributing to almost five times more deaths than breast cancer annually.

Remaining aware of your sodium intake and cutting down on salt can greatly improve your physical wellbeing. Next time you ask your friend to “pass the salt,” pause to consider the harmful effects of high sodium levels in your diet.

January Word Search: Limiting sodium intake

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| AWARENESS | EXCESS | PUFFINESS |
| BLOATING | FAILURE | REDUCE |
| BODY | FATAL | RETENTION |
| CANCER | HEALTH | RISK |
| CELLS | HEART | SALT |
| CONSUMPTION | INTAKE | SODIUM |
| DIET | LEVELS | STROKE |
| DIZZINESS | NAUSEA | WATCH |
| EFFECTS | PRESSURE | WATER |



December Word Search Key



Health spotlight

Prevent the harmful effects of glaucoma this New Year

January marks National Glaucoma Awareness Month; yet, ironically, many glaucoma patients remain unaware that they suffer from the disease. According to the National Eye Institute, glaucoma damages the optic nerve in the eye, resulting in vision loss and blindness. Though the disease is incurable, its harmful effects can be prevented through several types of treatment. Many medicines and surgeries can help lower eye pressure, minimizing damage. Be sure to visit your eye doctor regularly to test for glaucoma and learn more about various treatments.

