

## Special Issue

# Salt in Health and Disease—a Delicate Balance

### Message from the Guest Editor

High intake of dietary salt is a well-known risk factor for hypertension. The World Health Organization has established high salt consumption as a major risk factor for stroke and cardiovascular disease, which is mainly caused by high blood pressure. High salt intake also causes fluid overload, which is one of the main causes of heart failure. Moreover, some recent studies revealed the association between serum sodium levels and chronic kidney disease. Most major health and scientific organizations recommend the restriction of salt intake. However, sodium is an important component for humans to maintain biological functions, such as maintaining body fluid volume, osmotic balance in the blood, and extracellular and intracellular fluids. It is time to discuss Salt in Health and Disease—A Delicate Balance. We hope the Special Issue covers most fields of medicine, including cardiology, nephrology, epidemiology, nutrients, and so on. On this topic, you are invited to submit proposals for manuscripts that fit the objectives and the topics of this Special Issue.

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### Guest Editor

Dr. Masanari Kuwabara

Intensive Care Unit and Department of Cardiology, Toranomon Hospital, Tokyo 105-8470, Japan

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### Deadline for manuscript submissions

closed (20 December 2020)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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