

SALT CAN DAMAGE YOUR HEALTH

OSTEOPOROSIS

Salt intake is the major factor controlling the amount of calcium in the urine and the amount of calcium lost from bones. Calcium is vital for bone strength, and high salt intake which causes a loss of calcium may lead to weakening of the bones and an increased risk of osteoporosis.

EVERY 5-6 MINUTES, SOMEONE IS ADMITTED TO AN AUSTRALIAN HOSPITAL WITH AN OSTEOPOROTIC FRACTURE

If we do not achieve the maximum strength of our bones when we reach our mid to late twenties, our risk of developing osteoporosis later in life is increased.



For further information on osteoporosis visit the Osteoporosis Australia website:
www.osteoporosis.org.au

STOMACH CANCER

Salt, particularly in high concentration, damages the delicate lining of the stomach. This makes it more vulnerable to infections by *Helicobacter Pylori*, a type of bacteria that causes both stomach ulcers and stomach cancer.

COUNTRIES WHERE PEOPLE EAT A LOT OF SALTY FOODS TEND TO HAVE HIGH RATES OF STOMACH CANCER

In countries that have a higher salt intake than Australia, for example Northern China, Japan and Korea, this is a major public health problem.



For further information on stomach cancer, visit the Cancer Council website:
www.cancer.org.au



KIDNEY STONES AND KIDNEY DISEASE

A high salt intake also increases the amount of sodium in our urine. Reducing salt intake has been shown to reduce calcium excretion, and reduce reoccurrences of kidney stones - most kidney stones have calcium as their core constituent.

High blood pressure has been shown to increase the risk of reduced kidney function and there is increasing evidence that a high salt intake may increase how quickly kidney disease progresses, where it is already present. A higher salt diet will increase water retention which in turn will increase blood pressure and the risk of kidney disease.

ONE IN THREE AUSTRALIANS IS AT INCREASED RISK OF DEVELOPING KIDNEY DISEASE



For further information on kidney stones or kidney disease, visit Kidney Health Australia's website: www.kidney.org.au



OTHER EFFECTS OF SALT ON OUR HEALTH

A reduction in salt intake may also be beneficial for keeping a number of other conditions under control, such as Ménière's disease and possibly asthma.



For more information visit www.asthmaustralia.org.au or www.menieres.org.au

Salt reduction is recommended for people with diabetes because keeping blood pressure in the healthy range helps to reduce the risk of the long term complications of diabetes.



For more information on diabetes visit the Diabetes Australia website www.diabetesaustralia.com.au

A high salt diet can also lead to water retention. Many people with water retention, including women with premenstrual water retention, find considerable improvement in their symptoms by reducing their salt intake.