



What's new 2022

Internal medicine

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Effect of Salt Substitution on Cardiovascular Events and Death

Neal B et al., NEJM, September 2021

20995 Patienten aus 600 Dörfern in «rural China»

mean: 64.5 yrs (Lebenserwartung China 2019: Mann 74.8, Frau: 79.2)

Vorgeschichte: Stroke, art. Hypertonie (mean 154/89 mmHg)

Ausgeschlossen: Anamnese einer Niereninsuffizienz, kaliumsparende Diuretika

Eine Hälfte: 75% sodium chloride and 25% potassium chloride

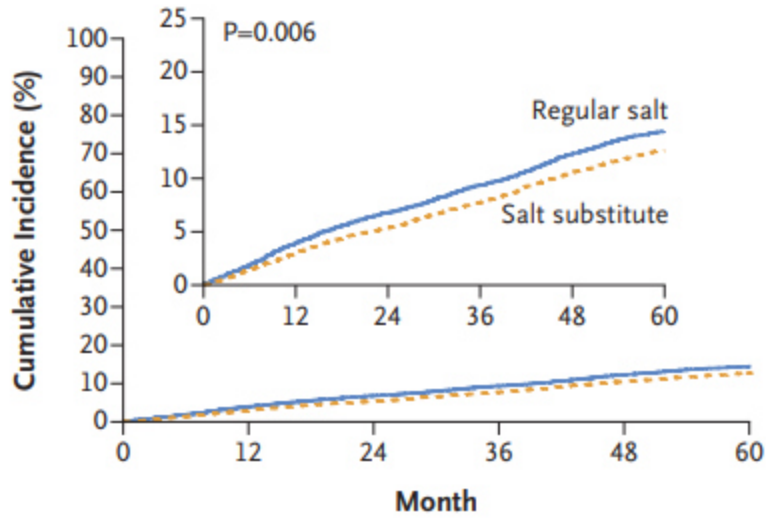
Andere Hälfte: regular salt (100% sodium chloride)

primary outcome: stroke

secondary outcomes: major adverse cardiovascular events and death from any cause

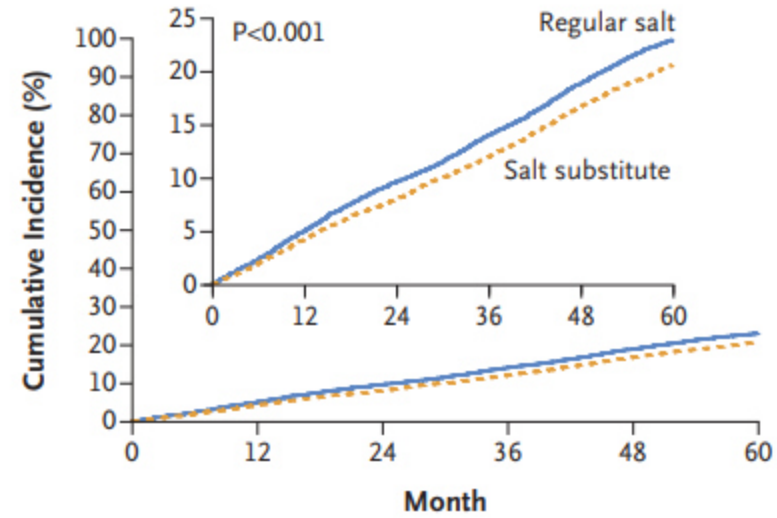
Follow up: 5 yrs

Stroke
-14%



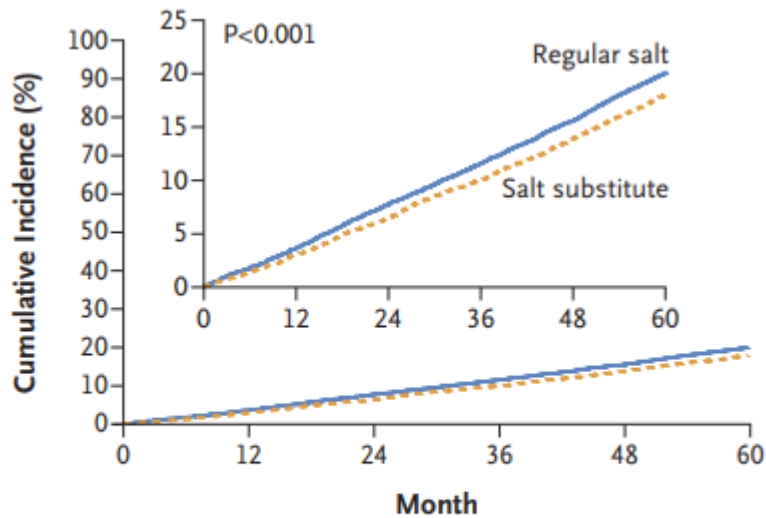
No. at Risk	0	12	24	36	48	60
Regular salt	10,491	9870	9288	8752	8138	7580
Salt substitute	10,504	9992	9508	8997	8385	7846

MACE
-13%



No. at Risk	0	12	24	36	48	60
Regular salt	10,491	9860	9259	8658	8002	7412
Salt substitute	10,504	9976	9478	8922	8277	7716

Gesamt
mortalität
-12%



No. at Risk	0	12	24	36	48	60
Regular salt	10,491	10,116	9681	9279	8859	8391
Salt substitute	10,504	10,189	9829	9452	9043	8617

Fazit

Einzig Langzeitstudie: 5 J., Studienland...

Günstige, schnell umsetzbare Massnahme

Die Reduktion des Natriumanteil um 25% macht die Intervention praktikabel



Dr. Jacob's
Blutdruck-Salz Ds
250 g
CHF 6.60
Coop Vitality

1 gramm :
400 mg NaCl, 300 mg KCl



Marny's Fitsalt **0% Natrium** 250
gr
4.0 ★★★★★ 5
250 Gramm

CHF 5.65
[Biuky.ch](https://www.biuky.ch)



Statin Verträglichkeit...

Wood et al, NEJM, November 2020

n=60

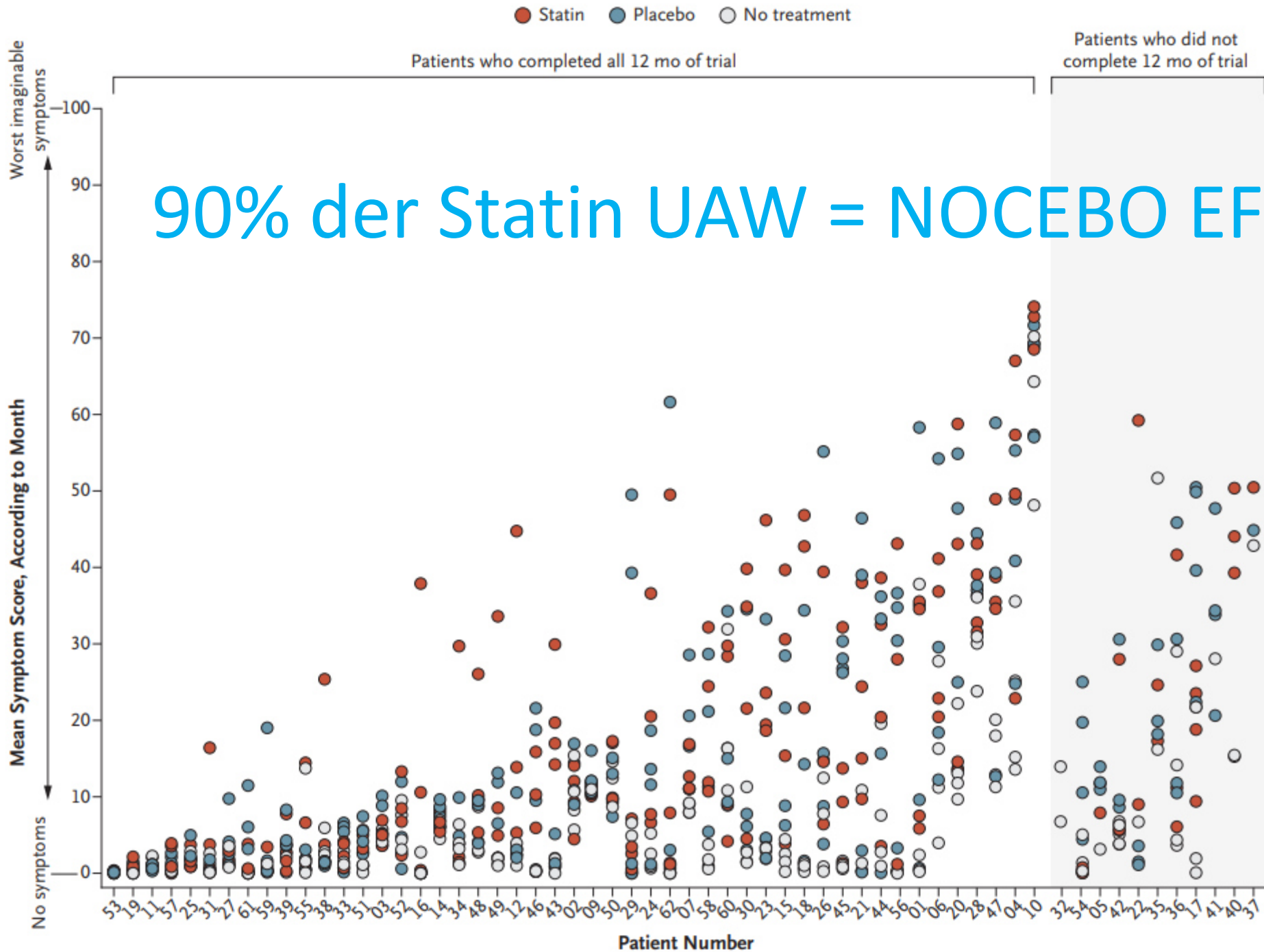
2 Wo. nach Statin Beginn > UAW = Statin stop

Jeder Pat erhielt 4 x vier Medikamentenpackungen

- 4x 20 mg Atorvastatin
- 4x Placebo
- 4x leere Packung

Zufällige 1 Monatssequenzen

Tägliche Befundabfrage per App, score 0-100



90% der Statin UAW = NOCEBO EFFEKT

Symptom score

keine Therapie 8/100

Placebo 15.4/100

Statin 16.3/100

6 Monate post-trial follow up

n=30 (50%): erfolgreiche Wiederaufnahme der Therapie

Covid und Post Spital Phase

Ayoubkhani et al, BMJ, March 2021

NHS hospitals in England

Jan bis August 2020

N=47780, 65 yrs, 55% Männer

Covid +

Follow up 140 d

Outcome:

all cause mortality

all cause hospital readmission

respiratory disease, heart failure/MI/Stroke

Diabetes type 1 or 2

Chronic kidney disease > stage 3

Chronic liver disease

Covid und Post Spital Phase

Ayoubkhani et al, BMJ 2021

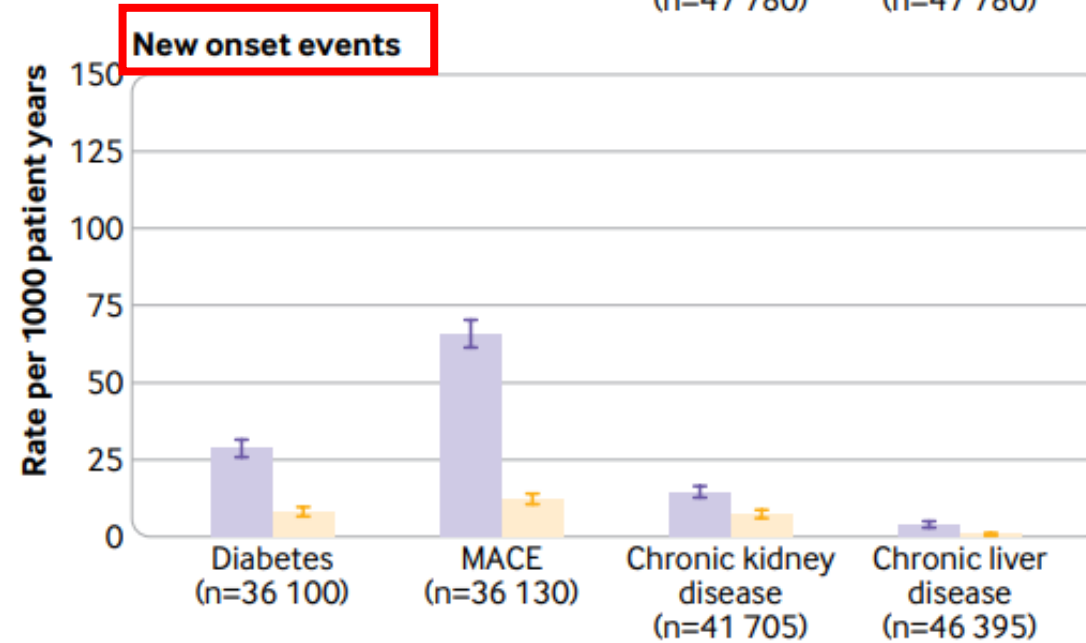
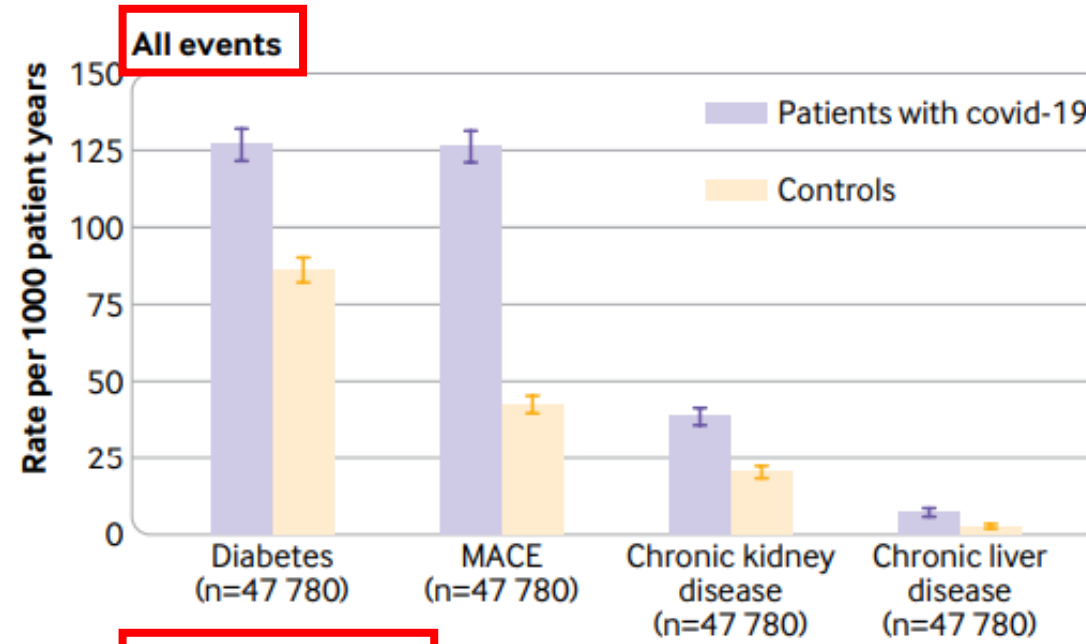
Im ambulanten setting/innert 6 Monaten:

29.4% Re-Hospitalisationen

12.3 % Todesfälle (n=5877)

Respiratory disease (all events): 29.6%

New onset respiratory disease: 21.5%



Viele neuauftretene nicht pulmonale Erkrankungen
6 Monate post Covid

Extrapulmonale Pathophysiologie/Pathologie post Covid beachten