International medical review

Researchers evaluated the effect of sodium intake on the risk of atrial fibrillation (AF) in people with cardiovascular diseases (CVD) or diabetes. Reducing sodium intake may be an effective prevention strategy for patients.

The analysis showed that there was a J-shaped relationship between sodium intake and the risk of AF. Consumption of 8 g or more of sodium per day was associated with a 32% increased risk of AF compared with sodium intake of 4 to 5.99 g/day.

The authors concluded that reducing sodium intake may be the best strategy for preventing AF in people with CVD and diabetes.

According to the JAMA

Researchers have reported the ability of protein "signatures" to predict the onset of 67 diseases. These included multiple myeloma, non-Hodgkin's lymphoma, motor neuron disease, pulmonary fibrosis and dilated cardiomyopathy.

The analysis showed that the determination of 5 protein concentrations without additional information for the prognosis of 163 diseases is equivalent to clinical models and significantly outperforms them for the prognosis of 30 pathologies.

This method offers new predicting possibilities for a variety of diseases, including rare pathologies.

According to the Nature journal

Scientists at the Texas Heart Institute (THI) have implanted the first titanium BIVACOR *total artificial heart* in a human. Eight days later, the patient was successfully transplanted with a donor heart.

The experts believe that such device can be used in people with severe biventricular heart failure or unilateral dysfunction for whom the use of a left ventricular assist device is not recommended.

According to the THI press office

Researchers evaluated the effect of antihypertensive therapy on target organ damage in patients with latent hypertension.

Data from 320 patients with latent hypertension who were not previously treated were analyzed. They were randomized 1:1 into active treatment (antihypertensive therapy) and placebo groups. The effect on target organ damage, defined as normalization of brachial-ankle pulse wave velocity and albumin-to-creatinine ratio, was assessed.

The authors concluded that antihypertensive therapy reduced mean daily BP and target organ damage in patients with latent hypertension.

According to The Lancet journal

Experts evaluated the association between tooth loss and cardiovascular disease (CVD) mortality.

The initial analysis showed that losing all teeth or having fewer than ten teeth was associated with CVD mortality, with a risk ratio of 1.66, meaning that people with tooth loss were more than 66% more likely to die from heart disease than the general population. Further analysis revealed significant heterogeneity in the results of the studies analyzed among participants with 10 or fewer teeth. Those with all teeth missing had a higher risk and no heterogeneity of results was observed.

The authors concluded that missing teeth or having fewer than 10 teeth can be considered a prognostic factor for CVD mortality.

According to the JOE

American scientists were able to predict 30-year cardiovascular risk in women using a blood test. The analysis showed that women with the highest levels of low-density lipoprotein cholesterol had a 36% higher risk of cardiovascular events than participants with the lowest levels. Women with the highest levels of lipoprotein(a) had a 33% increased risk, and those with high levels of C-reactive protein had a 79% increased risk. Data from 27,939 healthy women with an average age of 54.7 years were analyzed. During 30 years of follow-up, 3,662 cardiovascular events were registred.

According to the NEJM Journal

Researchers from Sweden analyzed the relationship between the level of antibodies to phosphorylcholine and the development of cardiovascular diseases (CVD) in elderly women.

The analysis showed that women with the highest levels of antibodies to phosphorylcholine (161 U/mL) had a 60% lower risk of developing CVD than patients with the lowest levels (20 U/mL).

Data from 932 women with a mean age of 66 years were examined. The levels of antibodies to phosphorylcholine were determined in the serum of the participants using enzyme immunoassay. The average follow-up time was 16 years. During this period, 113 women developed CVD.

The authors concluded that antibodies to phosphorylcholine can be used as a risk marker for CVD.

According to the JACC journal