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STUDY OF THE EFFECT OF GIVING A LOW-SALT DIET ON BLOOD PRESSURE IN PRE-ELDERLY PATIENTS WITH HYPERTENSION IN INDONESIAN

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Abstract

Objectives : Pre-elderly is included in the category of groups that experience the aging process and as a result of the aging process can increase the incidence of non-communicable diseases, one of which is high blood pressure or hypertension. One of the factors that causes hypertension is excessive salt consumption, so it is necessary to manage hypertension with a low-salt diet. This study aims to determine the effect of a low-salt diet on blood pressure in elderly people with hypertension

Method: This research method uses a literature review with the prism flow chart. A total of 15,100 journals were screened, 6,250 identified by title and 112 journals identified. After being identified, 7 journals were obtained based on inclusion criteria to be included in the literature review. The literature search used the Google Scholar database published in 2017-2022.

Results: Of the seven journals that have been studied, there is an effect of giving a low-salt diet on blood pressure in elderly people with hypertension.

Conclusion: Based on the literature study that has been done, it can be concluded that a low-salt diet can control and reduce blood pressure in pre-elderly people with hypertension.

Keywords: Low Salt Diet, Blood Pressure, Hypertension.