

A-11 Urinary sodium excretion in adults

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The objective of this study was to assess the daily sodium intake of Sri Lanka adults using 24h urinary sodium excretion as a surrogate measure.

The sample consisted of 59 healthy volunteers (male=34, female =25), Mean age (SD) was 45.8(8.6) years. They were not on any medications. Participants collected a 24h urine sample when they were on their habitual diet. Blood

pressure (BP) was measured with the subjects seated and the heights and weights were measured in casual clothes and without shoes. The urinary sodium was measured using the Corning clinical flame photometer. Split samples were done for one third of the subjects and technical error for sodium was 1.96%.

The mean (SD) 24h sodium excretion was 134 (81) mmol/24h. Results indicated that 61% of the subjects were consuming more than the recommended amount of sodium (100mmol/day) and that 15% of them were taking more than twice the recommended amount (200 mmol/day) of sodium per day. There was no significant correlation between 24h sodium excretion and systolic or diastolic blood pressure or body mass index and 24h sodium excretion. This may be due to the small sample size.