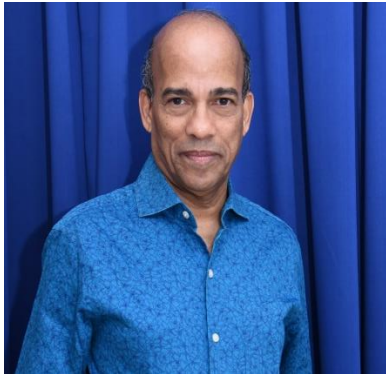


MEDICAL LEARNING

**Case
16**



M.D(Med),D.O.I.H,F.I.A.E,D.H.A,F.A.I.M.P(Cardiology)

Senior Cardio-Metabolic Physician

Senior Echocardiography Trainer

Cont.: 8605657755

Mathura a 53 year old lady working as a teacher was on treatment for hypertension for the last 6 years. Last 8 days she was not feeling well and went to see the doctor at the hospital. She was examined and having not found any disease was sent home with some tonics. This kept on happening for full 8 days. On the 9th day she collapsed. Was shifted as a critical case to the closest hospital. The hospital started the treatment and the patient lost her life even before the blood reports arrived. The blood reports were good but they showed extremely low salt (Na 98) in her body.

The reason was simple. She was on medicines for BP which were losing salt. On top of it she was advised salt restricted diet which she was following very strictly. Again another victim of this fable of salt restricted diet in our nation where we sweat a lot and lose salt from the body. An earnest appeal to everyone. Please check your salt and only then decide about restricting salt in your diet.

I have seen a large number of such situations in my long medical practice and research. You lose minimum 5-6 grammes of salt daily through sweat. This needs to be replaced