

# Which method has the most accurate measurement of daily salt intake?

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The recently published paper by Hasandokht *et al.*, entitled "Life style interventions for hypertension treatment among Iranian women in primary health-care settings: Results of a randomized controlled trial," had this advantage that it was done in Iran<sup>[1]</sup> that emphasized on the importance of preventive medicine in Iranian population. As the authors mentioned in their study and because the positive correlation between daily salt intake and hypertension is an essential risk factor,<sup>[1]</sup> it is important to estimate nearly accurate daily sodium intake.

However, in their study the amount of dietary salt Intake is based on self-reported food record questionnaires, and this is one of the limitations of their study.<sup>[1]</sup>

We suggested to obtain a morning fasting midstream urine sample from each patient and after freezing, and to send it to the laboratory in an ambient packaging with special boxes for biologic materials.<sup>[2]</sup>

After that the Kawasaki formula is used to calculate 24 h urinary sodium excretion and this estimate is used as equivalent for most accurate salt intake.<sup>[2,3]</sup>

Thus, by this procedure nearly accurate daily sodium intake is achieved and the validity of the studies would be increased.

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## Conflicts of interest

There are no conflicts of interest.

**Allahyar Golabchi, Majid Mazoochi,  
Hamid Reza Fayyazi**

Shahid Beheshti Hospital, Faculty of Medicine, Kashan University of Medical Sciences, Kashan, Isfahan, Iran

**Address for correspondence:** Dr. Hamid Reza Fayyazi,  
Faculty of Medicine, Shahid Beheshti Hospital,  
Kashan University of Medical Sciences,  
Kashan, Isfahan, Iran.  
E-mail: hamidreza.fayyazi@yahoo.com

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