

New research: Stroke risk and too much sleep; genes that make the body salt-sensitive

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Micrograph showing cortical pseudolaminar necrosis, a finding seen in strokes on medical imaging and at autopsy. H&E-LFB stain. Credit: Nephron/Wikipedia

High blood pressure, or hypertension, affects one third of—or 70 million—US adults¹, and the healthcare costs associated with treating the disease are approximately \$46 billion². From May 15 - 19, 2015, members of the medical community from around the world will gather at the 30th Annual Scientific Meeting of the American Society of

Hypertension (ASH) in New York City to discuss new scientific findings, state-of-the-art diagnostic tools and new treatments for hypertension. During the conference, more than 200 new studies about the epidemic will provide the most up-to-date information about how to prevent, diagnose and control hypertension and wide-ranging conditions thought to be associated with the "silent killer."

Among the findings from the ASH meeting is research that suggests clocking too many hours of sleep—or getting too little—significantly ups one's risk for [stroke](#). In addition, two new studies provide insights into falls among the elderly and whether or not hypertension or anti-hypertensive meds play a role. Another compelling study helps shed light into the genes responsible for making some individuals' blood pressure sensitive to salt in the diet. Below are research highlights from the 2015 conference:

Sleep and Stroke: What's the Connection?

Sleeping less than five hours—or more than eight hours—per night is associated with a nearly twofold greater risk of stroke compared to a "healthy" length of sleep among hypertensive patients, according to research led by Oluwaseun Akinseye, M.D., from the Icahn School of Medicine at Mount Sinai in New York and sponsored by NYU School of Medicine.

Using data from the National Health Interview Survey (2004-2013) about 203,794 hypertensive U.S. adults, researchers determined that risk for stroke was nearly 14 percent among long sleepers (>8 hours), 11 percent among insufficient sleepers (

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