

Low-normal sodium deemed major risk for mortality in elderly

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A slightly lower serum sodium concentration within the normal range is

a major risk factor for mortality in elderly adults, according to a study published in the March issue of the *Journal of the American Geriatrics Society*.

Shin Y. Ahn, M.D., from Seoul National University Bundang Hospital in South Korea, and colleagues randomly selected, community-based 949 [elderly adults](#) with a corrected [serum](#) sodium level between 135.0 and 145.0 mEq/L from the Korean Longitudinal Study on Health and Aging cohort. Patients were stratified by sodium level: 73 in Group 1 (sodium 135.0 to 138.0 mEq/L), 635 in Group 2 (sodium 138.1 to 142.0 mEq/L), and 241 in Group 3 (sodium 142.1 to 145.0 mEq/L).

The researchers found that deaths significantly varied by group: 34 deaths in Group 1, 124 in Group 2, and 52 in Group 3 (P 138.0 mEq/L had a better survival rate than those with a measured sodium level of ≤ 138.0 mEq/L and a corrected sodium level of ≤ 138.0 mEq/L).

"Sodium level corrected according to serum glucose concentration was a more meaningful risk factor than measured [sodium level](#)," the authors write.

More information: [Abstract](#)
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