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### THE RELATIONSHIP BETWEEN DIABETIC RISK FACTORS, DIABETIC COMPLICATIONS AND SALT INTAKE

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The relationship between salt and hypertension is the focus of a large amount of research, there are few reviews of the relationship between salt and diabetes, despite the increasing incidence of diabetes. By searching PubMed and the Cochrane Library, we summarized the relationships between diabetic risk factors, diabetic complications and salt intake. The pathophysiological mechanisms underlying the effects of salt on diabetes risk factors and diabetic complications are also discussed. Our findings should assist experts and scholars to understand the current research of salt intake and to pay more attention to the prevention and treatment of related diseases caused by excessive salt intake; guide treatment for patients with diabetes mellitus; and provide a reference for government departments to formulate a reasonable salt restriction policy. We also recommend future research directions.

### BIOGRAPHY

Shuang Han is a Doctor in first affiliated hospital of Harbin Medical University, China. She is an Endocrinologist who is devoted to the research of diabetes. She devoted all her passion and energy to education, scientific research and clinical work and made great contributions to human health. The relationship between salt intake and the complications of diabetes has been further studied, which laid a solid foundation for the prevention and treatment of diabetic complications.

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