

NEWS RELEASE

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MedAware Systems findings on dietary sodium restriction to be presented at the American Society for Nutrition Conference

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Is there science to support sodium restriction in the diet? MedAware Systems is addressing that question at the American Society for Nutrition's (ASN) flagship conference *Nutrition 2019*, in Baltimore, MD June 8 – 11, 2019.

ASN was founded in 1928, with the mission to develop and extend knowledge of nutrition of all species through fundamental, multidisciplinary, and clinical research; facilitate contact among investigators in nutrition, medicine and related fields of interest; support the dissemination and application of nutrition science to improve public health and clinical practice worldwide; promote graduate education and training of physicians in nutrition; provide reliable nutrition information to those who need it, and advocate for nutrition research and its application to development and implementation of policies and practices related to nutrition.

This comprehensive review of 368 studies, entitled: *A Novel Meta-Analytic Approach With Applications to Nutrition Research: A Comprehensive Analysis of Sodium Restriction* is authored by Dr. Zung Tran, Anna Ivashchenko, and Kate Yzquierdo of MedAware Systems, and David Seres, MD, Director of Medical Nutrition and Associate Professor of Medicine in the Institute of Human Nutrition, Columbia University Medical Center, New York.

Whether and how much dietary sodium should be restricted for healthy or at-risk populations remains controversial. New epidemiological data suggest a striking increase in mortality with sodium intake < 3 g/day, confounding this discussion. The conclusion of this initial analysis is that more research is urgently needed given the sobering mortality data.

"We often hear that saturated fat, eggs, salt, anything else delicious are bad; no, wait, good; no, never mind, bad; oops, the science has evolved, so we reserve the right to change our minds monthly. ", said David Seres, MD. He continued, "Less than 15 percent of the thousands of recommendations in many dietary guidelines are based on the highest quality of research. This level of evidence is wholly inadequate for making any conclusive determinations on dietary restriction."

ABOUT MEDAWARE SYSTEMS, INC.

MedAware Systems, Inc. changes the way Pharma and medical device companies, physicians, payers and patients derive usable evidence from published clinical trials research. The Company's *Science of Health Informatics* (SOHInfo™) is a Scientific-Data-as-a-Service (SDaaS™) that solves the problem of making the vast and chaotic body of clinical science research data instantly available and indispensable for understanding the safety and efficacy of medical treatments and devices.

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