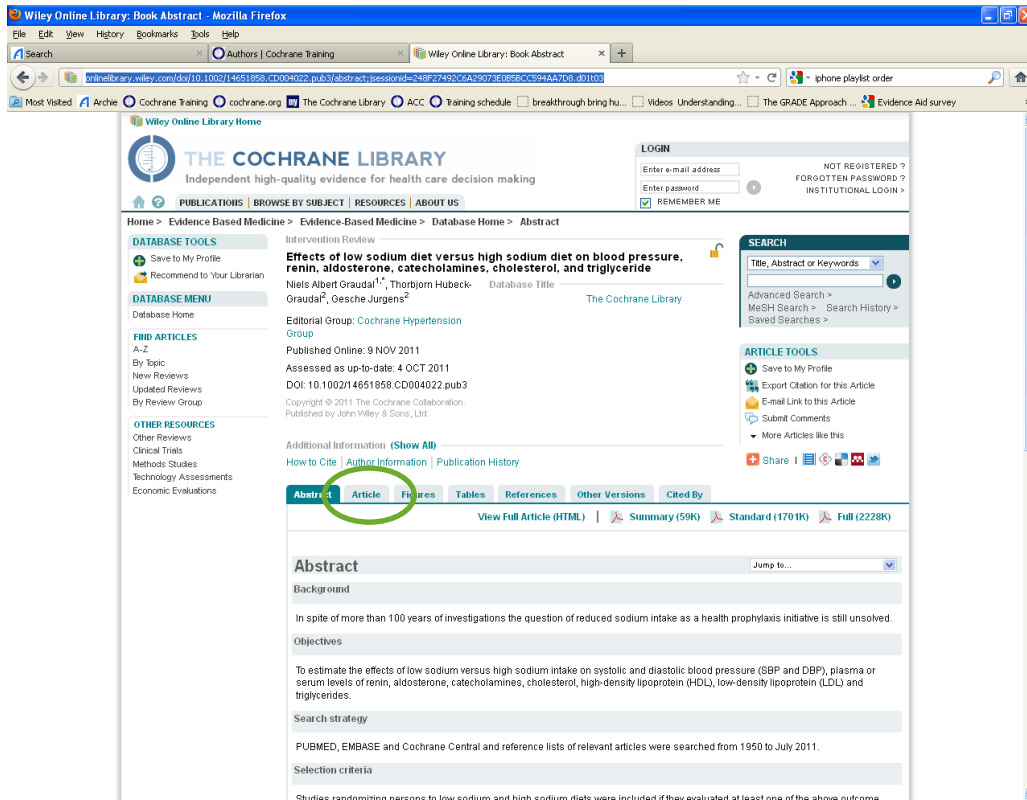


# Downloading data from *The Cochrane Library*

For all reviews published in *The Cochrane Library*, it is possible to download the forest plot data in the form of a RevMan file.

1. In The Cochrane Library, open the relevant review.
2. Click the **Article** tab.



The screenshot shows the Wiley Online Library interface for a Cochrane review. The browser window title is "Wiley Online Library: Book Abstract - Mozilla Firefox". The URL is "wileyonlinelibrary.com/doi/10.1002/14651858.cd004022.pub3/abstract?rssored=248P27492C6A5078E0B5PCC594AA7D8\_d31103". The page title is "Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride". The authors listed are Niels Albert Graudal<sup>1,2</sup>, Thorbjørn Hübbeck<sup>1</sup>, Graudal<sup>3</sup>, Gesche Jürgens<sup>4</sup>. The review is published online on 9 NOV 2011 and assessed as up-to-date on 4 OCT 2011. The DOI is 10.1002/14651858.cd004022.pub3. The 'Article' tab in the navigation bar is highlighted with a green circle. Below the navigation bar, there are options to view the full article (HTML), summary (59K), standard (1701K), or full (2228K). The 'Abstract' section is visible, with a 'Jump to...' dropdown menu next to the heading.

3. Go to the **Data and analyses** section of the review. You can do this by scrolling down, or find the **Jump to** drop-down list next to the **Background** heading, and select **Results**.

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Intervention Review

**Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride**

Niels Albert Graudal<sup>1,2</sup>, Thorbjorn Hubeck-Graudal<sup>2</sup>, Gesche Jurgens<sup>2</sup>

Database Title: The Cochrane Library

Editorial Group: Cochrane Hypertension Group

Published Online: 9 NOV 2011

Assessed as up-to-date: 4 OCT 2011

DOI: 10.1002/14651858.CD004022.pub3

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Abstract | **Article** | Figures | Tables | References | Other Versions | Cited By

Summary (59K) | Standard (107K) | Full (224K)

**Background**

In the later years, population studies associating sodium intake with morbidity and mortality have been published. The aim of this review was to assess the effect of sodium reduction as a prophylaxis initiative, although not unambiguously, as the interpretation of the population effect is controversial (Aldermann 2010, Strazzullo 2009). In addition, recent studies have showed a direct harmful effect of sodium reduction on mortality in patients with established heart failure (Paterna 2008, Paterna 2009) and diabetes (Thomas 2011, Ekinci 2011), questioning the general recommendation of reduced sodium intake.

Hitherto, the recommendation to reduce sodium intake is based on the effect on a surrogate marker, i.e. blood pressure. The aim of this review was to assess the effect of sodium reduction on blood pressure, renin, aldosterone, catecholamines and mortality (Collins 1999, Law 1997, Graudal 1998, He 2002, Hooper 2002) and other Cochrane reviews (He 2004, Taylor 2011) of the effects of sodium reduction on blood pressure, renin, aldosterone, catecholamines and serum lipids. Since some of these effects are expected to be mutually dependent, the effect makes it possible to detect the consistency of the results between the studies. The present review includes the first cumulative meta-analysis that includes an analysis of hormones and lipids in addition to blood pressure (Graudal 1999), first published in 2003 (Jurgens 2004).

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4. Click the **Download statistical data** link, just below the section heading.

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Intervention Review

**Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride**

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**Data and analyses**

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**Comparison 1. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in whites**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Whites, normotensive, DBP	71	7299	Mean Difference (Random, 95% CI)	-0.05 [-0.51, 0.42]
2 Whites, normotensive, SBP	70	7035	Mean Difference (Random, 95% CI)	-1.27 [-1.88, -0.66]
3 Whites, hypertensive, DBP	76	4903	Mean Difference (Random, 95% CI)	-2.75 [-3.34, -2.17]
4 Whites, hypertensive, SBP	74	4879	Mean Difference (Random, 95% CI)	-5.48 [-6.53, -4.43]

**Comparison 2. Effect of salt reduction on mean blood pressure (MBP) in whites.**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Whites, normotensive, MBP	31	1790	Mean Difference (Fixed, 95% CI)	-0.00 [-0.34, 0.33]
2 Whites, hypertensive, MBP	23	1511	Mean Difference (Fixed, 95% CI)	-3.56 [-4.07, -3.06]

**Comparison 3. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in whites, study duration at least 4 weeks**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Whites, normotensive, DBP	20	4047	Mean Difference (Random, 95% CI)	-0.45 [-0.90, 0.00]
2 Whites, normotensive, SBP	19	3753	Mean Difference (Random, 95% CI)	-1.29 [-1.96, -0.62]
3 Whites, hypertensive, DBP	49	3748	Mean Difference (Random, 95% CI)	-2.59 [-3.32, -1.85]
4 Whites, hypertensive, SBP	46	3543	Mean Difference (Random, 95% CI)	-5.18 [-6.43, -3.94]

**Comparison 4. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in Asians**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Asians, normotensive, DBP	3	393	Mean Difference (Fixed, 95% CI)	-1.68 [-3.29, -0.06]
2 Asians, normotensive, SBP	3	393	Mean Difference (Fixed, 95% CI)	-1.27 [-3.07, 0.54]
3 Asians, hypertensive, DBP	7	477	Mean Difference (Random, 95% CI)	-2.60 [-4.03, -1.16]
4 Asians, hypertensive, SBP	8	477	Mean Difference (Random, 95% CI)	-10.21 [-16.98, -3.44]

**Comparison 5. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in Blacks**

Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Blacks, normotensive, DBP	7	506	Mean Difference (Random, 95% CI)	-2.01 [-4.37, 0.35]
2 Blacks, normotensive, SBP	7	506	Mean Difference (Random, 95% CI)	-4.02 [-7.37, -0.68]
3 Blacks, hypertensive, DBP	9	674	Mean Difference (Random, 95% CI)	-2.40 [-4.68, -0.13]

- The **Download Cochrane Reviews Statistical Data** window will open. In this window, please note the link to the Terms and Conditions for downloading this data. Make sure you have read these terms and conditions.

The screenshot shows the 'Data and analyses' section of a Cochrane review. It contains five comparison tables. A dialog box is open over the second table, titled 'Download Cochrane Reviews Statistical Data'. The dialog box contains the following text:

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The background page shows the following data tables:

Comparison 1. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in whites				
Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Whites, normotensive, DBP	71	7299	Mean Difference (Random, 95% CI)	-0.05 [-0.51, 0.42]
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Comparison 2. Effect of salt reduction on mean blood pressure (MBP) in whites.				
Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Whites, normotensive, MBP	31	1790	Mean Difference (Random, 95% CI)	-0.00 [-0.34, 0.33]
2 Whites, normotensive, SBP	70	7035	Mean Difference (Random, 95% CI)	-1.27 [-1.88, -0.66]
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4 Whites, hypertensive, SBP	74	4879	Mean Difference (Random, 95% CI)	-5.48 [-6.53, -4.43]

Comparison 4. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in Asians				
Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Asians, normotensive, DBP	3	393	Mean Difference (Fixed, 95% CI)	-1.68 [-3.29, -0.06]
2 Asians, normotensive, SBP	3	393	Mean Difference (Fixed, 95% CI)	-1.27 [-3.07, 0.54]
3 Asians, hypertensive, DBP	7	477	Mean Difference (Random, 95% CI)	-2.60 [-4.03, -1.16]
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Comparison 5. Effect of salt reduction on systolic blood pressure (SBP) and diastolic blood pressure (DBP) in Blacks				
Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
1 Blacks, normotensive, DBP	7	506	Mean Difference (Random, 95% CI)	-2.01 [-4.37, 0.35]
2 Blacks, normotensive, SBP	7	506	Mean Difference (Random, 95% CI)	-4.02 [-7.37, -0.68]
3 Blacks, hypertensive, DBP	9	674	Mean Difference (Random, 95% CI)	-2.40 [-4.68, -0.12]

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Prepared by Miranda Cumpston, 21 November 2011

Example: Graudal NA, Hubeck-Graudal T, Jurgens G. Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride. Cochrane Database of Systematic Reviews 2011, Issue 11. Art. No.: CD004022. DOI: 10.1002/14651858.CD004022.pub3.