# The effect of sodium chloride intake on blood pressure response to coffee

Published: 03-04-2012 Last updated: 01-05-2024

to explore the effect of sodium intake on the coffee-induced increase in blood pressure

Ethical review Approved WMO

**Status** Recruitment stopped

Health condition type Vascular hypertensive disorders

Study type Interventional

# **Summary**

#### ID

NL-OMON37848

**Source** 

ToetsingOnline

**Brief title** 

Coffee and salt intake

#### **Condition**

• Vascular hypertensive disorders

#### **Synonym**

Hypertension

#### Research involving

Human

# **Sponsors and support**

Primary sponsor: Universitair Medisch Centrum Sint Radboud

Source(s) of monetary or material Support: Ministerie van OC&W

#### Intervention

**Keyword:** blood pressure, Caffeine, Sodiumchloride

#### **Outcome measures**

#### **Primary outcome**

response to coffee intake of blood pressure Dinamap and Nexfin) and cardiac output (Pulse contour method applied to continuous blood pressure signal that is measured at the finger using Nexfin)

#### **Secondary outcome**

sodium and creatinine excretion in urine; plasma caffeine concentration before and 2 hours after intake of 2 cups of coffee

# **Study description**

#### **Background summary**

Caffeine intake increases blood pressure acutely, an effect that deminishes over time when coffee is used regularly. This effect is likely to be caused by antagonism of the vasodilator action of endogenous adenosine. Recently, high sosium intake has been shown to augment the vasodilator action of adenosine in animals. We hypothesize that high sodium intake also augments the blod pressure response to caffeine. If true, the current epidemiological data base on the cardiovascular safety of caffeine consumption needs to readressed taking into account the modifying role of sodium intake.

#### Study objective

to explore the effect of sodium intake on the coffee-induced increase in blood pressure

#### Study design

Non-blinded randomized cross-over design.

#### Intervention

All volunteers will use a high (6 gram/24 hours) and low (12 gram/24 hours) sodium chloride diet (in random order; 5 days on each diet, both periods separated by at least 4 days). At the end of each period, 24 hour urine is

2 - The effect of sodium chloride intake on blood pressure response to coffee 24-06-2025

collected to assess sodium excretion. Volunteers will abstain from caffeine containing beverages, alcohol and nicotine for at least 24 hours. The blood pressure response to two cups of caffeine containting coffee, prepared according to standardized procedures, will be measured. Venous blood is sampled before and two hours after coffee administration to measure caffeine concentration.

#### Study burden and risks

No relevant risk is anticipated

## **Contacts**

#### **Public**

Universitair Medisch Centrum Sint Radboud

Postbus 9101 6500 HB Nijmegen NI

#### **Scientific**

Universitair Medisch Centrum Sint Radboud

Postbus 9101 6500 HB Nijmegen NL

# **Trial sites**

#### **Listed location countries**

**Netherlands** 

# **Eligibility criteria**

#### Age

Adults (18-64 years) Elderly (65 years and older)

#### Inclusion criteria

Signed informed consent. At least 18 years of age.

#### **Exclusion criteria**

Use of any medication or recreational drugs (exept oral anticonception in female participants) Hypertension (defined as SBP > 140 mmHg and/or DBP > 90 mmHg as measured after at least 5 minutes in supine position by standard auscultatory measurements) Difference in blood pressure between the two arms of 10 mmHg or more (systolic) Alcohol consumption > 2 units/day

Any cardiovascular abnormality as detected during routine history and physical examination. BMI > 25

# Study design

### **Design**

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

#### Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 19-04-2012

Enrollment: 15

Type: Actual

# **Ethics review**

Approved WMO

Date: 03-04-2012

Application type: First submission

4 - The effect of sodium chloride intake on blood pressure response to coffee 24-06-2025

Review commission: CMO regio Arnhem-Nijmegen (Nijmegen)

Approved WMO

Date: 23-04-2012

Application type: Amendment

Review commission: CMO regio Arnhem-Nijmegen (Nijmegen)

# **Study registrations**

# Followed up by the following (possibly more current) registration

No registrations found.

# Other (possibly less up-to-date) registrations in this register

No registrations found.

# In other registers

Register ID

CCMO NL39999.091.12

# **Study results**

Date completed: 01-07-2012

Actual enrolment: 15