

## **Abstract**

My bachelor's thesis focuses on the intake of table salt and other dietary approaches and habits in patients with primary aldosteronism, an extreme form of salt-sensitive hypertension. The theoretical part deals with the definition of the term and risk factors associated with primary aldosteronism, summarizes the diagnosis and treatment procedures especially dietary measures which are very important in the treatment.

The practical part was based and developed using an anonymous questionnaire form. The questionnaire consisted of 66 questions ranging from sociodemographic to awareness, education, dietary habits and dietary preferences in relation to salt intake. The purpose of this study was thereby to determine the dietary habits and sodium chloride intake of patients with primary aldosteronism.

The total number of patients who were approached was 15, mostly males which were 11 and females were 4. The diet was fairly regular, but with more than half prioritizing lunch and dinner rather than breakfast. When they had a higher intake of cold cuts, salty bars, chips compared to fruit and vegetables. Most of the patients were educated about salt restriction diet and diet in hypertension due to the characteristics of the cohort, but few of them actually follow it. And there were no efforts to limit salt intake in them. Therefore, it is important to inform not only patients but the whole society in the prevention of the risks associated with excessive salt intake, or to improve the prognosis in an already present disease.

**Key words:** primary aldosteronism, hypertension, sodium, NaCl, dietary habits