Specialists from the University of McGill discovered a new mechanism for the development of high blood pressure. It is associated with changes in the brain that occur due to excess salt. The results are published in Neuron.

As part of the experiment, scientists gave rats a saline solution with a concentration of 2%. It is equivalent to the diet of a person who eats a lot of processed products. According to experts, an excess of salt leads to an inflammatory process in a hypothalamus that regulates blood pressure.

Heart Fund

The study also showed that the immune cells of the brain with too much salt in the body are activated and begin to destroy the processes of astrocytes. That is, the cells that are responsible for the work of neurons and the transmission of signals between them. When astrocytes are damaged, the control of the neurotransmitter of glutamate is deteriorating. This causes the activation of NMDA receptors and an increase in the activity of neurons that produce vasopressin. The last hormone affects blood pressure.

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