In modern times, what had been about access to salt, gave way to a concern that excess consumption caused hypertension which, in turn, increased cardiovascular morbidity and mortality. Skeptics contended that reducing sodium had multiple physiological consequences and thus, the value of sodium reduction could only be determined by studies that linked sodium intake to health outcomes. Over the past quarter century more than 2 dozen observational, and several randomized trials, have produced a coherent picture that explains their diverse findings. In fact sodium, like all other essential nutrients, has a “J” shaped relation to mortality.

**Educational Objectives:** Participation in this conference should enhance understanding of mechanisms of cardiovascular regulation and related areas, develop and improve ability to evaluate research findings, and provide insights and applications relevant to diagnosis and treatment of cardiovascular disease.

**CME Accreditation:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The University of Iowa Carver College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s).*™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure:** Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest.