

SUNDHEDSMÆSSIGE VIRKNINGER AF SALT

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INDHOLD

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" + (

" + #

" +

" " &

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6 ASTMA

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, #

7 NYRESTEN

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- &

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REFERENCER

FORORD

“
\$ # %
(!
#& \$)

* (" (') ((# +!
((+, (+ " (!
- (/ % 0 #
1 # " " ' #
2 # + # 3
3
4 " 3
2 1

1 INDLEDNING

Resume. (#
" # 0 + !
+
3 + # 0 " !
" # 3 " 3 !
(" / # (" (!
" * # # +!
' "% # # + #
! # # +!
' (# (# " # + # !
\$! + # & 4 # + # !
" + 5 # !
(+ # + 5 # (, + ' + 5 !
+ (' # ' % + ' + !
' \$ 5&' # + # !
, # '(6 5

Konklusion. (# (+, 6
(+, # ((" (+
(+, \$ # & #' " ' +
" # # , # , + # !
, + ' # # !
" # (# ,
+ ' " + ' # '%(%#

1. Historie

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+ ' ' ! !
+ # ' ,+ 8 ' !
+ # ' #' # " ("

* (# 6 (+ ((# 6 " ' !
(' + (9 !
; " ' (# " ; " !
< # 0 => (# = \$(" !
(& %(? @ (< !8 % 4

A BC

. # / (# # / # *
/ # 0 /

* # # (" " (: = !
" ' . " # # = 2 (# #'
+ ' (: + # ' !
' ' + # # # 6 + # ' !
(# " " / # # # (!
' " " (' % A. B

1.2 Fysiologi

D # " D # # #!
\$D E &' " \$F + ' &'

F # F ' # ' !
' !
' !

' # ' # ' # ' # ' # #!
" # ' # % ' # # # ' #!
" \$! 5 # & !

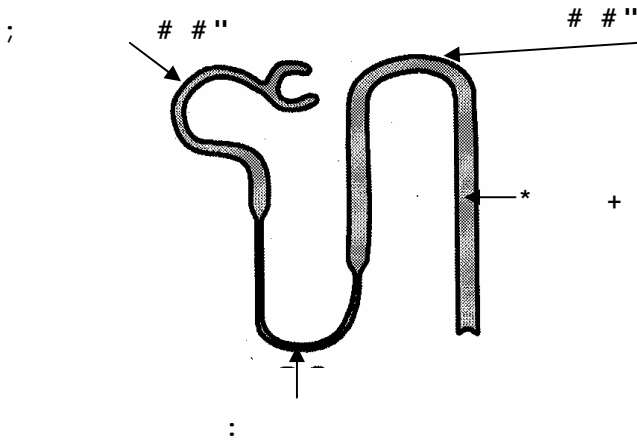
D # " (# & (# #!
' ((\$ # # & (" #!
% # " " G % # " " #!
\$H 32& 9 " # % (# #!
' % " & # ' !3 # % #"
\$! # " & # ' !3 #

* (+, " " # #!
I # # (" (" (# #!
9 " (" ' # (" (# #!
(" " (" # #!
#

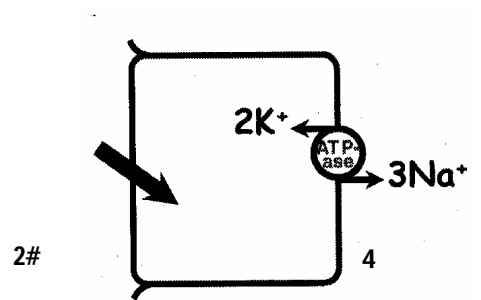
> (! 5 # + # #!
2 + # # # A: B
D # # ' (' 5 # #!
5 # # # " # #"
' 5
: D JIGJ! E K ' 5 # #!
D JIE K # # " ' ! 5 # #!
D J! + (% . # # #!
#!
% ' # # # # #!
A1L* (# (G B / D JGJ!/M; \$ # &

8 # M % (#

Nefronet



Generelt princip



1.3 Anbefalinger for indtaget af salt

0 " AD % D# I % B
 C
 & / 1/2 1 1 \$ - 1 # / #
 # / 1 1 3/'' 1 4/
 / AI < N: 1 8/13N: 1 9) E # B 3
 A* E (*% % 9 # /% # %
 B 0 # % ' # % 0 !
 ! ! & ' ' " # " \$+
 ' " + A : (+, ' (# !
 (- # / %# # B C : # * % 0
 ' # \$ &0 #
 " + # + &0 " \$ #
 + ' # + &0

. " + " (+, ' ! ' # ' !
 *% % / 8 * / % \$8*/& !
 E D# \$*/ED&
 #
 A*% % / E D# B ;
 8*/' #% 3
 P 8*/ + C
 . ! C Q 3
 . ! C 3
 . ! C 3
 . ! C 3
 . ! C 3
 . D # (# !
 8 (" ! 3
 A/ % 8 R *S%# S * / B' 4
 ? C ??? ((& ' + %(? @ !
 (+, 3 A # %(- %(T 9 U(# ' !
 V %(%(- %(T 9 U(# ' *%(? @ %(7 # T 9 U(!
 # B 8 (0 ' # " !
 " 3 A8 * /# (0 B 1 !
 " (((# # (!
 " # ' (+ ' (+ (!
 ' + #
 " " (# + #
 ! 3 + + ! 3 + # !
 " (# 7 (# # " # !
 (3 G % (# (# " 32 > !
 " " (' # (, (+, # ' !
 (" (+,

1.4 Indtaget af salt

* C #
 + # # #

B G # ? + # ' (\$! % ' (!
 # " % # (+ * + (' " # A4
 # # !! ' ! # # " %!
 + # ! # # ! # !
 H 5 " & A B > + (\$ ' # !
 # " # A4 " % ' 5
 # + (# 0 . B * #
 = = " ' 6 \$!
 # ' " ' " & G # + # !
 # # # # #
 + # A 8+ B
 M \$ & \$ & \$
 &

Gruppe	Antal	Gennemsnit (spredning)
!		' \$ ' &
!		' \$ ' &
. "	!	' \$ ' &
;	!	' \$ ' &
;	!	' \$ ' &
G	!	' \$ ' &
4+	!	' \$ ' &

9 + # (# (\$ < + # & !
 # # # # #
 # (# (# # !
 #

4+	!	'	\$	'	&
7	!	'	\$	'	&

+ # !
(# ' "
D # (" "
3 . < 0 # + # !
' 6 + \$ # # & !
" + ' " !
(+, (!
9 (+, ' " " ' !
9# A9 N %(# B !
* + (" # !
' + # # " # !
, # : # !
A4 M(# (>D # B !
!! "
! # # # # !
9 # + " % !
+ # +! !
H 5 " # + # !
0*(0* + # B ! # A2 # ' !
" + # " % A2 # * 02# 02# !
0* B 9 # 2# " A B ' # \$; Q ' !
% # & > + ! # # A * !
B ' (" " !
\$ *9 Q 5& # A*(!
* (' (+ ' (!
B 6 % (# + # !
" + " ' + # # !
" + # + # !

" # ' # (# \$!
 # # # (" # 6 !
 ! ! & # # 0 M !
 B >D AG M %(# 0 G ? 0 M !

! !
 # % ! >D + # 0
 0DM9I */2M!# + \$ &' " !
 ! >D A9 B 4 ' + ' !
 # 3 0 # # 3 \$!
 # 3 & * (8+ " !
 # # + " !
 0 # + + #!
 ' \$W ' & 3 (" ' \$W ' &
 3 (

D # 0 0DM9I */2M!# + !
 # ' # 3 # \$4 ' !
 (+, ; # D ? - # ' / &
 3 G \$M , & 0 7 # D !
 D ! 3 3 ' !
 X ! * + (+,
 3

" #
 * + (+ # +
 " ' # # AE # 0
 0 9 0 G < 0 ; 0
 *%(%(B \$! ! & ! >D
 # # (" # # #
 # + ! # # AE # 0
 E . (0 0 2 0 * 0
 *((B + \$ ' &' !
 # + % + ' # # !
 (# (" # # !
 A; B

1.5 Kilder til saltindtag

% # 1 (# + # +
 # (' # ,

(' # , + ' + # !
" ' (# " (+ # ' + (" !
\$ " ' (# " (& ' ' " !
(" \$(5 AG# & , " " !
B
+ (' # ' % + ' + !
' # + # % / !
AE(09 ? 0 *% % / !
E D# B + # # !
" " !
+ #

8 # 8+



2 SALT OG HJERTE-KAR-SYGDOM

Resume. I (, ! ! \$ " (, # + &
" (" # . " ' # ' + (#
(" (, ! ! (, ! ! " !
! (\$ Z : & " # !
, ! ! 9 (" (, ! !
' # !
% (# +!
+ " (!
: ' ' + ((' : (!
(# + ' 8 (# !
+ ' # ! (" # !
(" # 9 # (' #!
" # # + ' # # (' #!
+ # # ; # + (# + (#
% ! # " (+ (' (" # + (" !
. # # (" " + ((, !
! 3 " + (, [+
+ 3 # # (! (!
(# (# ' ((, ! !
(" # # # # D + &' + !
+ \$ &' # (((+ (+ !
((" 9 + ((+ (!
' # # # #
" # 9 " #
+ # # . " 9 \$ " !
& + # (

Konklusion.

("

" (, ! * ! + ' (, " !

:, ! ! " (" % !
 # " (" !
 # (- " (\$ 3 & + " (\$ 3 & !
 " (0 " (5 \$ 3 & +
 * " " # ' "
 , + + ' ((#
 # + " (: " ' % !
 ! # " (" ' 5
 # 1 (, % (+ + ' (# "
 " % ! # " (" (% ! # "
 :, ! ! ((+, \$(&' # % (1
 (! ! 4 (+,

2.1 Blodtryk og hjerte-kar-sygdom

9 (" (! ! ("
 (! !
 I (! ! " (" # ' " # '
 (0 (: Q : "
 Q \$ & A : Q B
 M - " (+,

	Systolisk blod-tryk	Diastolisk blod-tryk
D	Q	Q
-	!	!
-	!	!
&		
-	P	P
0	P	Q

A8 0* B* (# + (! !
(((" \$ # # # !
(+, (" (" ' # !
&A2 ? B (A8 B ;# !
\$ + # + (& +
+ J 3 (' + ' 3 (!
A8 B ((!
. # + (# ' (+, " !
' # # (" " (, ! ! !
A* 0 N B + ((! !
" (" ! "
" (, ! "
\ : A9 * E : % * # E I !
%(- # 0 . % (0 ; % * # E \
0 ; % * # E B 0 ; % * # E !
: A/ ; % % E (* # E 0 ; % * # E !
B
0" (" " \$Z ! &
" " " \$ # & (, ! !
AI # 0* ; B' !
" (A4 %(
08 # 02%(0M B 8
A4 %(0 - ?
0 ; % * # E B ;# #
& " # (\$ (!
4 (! ! (" # ' + ((!
(, ! ! # ' # (" A*
B 9 : # * A B ' 5 (, !
5 9 # (' 8 (!
+ D: /D9* 0' " (, \$ 5 !
: # 5 (, + (, \$ 5 !
" 0 MDE F * * * & AE B 07 #

! \$ Z : & " +
 ,# (+ +
 ' " (A2 ?
 B

2.2 Kostfaktors betydning for blodtrykket

4 # # ,+ "
 # ,+ "
 ' + A> (B . # (# ' !
 # A* (B !
 9 # ,+ "
 (# (# # # !
 \$ # (# (A. %8 B !
 % %# A . B' # A< B' # AN(!
 B ! A. B 8 " AD !
 B' AN(B 8 : & A % ' (!
 # : A2 ? B :

M 9

Effekt	Evidens
7"	JJ
D #	JJ
G #	JJ
. #	J
E %#	J
/ (JJ
!	J
8	JJ

G " " # + ; ' # # \$, !
 & (,

! ' # ' (!
 0 # + (A* % 0 / B !
 AI # \$ (, # " & (B ; ' !
 ! B (A. B ; ' !
 # ' % % # # ' (+, # " (' (!
 +
 0 /*: ! # \$ / % (* : &' Q :
 ! : ' & " ' &
 " ' # (+, (# + ' & " !
 A/ B G " ' /*: ! " ' !
 # ' + ' # # ' # ' 9 # !
 ' 3 ' \$ 3 & : /*: ! " # ! + " !
 ' 3 ' : " ' # 4 ' !
 # " ' # + ' ' !
 % + # + (!
 A* B / !
 /*: ! " # ' # ' % % # (!
 (' " " ' (!
 " \$ 3 &' " A/ B
 > " ' /*: ! " !%(
 2 2!%(: 2!%(" A1 @ B
 %
 9 + # ' 1 : ! # \$1
 . % # 0 M ; : &' # (\$ 9 5&0 & !
 " & " (+, (# " ' " !
 # " ' ((+, A/ ' !
 B 1 : ! " ((" + ' !
 # + # " + " !
 # (\$ /*: ! & " " ' " " !
 # " ' 2 2!%(' # " " !
 + : 2!%(# (" * # !
 " ' 3

2.3 Betydning af saltindtag for blodtrykket

9 (" #
=: # = + (+, ' #
" :# M D E(*# N ' #
+ # + 0 / 4 #, A B
' (# * (!
0: # (B M # + L A/ # * (!
(" + (!
0 # L \$" + (" !
& # G A B " "
(6 (\$ #
\$ & (0 # ' 3 & (# !
(+, " (A B' # !
(" # !
\$ # # + # + L ' (+, =
" # # & =
(# \$ " # 3 ' # # & !
* ' / ' * (/ A< B + !
" \$ 3 & # + L 6 !
B ((A. %-
M # # " ' + # (!
' ' # # \$*
&' # ' (#
9 " # + ' ' 0DM9I */2M! !
\$0 * # * 4 ; # &' (+, !
" (0DM9I */2M! # ' " !
! % # > + ' # ! >D
' # ' # #'
. % A0 E I %(- # B !
' ! >D # # !
D (" !

\$ & # !
% (' + # # B
0DM91 */2M A9

0 # # & #
\$ # 0DM91 */2M # \$ # +
(" ! >D & # ' (" ' + "
A2 ? B

8 # \$((+, (# !
(" & !
0 ; # B # A:

% # # A4 0 4#
02, # 0 . 0 - 0 * B'
(" (" # + \$ # 0DM91 */2M # & !
" !
: ' # + # # !
\$! >D \$ " # &' (! !
& # " # # # (" ! !
C (0 # + ' (+ !
(# " ' (" (+, !
A8 B

% # % ' # + !
! ' # ! ! !
(" (! !# + ' /*: ! # !
+ ' # (" ! !
/*: ! # !# + + /*: ! " ((

A* % B C + /*: ! " ((

3 \$ F B 3 ' + ((

&' 3 \$ F 3 3

3 \$ F 3 \$ +

! >D &' # (!
: (+, \$ # ! #%
\$ (" & 9 " # !
" # \$ 3 & # \$ 3 & !
! (+, # \$ 3 & 0 # ' !
/*: ! ' + # ' # !
' 4 # # !
(' ' 4 # ((!
B > # ' ((A7
" ' (" ((!
" " A4 B
9 # % # + !
(((!
' 3 A. %- # B # ((' 3 ' ' 3 !
3 3 : \$ ' 3 & " + ' !
3 ' 3 ' 3 3 : !
" ' 3 ' 3
! !
((: A B # + !
' : ! # # ' !
: " # G# # ! #!
(9 " " + " !
E# A B % # \$(% !
&' # # (+,
: # ((!
" # ((: (!
! # ! (" ! 3
A B # # ! ' !
#% \$ # !
(# (# (# !
C # 3 & C # (& . ! ' \$!
C 3 & ! ' " !

' : \$; Q ' & ' : \$;
 F ' & ((: : #
 ((' : \$; Q ' & ' : \$; F ' & !
 (# + ' : # !
 !

< (A B' (" # ! /
 (" # + '
 (# (# ' : \$ 5 GOC
 \$ (+, & ' : \$ 5 GOC ' !'
 ' !' : & : \$ 5 GOC ' !'
 : & (" (' !
 > + \$ F # & # \$ 0 F # & "
 # \$ F # & ' " (+, # !
 + + + " # !
 # \$ ' : ' : &' (\$ ' : ' : &

0 # % " ! # + !
 ' (" " \$
 (A: (0 & E %(! (' !
 : B 8 # % # ' (' !
 (M # + # !
 # # ! ' !
 3 + \$ 5 GOC ' ! ' 3 + & ! !
 3 + \$ 5 GOC ' ! ' 3 + & . ! !
 " ' : \$ 5 GOC ' ! ' : & ' : \$ 5 GOC
 : \$ 5 GOC ' ! ' : & ' : \$ 5 GOC
 ' ! ' : & ' : \$ 5 GOC ' ! ! ' : & ((#
 ! ! ("

- # A B E %(! #
 A<T - # B # !
 (+, \$(# (+, & \$ # # !
 # C H ! 3 + & ((E %(!
 # # " # 0 # !
 ' # % # (# !
 # ' (((+, :
 ' : \$ 5 GOC ' ! ' : 0; Q ' &
 ' : \$ 5 GOC ' ! ' : 0; ' &' !

' : \$ 5 GOC ' ! ' : 0; Q ' & ' : \$ 5 GOC ' ! ' ((# %
: 0; Q ' & # %
" +
\$! & (# + \$ C ! & !
(% % (" !
! " / # !
' 2 2! % ' : 2!
" \$ & 8 # ! (!
' " (+ ' # + !
' " " (+ ' # + !
(# +
9 E % (! : . %- A B #
((# ' (# + (!
\$ F & # ((\$ F & 4 : \$ 5 GOC
! ' : & ' : \$ 5 GOC ' ! ' : &
3 + : (!
' : \$ GOC ' ! ' : & !
: \$ 5 GOC ' ! ' : & !
3 + I # !
! " + ! !
! # % ! % (!
(# %
(" # # # # A B'
0 ! : . %- ! E % (! 3
' # + (3
" " ' 3 ' : ' 3 !
" " ' 3 ' : M 3 !
((' 3 ' ' 3 ' ' 3 ' :
" # + ' (# "
(" (# + ' (# "
+

0 4 " # + ' " A* (B 0 ' % (% # & # + '#% \$ (' # + 0 ! ' \$ + ! >D & ' 3 ! ' 4 " !

9 (#%% # (; # ' #% ' (# (B M ' (0 (+, \$ 5& 0 (+, \$ 3 & (((#% \$ # &' ! (# (" " + * (! #% 5 5 ' 3 ' : (' 3 ' : (! (5 ' 3 ' : 4 (" # " (" 4

9 # + G (+, (# M , ((B * # (, ' " " 0 ' ' (! # # # (, 0 # # # ' + ' ' 5 (! " ' 5 ((+, ' ! 3 ' ! : (" : (' # (: (' 0 < (((, ' 3 ' 3 ' 0 (+ < ' ((+, ' / ! < ' 3 + (A* B

0 8 # # #
 3 + A2 B 9
 #% (+ (! ! (# !
 " " (+ #% D " !
 ' 8 \$ + " +
 " # 8 & AG B #% !
 (((' B
 0 / (# (+ !
 ' " (# ' / (! - (!
 * (# / (! (!
 # + " AE #%% B 8 + ! !
 # ! # # # # +
 # \$! # & ' # 3
 # # + # #
 # # # # #
 # 8 # # # !
 # # # (# # (# (#
 # # # # # 0 (# (#
 (" " # " " 0 (# #

2.4 Betydning af saltindtaget for hjerte-kar-sygdom

0 # L # < # !
 + (, \$ % (" (& ' +
 \$ " # " & A0 # 0 * B . # !
 # (" # !
 < ' 3 \$
 3 \$ 5 ((+, & ' ((+, & + !
 3 (+ (+ (+
 * # ' ((\$ (& # (" (! !
 # ' (# # # + ((# ! !
 ' " 6# # # # 0 * (B' !
 (" ' # (" A0 " " 0 * " !

(" (+, A; 4 B' !
 (" (, ! ! ' # !
 0 0D191 */2M! # # (" + # !
 # # # (, \$ + # !
 # (" # # # & A] B 9 + " !
 # + ' N: 1 E/I 0/E! # \$E %# /
 E * # &' % ' # ' !
 (" % # ' !
 B 9 + (! # ! # A[# !
 ' " E/I 0/E! # ' " " # !
 ' (" " (, !
 A[B
 &
 # % (# + ' (! ! \$
 0 (" & (, ! ! \$
 M ; (# + ("
 % ! # "

Undersøgelse	Vigtigste fund
D ? [1 (" (, !	
N * # /	
*% (: (" (, !	
: (* # (0 (" (" (, !	
M# !; ! + (+ ((, (
D: /D9* 0 8 ! : " C (" (, !	
?!# * # + (+ ! ! (0 + !	
: ((, ! ! (! + (0 !	
M# ((" (" + (+ ((, !	
M * #! (" + (" + 0 !	
D ((" % " " 0	

D: /D9* 00 8 ! 1 (" + ((, ! ! + !
?!# * # 0 (" + (+ !
E (((,

M # + + >*/ ((9 '
8 >*/ M # + (# ! >D 8 #!
(" (" % ! # " # # '
(! ! (" # # # #
(# \$ &' # (" !
% # (, #
" # : ? ' (#
(" \$ + ! >D &
B 9 + # AG
* # (" ! ! ' B D: /D9* 08 ?!# +!
(# C + ((, A/ B ("
G# # + " ! !
' (# " " (! !
" AN(B " " ! !
' ((((, ! !
* (" + + " +
(# ' (# # #
+ # (" (+ , (# # # B
(! ! # (" # AM# (B
* + ((# # # A
E # (" 0G# 02 0. B \$
(# (, ! ! A*((. B&
' # (, # % . (" ! !
' % 00 (% ! ! 0D: /D9*
0!# + \$8 D : (D# 9) *# & # (!
+ # (!

M 7 \$ % A: . %- + (" (, B&

Saltreduktion				
8				3
8	+	(\$5&	3
/	+	(G	3
8	+	(" (, !	
/	+	(G	

0 + / " (, " !
 3 + ([+ # !
 + 3 # + (, ! ! ((# !
 9 (# " (" !
 (# + # A. # B !
 " \$ >* 3 # # \$N: 1C9# /& !
 \$ C C >* 0 # & ((\$!
 & \$ C C >* 0 # ,# C C !
 % >* 0 # ((+, &'

2.5 Dyreksperimentelle undersøgelser

% + !
 G# + (\$!
 &' (!
 (A4 . 0 . B !
 + A (B' (+, !
 % \$! 5& % ' " (+, !
 \$! 5& I # + (# ' ' (+, !
 + + (+, + (!
 + + A (# 0 . (B #

" # M+ % " " ' (" " % #!
+ ' + # + (, # # #!
#% ' # + ' (!
N 0. (+, \$ # ' A !
B&
: ' ((% #
' \$ (+, & " (+, # !
A N 0 < (B " !
' ! 3 !
\$ &
(" ' + % # " # + # (+, !
' + # 6 % # !
!(" 6 (" D J3GJ!/M; !
AE !: @ - 0 N 0
; " 0 *? B' + + # # # !
" # # !(" " ' # !

9 (+, + !
8 % # " , (% (!
D J3GJ!/M; ! D J3E JJ!# % !
% : ' (+, (" !
D J3GJ!/M; \$ # + # B& D !
!(" A: 00? # # !
+ # # + + % # " % # !
% # " % % # % + + D J3E JJ!
+ % 9 (+, % # " % % # %

(" # !
% # ' D J3 !
AE 0 I 0 * T B' 0
D J32 J!# AE 0 D 0 N 0
^ B # #% (+,

% ' # \$ # !
((& A2

B " % + !
 ; " (! (" !
 # # ! ! C # # ! !
 4 ' # (B
 + ' # + (!
 % " 8 # + (# + !
 " # # # A: 0 ; % B 0 ("
 " # ! # % \$ " ((' ("
 # ! # % \$ " D J3G-J/M; '
 %
 &
 9 +) " (+,
 # # % (9 # (# (B 9 +
 (+, #) # # A^(# " A*%#
) 0^(# B' + +) (" " #
 9 " ' + (' + # % % !
 " \$ + A4# , 0. (&
 + # + (+ A4# , 0. (B'
 # + ' (' # % % !
 " ' % # (" " % !

2.7 Salfølsomhed

4 D
 \$ + (& " 6 # \$!
 & A8 % 1 B * + # (# !
 + 9 " ' # ' # (+, # (#
 * + (A: B (" AN ((B' ((+!
 , A: B (" AN ((B' (!

D # + " ' # ' # . AM#% B !
(' # (# (" 6 (" A4 @@ + !
0 8# (+, # 0 - 0 * (0 N B'
0 2 (" (" A- 0 - # \$ # !
' # & (+, # + !
+ # # A 8 @ B
' # (" (+, # ' (+, /
+ (' " (" " (" + (A1 %% (!
B 9 " ' # # A + (# (+, !
(+, # # # # A * B' 0 4 @@ !
(! ! ' (!
9 " " # + (# + !
(+ (AN 8 B (#!
+ ' (+ (!
' + (9 + (!
+ # " # (" (!
0 . (A4 (% 0 * 0 : (! !
A. ON B + (! !
- = = # + + ((!
(AN B' ((\$ 5 !
(" " ' " ! >D & # !
(+ (# " (! !
, % \$ # " 0 &
+ (! = + (= ' !
" " " #% (\$! & !
! \$ * & # ! * & % % \$ &

* + (' (# + !
 (\$ (3 Z 3 !
 # & # ' (!
 " ' (!
 # \$ 8 # A- 0 . 8 0 !
 ^ %% B' B' (A , # 0 * (0 N !
 8 B' (# / *: ! # ! # (' !
 # 5 # # # " # ! # + !
 ' B # # " \$ 5 & A1 @ !
 # (" !
 \$ + & (+ \$ & # !
 AN " (' + (# !
 " (\$ " !
 (+, & # \$+ # & ' + &
 # # " \$+ # & ! + #
 AE (B

2.8 Hypertension ved fedme

9 # + (" # (" " !
 + #' ' (" " !
 " + + AI %% (" !
 B 0 # L (, A B' (+, !
 (" (+, (" ' !
 # + " (" ' !
 " # " (" !
 * # + A * " 0 I 0 * (!
 OM : ; A * E I % (- # 0 M # % !
 B (' # A8 B' ' !
 (" # (# % !
 " # ' #

2.9 Tærskelleffekt

' " 9 " !
 # # 0DM9I */2M! # !
 (" ' !
 " % # # A0 (" ' !
 I %(- # B * + " E !
 # ! # ' # # /*:!
 ' #% " # \$!
 # 3 & # \$ 3 & # A* %
 # (+, # " # A* %
 B

2.10 Natrium:kalium ratio

(# ' + # ! + !
 # # 6 ' ! + !
 . # C # + # (" " # \$!
 + (A. 0 M B& 9 (# \$!
 # # G # # + # # # + #

2.11 Smagstærskel for salt og blodtryk

(" " (" ' !
 % ' + (# ' I # (" " !
 " # + (# " (" " !
 # \$ " (+, " + !
 (B' (+, & A. 0 ^# B
 (# (" A2 # B

2.12 Er anjonen vigtig?

4 (- % # L ' # !
 + # A4 ((- % B !
 # (+, # A; 0
 N(% B

2.14 Børn og unge

+ ' #
: + ((+, % !
\$ " # & (# ,
+ # " (+, ' (+, !
(# ' (" A (B !
' (" (!
A* (B' !
\$ & # !
9 + (# # + (!
+ # ' ((A- , B
' # \$ C
' (+, # ' 9
: & 9 # + ' # ' 9
+ # + ' ' 3 ' # : ' + !
' # ' + !
((# ' + !
9 (# + ' + !
(+ ' : ' !
A: 0 B 9 # + + ' !
A- 4 B 0
' + ' + (!
(AN((+, (B M # ' !
3 % \$ ' 3 % ' D 3 % & # !
' + ' + # !
+ # (" % !

D + " (+, (\$ ' 3 &
(\$ ' 30 " ! 3 & A; @ 3 &
B 7 # + # ! # ! !
(+, 9 2#% A B " + ' (+, !
' # " # + ' " !
& # + ! A2#% . B ,

```

9      #      ("      #
#      +      (      +      +      #      0      #      #      $      "      #
      #      #      &      (      (      ("      !
      #      A-      ,      0 G #      0 .      !
.      0 ^ ?      #      B      (      #      ("      !
      #      (      #      (      +      A8      ;
B E      A      B      '      "      ("
      !      !      #
#      #      !      !      +
      #      +      #      (
6      "      6      #
#%      '      #      +      (      #      #
"      "      AE      0 - #      0 : ?      0 .
0 *      B 0      +      #      +      $9)      ! /      &
#      $      &      +      #      #      !      5'
      #      3      '      $
#%      %      > * / & '
      ' 3 '      :      A9      B

```

2.15 Risici ved nedsettelse af saltindtag

```

0      E      %(      !      #      +      #
      '      #      +      '      3 2 $      5 GOC
' ! ' 0 F      #      & ' 2 2!      '      3 2 $      5 GOC      ' ! ' 0 F      # !
&      %      '      3 2 $      5 GOC      ' ! ' 0      #      & '      : 2!
      #"      $ F      #      & A < T      -      #      B /      !
(      #      '      ,      $      ! &      #      ' (
      #      '      "      AE (
:      0 G #      E #      B      #      +      / * : !      #      !      #
$      #      C      3      & '      #      #
      ' 2 2!      ' : 2!      %      A :      (
B 8      (+,      "      ("      %      +
      #      $ E      %(      !      #
"      #      "      & 9      ("      %
      #      #      %      #
      "      A.      #      B
*      +      (      (      #      #      !
("      (      !      !      A /      0
E      (      B 0 D : / D 9 * 0!      #      A /      B #      !
      +      #      +      %      !      # "
+      (      (      '      #      (      !
      #      #      #      #      !

```


3 DIABETES MELLITUS

Resume. 8 (+, # ' ((+, ((+ # !
: (" (# (+, (" # " !
" > + \$ " " !
+ # " & (# ' (# !
% # + ' (# !
(" # # % # + # + # !
(" (" # +
Konklusion. # " (+, +
#

0 \$M . & ! ' (M . # : #
 + % M . ! M . + " !
 + \$ (# (&' M . (!
 # ' 1 (M . (!
 M . " ' # " # # #
 # b!% + (% # # " !
 M . ' " !
 # + " M . # #% b!% # !
 2 (+ # M . ' # !
 ; \$. * &' # # # # #
 \$OI & (" (+, M . (, ! ! . * (+!
 ' (+, # % ' : 2!%(' (+, !
 (+, # ' 1 5 # OI . (. *' (

3.1 Sammenhængen mellem forhøjet blodtryk, insulinresistens og diabetes

(" (+, M . 8 (+, !
 & AD : (4 ; # 9 #% ; N - # B' !
 A8 G (# 0 . 0 1 (0 ; !
 B I (+, M . + !
 " " 9 " " !
 (" ' (" " # ' !
 8 (+, OI AE 0 E 0 !
 8 @ 8 0 8 B' " OI + !
 ! M . OI # + (#! !
 + # ! ' ! !
 3 AE 0 !
 8 @ 8 0 8 @ 0 - # O I %%(0
 OM B

+ #'' 01 !
 8 0 - A 0 0 B (0 8 + ' 0
 - # (0 2 B' (# ' (# '' 01 A (!
 (+ A*(0 *(B (+,
 A4 @@ 0 8# 0 - B' 01
 '' (+ - 01 !
 '' # ' A. B + 01 A8# A9 0*(
 0 - # B 01 , B + 01 A8# 0*(
 # + '' ' '' \$
 # \$ & # + # ('' \$
 # & (' # + # ('' 01 !
 # (' + ' (# # ' # 01 + !
 # (# # 01 '' # # + !
 # '' * ! > '' # (01 6
 (! # # AM B' (((+, & '' + !
 # ! # ! # % A7 B / + !
 # ! ' ! % \$D J32 J D J3: J& (+, (!
 . ' (+, T 0 D B +
 A*
 & # # % # + (' # +
 # \$ # & > + ' # +
 + # # # ' ('
 M ; (# + ('
 M .

Undersøgelse		Vigtigste fund	
:	#	('	\$
		(+,	&

4 KRÆFT

Resume. 9 (+, " " ' " ' # (# ' + # +
" " * (" " + # +
! ! (* ! !# + ' (#
+ (" ' (+, " + 9 (!
% " " " ((+, !
" (# ' ' + : % % (' !
; # + (' + # " " !
+ " " (

Konklusion. (+, # " (+, !
+ + " " + !
!

A; (+, ((9 !4 # \$ +
B / " # " &' (!
+ # A: 0*(B

4.2 Kræft i mavesækken

" A: @ G# (0; B' ' ,+ !
(" " " AE ? D # # B # !
(+, " " * ' + !
B 8 (,+ (A: @ G# (0 . % . % (" ' #
" (' (+, : % % AD #
0 > # B : # ("

4 " " (+ AM # B 1 (+ (!
A< 0 M # B * ! ! #
A4# 0 2 0 * # B (!
(" ' ((" " 9 ' !
(# # (" " < % !
"

9 (" # # + # ' !
(A8# (0 M (+ 0 M # B % ' !
(+, % ' Z # " ((' !
+ + % # " ((

8 " \$ # (" &C !
% %
9 (+, " " (+ ' # " !
" \$ "

OM a& (AE !
 M OM # B (AE !
 9 (+, % (\$% & " " " "
 (\$ &' + (# A8# (% !
 (\$ &' + (# OM ((: ?
 E(M # 0*+ OM ((: ?
 B
 9 " # (A4 B' : % % !
 " (A4 B' # A8)
 B ; (% " A G B' (!
 : % % (" " " "
 # + (" : % % A*(B
 (' % : % % A*(B
 &
 + + (# + (" & M # !
 # + < # + (" # !
 0 , # + (" # # !
 (" 0 # + (# # # !
 (" 0 # + (# # # !
 M ; " (# + ("

Undersøgelse	Vigligste fund
D (L 0 (" 1 !	
E (* # (" # #	
4	
< ;# % (" (" "	
: (E (" + ("	
* #	
M #	
: * #! (" ' !	
" : % !	
* (

" + # + ' ((" 0

AE (" ' : ? # ' & !
" " " \$Z * + \$ % ' ' Z
0 - " 0D # B 2
< E E (* # ' " " !
+ ' + " " \$ % ' ' !
B . # & " (AM #
" (" " ((" !
" A0 0G 0G B
9 ! ' # (# + * ! !
+ ' ' (" ' ' !
+ # \$ % ' + ' (& " ' !
" 0 (# + \$ I I & ' \$ 5 GOC
' ! ' & * ! !# + I I ' \$ 5 GOC ' ! ' & 0 !
! ' + " 5 \$ 5 GOC ' ! ' 0 F & (!
+ 5 \$ 5 GOC ' ! ' 0 F & * ! !
+ A2 B 8 , + # + !
' ' 3 " 3
" + (%
" # (" ' ' ' !

5 OSTEOPOROSE OG FRAKTURER

Resume. 9 (+, + % %# # # (+ +
+ % %# # + ((' +
" + " +
+ (# 7 " % %# \$ +
& " \$!
+ % %# &' + ' + !
(" # > + !
+
6 (" (# ' # '
'
(# + (" #
#

Konklusion. # (+, (# % %# !
(+, (# % %# !

1 ' (# (# (\$E b # &' (# !
(0 # 8 # (6 (6
(" 1 (' + ' % (, (# +

5.1 Udviklingen i knoglemasse

* # ! 0 # % %# 6 6 " # 9 (+, % %# " % A. ! % B # ' 5 # 5 A: B 9 # ! (! " ' 8 " ! (# ' # + 8 " " ' (# (" (

" * * /# # L ' + + % %# # # A/# B' ' + # # ! + (+ \$ A4 % ? 0 E 0 G 0 ? !: # (0 : 00 (*# 0 G 0 . % B& " \$ & + % %# # ! + \$ & AE (I 0 . N(0 D B' AE (" ' # " # " # AE (I B' " # & AM #%(8 ? (!M B' # (" % %# AE 3 % %# B' # # # D # % ! % # + # " # + # # ! - E #%% 0 . %E B % %# # # A. %!

. # \$ & " (+, + % % # !
% % # + # + ; M: !) % # " %
() ' + ' ' !
() ! \$ ' 1: & ' 1: + % % #
% % # A4 # B + ; M: !
' (" % % # + ' + " + !
A: B \$ # &

8 # D # % % # "
D # E % # # * # % % # ; (()
' 1: E % # % % #
G "

7 " % % # \$ % % # & " !
\$+ % % # &' !
+ A4 # B # # !
(" A4 # B' # !
+ ' " # " " !
(+ # " " !
% A: B

" + (# ' !
% % # # # # > + (!
' # % A4 (B' # !
A*%(B # % " # % % # # !
" # # # # !
(# " # # % ' !
% ' " % % # # A2# @ B' # !
" (+, (# " !
B ! # % % % # A. 0 *

+ # % % # # # # # !
A- N(B 6 : # !
(# \$ # & % ' # !
% % # ! % ' !

B + A < (0 *
A4 # ' , % %#
" (B' , # A4 !
B % %# # # ,
" + # + % %# # ' % %# %
+ 0 - # E B 0 (# AE E (0 - # !
A- # 00 (*# 00 (0 < B
0 # + ' # ' (\$# !
" # % % \$ % !
& ' % % & " D # + (%
+ 0 D 0 * B' 0 . %; !
(0 2 @ 0 D B # + !
' (A- 0 D 0 * B + !
0 /*: ! # ! # ! ' /*: ! " !
" # A2 # B ' !
/*: ! " " !
" + ' (" !
G \$ + &' # # (" A. (!
(B (+ A- # B # (" A. (!
M " # (# A ? !: # (" 0 < !
>D B 9 " # + ' # # (% %# !
\$ % %# & #

(+, B 9 " # + + \$ & A.
 / # + (" (# (" A: B
 (+ # A< 0. % B
 M # (# + (" ! (# !
 0 I %(4 (" # !
 +
 Z A- B 9 # # # + (" (+,
 (" ! >D " # #
 (# 0 ' #
 # 3 & 3 \$ % %#
 A B
 " "&
 # ' (# + (" !
 #

5.2 Osteoporose, blodtryksforhøjelse og hjerte-kar-sygdom

(+, ' # + % %# ' ('
 (+, (, ! ! 8 # +
 (' ((+, ! ! 0 ; 0
 A4 ? 0 8 0 <+ 0
 *(#@ 0 M G(? 0 I % B' + !
 A: 0 G 0 *(#@ B + !
 # A*(#@ 0 M B 4 !
 # # + # % %# # # !
 A* @#@ 0 M # B # # !
 A/ (< (0 2 , 0 M # B + !
 # # AE #%% B D + # # !
 + ' D: /D9*! # A. # 0. #
 - # B' (# " (" ("
 # ' (" ! ! ! !
 ((+, ' ' (' (' !
 (# % + (\$(" & (' !

/ ' " ' (# , ' * " + ' !
+ / (((" ' % 5 0 + !
(+ (8 (((" (((5 1 (' !
(# / (% (% 5 1 " (% ' !
(/ % ((5 1 " %
+

6.1 Salt som faktor for astma

AE ! # ' " (+ ' !
B 0 ('+ " # !
" ' " 4# % + (* !
4# + (" 9 N + A4# 0
,
% # + 5 ! # # (' (# !
% # % # , + % # " # !
\$ # & A* # (* # (B' (# # ' !
* B' + D JGJ!/M; % # " % % # % A- ' +
% ((+, % # " % % # % ' +
B . ((" # AG) 0 G)
(+, # 6 + (+, 6 !
(" % # A N 0 * D JGJ!/M; !
0 * ? B' " 9 + 0 M !
C% % # !# + (A; # B
% # , \$ % ' % (& / #
' # # # # # # # # # !
" # , # * # # + + # !
, (A. % # (B + # !
, #

7 NYRESTEN

Resume. 9 + # % %# # !
(# (% %# ' + % %# #
+ (+ # , M (# !
+ ((" ' # (" ' #
(" ' # ("

Konklusion. 4 # ,
#

D . 5 " (# : " (5 # " AM E# (B' (#

7.1 Saltindtag hos stendannere

9 + # % %# # (! # (% %# A. # ? 0 * + OM # B' + % %# # # # # # AE B

0 + # ((; (E A B' (% %# + # ! 3 + # % %# # ' ' 3 # % %# C # ' ' + # % %# / ! ((+, + # & " % % (+, # 6 \$# ' (+, + % %# # # #) AG # 0 * (B # + ' ' "% (% %# A. N(B

9 (# (" (# (+, (

- & # (# + (" ! # (# D# L : (* # # +! ' ((" \$ & 0 # + ("

B' 5 + \$1 IC ' 0 5 GO ' ! ' 0 ; Q ' AE# (: (* # AM B D# : (* # 00 AE# (B \$ &

M ; (# + ("

Undersøgelse		Vigtigste fund	
E# (("	#
\$D#	L		
:	(* # &		

% # ' (% % # (' !
 (' # + (' !
 % % # ((% % # A4 (B !
 # , (# (% % # !
 9 # ' (% % # !
 (9 +) # (% % # \$ % # + !
 &' % % # # # % !
 # #

8 GRÅ STÆR (CATARACT)

Resume. G# * ! !# + (("

(" + ! "\$% % & : + (+,

Konklusion. # + # ("

X, # " # " ' # (# (# " + # (+ # " + # " (* ((+ % " +, " ' ((" " +

8.1 Dyreksperimentelle og epidemiologiske studier

B (+ # + AI # @!* 07 (+ + : % % (! # (+ # + AE# D J!GJ! 0 M " \$% % & 9 * ! !# + ("

9 SAMLET KONKLUSION

' # !
(" ' (" 3 ' + (!
" # / 3 !
3 " 4 ' + \$!
' 5' 5 + # (!
+ &# + 5 + # (!
5 > # + \$ & (" # % !
+ # & (' % + !
5 # % (%# !
+ 5 ! ' 5 # 5 / # # !
9 # " ! !
((+, " . ! !
: # " ' : (!
' ' " \$! (" & + ((!
(# ' , ' ' !
+ & " I (, ' ! ! \$ " (, !
& " (" # 8 !
! \$ # Z : & " 0 7 # !
,# + + !
(, ! ! !
9 # + # . " !
(# + ' " !
' # # ' + ' # !
6 ! # # # (9 " # (, !
! # # # # " # + ' !
' # (' # " " !
' " " " " !
+ # (# % % !
+ ; # (# + (!
(# (" ' # + (" + !
((, ! ! ' # + (" !
' " # (

D + &' + " " \$!
(+ (" &' # (\$!
& + ' " " \$ \$!
' + " % ! # & " ' + ! + " # !
0. B + " " A9 + # + " # !
(+, + " + . ' !
! + (' " # + . ' !

REFERENCER

/ (/' < (E/ I # %
? (: %? / <: 0 C !

/ % 8 R *S%# S* / \$/8**/&C I # # #

/ ** % 8. ' * 2;' E ;I' G # -' (/*:!* # M E I !
%(- # 9 % / %(* : \$ /*:& (# !
(: 0 C !

/ *' < (/- / ! % \$IEM& ((!
(% ((\$D E&
<:# : 0 C !

/ .:'. (*' 1 N2' E (: ' * <9' 2 (<: / % (!
? ((% % ? ((D 9 . <
0 C !

/ .:'. (*' E (: ' * <9' 2 (<: 2 ? # # % ? (!
% % (: 0 C !

/ .:'. E (:'. (* # C (D : (!
D# 9) *# \$D:/D9* & 2 % 0 C !

/ 8. '*(<N M((<. I 0 C !

/ 2' 4 #, 9 E # L(/%(- . ; 0 C

/ (E7' ; % /' * @ 9 % (% (? (!
' ! ! ! (9 0 C !

/ 9D' / . 2': : E 9 % # # E((!
% % 0/IE *% ;# 'D C !

/ 2<' . M<' 1 @ 9' 7 N. ' * 2;' * % 8. ' 4 - /' 7 M. ' E# </'
N (# . . ' 2 ;!:' G , D' (/*: E I %(- # /% %
(% # D 9 <. 0 C !

/ 2<' * % 8. ' E 7<' 1 @ 9' *? <8'. 9I' E ;I' 9 M;' I 4/'
2 , D. ' E(<' . %E ;' 4 (2. ' (1 : E I %(
- # 9 % ' # # ' % (#
</ . / % 0 C !

/ 4' . ? /<' E : 4 # (! / / <
9 0 C !

/ IN' / . <' [# . E' : 49 * ((% !
(% % . E(E % I 0 C !

/ IN' 0 ;4' 2 . *' / . <' [# . E' * * D (% % . !
E(C (() # 0 <E % 0 C !

/ ; % % E (* # E 4 # % %# (/
; % % <: 0 C !

/ /;' 8c' 2 Nc' 2# [8' :# ^ '] 28' 1M # . 8 9 % !
? ((? % (C% ? #
% # E(E %# 0 C !

/ /;' E G. ' 4 ME' E :. ' : GG2' 1LI # . 8 0
, % ? / % 0 C !

/# <E' M . ' . %2 I M(# % ((' # ' # %(' !
% # % %# % <D# 0 C !

4 E1M' . - I 1 # %(</ / % 0 C !

4 ;;' N (*1'E 8<' G <2' . @N D# % Y#
? (% % <D# 0 C !

4 E<' M(# (0 4 # 0 E % D# 9 ' !
' 4 . ' . D \$ & 1) C 1) > ; ' ' !

4 -' : ? (7. ' ; ;2 * # *% 4 . <
0 C !

4 -' 2 -[:' 4 / * : % % % <:
0 C !

4 II' 9 . . ' N 8I M(# % D E GE # % %#)% ((!
? D# I 0 C !

4 /' [! []' E%(<!' : ;' * . / % % (!
/ !? ' @ ' # ! ' % ! # <: 0 C !

4 4 / ? (# # <E % D# 0 C !

4 (I* - % /* M(# % # %(# 4 . < 0 C !

4 <!8 > (# ; C; > 8 %

4 (E: ' N I<' * . /% (% %# # #
/ <E D# 0 C !

4 @ I' 4 %(*' 4 -' E 7. E# % %# % !
? ((C # / <: 0 C !

4 (% /' M @% : ' V@ E' 1 /' / # 9 / % ?
(/ <: 0 C !

4 %(<' * </' -]' - ? <' M(, 2' 2# 2' N <- ' 8 I: ' * . 9 ;# !
% %# (/% (0
. 0 C !

4 % ? / . ' * - /' E - ' E #%% 8; > % %#)% ' #
! (% # C # (N ? (: * * #
<: # : 0 C !

4 (2' *%(% (M' . % (M' - # /' / 8' . >' D / E ?
(% %# D 9 < . 0 C !

4 - /' 7 N . ' * % 8 . ' 1 @ 9' * 2; ' / 2<' (/ *: E
I % (- # / # (# # (% (/ *: (# !
C # (/ *: ! # / < E 0 C !

4 # D /' . %- # < 2' ^ ? (< 9' ; E [E M(#)%
% %# < E 9 % . 0 C !

4 # D /' * (G' ; E [E 0 ! # % # % %#
M / % / ; (0 C !

4 <' ; 0 I % (G' G) /' N ? /' N *' M / #
(? (% # # M() 0 C !

4 ? . /' - 9 . ' I . I' 9 I ; * #)% (!
% C % # / < 1 - % 0 C !

4 ? N *' ; / I' D . E' E # < /' E # * I 0 (* # 1 ? % %!
I % (- # / % ? ? ? M(#
* # 1 % 8 % # * 0 C !

4 # : I' 2 (<: ' 4 2' D ? . /' - ? 8 M' G 2 I' 4 I: ' 4 T(8 I 9 (!
C ' (% D 9 < . 0 C !

4# 9' ; ' % /' / ' / E' 4 % (*' 4 I' E 8' E % % ; ' - % /'
. # 9' ; # I' 7 E' 8 # <' 4 N / % !% # % % %
0 0 < E % 0 C !

4# E <' 4 # (; . - ' . ? : 2<' . . - ' I - ' * % /' * (. < M(!
(? (# # # 2 % /
(N((9 * # < E(0 C !

4# I ' . , 9 * (% (% # # % # % !
%# # (% < E % ; (% 0 C !

4# ; - <' 4 < I' E(*' M / 9' ; : *' ; % / 1' G . E I
(((# #)% 4 . < 0 C !

4# ; - < M(% # (6 % (% a % # <
I * % . 0 C !

4# ; / % (# (9 % % ? (!
(E(0 \$ * # & C * ! *

4# ; - < ' D < 9' M? E: E' E(*' < M ' . %(N ' 4 E' E 0I 9 %
%(# (? (M() 0 C !

E # /N' N II' D ? . ; ' . DE' 2 *' 2 : M(# #
/ < E D# 0 C !

E . ' / D' * : *' E M. ' M E 0 % # ! (# % # !
% ? ((D9 < . 0 C !

E . ' 8 4' : # * I % # !)%((%
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