

## **Appendix 1**

### **Not English language**

1.) Sánchez Torres G, Posadas C, Tena I, Boyer JL, Enríquez C. Use of a normal sodium diet in the diuretic treatment of refractory cardiac insufficiency. Archivos del Instituto de Cardiología de México 1982;52:507-515

### **No morbidity/mortality outcomes**

- 2.) Damgaard M, Norsk P, Gustafsson F, Kanters JK, Christensen NJ, Bie P, Friberg L, Gadsbøll N. Hemodynamic and neuroendocrine responses to changes in sodium intake in compensated heart failure. Am J Physiol Regul Integr Comp Physiol 2006;290:R1294-1301.
- 3.) Nakasato M, Strunk C.M., Guimarães G., et al. Is the low-sodium diet actually indicated for all patients with stable heart failure? Arquiv brasil cardiol. 2010; 94:92-101.
- 4.) Colin E, Castillo L, Orea AT, Montano PH, Dorantes JG. Impact of a sodium and fluid restricted diet on clinical status in heart failure patients. Rev Chil Nutr. 2010;37:427-437.
- 5.) Philipson H, Ekman I, Swedberg K, Schaufelberger M. A pilot study of salt and water restriction in patients with chronic heart failure. Scand Cardiovasc J. 2010;44:209-214
- 6.) Roberts HJ. Use of a low-sodium formula as an improved Karell diet, with emphasis upon the outpatient management of heart failure and lymphedema. Am Heart J. 1963; 65:32-49

### **Animal**

- 7.) Mori T, Kurumazuka D, Matsumoto C, Shirakawa H, Kimura S, Kitada K, Kobayashi K, Matsuda H, Hayashi T, Kitaura Y, Matsumura Y. Dietary salt restriction activates mineralocorticoid receptor signaling in volume-overloaded heart failure. Eur J Pharmacol. 2009;623:84-88.

### **No active comparator**

- 8.) Arcand JAL, Brazel S, Joliffe C, Choleva M, Berkoff F, Allard JP, Newton GE. Education by a dietitian in patients with heart failure results in improved adherence with a sodium-restricted diet: A randomized trial. Am Heart J. 2005;150:716.e1-716.e5.
- 9.) Alvelos M, Ferreira A, Bettencourt P, Serrão P, Pestana M, Cerqueira-Gomes M, Soares-Da-Silva P. The effect of dietary sodium restriction on neurohumoral activity and renal dopaminergic response in patients with heart failure. Eur J Heart Fail. 2004;6:593-599.
- 10.) RJ, Mudge GH, Nurnberg MJ. Congestive Heart Failure: Variations in Electrolyte Metabolism with Salt Restriction and Mercurial Diuretics. Circ.1951;4:54-69.

- 11.) Berger EY and Steele JM. Suppression of sodium excretion by the colon in congestive heart failure and cirrhosis of the liver demonstrated by the use of cation exchange resins. *J Clin Invest.* 1952;31:451-456.
- 12.) Liszkowski M and Nohria A. Rubbing salt into wounds: Hypertonic saline to assist with volume removal in heart failure. *Cur Heart Fail Rep.* 2010;7:134-139.
- 13.) Bonfils PK, Damgaard M, Taskiran M, Goetze JP, Norsk P, Gadsbøll N. Impact of diuretic treatment and sodium intake on plasma volume in patients with compensated systolic heart failure. *Eur J Heart Fail.* 2010;12:995-1001.
- 14.) Kostis JB, Rosen RC, Cosgrove NM, Shindler DM, Wilson AC. Nonpharmacologic therapy improves functional and emotional status in congestive heart failure. *Chest.* 1994;106:996-1001.
- 15.) Paterna S., Fasullo S., Di Pasquale P. High-dose torasemide is equivalent to high-dose furosemide with hypertonic saline in the treatment of refractory congestive heart failure. *Clin Drug Invest.* 2005;25:165-173.
- 16.) Cody RJ, Covit AB, Schaer GL. Sodium and water balance in chronic congestive heart failure. *J Clin Invest.* 1986;77:1441-1452.
- 17.) Hummel SL, Seymour EM, Sheth SS, Rosenblum HR, Brook RD, Wells JM, Weder AB. Effects of the Sodium-Restricted DASH Diet in Hypertensive Heart Failure with Preserved Ejection Fraction. *J Cardiac Fail.* 2011;17: S3-S4
- 18.) Elkinton JH, Squires RD, Bluemle JR. LW. The Distribution of Body Fluids in Congestive Heart Failure IV. Exchanges in Patients, Refractory to Mercurial Diuretics, Treated with Sodium and Potassium. *Circ.* 1952;5:58.
- 19.) Tuttolomondo A, Pinto A, Di Raimondo D, Corrao S, Di Sciacca R, Scaglione R, Caruso C, Licata G. Changes in natriuretic peptide and cytokine plasma levels in patients with heart failure, after treatment with high dose of furosemide plus hypertonic saline solution (HSS) and after a saline loading. *Nutr Metab Cardiovasc Dis.* 2011;21:372-379.
- 20.) Kasper EK, Gerstenblith G, Hefter G, Van Anden E, Brinker JA, Thiemann DR, Terrin M, Forman S, Gottlieb SH. A randomized trial of the efficacy of multidisciplinary care in heart failure outpatients at high risk of hospital readmission. *J Am Coll Cardiol.* 2002;39:471-480.
- 21.) Philbin EF, Rocco TA, Lindenmuth NW, Ulrich K, McCall M, Jenkins PL. The results of a randomized trial of a quality improvement intervention in the care of patients with heart failure. The MISCHF Study Investigators. *Am J Med.* 2000;109:443-449.

### **Not randomized**

- 22.) Chung ML, Moser DK, Lennie TA, Worrall-Carter L, Bentley B, Trupp R, Armentano DS. Gender Differences in Adherence to the Sodium-Restricted Diet in Patients With Heart Failure. *J Cardiac Fail.* 2006;12:628-634.
- 23.) Di Pasquale P, Sarullo FM, Paterna S. Novel strategies: challenge loop diuretics and sodium management in heart failure--part II. *Congest Heart Fail.* 2007;13:170-176.
- 24.) Pasquale P.D., Sarullo F.M., Paterna S. Novel strategies: challenge loop diuretics and sodium management in heart failure--Part I. *Congest Heart Fail.* 2007;13:93-98.
- 25.) Bridges WC, Wheeler EO, White PD. Low-Sodium Diet and Free Fluid Intake in the Treatment of Congestive Heart Failure -- A Preliminary Report. *N Engl J Med.* 1946; 234:573-578.
- 26.) Fox CL Jr, Friedberg CK, White AG. Electrolyte abnormalities in chronic congestive heart failure; effects of administration of potassium and sodium salts. *Acad Med.* 1949;25:461.
- 27.) Dyckner T, Wester PO. Salt and water balance in congestive heart failure. *Acta Med Scand Suppl.* 1986;707:27-31.
- 28.) Arcand J, Ivanov J, Sasson A, Floras V, Al-Hesayen A, Azevedo ER, Mak S, Allard JP, Newton GE. A high-sodium diet is associated with acute decompensated heart failure in ambulatory heart failure patients: A prospective follow-up study. *Am J Clin Nutr.* 2011;93:332-337.
- 29.) Paterna S, Parrinello G, Amato P, Dominguez LJ, Pinto A, Maniscalchi T, Cardinale A, Licata A, Amato V, Di Pasquale P, Licata G. Small-volume hypertonic saline solution and high-dosage furosemide in the treatment of refractory congestive heart failure. A pilot study. *Clin Drug Invest.* 2000;19:9-13.
- 30.) Nielsen AL, Bechgaard P, Bang HO. Low-salt diet in treatment of congestive heart failure. *Br Med J.* 1951 Jun 16;1(4719):1349-53.
- 31.) Papper S. Sodium and water: an overview. *Am J Med Sci.* 1976;272:43-51.
- 32.) Baldasseroni S, Urso R, Orso F, Bianchini BP, Carbonieri E, Cirò A, Gonzini L, Leonardi G, Marchionni N, Maggioni AP; IN-CHF Investigators. Relation between serum sodium levels and prognosis in outpatients with chronic heart failure: neutral effect of treatment with beta-blockers and angiotensin-converting enzyme inhibitors: data from the Italian network on congestive heart failure (IN-CHF database). *J Cardiovasc Med.* 2011 Oct;12(10):723-31.

33.) Kazory A. Hyponatremia in Heart Failure: Revisiting Pathophysiology and Therapeutic Strategies. *Clin Cardiol.* 2010;33:322–329.

34.) Cadnapaphornchai MA, Gurevich AK, Weinberger HD, Schriera RW. Pathophysiology of Sodium and Water Retention in Heart Failure. *Cardiol.* 2001;96:122–131

35.) Barsheshet A , Shotan A, Cohen E, Garty M, Goldenberg I, Sandach A, Behar S, Zimlichman E, Lewis BS, Gottlieb S, for the HFSIS Steering Committee and Investigators. Predictors of long-term (4-year) mortality in elderly and young patients with acute heart failure. *Eur J Heart Fail.* 2010;12:833–840

36.) Bae EH and Ma SK. Water and Sodium Regulation in Heart Failure. *Elec Blood Press.* 2009;7:38-41.

37.) Lee DS, Austin PC, Rouleau JL, Liu PP, Naimark D, Tu JV. Predicting mortality among patients hospitalized for heart failure: derivation and validation of a clinical model. *JAMA.* 2003;290:2581-7.

38.) Romanovsky A, Bagshaw S, Rosner MH. Hyponatremia in congestive heart failure: A Marker of Increased Mortality and a Target for Therapy. *Am J Cardiol.* 2005;952B-7B.

#### **Not long enough follow up/not enough patients**

39.) Paterna S, Di Pasquale P, Parrinello G, Amato P, Cardinale A, Follone G, Giubilato A, Licata G. Effects of high-dose furosemide and small-volume hypertonic saline solution infusion in comparison with a high dose of furosemide as a bolus, in refractory congestive heart failure. *Eur J Heart Fail.* 2000;2:305-313.

40.) Paterna S. Tolerability and efficacy of high-dose furosemide and small-volume hypertonic saline solution in refractory congestive heart failure. *Advan Ther.* 1999;16:219-228.

41.) Issa VS, Bacal F, Mangini S, Carneiro RMD, Azevedo CHNDF, Chizzola PR, Ferreira SMA, Bocchi EA. Hypertonic saline solution for renal failure prevention in patients with decompensated heart failure. *Arquiv Brasil Cardiol.* 2007;89:251-255.

42.) Velloso LG, Alonso RR, Ciscato CM, Barretto AC, Bellotti G, Pileggi F. [Diet with usual quantity of salt in hospital treatment of congestive heart insufficiency]. *Arq Bras Cardiol* 1991;57:465-468.

43.) Damgaard M., Norsk P., Gustafsson F., Kanters J.K., Christensen N.J., Bie P., Friberg L., Gadsbøll N. Hemodynamic and neuroendocrine responses to changes in sodium intake in compensated heart failure. *Am J Physiol.* 2006;290:R1294-R1301

44.) Volpe M, Tritto C, DeLuca N, Rubattu S, Rao MAE, Lamenza F, Mirante A, Enea I, Rendina V, Mele AF, Trimarco B, Condorelli M. Abnormalities of sodium handling and of cardiovascular adaptations during high salt diet in patients with mild heart failure. *Circ.* 1993;88:1620-1627.

45.) Colín Ramírez E, Castillo Martínez L, Orea Tejeda A, Rebollar González V, Narváez David R, Asensio Lafuente E. Effects of a nutritional intervention on body composition, clinical status, and quality of life in patients with heart failure. Nutrition. 2004;20:890-895.