

Trips to the toilet at night are a sign of high blood pressure

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Trips to the toilet at night are a sign of high blood pressure, according to results from the Watari study presented today at the 83rd Annual Scientific Meeting of the Japanese Circulation Society (JCS 2019).

"Our study indicates that if you need to urinate in the night—called nocturia—you may have elevated [blood pressure](#) and/or excess fluid in your body," said study author Dr. Satoshi Konno, of the Division of Hypertension, Tohoku Rosai Hospital, Sendai, Japan. "If you continue to have nocturia, ask your doctor to check your [blood](#) pressure and [salt intake](#)."

JCS 2019 takes place from 29 to 31 March in Yokohama. Joint scientific sessions are being held by the European Society of Cardiology (ESC) and JCS as part of the ESC Global Activities programme.

Previous research from Japan has reported that high [salt](#) intake is associated with nocturia. Compared to [western countries](#), people in Japan eat more salt and are more likely to be "salt

sensitive", meaning that their blood pressure rises more when salt is consumed. Taken together, these two factors mean that people in Japan are at greater risk of developing [high blood pressure](#).

This study examined the link between nocturia and hypertension in the general Japanese population. The study enrolled 3,749 residents of Watari who had an annual health check in 2017. Blood pressure was measured and information on nocturia was obtained by questionnaire. Participants with blood pressure 140/90 mmHg or higher or prescribed antihypertensive drugs were considered hypertensive.

Nocturia (one or more nocturia events per night) was significantly associated with hypertension after controlling for possible confounders (odds ratio 1.4; p

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