

UMCIRB# 25-000527

# Low Salt Diet Heart Failure Study

If you are 18 or older, have been diagnosed with Heart Failure, speak English, live in a rural community of Eastern North Carolina, and have been told to follow a low sodium diet (1500mg-2300mg or less) you may be eligible to participate in a research study to learn about how people view low salt diets as part of their heart failure treatment.

## **Are You Eligible?**

18 years or older  
Diagnosis of Heart Failure  
Told to eat 1500-2300 mg or less of salt per day  
Able to Speak and understand English  
Live in a Rural Community of Eastern North Carolina

## **Participant Benefits**

Share information that may help researchers treat Heart Failure  
You may help others struggling to manage a low sodium diet

## **Study Requirements**

Participate in a 45-60 minute recorded interview about your experience with low sodium diets in heart failure

## **Contact**

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