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## Cardiovascular Health

### **Improving cardiovascular health by replacing salt with low-sodium substitutes: a synthesis of existing evidence**

Areej Mohamed, Zundus Ali-heybe, Oliver Hamer, James Hill. (2023). *British Journal of Cardiac Nursing*. Vol. 18, No. 7

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### **Intermittent fasting for the prevention of cardiovascular disease: implications for clinical practice**

Oliver Hamer, Abdulrahman Abouzaid, James Hill. (2023). *British Journal of Cardiac Nursing*. Vol. 18, No. 9

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## Weight Loss

### **Weight loss interventions as an option for a lifestyle treatment in urinary incontinence**

James Edward Hill, Danielle Christian, Kelly Shaw, Andrew Clegg. (2020). *British Journal of Community Nursing*. Vol. 25, No. 12

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## Physical Activity

### **Use of pedometers in the workplace as a strategy to increase physical activity**

Joanna Harrison, Annette O'Donoghue, James Hill. (2021). *British Journal of Cardiac Nursing*. Vol. 16, No. 8

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