

Medscape features nephrologist Baudy and his low-salt condiments



Adrian Baudy, MD, MBA, is an associate professor and program director of the Nephrology Fellowship at Tulane University School of Medicine. (Photo by Cheryl Gerber)

Adrian Baudy, MD, MBA, grew up watching his family undergo treatments for heart disease, kidney disease, high blood pressure, and stroke. Their experiences with doctors inspired him to become one himself. Listening to his patients, Dr. Baudy learned more about how they struggled to stay healthy. *Medscape* recently featured Dr. Baudy and his crusade to cut the salt in commonly-used condiments such as hot sauce and BBQ sauce.

"New Orleans folks say they don't pour hot sauce on their food, they put food in their hot sauce," said nephrologist Adrian Baudy IV, MD, MBA, associate professor at Tulane University School of Medicine.

Baudy, the nephrology training director and medical director of the dialysis unit at Tulane, suspected that the ubiquitous hot sauces were exacerbating the kidney

disease of his patients, and raising his father's chronically high blood pressure.

"Processed food in America is loaded with salt, especially condiments. The average American eats 3400 mg daily — and [this number] is likely much higher in poorer urban cities like New Orleans," Baudy said.

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