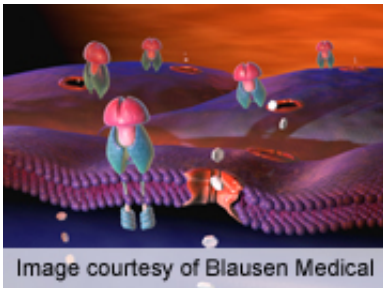


T2DM risk up with increased serum calcium levels

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(HealthDay)—For individuals at high cardiovascular risk, serum calcium concentrations correlate with increased diabetes risk, according to research published in the November issue of *Diabetes Care*.

Nerea Becerra-Tomás, from Universitat Rovira i Virgili in Rues, Spain, and colleagues conducted a prospective assessment to examine the correlation between albumin-adjusted serum calcium concentrations and type 2 diabetes in individuals at high cardiovascular risk. Data were included for participants from two Spanish PREDIMED (Prevención con Dieta Mediterránea) study centers.

After a median follow-up of 4.78 years, the researchers identified 77 new cases of type 2 diabetes. Increased risk of diabetes was seen in association with an increase in serum calcium levels during follow-up.

The hazard ratio for diabetes incidence during follow-up was 3.48 for those in the highest tertile of change versus the lowest tertile (P for trend = 0.01). On analysis of albumin-adjusted serum calcium as a continuous variable, the hazard ratio for diabetes incidence was 2.87 per 1 mg/dL increase (P = 0.02). The association persisted after exclusion of those taking [calcium supplements](#) or those with calcium levels out of the normal range.

"An increase in serum calcium concentrations is associated with an increased risk of type 2 [diabetes](#) in individuals at high cardiovascular risk," the authors write.

More information: [Abstract](#)
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