

Could higher magnesium intake reduce fatal coronary heart disease risk in women?

December 23 2019



Credit: CC0 Public Domain

A new prospective study based on data from the Women's Health Initiative found a potential inverse association between dietary magnesium and fatal coronary heart disease in postmenopausal women. The study, which also showed a trend between magnesium and sudden cardiac death in this population, is published in *Journal of Women's*

Health.

Charles Eaton, MD, Alpert Medical School of Brown University, and a large team of researchers from various institutions, coauthored the article entitled "Association of Dietary Magnesium Intake with Fatal Coronary Heart Disease and Sudden Cardiac Death: Findings from the Women's Health Initiative." The researchers examined magnesium intake at baseline for more than 153,000 [postmenopausal women](#) and identified the development of fatal coronary heart disease and [sudden cardiac death](#) over the subsequent 10.5 years of follow-up. The data revealed that higher magnesium intake was associated with statistically significant risk reduction in fatal coronary heart disease and a reduction in risk of sudden [cardiac death](#).

Susan G. Kornstein, MD, Editor-in-Chief of *Journal of Women's Health* and Executive Director of the Virginia Commonwealth University Institute for Women's Health, Richmond, VA, states: "If the findings of this study are confirmed, future research should test whether high-risk women would benefit from [magnesium](#) supplementation to reduce their risk of fatal coronary heart disease."

More information: Jason Li et al, Association of Dietary Magnesium Intake with Fatal Coronary Heart Disease and Sudden Cardiac Death, *Journal of Women's Health* (2019). [DOI: 10.1089/jwh.2019.7775](https://doi.org/10.1089/jwh.2019.7775)

Provided by Mary Ann Liebert, Inc

Citation: Could higher magnesium intake reduce fatal coronary heart disease risk in women? (2019, December 23) retrieved 15 May 2024 from <https://medicalxpress.com/news/2019-12-higher-magnesium-intake-fatal-coronary.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.