

Study reveals seasonal variations in hypertensive disorders during pregnancy

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Researchers observed seasonal variations in the risk of the hypertensive disorders of pregnancy—including gestational hypertension and preeclampsia—in a study of Danish women. In the *Acta Obstetrica et*

Gynecologica Scandinavica study, the highest risk for hypertensive disorders was seen in pregnancies conceived during spring and summer.

Of 50,665 women included in the study, 8.5% were diagnosed with a hypertensive disorder of pregnancy. There appeared to be increasing risk when conceiving during the spring and [early summer](#), peaking midsummer, and subsequently decreasing steadily during the autumn to reach a low by winter. Seasonal variations in vitamin D levels may help to explain these findings.

"Our results are of great interest, as vitamin D may have caused the observed [seasonal variation](#) in the hypertensive disorders. It has long been assumed that vitamin D affects the pathogenesis of hypertensive disorders of pregnancy—including preeclampsia—and our results support this hypothesis," said lead author Christine Rohr Thomsen, of Aarhus University Hospital, in Denmark.

More information: Christine Rohr Thomsen et al, Seasonal variation in the hypertensive disorders of pregnancy in Denmark, *Acta Obstetricia et Gynecologica Scandinavica* (2020). [DOI: 10.1111/aogs.13786](https://doi.org/10.1111/aogs.13786)

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