

LOW DOSE CALCIUM VS 1500 MG OF CALCIUM INTAKE IN PREVENTING PRE-ECLAMPSIA

❑ INTRODUCTION

- There are many studies evaluating the role of high dose calcium supplementation in pre-eclampsia with a daily calcium intake of 1.5 g/ day or more.
- The standard regimen, consistent with current WHO recommendations, prescribed 1500 mg elemental Ca in 3 pill-taking events. difficult to absorb and transport in the body and is associated with adverse outcomes.
- Thus, we undertook this study to assess the effect of low dose calcium in prevention of pre-eclampsia

❑ RESULTS

The mean age of women in group A was 23.15 ± 6.68 and in group B was 23.41 ± 6.05 years. The mean gestational age in group A was 21.71 ± 4.73 weeks and in group B was 21.42 ± 4.83 weeks. The frequency of recurrence pre-eclampsia without any supplementation is 40%. In my study, frequency of pre-eclampsia was in 07 (6.60%) low dose calcium group compared to standard group was reduced to 19 (17.92%) with p-value of 0.01, which was less than in the standard group.

Stratification of preeclampsia according to age.

Age of patients	Group A (n=106)		Group B (n=106)		p-value
	preeclampsia		preeclampsia		
	Yes	No	Yes	No	
18-25 years	04	54	09	48	0.132
26-30 years	02	27	06	25	0.156
31-35 years	01	18	03	15	0.264

❑ METHODOLOGY

- In A total of 212 patients of 16-24 weeks of gestation assessed on LMP, 18 to 35 years of age with singleton pregnancy were included.
- Patients with chronic renal disease and multiple pregnancies were excluded.
- Group A received low dose calcium supplementation i.e., 500mg calcium daily and group B was given 1500mg calcium daily as recommended by WHO in three divided doses.
- Both groups continued taking standard obstetrics care with oral hematinics, loprin and oral antihypertensives, as indicated.
- Information regarding all the study variables were recorded in a structured proforma. Confidentiality of the data was ensured.
- BP and proteinuria was checked at 34- 36 weeks and at delivery. The frequency of preeclampsia on both groups was compared

❑ CONCLUSION

- ❑ This study concluded that low dose calcium supplementation prevents pre-eclampsia in high risk pregnant females.

Stratification of preeclampsia with respect to gestational age at the time of inclusion in study.

Gestational Age	Group A (n=106)		Group B (n=106)		p-value
	Preeclampsia		Preeclampsia		
	Yes	No	Yes	No	
16-20 weeks	02	52	07	45	0.072
21-24 weeks	05	47	12	42	0.077

Stratification of preeclampsia with respect to preeclampsia and eclampsia in previous pregnancies

preeclampsia and eclampsia in previous pregnancies	Group A (n=106)		Group B (n=106)		p-value
	Preeclampsia		preeclampsia		
	Yes	No	Yes	No	
Yes	04	24	11	18	0.043
No	03	75	08	69	0.113