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Role of macronutrients : Serum calcium and magnesium in pre-eclampsia

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Hypertensive disorders complicate 5-10% of all pregnancies and account for 40,000 maternal deaths annually. The greatest impact of pre-eclampsia is in developing countries where it accounts for 20-80% of the strikingly increased maternal mortality. It is associated with complications like visual disturbances, oliguria, increased serum creatinine, eclampsia, hemolysis, elevated liver enzymes, thrombocytopenia (HELLP Syndrome), pulmonary oedema, bilateral renal cortical necrosis and fetal growth restriction. Pregnancy is a period of increasing metabolic demands with changes in a woman's physiology and the requirements of a growing fetus. Research is focusing on prevention rather than treatment. There is evidence that indicates a role for macronutrients supplementation in preventing these disorders of pregnancy. Among these, increasing Calcium and Magnesium intake can reduce the risk of gestational hypertension, including pre-eclampsia.