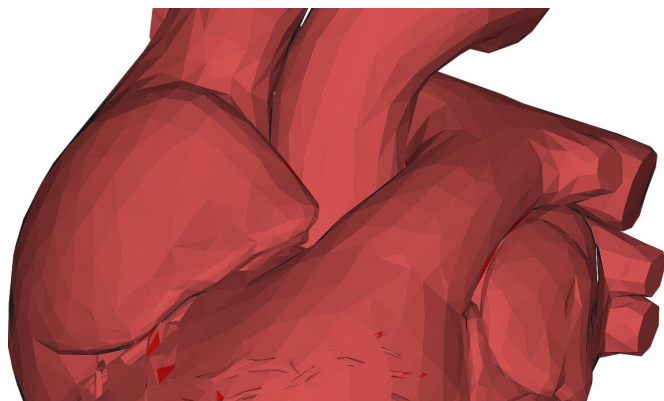


# Could higher magnesium intake reduce fatal coronary heart disease risk in women?

23 December 2019



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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](#)

Provided by Mary Ann Liebert, Inc

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](#).

APA citation: Could higher magnesium intake reduce fatal coronary heart disease risk in women? (2019, December 23) retrieved 10 July 2022 from <https://medicalxpress.com/news/2019-12-higher-magnesium-intake-fatal-coronary.html>

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