

A new study shows that higher calcium intake from both diet and supplements does not increase heart disease risk factors in type 2 diabetics, a population that is already at increased risk of cardiovascular disease.

## Supplemental calcium does not increase heart disease risk in type 2 diabetics

One of the most widely consumed dietary supplements is calcium, which is typically taken to reduce declines in bone mineral density and help reduce fracture risk. Individuals with type 2 diabetes have elevated risks for both cardiovascular disease and bone fractures. Because of recent reports of increased heart disease risk in users of calcium supplements, new research looked at whether dietary and supplemental calcium would be of particular concern in people with type 2 diabetes.

The new study, published online in the *American Journal of Clinical Nutrition*, examined potential associations between calcium intake and mortality in individuals with type 2 diabetes. Indicators of subclinical cardiovascular disease included measurements of calcified plaque in the coronary artery, carotid artery, and abdominal aorta. 720 adults with type 2 diabetes participating in the family-based Diabetes Heart Study were included in this study.

The researchers observed no significant association of dietary, supplemental or overall calcium intake and any measure of calcified plaque. And no increase in mortality risk was observed with higher calcium intake. In fact, a reduction in all-cause mortality in women was moderately associated with calcium supplement use.

The results of this study do not support a significant association between calcium intake, whether from diet or supplements, and an increase in heart disease risk in individuals with type 2 diabetes.

Laura M Raffield et al. Cross-sectional analysis of calcium intake for associations with vascular calcification and mortality in individuals with type 2 diabetes from the Diabetes Heart Study. *Am J Clin Nutr*. 2014 Aug 6. pii: ajcn.090365.