

1. What we know



Low dietary calcium may account for high rate of pre-eclampsia in some low income countries

Calcium supplements taken in the **second half of pregnancy** can reduce severe consequences of pre-eclampsia



But what are the effects of taking low-dose calcium supplements before and during pregnancy?



The CAP Study: Reducing pregnancy loss and pre-eclampsia with calcium supplements

4. Research implications

Promote **adequate calcium** intake to reduce pregnancy loss and/or pre-eclampsia, among other benefits

Potential Public Health Strategies

Increase awareness of dietary calcium and its benefits

Advise women planning pregnancy to have enough calcium intake



2. Research design

Argentina, Zimbabwe, and South Africa over **six years**

Argentina

Zimbabwe

South Africa



1355 women with history of pre-eclampsia or eclampsia

500mg of calcium daily or a placebo



Until pregnant and **up to 20 weeks** of pregnancy

After 20 weeks, everyone received 1500mg of calcium daily



3. Results



Diastolic blood pressure was **lower** at 20 and 32 weeks

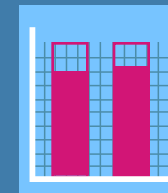


Calcium group

- 677 women
- 298 pregnancies
- 249 live births

Control group

- 678 women
- 283 pregnancies
- 228 live births



Pre-eclampsia reduced by **20%** with calcium¹

Pregnancy loss and/or pre-eclampsia reduced by **18%**²

1. Not statistically significant
2. Borderline statistically significant