

**Mg**

## **Indications for magnesium as a therapeutic agent**

### **Eclampsia/pre-eclampsia**

- Reduced risk of eclampsia in pre-eclamptic women

### **Arrhythmia**

- Torsade de pointes in patients with long QT-syndrome
- Digoxin induced arrhythmia

## **Supplementation of magnesium and effects on different diseases**

### **Type 2 diabetes mellitus**

- Improved glycemic control

### **Atherosclerosis**

- Increased HDL-concentration
- Lower blood triglyceride
- Reduced systemic inflammation
- Reduced endothelial dysfunction

### **Hypertension**

- Enhancing effect of antihypertensive therapy

### **Acute myocardial infarction**

- No consistent effect

### **Muscle cramps**

- Reducing frequency events (?)

## **Association of hypomagnesaemia and low dietary intake with risk and development of different diseases**

**Coronary artery disease**  
**Hypertension**

**Metabolic syndrome**  
**Type 2 diabetes mellitus**