

PS1.059**Current evidence of calcium supplementation during pregnancy**

*J Castanheira, Pedro Coutinho, Â Alves, AC Silva, V Gomes, Helena Ferreira
USF Santo António, ACES Cávado III, Barcelos, Portugal*

Corresponding author: Dr Pedro Coutinho, ACES Cávado III, USF Santo António, Barcelos, Portugal. E-mail: pedromecoutinho@hotmail.com

Introduction and Objective: During pregnancy and lactation, maternal calcium needs are increased, not only to preserve her normal calcium balance and bone density but also to meet the demands of the growing fetus. These requirements can be overcome by the increase of dietary intake. Inadequate intake of calcium may harm both the woman and fetus. This study aimed to determine, in the light of current evidence, the benefits of calcium supplementation during pregnancy.

Method: Searches were conducted in National Guideline Clearinghouse, NHS evidence, CMA infobase, Cochrane, DARE, Bandolier e Medline. It was surveyed guidelines, meta-analysis, systematic reviews (SR) and randomized controlled studies, published in Portuguese, English, Spanish and French from January 2006 until January 2016, with the MeSH terms 'pregnant women' and 'calcium'. To evaluate the evidence founded, the Strength of Recommendation Taxonomy of the American Academy of Family was used.

Results and Conclusions: After inclusion and exclusion criteria were applied, three SR, one meta-analysis and three guidelines were selected. The studies agree that there is no evidence to recommend universal supplementation of pregnant women because there are no clear additional benefits in prevention of preterm birth or low infant birthweight. However, one SR showed that calcium supplementation reduces the risk of pre-eclampsia, particularly in women with low calcium diets and those at high risk. This review shows that there is no evidence to recommend universal calcium supplementation during pregnancy, yet there is evidence to recommend supplementation with 1-2g/day of calcium in populations in which the calcium intake is reduced.

Mesh terms: “pregnant women”, “calcium”, “supplementation”