



**American Society for Bone and Mineral Research
Statement on Potential Cardiovascular Risks Associated with Calcium Supplements**

August 12, 2010

A recent report suggesting a link between calcium supplements and an increased risk of cardiovascular events has sparked concern amongst patients, health care professionals and the public. In response to these concerns, the ASBMR has reviewed the current available literature. Some analyses have suggested a possible increase in risk, while others have not provided evidence of increased risk. Until further studies are done and more information is available, the ASBMR advises that anyone taking or considering taking calcium supplements be aware of the following key points.

Key Points

1. There are numerous large studies of calcium plus vitamin D that have shown no increased risk of cardiovascular events.
2. Persons currently taking calcium supplements should not necessarily discontinue their use. Rather, they should discuss the decision to use these agents with their health provider, and understand that food remains the best source of calcium. Supplements should be used only when adequate dietary intake of calcium cannot be achieved.
3. The beneficial effects of calcium are found with relatively low doses. More is not necessarily better. Individuals should discuss the amount of their calcium intake with their health provider.
4. In almost every modern study of osteoporosis treatment, adequate calcium and vitamin D were required for medications to have anti-fracture efficacy.
5. Elderly individuals and others with impaired renal (kidney) function who take calcium supplements may be at higher risk of cardiovascular problems.

The U.S. Food and Drug Administration (FDA) has begun a safety analysis on calcium supplements. The ASBMR will continue to study this important clinical issue and release additional information at such time that it is available.

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About ASBMR

The American Society for Bone and Mineral Research (ASBMR) is the premier professional, scientific and medical society established to promote excellence in bone and mineral research and to facilitate the translation of that research into clinical practice. The ASBMR has a membership of nearly 4,000 physicians, basic research scientists, and clinical investigators from around the world.

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