



## 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

Mg