

Low phosphate levels can be dangerous for cardiovascular health

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This study challenges previous findings to show that low mineral mass benefits the heart. It is known that phosphorus is an important mineral in the body and it helps regulate blood biochemistry, which can affect cardiac activity.

Not only that, it plays an important role in allowing red blood cells to deliver oxygen to the body's tissues and it can be found in protein-rich foods like meat, poultry and fish.

New results show that people with low blood phosphate levels (less than 0.75 mmol / L) have the same risk of heart disease as those with high concentrations (above 1.5 mmol / L). before being discovered.

"Our findings shed light on the role of phosphorus in the body and its relationship to cardiovascular health," said Andy McGovern of the University of Surrey.

The study, published recently in the journal PLOS ONE, showed that they checked the phosphate levels of more than 100,000 patients, for about five years and nine years, and found that it had an impact on their cardiovascular health. .



The risk associated with high blood phosphate levels has previously been demonstrated by the scientific community. This is the first time the danger of low phosphate levels in the blood is also determined.

The importance of phosphate in primary health care and then needs to be considered, the researchers said.

McGovern said: "According to these new findings, we will ask clinicians to see if people with low phosphate levels have a high cardiovascular risk and evaluate new treatments to reduce the risk of danger. for patients'.

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