



EXPLORATORY STUDY ON CALCIUM SUPPLEMENTATION (CALCIUM CITRATE)

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INTRODUCTION TO CALCIUM



MOST ABUNDANT
AND IMPORTANT
MINERAL IN THE
BODY.



ESSENTIAL BODY
ELECTROLYTE.



PLAYS AN
IMPORTANT ROLE
IN BODY
HOMEOSTASIS.



BODY CONTAINS
1200G OF
CALCIUM.



99% IS PRESENT IN
THE SKELETON

POINT OF DIFFERENCE BETWEEN CALCIUM CARBONATE AND CALCIUM CITRATE

Sr.No.	Parameter	Calcium carbonate	Calcium Citrate
1	Salt	Inorganic	Organic
2	Solubility	Only acid media	Acid and alkaline media
3	Elemental	40%	21%
4	Iron Interference	Interfere with iron abs.	Do not interfere with iron abs.
5	Absorption	Only transcellular	Both Transcellular and Paracellular
6	Stone Formation	Yes	No renal Calculi
7		Before meal	Any time Calcium

RESEARCH METHODOLOGY

Research Design

- Study Area- Bangalore
- Type of Study – Descriptive (Additive and Non-additive information)
- Data Collection Technique- Survey(Market Research) Primary and secondary.
- Data Collection Tool- Researcher Administered Structured Questionnaire .

Sample Design:

- Target Population- Gynaecologist
- Sample size- 122 Gynaecologist

OBJECTIVES:

To determine acceptance of calcium citrate over calcium carbonate.

To identify Adverse event of calcium citrate through Doctors feedback.

To determine Pregnant women compliance level

To identify additional and non-additional attributing factors of prescription.

To find out whether doctors use calcium citrate or not with it's appropriate reason and attributing factors.

DATA ANALYSIS

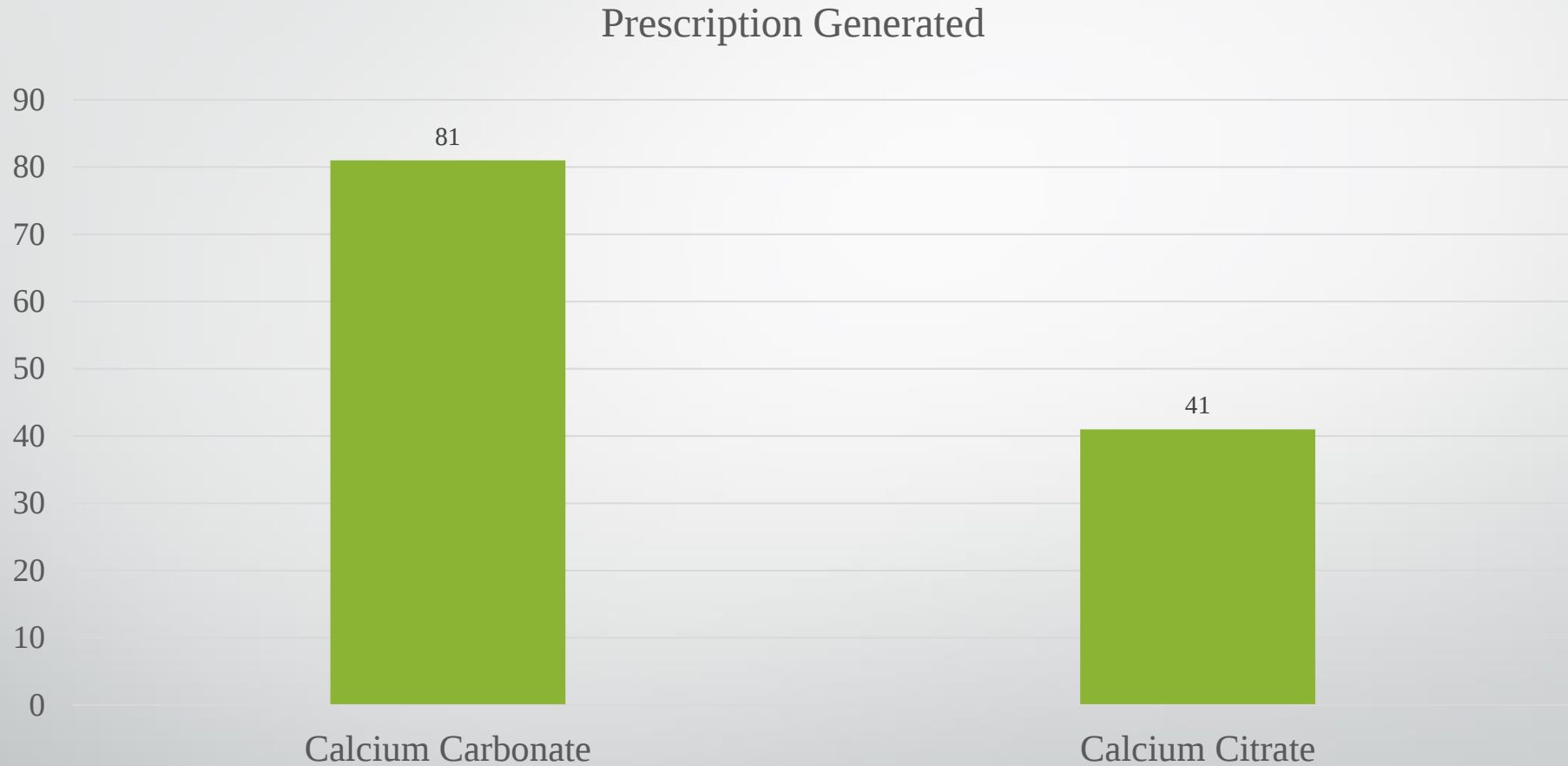
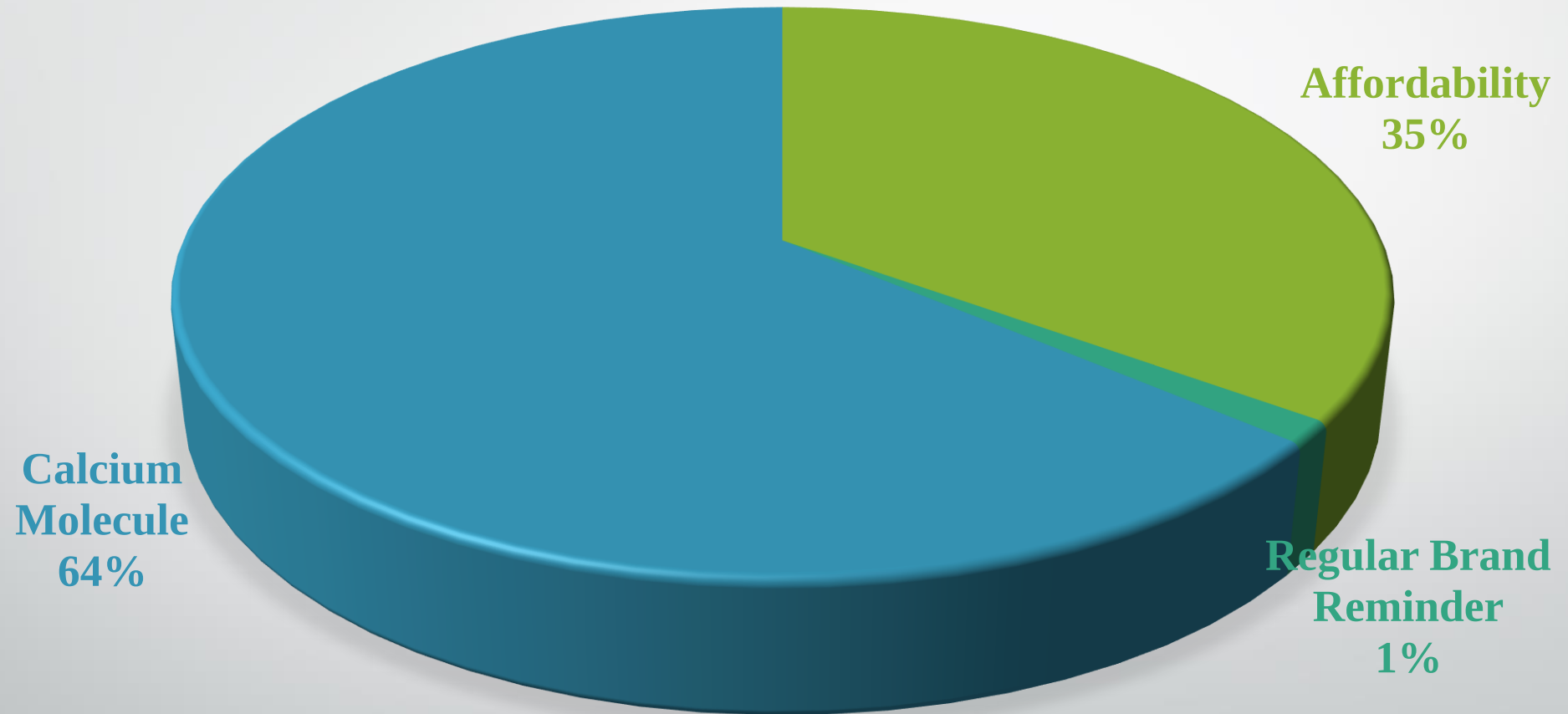
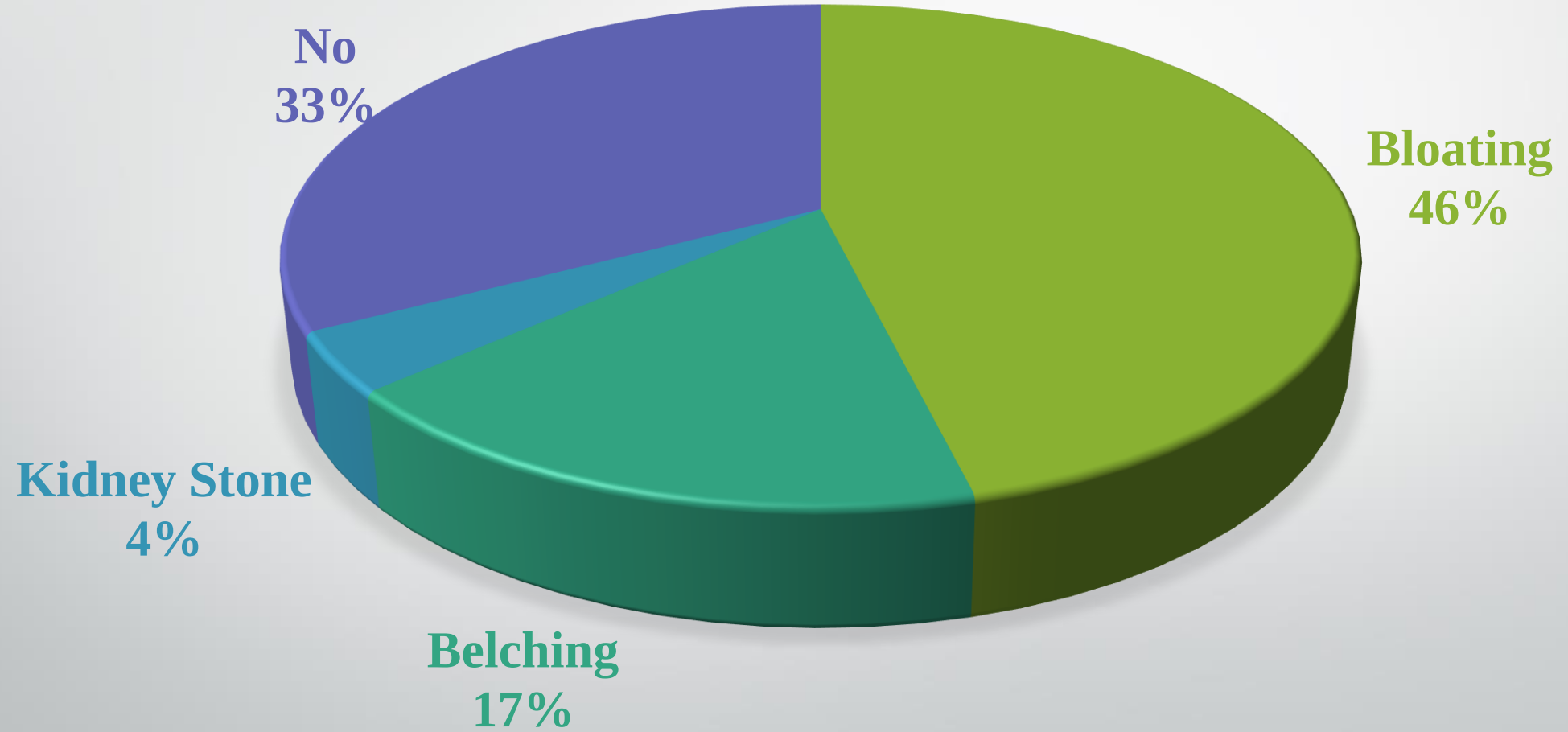


Fig.1.-Comparison between prescriptions of Calcium Carbonate vs Calcium Citrate.

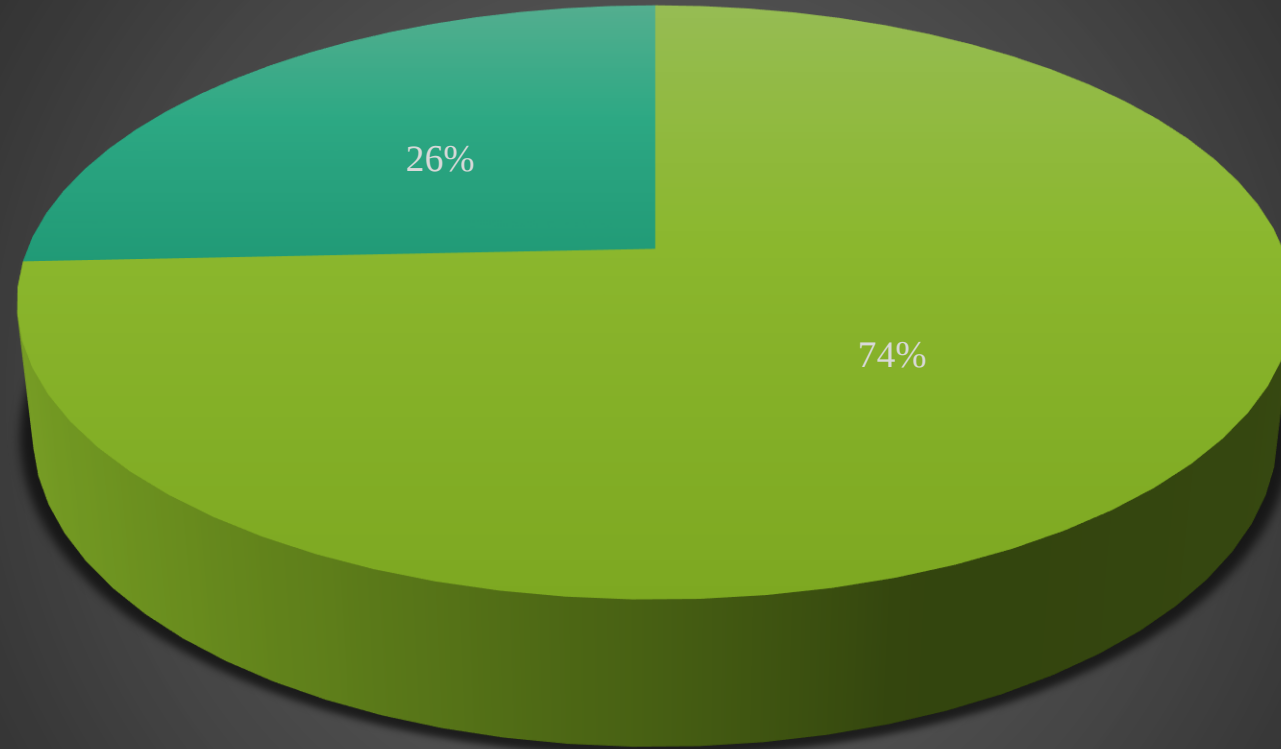
CRITERIA OF PRESCRIBING CALCIUM CARBONATE TO PREGNANT WOMEN



CALCIUM CARBONATE(ADVERSE EFFECT)



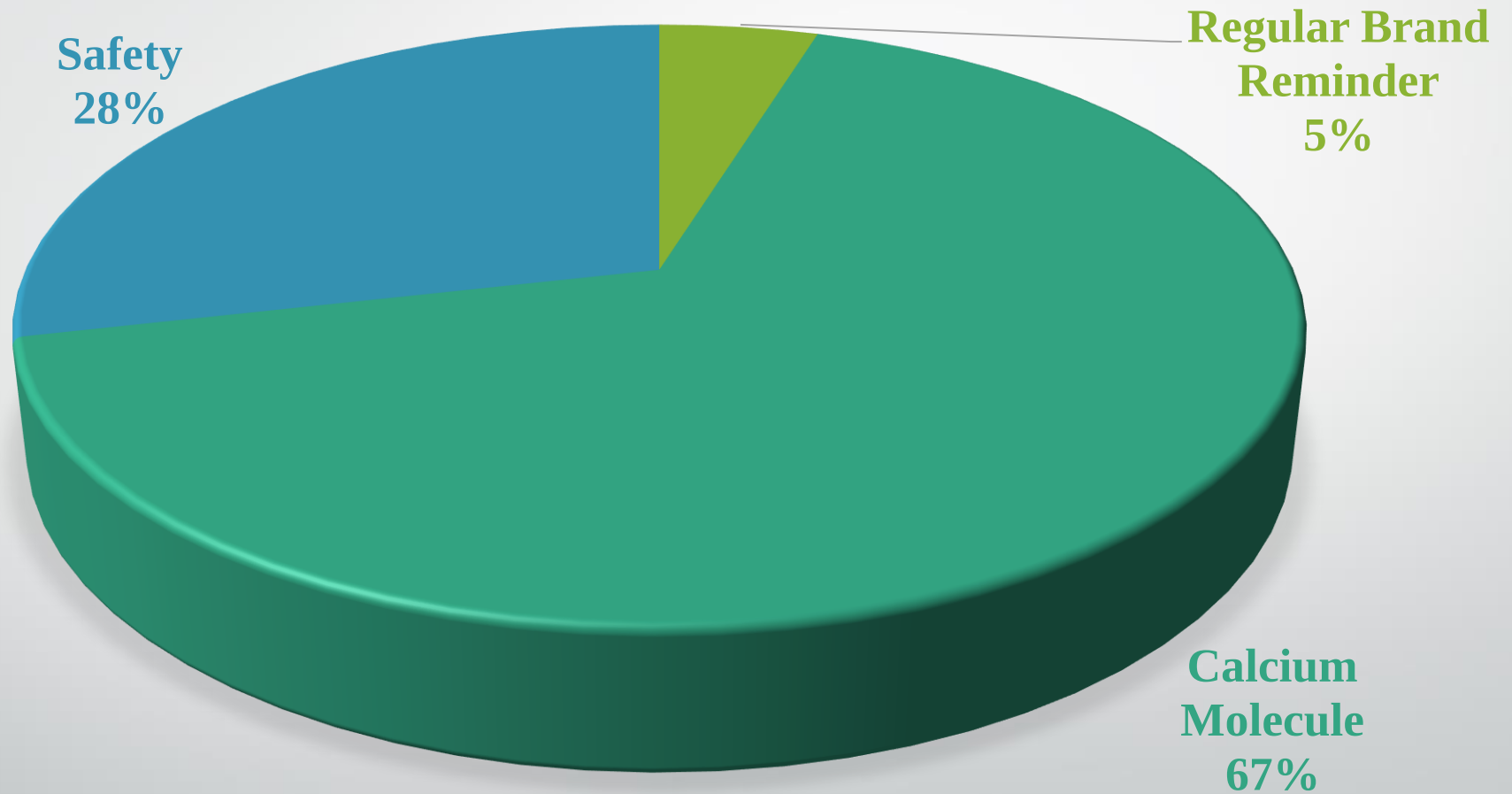
Calcium Carbonate



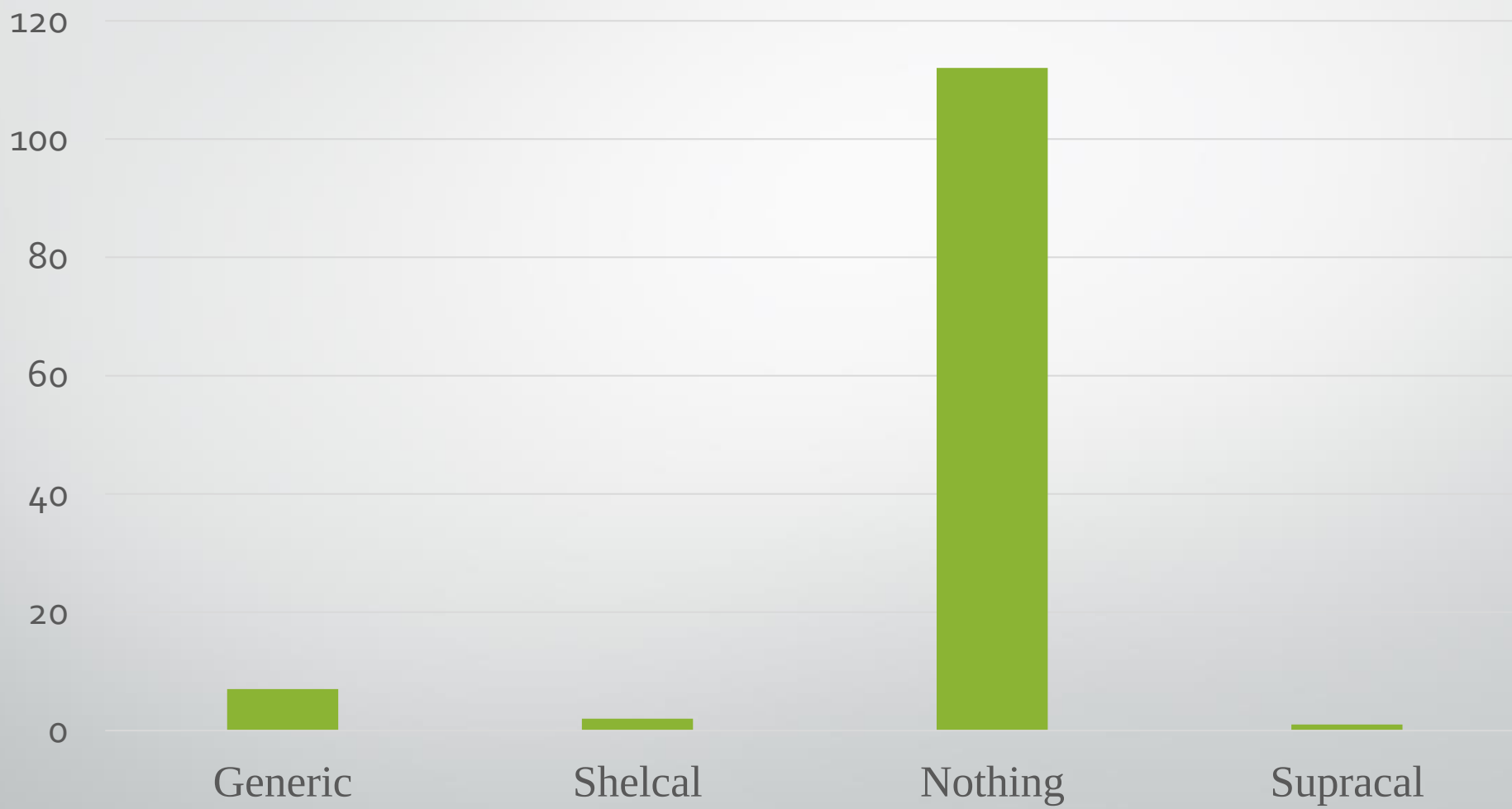
■ Prescription Generated

■ Course Discontinuity

CALCIUM CITRATE PRESCRIBING CRITERIA



Calcium Prescribing Pattern



CONCLUSION:

- So, from the above discussion and statistics , we can easily understand that calcium carbonate is common and highly used calcium molecule among Doctors as compared to calcium citrate. But looking into the few factors which tends to be negative such as bloating , belching, kidney stone on the usage of calcium carbonate put it into the concerned matter which is directly being resolved by replacing it by Calcium Citrate one of the safest calcium molecule with having patient compliance such as, Calcium citrate is any time calcium which means could be taken anytime as the absorption is both in acidic as well as basic medium apart from this calcium citrate is not having any adverse effect thus, no course discontinuity. On the other hand viability of course discontinuity is seen in administration of calcium carbonate. Looking into the above information it is suggested that calcium citrate usage should be more and more as compared to calcium carbonate.

REFERENCES

1. Calcified Tissue International. Page no.81-84
2. Clinical Drug Investigation, 2011, 2018
3. Journal of the association of physicians of India.
4. Burgerstein Handbook of Nutrition

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THANK YOU