

# Do you want to know?

## Hypoparathyroidism

C06  
sheet 1/1

### What is it?

Parathyroid glands are located in the neck. These glands secrete a hormone called parathormone. Parathormone helps the body maintain normal blood calcium and phosphorus levels. Both are minerals that are important for the health of bones, teeth and many body functions.

Hypoparathyroidism is the disorder associated with decreased secretion of parathormone. This will result in a decrease in the blood level of calcium and an increase in blood phosphorus.

Hypoparathyroidism may be the result of one of three conditions:

- Post surgical removal or injury of the parathyroid gland after parathyroid or thyroid surgery (the most common cause)
- Unknown cause (idiopathic) due to genetic reasons
- Intake of some drugs that reduce parathormone secretion

### Treatment option

Treatment is based on oral calcium and vitamin D supplements.

### Considerations



- Always use medications as prescribed by your physician.
- Report any symptom related to low calcium level (under-treatment) and any symptom related to high calcium level due to excessive intake of calcium and vitamin D. These include: fatigue, weakness, loss of appetite, constipation, nausea and vomiting.
- Keep a normal physical activity.
- Refer to a dietitian to ensure proper nutrient intake of calcium.
- Do periodic blood tests as requested by your physician.

### What do you need to know?

#### Population at risk

- Post surgical hypoparathyroidism occurs at any age.
- Idiopathic or congenital (born-with) forms are manifested in childhood and adolescence.
- Hypoparathyroidism can be a familial disorder.

#### Symptoms

Symptoms related to low calcium in the blood include: numbness and tingling around the mouth and/or fingertips, anxiety, depression, slow mental and physical activity, cramps in extremities, stiffness in hands and feet, difficulty in swallowing, tremor, and uncoordinated contractions of the muscles. In severe cases: difficulty in breathing and convulsions.

### INSTRUCTIONS

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.