

# High Blood Calcium

High blood calcium, also called hypercalcemia, means that there is too much calcium in the blood. Most of the calcium in a person's body is in the bones and teeth. Some calcium in blood helps the body to work right. Too much calcium in the blood affects the nerves, digestive tract, heart and kidneys.

## Signs

Some people with high blood calcium have signs, while others do not. Signs of high blood calcium include:

- Muscle weakness
- Poor appetite, weight loss
- Nausea or vomiting
- Stomach pain
- Constipation
- Feeling tired
- Increased urine output
- Confusion, behavior changes or loss of memory
- Loss of interest in work or decreased attention span
- Pain in lower back or sides, often caused by kidney stones
- Bones become fragile and can break

## Causes

The most common causes of high blood calcium are:

- Lack of activity or exercise
- Over active gland that controls how much calcium your body needs
- Cancer in the bone or blood

# 血中カルシウム濃度の高値

高カルシウム血症はカルシウム過剰血症とも呼ばれ、血中のカルシウム濃度が高すぎる状態を表します。人体内のカルシウムの多くは骨や歯に含まれます。血液中のカルシウムは体のはたらきを正常に保つのを助けます。血中のカルシウム濃度が高くなりすぎると、神経、消化管、心臓および腎臓に影響を及ぼします。

## 兆候

高カルシウム血症は個人によって兆候が出ることもあれば、出ないこともあります。カルシウム血症の兆候は以下のとおりです。

- 筋肉の衰弱
- 食欲不振、体重減少
- 吐き気または嘔吐
- 胃痛
- 便秘
- 疲労感
- 尿量の増加
- 錯乱、動作の変化、または記憶喪失
- 仕事に興味をもてなくなる、集中力の低下
- わき腹や背中下部の痛み。原因は腎臓結石であることが多い
- 骨がもろくなり、骨折しやすくなる

## 原因

高カルシウム血症の一般的な原因は以下のようなものです。

- 運動不足
- 体が必要とするカルシウム量をコントロールする腺の過活動
- 骨または血液のガン

High Blood Calcium. Japanese.

- Renal failure
- Taking large amounts of Vitamins A, D and calcium
- Some medicines

## **Your Care**

To treat high blood calcium and prevent more loss of calcium from your bones, your doctor may ask you to do one or more of these:

- Drink 3 to 4 quarts or 3 to 4 liters of liquids each day.
- Take your medicine as ordered.
- Exercise if you are able.
- Get out of bed, sit in a chair and walk as much as possible. Ask for help if you need it.
- If you are in bed all of the time, move from side to side at least every 2 hours.

**Talk to your doctor or nurse if you have any questions or concerns or if your signs get worse.**

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- 腎不全
- ビタミン A、D およびカルシウムの大量摂取
- 薬

## 治療

高カルシウム血症を治療し、骨からカルシウムが奪われることを予防するため、医師は以下のような指示を出すでしょう。

- 毎日 3～4 リットルの水分を摂ります。
- 指示通りに薬を飲んでください。
- 可能であれば運動してください。
- できる限りベッドから降りて椅子に座り、歩いてください。必要であれば介助を受けましょう。
- 常にベッドにいる状態であれば、少なくとも 2 時間おきに左右に動きましょう。

質問や不明な事項がある場合や兆候が悪化している場合は、主治医または看護師にご相談ください。

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