

# 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

# 높은 혈중 칼슘

고칼슘혈증 (hypercalcemia) 이라고도 하는 높은 혈중 칼슘은 혈액 안에 칼슘이 너무 많이 들어 있다는 말입니다. 우리 몸 안에 대부분의 칼슘은 뼈와 이빨에 들어있습니다. 혈액 안에 적당한 양의 칼슘은 우리 몸이 정상으로 움직이는데 도움을 줍니다. 하지만 혈액 안에 칼슘이 너무 들어 있으면 신경, 소화기관, 심장, 신장에 영향을 줍니다.

## 증상

혈액 안에 칼슘이 많이 들어있어도 어떤 사람은 증상이 나타나지 않지만 어떤 사람들은 증상을 보입니다. 높은 혈중 칼슘의 증상:

- 근육 허약
- 식욕 감소, 체중 감소
- 멀미 또는 구토
- 복통
- 변비
- 피로감
- 잦은 소변
- 혼동, 행동에 변화 또는 기억력 감퇴
- 일하는데 흥미를 잃었거나 집중력 감퇴
- 허리 뒤 또는 양쪽 허리에 통증 (주로 신장 결석이 원인)
- 뼈가 약해지고 부러지기 쉽다

## **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
- 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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## 원인

고칼슘혈증의 가장 흔한 원인들로:

- 활동이나 운동 부족
- 몸이 필요한 칼슘의 양을 조절하는 과활성 선(gland)
- 뼈나 혈액에 암
- 신장 부진
- 비타민 A, D 또는 칼슘을 과다 복용
- 특정 약물

## 관리방법

고칼슘혈증을 치료하고 뼈에서 칼슘이 더 이상 손실되는 것을 예방하기 위하여 의사는 아래에서 한가지 이상 처방을 할 수 있습니다:

- 하루에 3-4 쿼트 또는 3-4 리터의 물 섭취.
- 의사의 지시대로 약 복용.
- 신체적으로 가능하면 운동을 한다.
- 침대에 누워있지만 말고 의자에 앉거나 가능한 많이 걷는다. 필요하다면 도움을 요청.
- 침대에 항상 누워있는 경우에는 최소한 2 시간마다 좌우로 돌아눕는다.

질문이나 문제가 있거나 증상이 더 나빠지면 의사나 간호사와 상담하십시오.

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High Blood Calcium. Korean.