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

लक्षणहरू
केही व्यक्तिहरू मात्र हाई ब्लड क्याल्सियमका लक्षण देखिन्छन् भने अन्यमा देखिन्दैन।
हाई ब्लड क्याल्सियमका लक्षणहरूमा सामेल छन्:
• मास्पेशिमा कमजोरी
• भोक नलाई, वन घटनु
• वाकवाकी लाग्ने वा वात्ता हुने
• पेट दुख्खानु
• कब्रियत हुनु
• धक्कित महसुस हुनु
• बढै तात्रुमा पिसाब निस्कनु
• भ्रम, व्यवहारमा परिर्वतन वा स्मरण शक्ति हराउनु
• काममा मन नलाई वा ध्यान केन्द्रित गर्न सक्ने अवधिमा कमी हुनु
• पिठुँको तल्लो भाग वा कोखोतिर दुख्खानु, प्राप्यः मिगालोमा पथरीको कारण यस्तो हुनौ
• हड्डी नाजुक बन्द्रः ल भनिन्छ सक्दछ
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.

If your calcium is high because you have an overactive gland, surgery may be needed.

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