

# 高血钙

## 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

高血钙也称高钙血症，是指血中钙过多。人体内的钙大部分都存在于骨骼和牙齿中。血液中的钙有助于身体正常工作。但血钙含量过高会影响神经、消化道、心脏和肾脏。

### 症状

某些高血钙患者会有症状，有的则没有。

高血钙症状包括：

- 肌肉无力
- 食欲不振、体重减轻
- 恶心或呕吐
- 胃痛
- 便秘
- 感到疲倦
- 尿量增加
- 意识模糊、行为改变或记忆丧失
- 对工作失去兴趣或注意力范围缩小
- 腰背部或侧面疼痛，通常由肾结石引起
- 骨骼变得脆弱并可能骨折

## 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.**

## 原因

高血钙最常见的原因是：

- 缺乏活动或锻炼
- 控制身体所需钙量的腺体过度活跃
- 骨癌或血癌
- 肾功能衰竭
- 服用大量维生素A、D和钙
- 某些药物

## 医疗护理

为了治疗高血钙并防止骨骼中的钙流失，医生可能会要求您进行以下一项或多项操作：

- 每天饮用3-4夸脱或3-4L液体。
- 遵医嘱服药。
- 如果身体允许，进行锻炼。
- 不要长时间卧床，坐在椅子上并尽可能多地走路。需要时寻求帮助。
- 如果您长时间卧床，至少每2小时左右翻动一次身体

如果由于腺体过度活跃导致钙水平升高，可能需要进行手术。

**如果您有任何疑问或疑虑或您的症状恶化，请咨询您的医生或护士。**