

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

Kaalsiyam (Calcium) Dhiig oo Sarreeya/Koreeya

Kaalsiyam dhiig oo sarreeya, oo sidoo kalena loo yaqaanno hypercalcemia, macnaheedu waa in uu dhiigga ku jiro calcium fara badan. Inta ugu badan calcium-ka qofka jidhkiisa ku jira wuxuu ku jiraa lafaha iyo ilkaha. Kaalsiyam-ka qaar oo dhiigga ku jira wuxuu jidhka ka caawiyaa inuu si sax u shaqeeyo. Kaalsiyam fara badan oo dhiiga ku jira wuxuu saameynayaa xididdada, dheef-shiidka, wadnaha iyo kelyaha.

Calaamadaha

Dadka qaar ee qaba dhiig calcium-kiisu sarreeyo waxay leeyihiin calaamado, iyadoo kuwa kalena aysan lahayn. Calaamadaha dhiigga calcium-kiisu sarreeyo waxaa ka mid ah:

- Daciiftinnimo murqaha ah
- Cunto cunid xumo, caatoobid
- Lalabbo/yaaqyaaqsi ama matagid
- Calool xanuun/calool istaag
- Calool istaag
- Daal dareemid
- Kaadi korodhta
- Jahawareeer, dabci beddel ama wax xusuusan waayid
- Xiisaha shaqada oo qofka ka luma ama feejignaanta oo hoos u dhacda
- Xanuun ka qabta qaybta hoose ee dhabarka ama dhinacyada, badanaa uu keeno dhagaxa kellida
- Lafuhu waxay noqdaan kuwo jilcan oo jabi kara

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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Sababaha

Sababaha ugu badan ee dhiigga kaalsiyam-kiisu sarreeyo waa:

- Hawl la'aan ama jir dhis la'aan
- Qanjidh fir-fircoonidiisu xad dhaafto kaasoo koontaroola inta calcium ah ee jidhkaagu u baahan yahay
- Kansar lafaha ama dhiigga gala
- Hawl gabidda kelyaha
- Qaadashada xaddiyo fara badan oo Fitamiin A, D iyo kalsiyam ah
- Daawooyinka qaarkood

Daryeelkaaga

Si loo daaweeyo dhiigga calcium-kiisu sarreeyo loogana hortago kalsiyam ka luma lafahaaga, takhtarkaagu waxaa laga yaabaa inuu ku weydiyo mid ka mid ah ama ka badan waxyaabahaan soo socda:

- Cab 3-4 quarts ama 3-4 litir oo dareere ah maalin walba.
- U qaado daawooyinkaaga sidii lagu faray.
- Jir dhis samee haddii aad awooddo.
- Sariirta ka soo deg, kursi ku fadhiiso oo soco inta ugu badan ee aad awooddo. Caawino weydiiso haddii aad u baahan tahay.
- Haddii aad sariirta ku jirto waqtiyada oo dhan, dhinac ka dhaqaaq oo dhinaca kale u dhaqaaq ugu yaraan 2 saacadood ee kastaba mar.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid ama haddii ay calaamadahaagu ka sii daraan.

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High Blood Calcium. Somali.