

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

Niveles altos de calcio en la sangre

Un nivel alto de calcio en la sangre, llamado también hipercalcemia, significa que hay demasiado calcio en la sangre. La mayor parte del calcio del cuerpo de una persona se encuentra en los huesos y en los dientes. Tener un poco de calcio en la sangre ayuda a que el cuerpo funcione correctamente. Demasiado calcio en la sangre afecta los nervios, el tracto digestivo, el corazón y los riñones.

Signos

Algunas personas con un nivel alto de calcio en la sangre tienen signos, mientras que otras no. Los signos de un alto nivel de calcio en la sangre incluyen:

- debilidad muscular;
- pérdida del apetito y de peso;
- náuseas o vómitos;
- dolor de estómago;
- estreñimiento;
- sensación de cansancio;
- aumento de la orina;
- confusión, cambios en la conducta o pérdida de memoria;
- pérdida de interés en el trabajo o disminución del lapso de la atención;
- dolor en la parte baja de la espalda o en los costados, a menudo causados por cálculos renales;
- los huesos se vuelven frágiles y pueden romperse.

High Blood Calcium. Spanish.

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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Causas

Las causas más comunes de los niveles altos de calcio en la sangre son:

- falta de actividad o ejercicio;
- hiperactividad de la glándula que controla cuánto calcio necesita su cuerpo;
- cáncer en los huesos o la sangre;
- insuficiencia renal;
- tomar demasiadas vitaminas A, D y calcio;
- algunos medicamentos.

Cuidados

Para tratar el nivel alto de calcio en la sangre y evitar una mayor pérdida de calcio de los huesos, su médico puede pedirle que haga al menos una de estas cosas:

- beber 3 a 4 cuartos de galón o 3 a 4 litros de líquidos al día;
- tomar su medicamento como se lo hayan indicado;
- hacer ejercicio, si puede;
- salir de la cama, sentarse en una silla y caminar todo lo que pueda. Pida ayuda si la necesita.
- si está en cama siempre, moverse de lado a lado al menos cada 2 horas.

Hable con su médico o enfermera si tiene alguna pregunta o inquietud, o si empeoran sus signos.

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