• A ‘crisis’ can arise out of very low or very high calcium (see below).
• Seek help. You can contact your Endocrine Specialist Nurse, Endocrinologist or your GP.
• Your calcium may need to be increased or cut out for a while.
• You must never adjust your alfacalcidol or calcitriol doses on your own.

Low calcium (hypocalcaemia)
Early symptoms include varying degrees of inner shaking, dizziness, ‘brain fog’, blurred vision, irritability, sensitivity to sounds, slurred speech, anxiety, extreme weakness, chills, headache. ‘Tetany’ is involuntary contraction of muscles and this may progress to seizures.
• Symptoms can arise through, or be made worse by, anxiety and over-breathing. It is important to remain calm.
• Most mild symptoms usually pass.
• If they don’t, try drinking some milk or calcium fortified orange juice or eating some food.
• If after an hour symptoms still do not improve, take an extra calcium tablet. Stay calm and keep warm.
• Sometimes you may just need to take some of your day’s dose a little earlier than usual without actually taking more.
• If this keeps happening you should get a blood test as it might mean your medication needs adjusting.

High calcium (hypercalcaemia)
Warning signs include thirst, frequent urination, severe headache and nausea, stomach ache, depressed mood, constipation, extreme fatigue, heavy, painful limbs, confusion. None of the symptoms are specific and may be due to conditions other than raised calcium.
• Mild symptoms may be averted by drinking water.
• If symptoms persist or get worse, seek help and advice.
• Stopping the tablets altogether can lead to big swings in calcium levels. Do not do this on your own.

Hypoparathyroidism
• Women with Hypopara can have a healthy pregnancy and a normal childbirth. Calcium, vitamin D and thyroid hormone doses may need adjusting throughout pregnancy.
• You may need extra medication during strenuous physical exercise. Rarely, with severe Hypopara, exercise may be difficult with bone pain and muscle weakness. Try to be gently active.

We recommend that you wear a MedicAlert bracelet. Parathyroid UK members are entitled to a 5% discount.

WHAT SHOULD I DO IN A CRISIS?

What kind of medical support will I need?
• Endocrinologist: Initial visits at the outpatient department may be frequent (about 3 monthly), then 6-12 monthly visits afterwards.
• GP: Your GP will continue to provide advice in-between visits. Your GP will issue repeat prescriptions. You are entitled to receive your medication free of prescription charges. Your GP needs to endorse your entitlement.

Living with hypoparathyroidism
Many people with Hypopara can expect to lead normal lives with a normal life span.
• With permanent but mild Hypopara, temporary symptoms may occur from time to time.
• Severe Hypopara is rare but you may experience constantly unstable calcium levels (or brittle Hypopara) and a range of symptoms which can be very challenging. You should be referred to a specialist in calcium metabolism.
• You may experience episodes of unusual fatigue or muscle weakness. At times you will need to allow your body to catch up, with extra rest.

For further information, support or advice about hypoparathyroidism, please contact Parathyroid UK 56 Miln House, WH Huddersfield Road, Meltham, Yorkshire, HD9 4AW Tel: +44 (0)1342 316315 Email: info@parathyroiduk.org Website: parathyroiduk.org

About Parathyroid UK Parathyroid UK is a national patient organisation for families affected by a parathyroid condition — either hyperparathyroidism or any form of rare hypoparathyroidism. Via its website, groups and helplines it provides support and information to empower patients to become active in the management of their particular condition. Parathyroid UK works closely with its clinical advisory team in the UK and raises awareness about parathyroid conditions internationally to help improve the quality of life for patients.
**WHAT IS HYPOPARATHYROIDISM?**

Hypoparathyroidism (also known as Hypopara or HPTH) is a rare disorder in which insufficient levels of parathyroid hormone lead to low levels of calcium.

Parathyroid glands are four small glands which lie behind the butterfly-shaped thyroid gland in your neck. These glands produce parathyroid hormone (PTH), which closely regulates calcium levels. Calcium is important for functioning of nerve, muscle, bone and other cell functions.

How is the condition diagnosed?

The initial diagnosis is often done by your GP who will assess symptoms and take a simple blood test to measure calcium. If this is low, you will be referred to an endocrinologist.

Diagnosis is by means of blood tests showing:
- Low parathormone (PTH) levels and
- Low calcium (called adjusted or corrected serum calcium).

Your GP or Endocrinologist may also check:
- Kidney function
- Phosphate and magnesium levels
- Vitamin D levels

When hypopara occurs as a complication of surgery, the symptoms may start within hours to a few days after surgery. Diagnosis of a rare genetic condition may take a little while.

How is hypoparathyroidism treated?

In the UK, you are likely to be prescribed:
- **Calcium**
  - Mild disease can be treated with calcium supplements alone. Each tablet of Calcichew®, Cacit® and Calcium-500® contains 500mg, Adcal® contains 600mg, Sandoz-400® and Sandoz-1000® contains 400mg and 1000mg of elemental calcium respectively. High doses (>2000mg per day) should generally be avoided.
  - Calcium should be taken at meal times.
  - It can take several months to get the balance right.
  - Over time, your medication requirements can also change. This is often revealed by an increase or decrease in your calcium levels which you may feel as recognisable symptoms.

- **Vitamin D**
  - Most patients will not achieve adequate control with calcium alone. Active forms of vitamin D such as calcitriol or alfacalcidol are favoured over high dose cocleciferol or ergocalciferol. They are easier to adjust in response to calcium levels. Maintenance dose of calcitriol or alfacalcidol is typically between 0.5 – 2.0 micrograms daily. Doses up to 3.0 micrograms are often required.
  - Calcitriol (Rocaltril®) capsules come in 0.25 microgram (red/ white capsules) and 0.5 microgram (white capsules). Alfacalcidol (nonproprietary) capsules come in 0.25, 0.5 and 10 microgram strengths.

- **Magnesium**
  - May need to be corrected in postsurgical Hypopara if levels are found to be low.

- **Levothyroxine**
  - Thyroid hormone replacement is needed if you had your thyroid gland removed. This should be taken apart from calcium medication if possible (ideally 4h, at least 2h).

- **Takings Tablets**
  - Always carry spare medication with you.
  - Try to maintain a month’s supply in reserve.
  - Carry an extra supply of medication on holiday.
  - Try to maintain a month’s supply in reserve.
  - Always carry spare medication with you.

- **Does anything affect my calcium level?**
  - Diet: It is better to get your calcium from your food than from supplements. However, some foods, e.g. too much wholemeal bread, spinach or tomatoes, alcoholic and fizzy drinks can deplete calcium.
  - Dehydration also affects calcium levels: drink eight glasses of water daily.
  - Calcium levels can be affected by: illness, infection, fever, sweating, vomiting, diarrhoea, dehydration, surgery (including dental), stress, smoking, menstrual periods, menopause (oestrogen affects calcium), exercise, and various medications (e.g. iron, aspirin, diuretics, bisphosphonates, beta-blockers, PPIs).

- **Taking Tablets**
  - Always carry spare medication with you.
  - Try to maintain a month’s supply in reserve.
  - Carry an extra supply of medication on holiday.
  - Carry your medication in your hand luggage when travelling by plane, with prescription labels visible.

- **Calcium levels**
  - The target range is between 2.0-2.25mmol/L of adjusted calcium levels. The target range is approximate and depends on patient symptoms.
  - This is achieved with an appropriate dose of alfacalcidol or calcitriol so that most of your calcium can come from your diet and you will not need to take too many calcium supplements. The doses are typically split over the day.
  - Calcium should be taken at meal times.

- **Does anything affect my calcium level?**
  - Diet: It is better to get your calcium from your food than from supplements. However, some foods, e.g. too much wholemeal bread, spinach or tomatoes, alcoholic and fizzy drinks can deplete calcium.
  - Dehydration also affects calcium levels: drink eight glasses of water daily.
  - Calcium levels can be affected by: illness, infection, fever, sweating, vomiting, diarrhoea, dehydration, surgery (including dental), stress, smoking, menstrual periods, menopause (oestrogen affects calcium), exercise, and various medications (e.g. iron, aspirin, diuretics, bisphosphonates, beta-blockers, PPIs).