

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

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

高血鈣

高血鈣也稱為 **hypercalcemia**，表示血液中有太多鈣。人體中的大部份鈣是在骨頭和牙齒裡。血液中的一些鈣幫助身體正常運作。血液中有太多鈣會對神經、消化道、心臟和腎臟有影響。

症狀

有一些高血鈣人士有症狀，而另一些人則無症狀。高血鈣症狀包括：

- 肌肉虛弱
- 食慾差，體重減輕
- 噁心或嘔吐
- 胃部疼痛
- 便秘
- 感覺疲累
- 排尿量增加
- 意識混亂、行為有改變或喪失記憶
- 對工作喪失興趣或注意力時段縮短
- 腰背或腰側疼痛，經常由腎結石引起
- 骨頭變得易碎並可能骨折

原因

高血鈣最普通的原因是：

- 缺少活動或運動
- 控制你身體鈣需求量的腺體過度活躍
- 骨癌或血癌
- 腎衰竭
- 攝取大量維生素 A、D 和鈣
- 一些藥物

High Blood Calcium. Traditional Chinese.

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 3-4 quarts or 3-4 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.

你的醫療

爲了治療高血鈣並防止你的骨頭喪失更多鈣，你的醫生可能要求你做以下一項或多項：

- 每天喝 3-4 夸脫或 3-4 公升液體。
- 按醫囑服藥。
- 如果你能運動就請運動。
- 要起床、坐在椅子上並儘可能多散步。如需要請要求幫助。
- 如果你一直臥床，至少每 2 個小時一次翻一翻身。

如果您有任何疑問或關注事項或你的症狀惡化，請告知您的醫生或護士。

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