

Kalshiyaamka Sareeya ee Dhiiga

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

Kalshiyaamka Sareeya ee Dhiiga, waxaa sidoo kale loo yaqaan hypercalcemia, oo la micno ah in dhiigaaga uu leeyahay kalshiyaam badan. Inta badan kalshiyaamka jirka waxay kujiraan lafaha iyo ilkaha. Qaar kamid ah kalshiyaamka waxay jirka ka caawiyaan inuu sida saxda ah u shaqeeyo. Kalshiyaamka marka uu ku badan yahay dhiiga waxa uu saameyn ku keenaa neerfayaasha, dheefshiidka, wadnaha iyo ilyaha.

Astaamaha

Qaar dadka uu kalshiyaamkoodu sareeyo waxa ay leeyihiin calaamado, halka qaar kalena aysan qabin.

Astaamaha kalshiyaamka aad u sareeya ee dhiiga waxaa kamid ah:

- Daciifnimada murqaha
- Cunto cunis la'aan, culeyska oo hoos u dhaca
- Aad dareento lalabo ama matag
- Calool xanuun
- Calool qanaan
- Inaad dareento daal
- Kaadida oo badata
- Wareer, isbadelka dhanka dabecada ah ama xasuus la'aan
- Xiiso la'aan dhanka shaqada ah ama hamiga qofka oo yaraada
- Xanuun dhanka dhabarka ah ama geesaha, oo inta badan sababa dhagaxa kilida
- Lafaha ayaa jileec noqda wayna jabi karaan

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.

Sababaha

Waxyaabaha inta badan sababa kalshiyaamka aad u sareeya ee dhiiga waxaa kamid ah:

- Hawlo la'aan ama jimicsi la'aan
- Qanjirada xakameeya kalshiyaamka jirku u badan yahay oo aan shaqeyn
- Kansarka lafaha ama dhiiga
- Kilida oo shaqada joojisa
- Qaadashada feetamiino badan sida A, D iyo kalshiyaam
- Qaar kamid ah daawooyinka

Daryeelkaaga

Si aad iskaga daaweyso kalshiyaamka aad u sareeya ee dhiiga iyo aadna iskaga ilaaliso in kaalshiyaam badan ka baxo lafahaaga, dhakhtarkaagu waxa uu ku waydiin karaa inaad sameyso mid ama wax kabadan oo kamid ah waxyaabahaan:

- Cab 3 ilaa 4 galaas ama 3 ama 4 liitar oo biyo ah maalin kasta.
- U qaado daawooyinka sida laguugu soo qoray.
- Samee jimicsi haddii aad awoodo.
- Ka kac sariirta, ku fariiso kursi lugeena inta macquulka ah. Codso caawimaad haddii aad u baahan tahay.
- Haddii aad ku jiipto sariirta inta badan waqtiga, isku rogrog hadba gees ugu yaraan 2 dii saacba mar.

Haddii kalshiyaamku sareeyo sababo la xarira in qanjiradu shaqeeneyn, waxaa lagugu sameyn karaa qaliin.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama ka walaacsan tahay in astaamahaagu kasii daraan.