

Parathyroid Hormone (Parathormone)

Parathyroid hormone acts on the bones, intestines and kidneys, keeping calcium levels within normal limits. In the bones, the hormone triggers the release of calcium stores from the bones into the blood. Overexposure can lead to bone destruction. In the intestines, parathyroid hormone increases the absorption of calcium digested from food with the help of vitamin D. In the kidneys, the hormone stops calcium excretion through the urine, while also increasing the production of vitamin D.

Potential Issues with Parathyroid Hormone Function

Too much of the hormone can increase blood calcium levels (hypercalcemia); While there is no significant problem in mild cases, if the calcium level is too high, it can cause digestive discomfort, constipation, depression, lethargy, weakness, joint pain, extreme thirst, kidney stones, osteoporosis and sometimes bone fractures with mild trauma. Hypercalcemia is typically discovered during routine blood testing.

Low parathyroid hormone leads to low blood calcium levels (hypoparathyroidism). If left untreated, muscle twitches can sometimes lead to seizures. In very advanced cases - even heart failure that does not respond to treatment may occur. Although so problematic, it is quite easily treated using active vitamin D and oral calcium tablets under regular follow-ups.