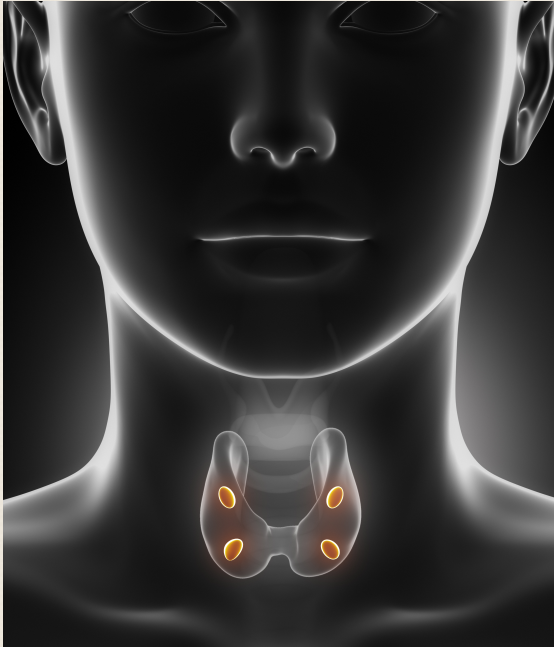


PARATHYROID WORKSHEET



Hyperparathyroidism (HPT) can present with clear symptoms & laboratory findings. But more frequently the symptoms are vague & blood tests are not certain. This worksheet aims to help you come to a diagnosis & a treatment path.

CENTER for advanced **PARATHYROID** surgery

ParathyroidMD.com + 1 (310) 461-0300

HPT SYMPTOMS CHECKLIST

- ☐ Fatigue
- ☐ Poor Concentration
- ☐ Memory Loss
- ☐ Sleep Problems
- ☐ Anxiety
- ☐ Irritability
- ☐ Depression
- ☐ Headaches
- ☐ Bone Pain
- ☐ Osteoporosis
- ☐ Joint Pain
- ☐ Muscle Weakness
- ☐ Bone Fractures Easily or Frequently
- ☐ Constipation
- ☐ Nausea
- ☐ Abdominal Pain/Acid Reflux
- ☐ Weight Loss
- ☐ Kidney Stones
- ☐ Frequent Urination
- ☐ Night-time Urination
- ☐ Urinary Incontinence
- ☐ High Blood Pressure
- ☐ Heart Palpitations
- ☐ Hair Loss

DIAGNOSIS IS ALMOST ALWAYS MADE BY LABORATORY TESTS

(OFTEN NEED MORE THEN 1 SET OF LABS)

Enter your own Laboratory results below

Blood Tests (Normal Range)	Date 1	Date 2	Date 3
Calcium (-)			
Calcium ionized (-)			
PTH intact (-)			
25 (OH) Vitamin D3 (-)			
Phosphorus (-)			

Normal Parathyroid Function	Calcium	PTH
High Calcium State	↑	↓
Low Calcium State	↓	↑

Hyperparathyroidism	Calcium	PTH
Hypercalcemic HPT	↑	↑
Normocalcemic HPT *	Normal or High Normal	↑
Normohormonal HPT *	↑	Normal or High Normal
Parathyroid Cancer	↑↑	↑↑↑

* Requires Further Work up

Normocalcemic HPT Work Up

Get the Following Labs on 3 Separate Occasions

Ca, Ca ionized, PTH, 25 Vit D₃; 1,25 Vit D₃

Get the Following Labs Just Once

Cr, Mg, PO₄
24 hour Urine Calcium

Make Sure Kidney Function is Normal

Normal Cr
Appropriate GFR

Replace Vitamin D if Low

If that improves symptoms & lab values then GREAT. If not, or makes worse then probably HPT.

For Those who Have Long History of Kidney Stones & High Urine CA

Rule out the possibility of Renal Calcium Leak

Possible Intestinal Malabsorption

- Post Bariatric Surgery
- Celiac Disease

Normohormonal HPT Work Up

Get the Following Labs on 3 Separate Occasions

Ca, Ca ionized, PTH, 25 Vit D₃; 1,25 Vit D₃

Get the Following Labs Just Once

To Rule Out Other Causes of Calcium Elevation


Cr, Mg, PO₄, Ca, Alkaline Phosphatase
PTHrp, ACE level, TSH, Free T3 & T4
24 hour Urine Calcium & Creatinine

Make Sure Kidney Function is Normal

Normal Cr
Appropriate GFR

Stop Medications That Cause Calcium Elevation

HCTZ, Tamoxifen
Lithium, Denosumab, Bisphosphonates

Once the full work up has been done and you have come to the conclusion that you have Hyperparathyroidism (HPT), then you must choose a treatment path. If your symptoms are affecting your quality of life negatively, then you may seek treatment (this is your choice not your doctor's). If you or your doctor are still not convinced that you should be treated then you can do the following tests: 

DEXA BONE DENSITY EXAM

Normal Osteopenia Osteoporosis

ABDOMINAL CT SCAN

To look for kidney stones

Normal or Kidney Stone

NOTES

Treatment Options

Surgery

Recommend to be done by a surgeon that does more than 50 parathyroidectomies per year.

Monitoring

- Recommend repeating
- Labs (Ca, PTH, Vit D₃, Cr) every 6 months.
 - DEXA scan every 2 years.

Medical Treatment

Sensipar (FDA recommendation)

- Parathyroid Cancer
- HPT & Kidney Failure
- Not able to have surgery

Aledronate for Bone Strength

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