

Battling Hyperparathyroidism: My Journey to Health



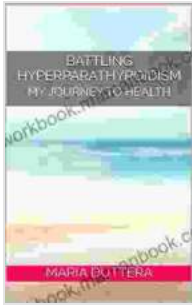
Hyperparathyroidism is a condition that occurs when the parathyroid glands produce too much parathyroid hormone (PTH). PTH is a hormone that helps regulate calcium levels in the body. When PTH levels are too high, it can lead to a number of health problems, including:

BATTLING HYPERPARATHYROIDISM: MY JOURNEY TO HEALTH by Helen Hein

★★★★☆ 4.3 out of 5

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Text-to-Speech : Enabled
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 14 pages
Screen Reader : Supported



- Kidney stones
- Bone loss
- Muscle weakness
- Fatigue
- Depression

I was diagnosed with hyperparathyroidism in 2016. At the time, I was experiencing a number of the symptoms listed above, including kidney stones, bone loss, and muscle weakness. I was also very tired and had difficulty concentrating.

My doctor ordered a blood test and a urine test to confirm the diagnosis. The blood test showed that my PTH level was elevated, and the urine test showed that I was excreting too much calcium in my urine.

Once I was diagnosed with hyperparathyroidism, my doctor recommended that I have surgery to remove the parathyroid glands. The surgery was successful, and my PTH levels returned to normal. I have not had any symptoms of hyperparathyroidism since the surgery.

If you are experiencing any of the symptoms of hyperparathyroidism, I encourage you to see your doctor. Early diagnosis and treatment can help prevent serious health problems.

Here are some additional tips for managing hyperparathyroidism:

- Get regular exercise.
- Eat a healthy diet that is low in calcium.
- Avoid smoking and alcohol.
- Take calcium supplements if your doctor recommends them.

I know that living with hyperparathyroidism can be challenging. However, I want you to know that there is hope. With proper treatment, you can manage your condition and live a full and healthy life.

My Journey to Health

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successful, and my PTH levels returned to normal. I have not had any symptoms of hyperparathyroidism since the surgery.

I am so grateful to my doctor for recommending surgery. It has changed my life. I am now able to live a full and healthy life. I am no longer experiencing any of the symptoms of hyperparathyroidism, and I am no longer at risk for developing serious health problems.

If you are experiencing any of the symptoms of hyperparathyroidism, I encourage you to see your doctor. Early diagnosis and treatment can help prevent serious health problems.

Here are some additional tips for managing hyperparathyroidism:

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- Eat a healthy diet that is low in calcium.
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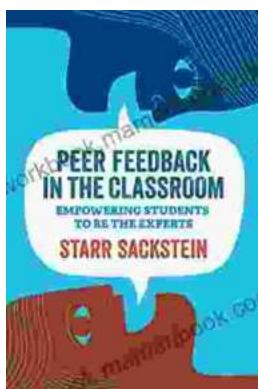
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