

Minerals:

- **Calcium** is controlled in the blood by the parathyroid glands and the kidneys. Calcium is found mostly in bone and is important for proper blood clotting, nerve and cell activity. An elevated calcium can be due to medications such as thiazide type diuretics, inherited disorders of calcium handling in the kidneys, or excess parathyroid gland activity or vitamin D. Low calcium can be due to certain metabolic disorders such as insufficient parathyroid hormone, or drugs like Fosamax or diuretics (furosemide type).

Calcium is bound to albumin in the blood, so a low albumin level will cause the total calcium level in the blood to drop. Your doctor can easily determine if this is significant or not.

- **Phosphorus** is also largely stored in the bone. It is regulated by the kidneys, and high levels may be due to kidney disease. When low levels are seen with high calcium levels, it suggests parathyroid disease; however, there are other causes. A low phosphorus, in combination with a high calcium, may suggest an overactive parathyroid gland.