About Hypopara UK

EMPOWERING PEOPLE WITH PARATHYROID CONDITIONS

Established in 2005 by patients, with an advisory team of GPs and endocrinologists, we are the UK’s only charity for adults and children affected by any form of parathyroid condition.

Living with a long term rare disease can be challenging, so we:

- offer support
- provide information to health professionals and patients
- engage in research
- raise awareness
- bring people together
- raise funds to make all this happen

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For more information about parathyroid conditions and Hypopara UK visit us at:
www.hypopara.org.uk
MANAGING HYPOPARATHYROIDISM

Hypoparathyroidism (Hypopara) is a rare condition.

In England in 2012-13 there were 2,067 hospital admittances due to various types of hypoparathyroidism.

Of hyperparathyroidism cases there were 23,342.*

Of all thyroidectomy cases 30% may have transient hypocalcaemia and up to 10% will end up with permanent Hypopara.**

Managing calcium
Calcium levels fluctuate, so to maintain stability there must be enough Alfacalcidol to facilitate adequate calcium absorption from the gut, without the need for too many calcium supplements which will affect the kidneys over the long term.

There must be good levels of magnesium and vitamin D3 or the patient may feel symptomatic even though tests are normal. All medication may be split over the day and will need adjusting over time.

Recognition symptoms
Symptoms include brain fog, tingling, twitching, 'inner trembling' fatigue and anxiety.

Early warning signs may be sudden irritability, sensitivity to noise, feeling cold, shakiness, irritability, anxiety, diarrhoea and gradually worsening muscle spasms.

Future treatment
Natpar (PTH 1-84) was approved by the FDA in January 2015 and we await the EMA decision...

* www.hscic.gov.uk/catalogue/PUB12566
** British Association of Endocrine and Thyroid Surgeons 4th National Audit 2012