CHLORIDE

In the body, chloride is an essential electrolyte; It's a mineral that carries an electric charge when dissolved in body fluids. It's primarily found in the extracellular fluid, which includes blood plasma and fluid in the spaces between cells. Chloride plays several crucial roles in the body.

Fluid Balance: Chloride helps maintain proper hydration levels and osmotic pressure in cells and tissues.

Electrolyte Balance: Along with sodium and potassium, chloride helps regulate the balance of electrolytes in the body, which is essential for nerve function, muscle contraction, and maintaining normal heart rhythm.

Acid-Base Balance: Chloride ions combine with hydrogen ions to form hydrochloric acid in the stomach, which is necessary for digestion and helps maintain the acidic environment in the stomach.

Immune Response: Chloride is involved in the immune response, helping to regulate the movement of white blood cells and antibodies to sites of infection or injury.

High level of Chloride:

High chloride levels in the blood, known as hyperchloremia, can result from dehydration, kidney issues, certain medications, or metabolic acidosis. Symptoms include thirst, weakness, and confusion. Treatment involves addressing the underlying cause, such as rehydration or adjusting medications.

Low Level of Chloride:

Low chloride levels, called hypochloremia, can result from conditions like vomiting, diarrhea, kidney problems, or certain medications. Symptoms include weakness, fatigue, muscle cramps, and irregular heartbeat. Treatment involves addressing the underlying cause, such as replenishing fluids and electrolytes or adjusting medications.