

PHOSPHORUS

A phosphorus test measures the level of phosphate in your blood, which is important for bone health, energy production, and muscle function. It helps diagnose and monitor conditions affecting the kidneys, bones, and certain metabolic disorders.

Low levels of Phosphorus:

Low levels of phosphorus in the blood, known as hypophosphatemia, can result from various causes and can lead to multiple health issues. Here is a brief overview:

- **Malnutrition or Malabsorption:** Inadequate dietary intake or absorption of phosphorus.
- **Chronic Alcoholism:** Poor nutrition and absorption issues.
- **Hyperparathyroidism:** Overactive parathyroid glands increase phosphate excretion.
- **Chronic Kidney Disease:** Impaired kidney function leading to phosphate loss.
- **Refeeding Syndrome:** Rapid refeeding after starvation or malnutrition.
- **Certain Medications:** Such as antacids containing aluminum, which bind phosphate.

High levels of Phosphorus

High levels of phosphorus in the blood, known as hyperphosphatemia, can be caused by various conditions and can lead to significant health issues. Here's a brief overview:

- **Chronic Kidney Disease:** Impaired kidney function reduces phosphate excretion.
- **Hypoparathyroidism:** Reduced parathyroid hormone levels decrease phosphate excretion.
- **Excessive Dietary Intake:** High consumption of phosphate-rich foods or supplements.
- **Vitamin D Toxicity:** Increases intestinal absorption of phosphorus.
- **Cellular Release:** Conditions like rhabdomyolysis or tumor lysis syndrome release large amounts of phosphate into the blood.
- **Medications:** Such as phosphate-containing laxatives or enemas.