

Hyperparathyroidism

What Is Hyperparathyroidism?

Hyperparathyroidism occurs when one or more of your parathyroid glands become overactive and produce too much parathyroid hormone (PTH). This hormone regulates calcium levels in your blood, which is essential for bone health, muscle function, and nerve communication.

When PTH levels are too high, calcium is removed from your bones and released into the bloodstream, leading to weakened bones, kidney stones, and other health problems.

What Are The Symptoms Of Hyperparathyroidism?

Many people with hyperparathyroidism don't notice symptoms initially, but as calcium levels rise, you may experience:

- **Fatigue and weakness**
- **Bone pain and increased risk of fractures**
- **Kidney stones**
- **Frequent urination**
- **Abdominal pain, nausea, or digestive issues**
- **Memory problems, brain fog, or difficulty concentrating**
- **Depression, anxiety, or irritability**
- **Muscle cramps and joint pain**

If hyperparathyroidism is left untreated, it can lead to osteoporosis (bone thinning), kidney damage, and cardiovascular problems.

What Causes Hyperparathyroidism?

There are three main types of hyperparathyroidism:

- **Primary hyperparathyroidism** – The most common type, caused by a non-cancerous tumour (adenoma) on one of the parathyroid glands, or an enlargement of multiple glands (hyperplasia)
- **Secondary hyperparathyroidism** – This occurs when another condition, such as chronic kidney disease or vitamin D deficiency, triggers excess PTH production
- **Tertiary hyperparathyroidism** – A long-term condition where the parathyroid glands continue producing too much PTH, even after the original trigger (like kidney disease) has been treated

When Is Surgery Recommended For Hyperparathyroidism?

At Birmingham ENT Clinic, we offer parathyroidectomy (parathyroid surgery) for patients with primary hyperparathyroidism, where surgery is the most effective treatment. Surgery is recommended if:

- **Your calcium levels are too high** and could cause long-term health problems
- **You have symptoms like bone pain, kidney stones, or fatigue** that impact your quality of life
- **You have osteoporosis** or are at risk of fractures due to weakened bones
- **You are under 50 years old**, as the condition is likely to worsen over time
- **You prefer a permanent solution rather than ongoing monitoring**

What Does Parathyroid Surgery Involve?

A parathyroidectomy removes the overactive gland(s) responsible for excess hormone production. Our expert thyroid and parathyroid surgeons use advanced techniques to minimise scarring and recovery time.

- **Pre-surgical assessment** – You will have scans (ultrasound, Sestamibi scan, or CT scan) to identify which gland(s) are overactive

- **Minimally invasive surgery** – A small incision is made in your neck, and the affected gland(s) are removed
- **Short hospital stay** – Most patients go home the same day or after one night
- **Fast recovery** – Many people return to normal activities within a week

After surgery, your calcium levels will stabilise, and symptoms should gradually improve.

What Happens After Surgery?

Most patients recover quickly, but you may need:

- **Calcium and vitamin D supplements** for a few weeks to support bone health
- **Follow-up blood tests** to monitor calcium and PTH levels
- **Regular check-ups** to ensure long-term bone strength and kidney health

What Happens If Hyperparathyroidism Is Not Treated?

If left untreated, high calcium levels can lead to:

- **Osteoporosis** – Weak bones that increase your risk of fractures
- **Kidney stones** – Calcium buildup in the kidneys, which can cause severe pain and infections
- **Heart problems** – High calcium levels may contribute to high blood pressure and heart disease
- **Cognitive issues** – Memory problems, confusion, or difficulty concentrating

Surgery is the only **definitive cure** for primary hyperparathyroidism and can prevent serious complications in the future.

Why Choose Birmingham Head And Neck Clinic For Parathyroid Surgery?

At Birmingham Head and Neck Clinic, we provide:

- **Specialist parathyroid surgeons** – Experts in minimally invasive and complex parathyroid surgery
- **Advanced diagnostic imaging** – To precisely locate the overactive gland(s) before surgery
- **Minimally invasive techniques** – Ensuring faster recovery and minimal scarring
- **Personalised treatment plans** – Tailored to your health needs and lifestyle
- **Comprehensive aftercare** – Ensuring long-term monitoring and calcium balance

We offer expert-led, patient-focused care to help you regain calcium balance and overall well-being.

Contact Us

If you have hyperparathyroidism and are considering parathyroid surgery, contact Birmingham Head and Neck Clinic today. Our team of parathyroid specialists is here to help.