



# Dangers of High Phosphorous

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## What is having a high phosphorus level caused by?

When the kidneys aren't working properly, they don't remove phosphorous as they normally would. This causes it to build up in the blood.

## Why is having a high phosphorus level dangerous?

As phosphorous increases in the blood, it triggers the parathyroid gland to release a hormone that removes calcium from the bones and teeth, making them weak.

This could mean:

- As your body pulls calcium from your bones, it increases the chance that your bones will become weak or break. It can even cause you to grow less than you could!
- Calcium could get stuck in blood vessels causing **calcifications**. This means that Calcium can become stuck in areas that it does not belong, such as the heart or blood vessels!
- Increased Parathyroid Hormone (PTH) levels.
- A constant itching sensation

## What can I do to prevent high phosphorous levels?

- Monitor your phosphorous intake
- Take your Phosphorous binders as prescribed.
  - Remember to take them no more than 30 minutes before you eat.

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