Some calcium may also end up in the heart and blood vessels. This may cause or worsen heart disease and increase chances of dying.

When the blood phosphorus level goes up and blood vitamin D and calcium levels go down, your parathyroid glands make too much parathyroid hormone (PTH). High blood PTH levels cause calcium to leave your bones. Bones become weaker, more brittle, and are more likely to break.

Know your blood test results and what the normal range is:

<table>
<thead>
<tr>
<th>BLOOD TEST</th>
<th>NORMAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>9.0 – 10.5</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>3.0 – 4.5</td>
</tr>
<tr>
<td>PTH</td>
<td>10 – 65</td>
</tr>
<tr>
<td>Vitamin D [25(OH)D]</td>
<td>30 or greater</td>
</tr>
</tbody>
</table>

Vitamin D

Your body needs the active form of vitamin D. There are several different types of vitamin D available:

» Nutritional Vitamin D
This is the type of vitamin D you can buy in drug stores or vitamin shops. The effect it has will depend on your level of kidney disease.

» Active Vitamin D
This type of vitamin D is already active. The kidneys do not need to change it into the active form, but it may increase blood calcium levels.

» Extended Release Vitamin D Prohormone
This vitamin D is a prohormone that is changed to the active form of vitamin D. It works to gradually increase blood vitamin D levels and lower blood PTH.

Your healthcare professional will tell you which type of vitamin D medicine is right for you.

TIPS FOR EATING A LOWER PHOSPHORUS DIET

A diet lower in phosphorus can help to keep your blood phosphorus in the right range.

» Eat fresh foods that have not been processed
» Avoid phosphorus additives, look for the letters ‘PHOS’ on food labels
» Limit foods naturally high in phosphorus, such as milk and milk products