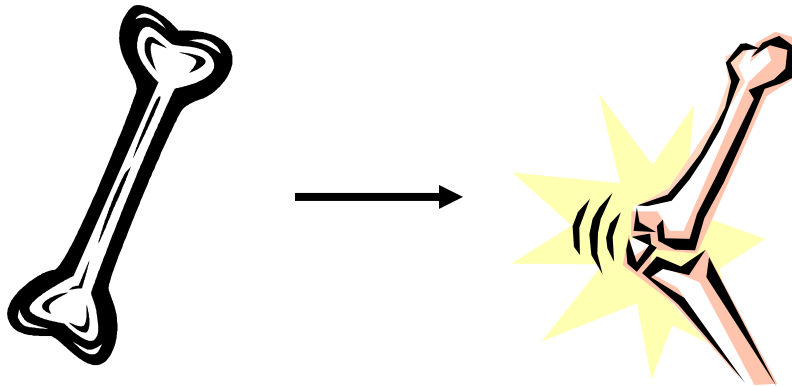

When Phosphorus and Calcium are Out of Balance

This is what happens when phosphorus is too high and calcium is too low in your blood:



Calcium starts to come out of the bones. This is called demineralization.

This causes weak, brittle bones that are more likely to break.

When phosphorus and calcium are out of balance, you may have:

- bone pain
- stiff joints
- broken bones
- itching
- muscle weakness

What you can do...

- take your phosphorus binder medication: _____
- talk to the dietitian about your diet
- get your blood work done as requested by your doctor, nurse practitioner or primary health care provider

