

Everything You Need to Know about Calcium Deficiency Diseases

Calcium is essential for building up bones and keeping blood pressure stable. Such calcium deficiency could result on poor bone density, muscle cramps, brittle nails, even hair loss. Skipping daily calcium intake or having too little amount of vitamin D can likely be the reasons why you suffer from some **calcium deficiency symptoms** above.

Besides, there are possible **calcium deficiency diseases** ready to sweep you if you do not preventively fight the symptoms. In order to prevent such thing to happen, here is some basic information related to calcium deficiency.

What is Calcium Deficiency Diseases?

The calcium deficiency disease is characterized by the lack of calcium intake in our body. Also known as hypocalcemia, this kind of health issue is often associated with osteoporosis and osteopenia. Somehow, when the hypocalcemia get worsen it can damage the bones, eyes, and even affect the heart pulse.

The Causes of Hypocalcemia

Hypocalcemia often comes as a part of the aging process. Bones are home for calcium. Our bodies store the calcium intake in the bones. As we grow older, our bones do aged along with our skin and any other parts of our bodies.

This particular **cause of calcium deficiency** is signaled by the thinning process of the bones density. Among adults, the aging process plays a major part. Especially among women who are reaching or already reach menopause, the **calcium deficiency sign** is often occurred as a part of estrogen declining process.

The Symptoms of Hypocalcemia

It is not likely that we can immediately treat someone with hypocalcemia as **what are the signs of the calcium deficiency** are often appeared as something normal to our bare eyes. Still, if you insist of having a question of **what are the symptoms of calcium deficiency**, these following list might help you answering such early warning regarding the diseases.

Some of the most common signs of calcium deficiency include poor memory, muscle spasms, hallucination, depressive symptoms, and frequently occurred numbness and tingling sensations in some part of the body.

Some Possible Complications

As what previously mentioned, hypocalcemia can result on brittle bones, eye damage, and unsteady heartbeat. And, for the worst scenario, the death. Once you discover such symptoms, you better immediately call your doctor before things get worst. If you don't take any immediate preventive treatment, it may lead to some serious spinal fractures, inability to work, even a complete disabilities.

Make sure you have your doctor to give you some advices regarding any ways possible to prevent such thing to happen. If you are prone to calcium deficiency, your doctor might suggest you to take calcium supplement and give some recommendations about your dietary plan.