

Hyperparathyroidism

- Primary hyperparathyroidism generally involves some degree of hypercalcaemia with an inappropriately high PTH level (not necessarily above the normal lab range) indicating autonomous PTH production. Primary hyperparathyroidism is a clinical and biochemical diagnosis – it is not aided by currently available parathyroid imaging.
- Secondary PTH elevation is most commonly due to vitamin D deficiency, hypocalcaemia or renal failure and involves a normal response of the parathyroid glands to a physiological stimulus - it does not indicate any abnormality in the parathyroid glands themselves.

Information Required

- Presence of Red Flags
- Duration of symptoms
- Associated symptoms
- Past medical and family history
- Current drug therapy (and previous lithium use)

Investigations Required

- Total and corrected serum calcium – repeat fasting if borderline
- Serum PTH, PO₄, ALP and 25OH vitamin D, creatinine
- Second void fasting morning spot urine for calcium and creatinine

Investigations *not* Required

- Parathyroid imaging (US, nuclear scanning, CT) should not be performed – these tests are insensitive, do not aid diagnosis and are only useful in guiding the type of surgery once a decision has been made to operate

Fax Referrals to

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Red Flags

🚩 Nausea, vomiting, dehydration, weight loss or diminished conscious state

🚩 Corrected serum calcium >3 mmol/L

🚩 Rapid renal function deterioration

🚩 Recurrent renal calculi

🚩 Pancreatitis

Suggested GP Management

- Ensure hypercalcaemia is real by using corrected serum calcium
- Cease potential exacerbating drugs (e.g. thiazides, calcitriol – lithium if safe to do so)
- Maintain hydration
- Correct vitamin deficiency using a vitamin D3 preparation

Clinical Resources

- Therapeutic Guidelines Endocrinology Version 6 (2018)
<https://tgldcdp.tg.org.au/viewTopic?topicfile=hyperparathyroidism>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients and SAFKI Medicare Local website www.safkiml.com.au
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