

DIET & LIFESTYLE PLAN FOR HYPERPARATHYROIDISM WITH HYPERCALCEMIC CRISIS

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

Diet Goals (After Stabilization)

Aggressive Hydration (Most Important)

3-4 liters fluid daily (if kidney function allows), Spread evenly, Urine should stay clear/light

Best fluids: Plain water, Lemon water, ORS (if weak), Coconut water (if potassium normal) | Avoid dehydration at all cost.

Strict Salt Control

High sodium worsens calcium excretion imbalance.

Avoid: Pickles, Packaged snacks, Processed food, Restaurant food

Temporarily Limit High-Calcium Foods

During crisis recovery phase:

Reduce: Milk, Paneer, Cheese, Calcium supplements | Do NOT eliminate permanently without doctor advice.

Moderate Protein

Excess protein increases calcium loss in urine.

Dal (moderate), Egg, Soft chicken, Light khichdi | Avoid high-protein gym diets.

Safe Vegetables

Lauki, Tori, Pumpkin, Beans, Carrot | Avoid excess spinach if stones are present.

Strictly Avoid

Vitamin D supplements (unless prescribed), Calcium tablets, Alcohol, Dehydration, Very high-protein diet

Lifestyle After Crisis

Strict follow-up with endocrinologist, Regular calcium & PTH monitoring, Surgery planning (if primary hyperparathyroidism confirmed), Light walking only after stabilization, Avoid heavy gym till doctor clearance

Sample Recovery Diet (Post-Stabilization)

Morning Breakfast Mid-morning Lunch

Warm water + lemon Vegetable daliya Apple 2 roti + moong dal + lauki sabzi

Evening Dinner

Roasted chana Soft rice + vegetable curry