

If you have been diagnosed with hypoparathyroidism, you can use this diary to keep a daily record and track your symptoms, which may help you understand hypoparathyroidism better.



To use this diary, note down how you are doing, what symptoms you have experienced and how you are feeling. Each person perceives living with hypoparathyroidism in their own individual way. The symptoms differ and their impact on everyday life can vary from person to person. By documenting your symptoms and personal experiences, you can track any changes over time.

Please note that this diary is not a replacement for medical care or diagnostic recommendations from your doctor.

Find out more at Seeds-of-Change.com





Diagnosis and Care Team

When were you diagnosed with hypoparathyroidism? (month/year)

Background e.g. other existing conditions, recent surgery, information shared with you at diagnosis.

.....

.....

.....

Other medical conditions? If yes, please enter.

Illness Time of diagnosis (month/year)

Illness Time of diagnosis (month/year)

Main Physician and/or Endocrine Specialist

Other members of healthcare team

Symptoms and complications

Hypoparathyroidism may affect systems in the body and is associated with a range of short-term symptoms and long-term complications.^{1,2,3}

Brain

- Symptoms of anxiety and depression
- Fatigue
- Cognitive impairment, 'brain fog'

Central nervous system

- Seizures
- Calcifications
- Parkinsonism or dystonia

Lungs

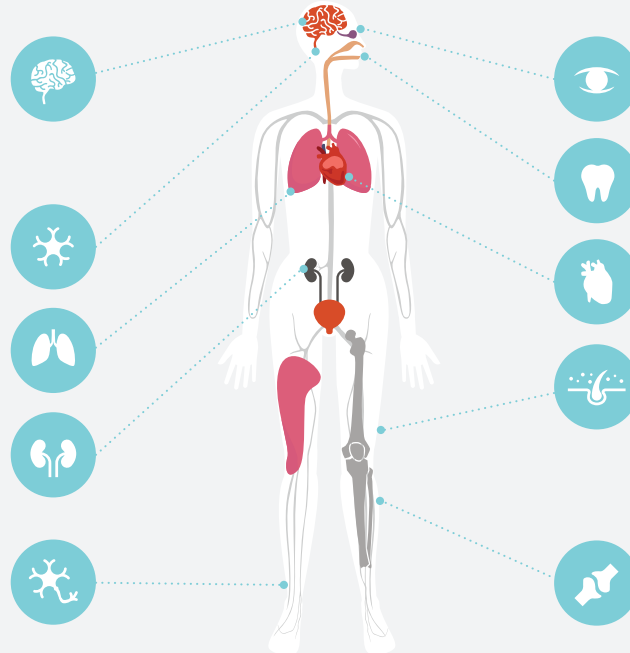
- Laryngospasm

Kidneys

- Nephrocalcinosis
- Kidney stones
- Chronic kidney disease

Peripheral nervous system

- Paresthesia
- Muscle cramps
- Tetany



Eyes

- Cataracts
- Papilledema

Teeth

- Altered tooth morphology

Heart

- Cardiac arrhythmias
- Hypocalcaemia associated dilated cardiomyopathy

Skin

- Dry skin
- Pustular psoriasis
- Brittle nails and prone to onycholysis
- Coarse, thin hair

Musculoskeletal

- Myopathy
- Spondyloarthropathy





1 Brandi ML et al. Summary Statement and Guidelines. J Clin Endocrinol Metab. 2016 Jun 1;101(6):2273-83. 2 Mannstadt M et al. Hypoparathyroidism. Nat Rev Dis Primers. 2017 Aug 31;3:17055. 3 Shoback DM et al. Presentation of Hypoparathyroidism: Etiologies and Clinical Features. J Clin Endocrinol Metab. 2016;101(6):2300-12.

How do I fill in the diary?

1. Enter the current month and year in the box provided at the top left.
2. Use the table to list your symptoms (physical, cognitive and psychological), any infectious illness and any sickness absence from work or study, for example.
3. Use the smileys to indicate your general well-being (very good, good, poor, very poor).
4. You can add more details about symptoms in the “Comments” column if you want.

Example




Month/year

Day	Symptoms			State of health		Well-being				Comments
	Physical	Cognitive*	Psychological	Infectious illness**	Sickness absence***					
1						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





*Problems with thinking, learning and memory. **Sickness due to bacteria or viruses. ***Sickness absence refers to time away from work (or school, etc) due to ill health, regardless of the cause.

Month/year

/

Day	Symptoms			State of health		Well-being				Comments
	Physical	Cognitive*	Psychological	Infectious illness**	Sickness absence***					
1						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
15						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

*Problems with thinking, learning and memory. **Sickness due to bacteria or viruses. ***Sickness absence refers to time away from work (or school, etc) due to ill health, regardless of the cause.

Day	Symptoms			State of health		Well-being				Comments
	Physical	Cognitive*	Psychological	Infectious illness**	Sickness absence***					
17						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
19						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
22						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
23						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
24						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
25						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
26						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
27						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
29						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
31						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

*Problems with thinking, learning and memory. **Sickness due to bacteria or viruses. ***Sickness absence refers to time away from work (or school, etc) due to ill health, regardless of the cause.

Handwriting practice lines consisting of 12 horizontal dotted lines.



Recognizing Emergency Situations

Hypoparathyroidism is a disease where the parathyroid glands produce no or insufficient levels of parathyroid hormone (PTH).¹ This hormone is the primary regulator of the calcium and phosphate balance. Insufficient levels of PTH can lead to calcium and phosphate outside of the normal range, which may lead to the symptoms of the disease such as muscle spasms, twitching, and tingling in your fingertips, toes and lips (see list of symptoms on page 3).^{2,3} Certain medications, specific health conditions or particular lifestyle factors may alter your calcium levels and could require medical consultation.^{1,4,5}

Do not hesitate to seek medical help if needed. Acting swiftly and appropriately is crucial if you experience symptoms that may require medical attention.⁶

Medical help

Emergency doctor:

In life-threatening emergencies:

Treating physician

Telephone no.:

Treating specialist practice

Telephone no.:

1. Bollerslev et al. European Society of Endocrinology Clinical Guideline: Treatment of chronic hypoparathyroidism in adults. Eur J Endocrinol. 2015 Aug;173(2):G1-20
2. Mannstadt M et al. Hypoparathyroidism. Nat Rev Dis Primers. 2017 Aug 31;3:17055 3 Brandi ML et al. Summary Statement and Guidelines. J Clin Endocrinol Metab. 2016 Jun 1;101(6):2273-83.
4. Khan AA et al. Management of Hypoparathyroidism, J Bone and Miner Res 2022. 37(12), 2663-2677. 5. Bollerslev et al. Revised European Society of Endocrinology Clinical Practice Guideline: Treatment of Chronic Hypoparathyroidism in Adults, Eur J of Endocrinol 2025, 193 (5) G49-G78.. 6. Khan AA et al. Evaluation and Management of Hypoparathyroidism Summary Statement and Guidelines from the Second International Workshop. J Bone Miner Res 2022. 37 (12), 2568-2585.

Find out more at **Seeds-of-Change.com**

