

# Hypoparathyroidism

Prevalence, Symptoms and Impact on Quality of Life

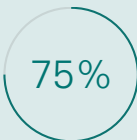
## Impact of Hypoparathyroidism on Quality of Life



**Hypoparathyroidism** (also known as hypopara) is a **rare endocrine disease**, caused by **insufficient levels of parathyroid hormone (PTH)** in the body.<sup>1</sup>



The **parathyroid glands lie behind the thyroid gland in the neck**. They produce PTH, which is the primary regulator of calcium and phosphate in the body by acting directly on bones and kidneys and indirectly on the intestine.<sup>2,3</sup> If the parathyroid glands are removed, destroyed, or defective, this may lead to insufficient levels of PTH.<sup>2,4</sup>



**Hypopara can arise from genetic causes, autoimmune causes and other causes.** Most commonly, hypopara results following neck surgery constituting approximately 75% of all cases.<sup>2,5</sup>



**Hypopara is considered chronic if it persists over 6 months following surgery** per the 2016 Endocrine Society Guidelines, 2019 Canadian and International Consensus Statement, and 2022 European Society of Endocrinology.<sup>1,2,6</sup>

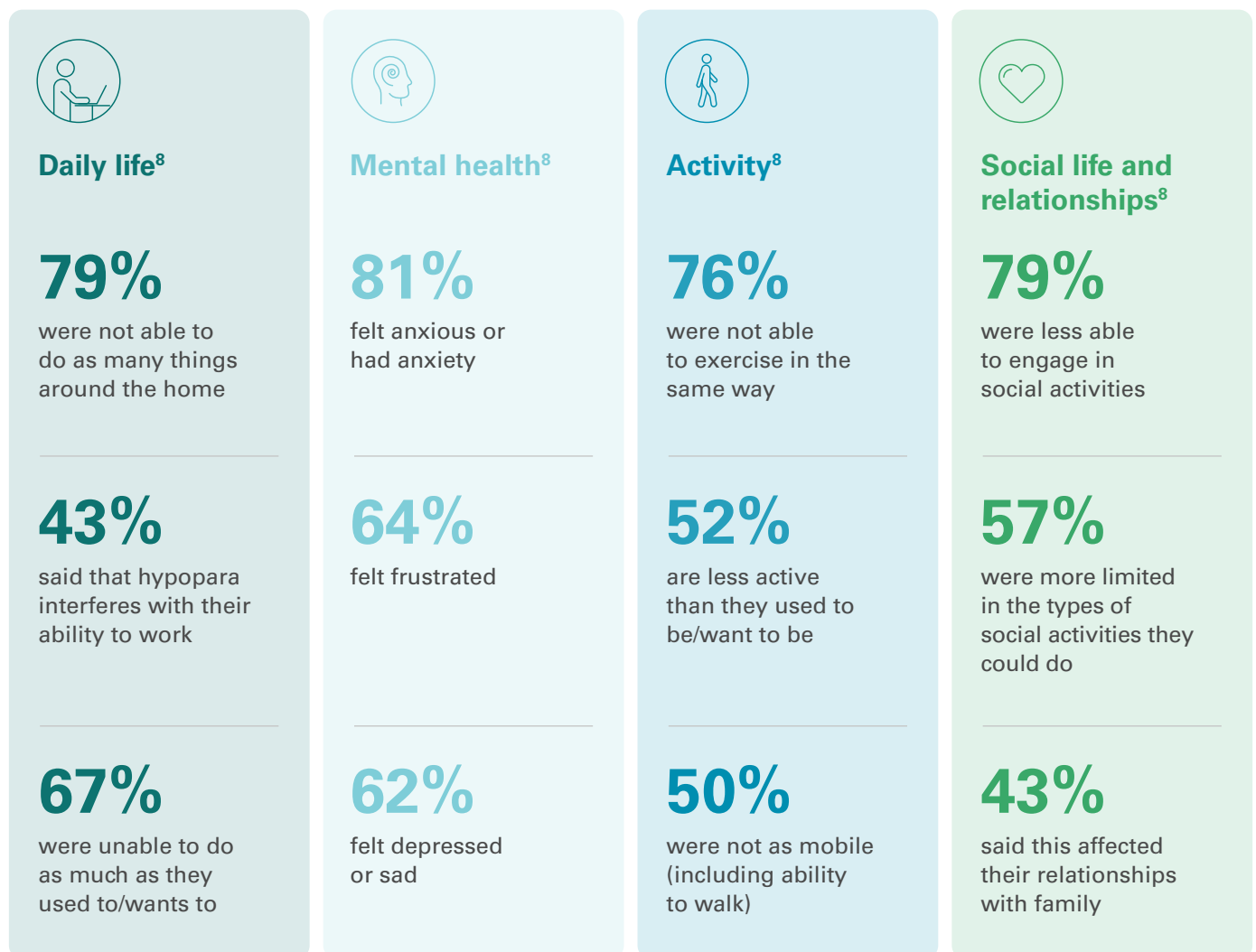


In the EU, the number of individuals living with hypopara is estimated to be 3.2/10,000<sup>7</sup>

## Impact of Hypoparathyroidism on Quality of Life

The burden of hypopara negatively impacts health-related **quality of life, physical functioning, and psychological well-being**, regardless of serum calcium levels.<sup>2,8,9</sup>

In a survey\* of people living with hypopara, the respondents reported the following impacts on their daily life, mental health, activity and social life and relationships.<sup>8</sup>



\*Survey conducted of 42 adults with hypoparathyroidism.

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 Brandi ML et al. Summary Statement and Guidelines. The Journal of Clinical Endocrinology & Metabolism. 2016 Jun 1;101(6):2273-83. 3 Chen K et al. Clinical burden and healthcare resource utilization among patients with chronic hypoparathyroidism, overall and by adequately vs not adequately controlled disease: a multi-country chart review. Journal of Medical Economics. 2019 Jun 17;22(11):1141-52. 4 Mannstadt M et al. Hypoparathyroidism. Nat Rev Dis Primers. 2017 Aug 31;3:17055. 5 Clarke BL, et al. Epidemiology and Diagnosis of Hypoparathyroidism, The Journal of Clinical Endocrinology & Metabolism, Volume 101, Issue 6, 1 June 2026, Pages 2284-2299. 6 Khan AA, et al. Standards of care for hypoparathyroidism in adults: a Canadian and International Consensus. Eur J Endocrinol. Mar 2019;180(3): P1-p22. doi:10.1530/eje-18-0609. 7 Karpf D, et al. Prevalence of hypoparathyroidism in the EU: A systematic review and meta-analysis. Endocrine Abstracts (2020) 70 AEP140 | DOI: 10.1530/endoabs.70. AEP140. 8 Brod M, et al. Living with hypoparathyroidism: development of the Hypoparathyroidism Patient Experience Scale-Impact (HPES-Impact). Qual Life Res. 2021 Jan;30(1):277-291. doi: 10.1007/s11136-020-02607-1. Epub 2020 Aug 24. PMID: 32833143; PMCID: PMC7847873. 9 Kontogeorgos G, et al. Low health-related quality of life in hypoparathyroidism and need for PTH analog. Endocrine Connections. 2022 Jan 10;11(1). doi: 10.1530/EC-21-0379.