

## THE CLINICAL PROFILE OF PRIMARY HYPERPARATHYROIDISM. A SINGLE CENTER EXPERIENCE

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### OBJECTIVES

Primary hyperparathyroidism is currently a frequent disorder. In the past primary hyperparathyroidism was diagnosed late in the course of the disease. With the introduction of routine calcium measurements, as well as the awareness of the disease amongst clinicians, the disorder is frequently recognized in asymptomatic patients. Thus, the clinical profile of primary hyperparathyroidism is changing.

The aim was to describe the clinical profile of primary hyperparathyroidism in a single hospital center in Athens, Greece.

### METHODS

The clinical presentation and clinical characteristics of patients with primary hyperparathyroidism being followed up in a single center in Athens are described. All patients had a complete biochemical profile. In all patients calcium, PTH and 25(OH)D<sub>3</sub> were measured. In all patients thyroid and parathyroid ultrasonography was performed, as well as, parathyroid scintigraphy for the localization of parathyroid tumors.

### RESULTS

In a single center in Athens 35 patients with primary hyperparathyroidism are being cared for. Within this group of 35 patients, 9 had mild primary hyperparathyroidism. Within this group of patients 12 were on treatment with cinacalcet for the management of the disease, whereas 8 were on treatment with alendronate.

### CONCLUSIONS

Primary hyperparathyroidism is a frequent disorder nowadays. As shown in the results of this study from a single center in Athens mild hyperparathyroidism is prevalent. Cinacalcet seems to be an option for patients not willing or not able to withstand surgery. Alendronate is another option for the pharmaceutical management of primary hyperparathyroidism, a drug treatment which aims to improve osteoporosis as well as calcium levels in patients with primary hyperparathyroidism.

