**Primary Hyperparathyroidism Post-Parathyroidectomy**

**Letter to Primary Care Provider**

Dear Dr \_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_ is being discharged from the endocrine clinic.

Rationale for discharge from Endocrine Care:

XX has a history of primary hyperparathyroidism which was treated with surgical resection.  The post-operative investigations show a normal calcium and PTH level. Future sequelae or recurrence is possible, so we ask for routine monitoring of certain tests.

Summary of key results:

**Blood work:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Most recent total/ionized  Calcium** | **Most recent Parathyroid Hormone (PTH)**  **PTH (pmol/L)** | **Most recent Creatinine (umol/l)** | **Most recent 25-hydroxyvitamin D** |
|  |  |  |  |  |

**Imaging:**

|  |  |  |
| --- | --- | --- |
| **Test** | **Date** | **Result** |
| **Kidney Ultrasound** |  |  |
| **Neck Ultrasound** |  |  |
| **Bone Mineral Density** |  | Lumbar spine T-score: \_\_\_\_\_\_\_\_\_  Femoral Neck T-score:\_\_\_\_\_\_\_\_\_  Total Hip T-score: \_\_\_\_\_\_\_\_\_\_\_\_\_  33% Radius: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Fracture Risk:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Spine imaging** |  |  |

**Pathology:**

|  |  |
| --- | --- |
| **Date** | **Results** |
|  |  |

**Treatment:**

* Your patient should continue with long-term Vitamin D supplementation: \_\_\_\_\_\_\_\_iu/day
* Your patient should maintain 1000 mg of calcium in their diet/day as per the Institute of Medicine National Guidelines

Surveillance:

1. Annual total calcium, albumin, ionized calcium, PTH, Cr/eGFR
2. Bone density: repeat 3-site BMD (including distal radius) in \_\_\_\_\_\_\_\_ (mm/yyy), if possible at the same institution as the last scan

Criteria for escalation or re-referral:

Please refer back to myself or another endocrinologist if there is:

* Elevation in total or ionized calcium
* New osteoporotic fracture or significant decline in BMD (significant decline depends on the BMD machine but is typically ~3-4%)
* New kidney stone that is suspected to be calcium in composition