



## JUNE 2026 NEWSLETTER

### **Measuring CKD complications: mineral and bone disorder (CKD-MBD)**

Your kidneys play a very active role in balancing the ingredients needed for healthy bones – calcium, phosphorus, and vitamin D. In more advanced [stages of chronic kidney disease](#), your kidneys may have a hard time activating vitamin D (which is needed to absorb calcium from your food) and removing extra phosphorus from the blood. This increases your risk of having calcium and phosphorus levels that are out of balance (also known as [secondary hyperparathyroidism](#)). Without close monitoring and treatment, this can cause [CKD-related bone disease](#) (also known as CKD-mineral and bone disorder or CKD-MBD).



#### **Parathyroid hormone (PTH)**

Parathyroid hormone (PTH), also known as intact parathyroid hormone (iPTH), helps balance the levels of calcium and phosphorus in your blood. When your blood level of calcium goes down, your body makes more PTH to raise it, usually by releasing calcium (and phosphorus) from your bones. PTH also helps remove extra phosphorus from your blood through the kidneys. So, the kidneys play a very active role in this complex process.

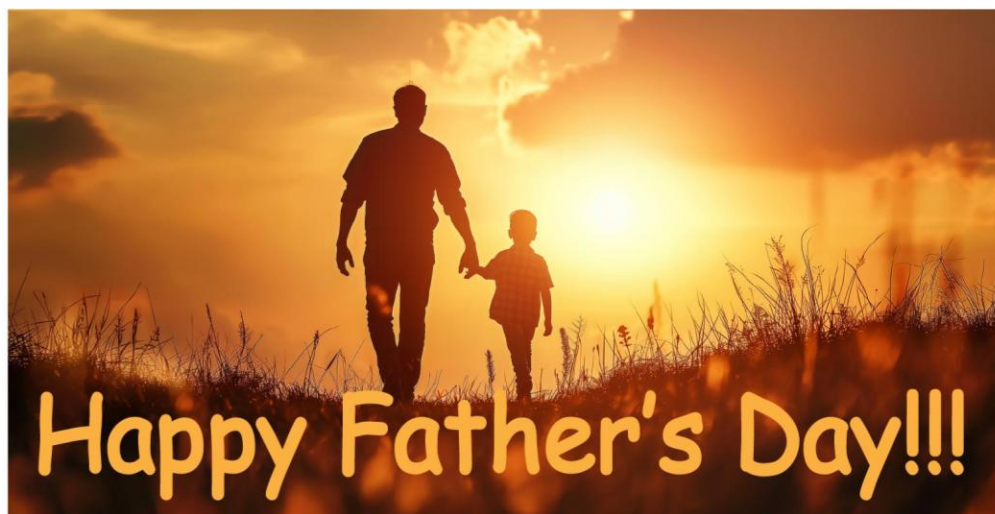
Even though this test has the word “thyroid” in the name, it is entirely separate from anything related to your thyroid function. The name “parathyroid” comes from the place where the hormone comes from - very small glands in your neck that sit very close to your thyroid.

A “normal” PTH level in the blood is hard to define because it depends on many other factors (including your stage of CKD, phosphorus level, and calcium level). Ask your healthcare professional what your custom target PTH level should be.

### Serum calcium

Calcium is an important mineral your body needs for strong bones, and for your nerves, muscles, and heart to work properly. Your kidneys play a very active role in balancing your calcium levels to make sure the level is just right. If your body needs more calcium, your kidneys activate vitamin D to help absorb more calcium from your food and drink. Your body is not able to absorb the calcium without it. In more advanced [stages of chronic kidney disease](#), your kidneys may have a hard time activating vitamin D. This makes it very hard for your body to absorb enough calcium from your food. So, your body starts breaking down bones to supply the calcium. This increases your risk of [CKD-related bone disease](#).

For people living with advanced CKD, your healthcare professional will likely compare your results from this test with your phosphorus and PTH levels. Looking at these three tests together will help them provide you with custom guidance about your target for each item.



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