

## Hyperparathyroidism of the Elderly: About Four Observations

*Thabet M  
Berriche O  
Arfa S  
Nouira H  
Zantour B  
Hammami S*

*Internal Medicine Department. Taher Sfar Hospital, Mahdia. Tunisia*

Please cite this article as: Thabet M. et al. Hyperparathyroidism of the Elderly: About Four Observations. Middle East Journal of Age and Ageing. 15(3):26. DOI: 10.5742MEJAA.2018.93528

### ABSTRACT

**Introduction:** The primary hyperparathyroidism (PHPT) of the elderly has the dual characteristic of being sometimes a difficult diagnosis and to be a source of neuropsychiatric disorders that are potentially reversible after early surgical treatment.

The aim of this study is to recall the clinical, biological and therapeutic PHPT characteristics of the elderly through four observations.

**Observations:** There were four patients with a mean age of 75.5 years old (65-93). The diagnosis was revealed by: epigastralgia in two cases, polyuria polydipsia syndrome in one case and bone pain in one case. The clinical signs found were: asthenia in all four cases, anorexia in two cases, paresthesia of the lower limbs in two cases, constipation in one case and bone pain in one case. Serum calcium ranged from 2.6 to 3.27 mmol / L. Phosphoremia was decreased in all cases. Parathyroid hormone levels were high in all four cases with an average of 248 pg / ml (122- 394). Parathyroid ultrasound showed an isoechoic nodule of the inferior thyroid lobe in three cases and a multinodular goiter in one case. MIBI scintigraphy showed parathyroid adenoma of the left lower lobe in two cases and right lower lobe in one case. Three patients underwent excision surgery and only one patient was treated with bisphosphonates.

**Conclusion:** PHPT is a metabolic disorder which should be suspected in front of any symptomatic hypercalcemia especially in the elderly. In the absence of contraindication, surgical excision represents the only curative treatment.