

POTASSIUM

Potassium plays a crucial role in many biological processes, including nerve function, muscle contraction, and maintaining fluid balance within cells. It is essential for regulating heartbeat, muscle function, and overall body health.

High Potassium Levels:

High potassium levels, known as hyperkalemia, can result from kidney disease, certain medications, or excessive potassium intake. Symptoms include muscle weakness, irregular heartbeat, and in severe cases, paralysis or cardiac arrest.

Treatment involves addressing the underlying cause and may include dietary changes or medical interventions.

Low Potassium Levels:

Low potassium levels, known as hypokalemia, can occur due to factors such as excessive sweating, vomiting, diarrhea, certain medications, or medical conditions like kidney disease. Symptoms may include muscle weakness, fatigue, irregular heartbeat, and in severe cases, paralysis or respiratory failure.

Treatment typically involves addressing the underlying cause and may include potassium supplements or dietary changes.