

Calcification

Pat,

My cousin told me that, while going over his most recent chest films, his doctor told him there were little spots of Calcification in his lungs. He said his doctor didn't seem concerned but neither of us ever heard of such a thing before. Have you?

Connie,

Calcium is necessary to heal injuries so it is normal for a deposit of calcium to form at the site of one. The body uses what it needs to heal the injury and any excess reabsorbs back into the bloodstream. Ideally, 99% percent of calcium, entering the body, forms into bones and teeth and the remaining 1% stays dissolved in the blood.

When a disorder affects the balance between calcium and other minerals or hormones, excess calcium stays in the bloodstream. The blood then deposits it in other parts of the body, such as arteries, kidneys, lungs and brain. Calcification occurs when deposits of calcium salts build up in tissue, causing it to harden.

That much seemed simple but as I read on, I discovered calcification is much more complicated than I realized. Many conditions, some dangerous and some not, can cause it and its presence can indicate some very serious problems in the body.

Your cousin is definitely going to have to go back to his doctor, armed with more knowledge. He should ask questions that are more specific and get answers that are more definite. Here are some facts I found to help him do that.

- Calcification in the organs occurs with a number of systemic conditions.
- Calcification most commonly affects stomach, kidneys, lungs, heart and blood vessels.
- There are two types of soft tissue calcification, either metastatic calcification, in which calcium deposits in normal tissues, or dystrophic calcification, in which calcification superimposes on a previous injury.
- The most common cause of calcification in normal tissues is chronic renal (kidney function) insufficiency and it gets worse for those on dialysis.
- Hyperparathyroidism causes an imbalance of blood calcium levels that can cause calcification.
- Many microbial infections, viral pneumonias, fungal and parasitic infections can damage the lung tissue causing calcification, at the time, or later on in life.
- Tuberculosis produces a number of chest calcifications.
- Calcification is not due to having too much calcium in the body from diet or supplements.
- Calcification can occur in people with normal, or even low, blood serum calcium levels.
- Calcification can form in soft tissue at the same time bones are weakening from loss of calcium.

Your cousin should go over a total medical health history with his doctor to determine if any hormonal imbalances or exposure to any of these infections could be relevant. Does your cousin have renal insufficiency? Is he on dialysis?

Ossification (bone formation) can also occur in soft tissue, along with the calcification. I have found this in many clients with plantar fasciitis/heel spur syndrome. When hard boney crystals form in foot muscle injuries, it is very painful, but I can work deep into the area and break it up. I had no idea that actual bone growth can happen in internal organs! YIKES!

Then, I found a website with excerpts from [The Calcium Bomb](#) by Douglas Mulhall and Katja Hansen that really blew my mind.

According to these authors, calcification is one of the most pervasive yet least understood medical conditions on Earth. Although it is difficult to measure, it factors in a wide range of illnesses and conditions. Breast cancer, heart disease and arthritis all have calcification in common. Bursitis, tendonitis, arthritis, ovarian cysts and spinal calcium deposits are other examples. Renegade calcium resides in joints damaged from over exercise or accidents.

They write that many of our chronic diseases are due to "nanobacteria" that wall themselves off inside of calcium deposits, becoming resistant to antibiotics and causing the inflammation that causes us so much trouble. This is a new discovery and it has triggered major scientific and medical debates. However, while debating, people develop new ideas. Scientists and drug companies are working together to identify these little "critters" and develop "nano-antibiotics" to kill them. This will be a huge breakthrough in how many of our chronic illnesses are treated.

Wow! I had no idea how interesting and exciting this research was going to get! Thanks, Connie, for asking me this question. I know some of this information sounds very alarming but, don't panic! Share this information with your cousin. Go to the websites below and follow links from them to gain even more information. Greater understanding will enable him to have a more educated discussion with his doctor.

Encyclopedia, www.medlineplus.com

<http://ajrccm.atsjournals.org/cgi/content/full/165/12/1654> (American Journal of Respiratory and Critical Care Medicine Vol 165. pp. 1654-1669, (2002))

<http://www.calcify.com/excerpts%20calcification.html>

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