

## Discussion on Magnesium

Magnesium is an important element for the function of our body. It is involved in more than three hundred biochemical reactions and if we do not have this element present in certain concentrations, many problems can develop. Normal levels of magnesium in our system are 1.3-3.0 mg/dL. Levels below 1.3 mg/dL are called hypomagnesemia. Levels above 3.0mg/dL are called hypermagnesemia. Magnesium comes in our body from food like bananas, almonds, figs, spinach, tuna fish, mackerel, meats. It is absorbed from the intestines, gets reabsorbed from loop of Henle and it is excreted by the kidneys.

Hypomagnesemia occurs mostly because of low intake of magnesium with the diet, because of alcoholism (most common cause in US) and due to gastrointestinal illnesses. Symptoms of hypomagnesemia are: migraines, weakness and fatigue, increased BP, insomnia, depression, anxiety, chronic back pain, abnormal heart rhythm. This problem can be treated with magnesium sulfate given IV and with oral magnesium medications.

Hypermagnesemia can occur by getting magnesium sulfate infusion. Also taking too many laxatives and antacids which contain magnesium, or if kidneys are not functioning and cannot excrete properly magnesium. Symptoms of hypermagnesemia are: lethargy, confusion, weakness, hypotension, hyporeflexia. This problem can be treated by calcium gluconate, loop diuretics, saline and lactated Ringer.

## References

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