

Mineral Metabolism [1]

The kidneys help regulate the amount of minerals in the blood. Important minerals include calcium and phosphorous. Calcium and phosphorous help keep our bones strong and healthy.

When the kidneys stop working, the amount of minerals in the blood can build up to dangerous levels. When there is too much calcium and/or phosphorous in the blood, it can deposit in the soft tissues in your body, including eyes, heart and lungs. This increases the likelihood of stroke and heart attack and can also decrease the likelihood for a kidney transplant. Mineral levels can be maintained by eating a healthy diet low in these minerals and taking appropriate mineral supplements if needed.

Relevant Articles:

- [Protein that limits the severity of genetic kidney disease found](#) [2]

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Links

[1] <http://www.dpcedcenter.org/mineral-metabolism>

[2] http://www.eurekalert.org/pub_releases/2016-02/ku-ptl020916.php