Name:Nwifama Stephanie Baridoo
Matric number:18/mhs06/035
Course code:Bch 204
Department: Medical Laboratory Science

Question:
1. Outline the toxicity values and deficiency manifestation of the following minerals
(a) Potassium (b) calcium (c)magnesium
(d)chloride (e)iron

Answer:
DEFICIENCY MANIFESTATION (a)Potassium affects your heart's muscles work.Your heart may beat irregularly which in most cases can cause heart attack.
Signs of excess potassium are:weakness,numbness,vomiting,trouble breathing,chest pain,palpitations or irregular heart beats,muscle cramps,digestive problems,mood changes.

(b)Calcium:muscle problems,extreme fatigue,nail and skin symptoms,osteopenia and osteoporosis,painful premenstrual syndrome(PMS), dental problems,depression

(c)Magnesium: Tremor, poor co-ordination,muscle spasms,loss of apetite, personality changes and nystagmus

(d)Chloride:dehydration,fluid loss or high level of blood sodium may be noted (diarrhea, vomiting)

(e)Iron: Extreme fatigue,weakness,pale skin.

TOXICITY VALUES
(a) potassium:it's also called hyper kale Mia if it's higher than 5.5mmol/L and above 6 it's life threatening.

(b)calcium:it's called hypercalcemia occurs when serum calcium levels are 10.5mg/L can weaken bones and create kidney stones

(c)magnesium:if serum concentrations exceed 1.74-2.61mmol/L can cause vomiting,retention of urine,depression,extreme hypotension

(d)chloride:if it exceeds 250mg/L

(e)Iron:Toxic effects begin to occur at closes above 10-20mg/kg in terms of blood values,iron levels above 350-500ug/dL are considered toxic and levels over 1000ug/dL indicated severe iron poisoning