

Phosphorus

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[Hypophosphatemia](#) is a condition in which your blood has a low level of Phosphorus. Low levels can cause a host of health challenges, including muscle weakness, respiratory or heart failure, seizures, or comas. The cause of hypophosphatemia is always from some other underlying issue

[X-linked hypophosphatemia](#)

Statistically significant differences in the concentrations of microelements, depending on the degree of pain intensity, were noted for only potassium ($p < 0.05$). Statistically significant differences in the concentrations of the assessed microelements, depending on the degree of radiological advancement of the lesions, were noted for copper and iron ($p < 0.05$). In the degenerated intervertebral discs, the strongest relationships were noted between the concentrations of zinc and lead ($r = 0.67$; $p < 0.05$), zinc and phosphorus ($r = 0.74$; $p < 0.05$), and zinc and calcium ($r = 0.77$; $p < 0.05$). It has been indicated that, above all, the concentrations of copper and iron depend on the advancement of radiological changes, according to the Pfirrmann scale; however, no influence on the pain intensity, depending on the concentration of the assessed elements, was found ¹⁾.

¹⁾

Staszkiwicz R, Bryś K, Gładysz D, Gralewski M, Garczarek M, Gadzieliński M, Wieczorek J, Marcol W, Ostenda A, Grabarek BO. Changes in Elements and Relationships among Elements in Intervertebral Disc Degeneration. *Int J Environ Res Public Health*. 2022 Jul 25;19(15):9042. doi: 10.3390/ijerph19159042. PMID: 35897416; PMCID: PMC9332279.

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