

The background features a series of concentric, overlapping grey lines that resemble ripples or sound waves. A prominent red speech bubble is centered on the page, containing the title and author information. The speech bubble has a white outline and a small tail pointing downwards.

Lithium Levels in the Body

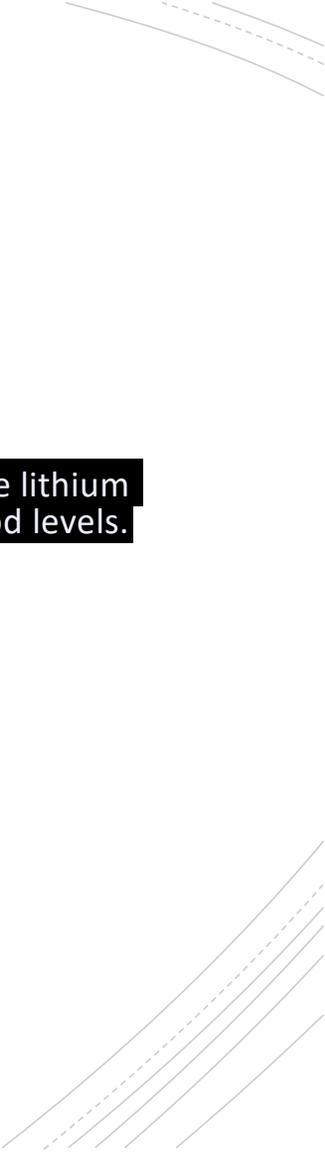
By Erigen Cela MS4

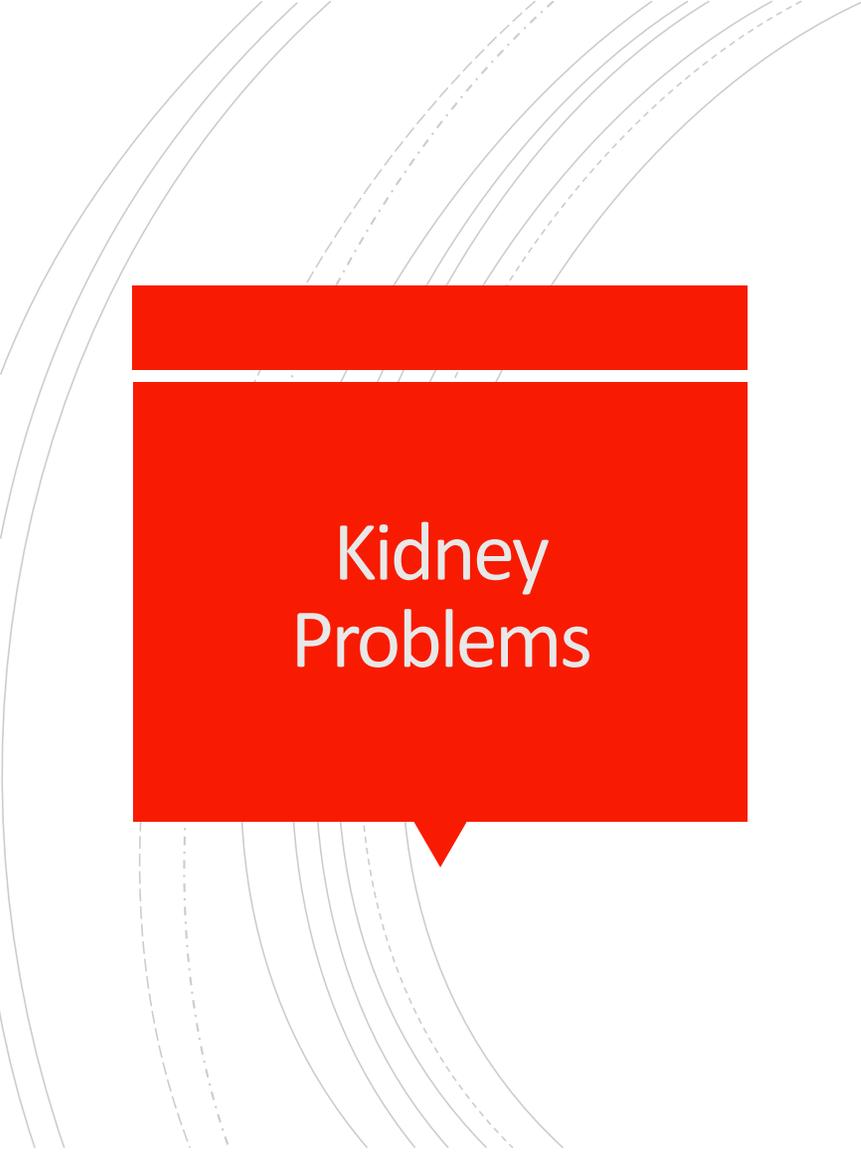
Dehydration

- Conditions causing fluid loss, such as vomiting, diarrhea, fever, excessive sweating, or inadequate fluid intake, can lead to increased lithium concentration in the blood.



Excessive Fluid Intake

- Drinking unusually large amounts of fluids can dilute lithium concentration in the body, potentially lowering blood levels.
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Kidney Problems

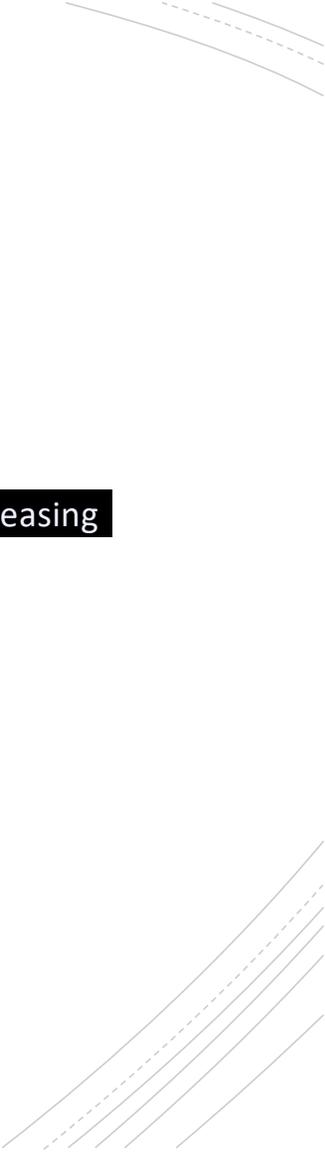
- Reduced kidney function or kidney disease can impair lithium excretion, leading to elevated blood levels.
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Low/High-Sodium Diet

- A diet low in sodium can cause the kidneys to retain more lithium, increasing its levels in the body.
- Increased Sodium Intake: A diet high in sodium can lead to increased lithium excretion, potentially lowering blood levels.

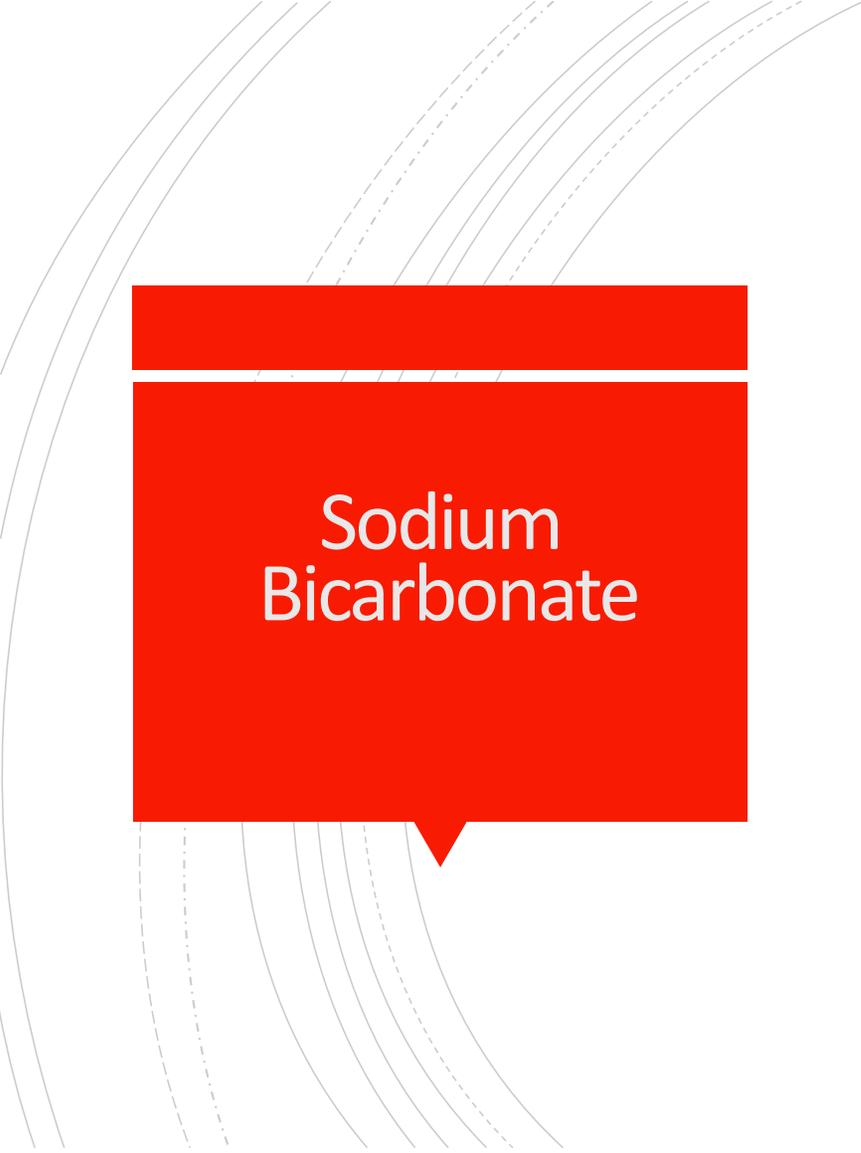


Nonsteroidal Anti- inflammatory Drugs (NSAIDs)

- NSAIDs can reduce renal blood flow, potentially increasing lithium levels.
 - Examples of these drugs include
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Theophylline

- Theophylline: This medication, used for respiratory conditions, may increase lithium excretion.



Sodium Bicarbonate

- This medication can increase lithium elimination, potentially decreasing blood levels.
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Diuretics

- Thiazide diuretics, in particular, can significantly increase lithium levels by decreasing its clearance.

ACE inhibitors and Angiotensin II Receptor Antagonists

- These medications can affect kidney function and potentially increase lithium levels.
- Examples of these medications include medications ending with –pril (Lisinopril) and –artan (Losartan)

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Important Reminders

- **Consult with a Healthcare Provider:** If you are taking lithium, it's vital to discuss any changes in your diet, medications, or overall health with your doctor or pharmacist.
- **Regular Monitoring is Essential:** Regular blood tests are necessary to monitor lithium levels and kidney function to ensure safe and effective treatment.