

Deficiency of B12 like that of folate results in megaloblastic macrocytic anemia.

Survey of B12, Anemia, Vitamin D, Hemochromatosis and Multiple Sclerosis (M.S.)

All questions are optional - Answer what you desire

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Definition of Pernicious anaemia:

When absorption of B12 requires intrinsic factor, a compound made by the stomach with instructions from genes. The compound is then absorbed from the small intestine into the blood stream.

A few people have an inherited defect, which makes B12 absorption abnormal, beginning in mid-adult hood. In later years, many others lose the ability to produce enough stomach acidity and intrinsic factor losing the ability to absorb vitamin B12.

In these cases vitamin B12 must be supplied by injection known as pernicious anemia.

Pernicious anemia is hard to catch in its earliest stages; oftentimes, pernicious anemia is misdiagnosed as belonging to a "copycat" illness. **Multiple sclerosis (MS)** is one such disease that hundreds of doctors hastily assign to patients suffering from fatigue, numbness, and muscle pain- all symptoms commonly associated with B12 deficiency from pernicious anemia.

Did you know a vitamin B12 deficiency can lead to pernicious anemia? Due to the defective intrinsic factor in the stomach that helps in the absorption of B12
Monthly injections in amounts 500-1000 mcg B12 is often required.

Did you know without sufficient B12 nerves become damaged and causes an anemia?

If you have hemochromatosis (HFE gene), which mutation do you have if known:

C282Y

H63D

homozygous

heterozygous

iron levels

ever undergo phlebotomy

Have you ever been diagnosed with B12 deficiency? Has your doctor asked you to go a specialist for intrinsic factor testing or a Schilling test for absorption of vitamin B12.

If you have MS do have any of the following symptoms:

Dizziness

Fatigue

Irregular heartbeats

Muscle weakness

Numbness or tingling in your hands and feet

Pale or yellowish skin

Shortness of breath

Weight loss

Have you ever been told to take Magnesium as it helps with sleep and difficulty swallowing?

Have you been tested for Vitamin D3 (1,25-Dihydroxyvitamin D) deficiency ?
If so are you below the normal ranges?

Have you tried a gluten free diet (with > 3 veggies helps Secondary Progressive Multiple Sclerosis)

Did you know Pernicious anemia, B12 deficiency, Vitamin D3 (1,25-Dihydroxyvitamin D), and Magnesium (Mg) are not part of routine blood work

Are any of these prevalent with other family members?

MS

D3 Deficiency

B12 Deficiency

Hemochromatosis

Anemia

OPTIONAL: Your Gender, Age, Geography, Family Ethnicity (eg. Italian, Greek, Irish, etc.)

OPTIONAL: Your email for further contact

OPTIONAL: If you want to recommend your specialist(s) to other patients. Please provide Name / City, State, Country / Specialty) example Dr Bill Smith / Erie, PA, USA / Hematology or Neurology