

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

All questions are optional - Answer what you desire

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Overview and definitions

Definition of Pernicious anemia (also called Megaloblastic anemia):

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.

1. **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**

Check all that apply.

- ☐ Yes
☐ No

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

Check all that apply.

- ☐ Yes
☐ No

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

Check all that apply.

- ☐ C282Y
☐ H63D
☐ homozygous
☐ heterozygous

4. Do you know your Iron levels and ever require a phlebotomy ?*Check all that apply.*

- ☐ Know Iron Levels ?
- ☐ Check if had phlebotomy

5. Have you ever been diagnosed with B12 deficiency?*Mark only one oval.*

- ☐ Yes
- ☐ No

6. If you have MS do have any of the following symptoms:*Check all that apply.*

- ☐ Dizziness
- ☐ Fatigue
- ☐ Irregular heartbeats
- ☐ Muscle weakness
- ☐ Numbness or tingling in your hands and feet
- ☐ Pale or yellowish skin
- ☐ Shortness of breath
- ☐ Weight loss

7. Have you ever been told to take Magnesium as it helps with sleep and difficulty swallowing?*Mark only one oval.*

- ☐ Yes
- ☐ No

8. If you been tested for Vitamin D3 (1,25-Dihydroxyvitamin D) deficiency were the levels below the normal range ?*Mark only one oval.*

- ☐ Yes
- ☐ No

9. Have you tried a gluten free diet (with > 3 veggies helps Secondary Progressive Multiple Sclerosis)*Mark only one oval.*

- ☐ Yes
- ☐ No

10. Did you know Pernicious anemia, B12 deficiency, Vitamin D3 (1,25-Dihydroxyvitamin D), and Magnesium (Mg) are not part of routine blood work*Mark only one oval.*

- ☐ Yes
- ☐ No

11. Are any of these prevalent with other family members?*Check all that apply.*

- ☐ MS
- ☐ D3 Deficiency
- ☐ B12 Deficiency
- ☐ Hemochromatosis
- ☐ Anemia

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

13. OPTIONAL: Your email for further contact

14. 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

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