Pernicious anemia

Pernicious anemia is a decrease in red blood cells that occurs when the body cannot properly absorb vitamin B12 from the gastrointestinal tract . Pernicious anemia is caused by a lack of intrinsic factor, a substance needed to absorb vitamin B12 from the gastrointestinal tract. When you have pernicious anemia your red blood cells do not mature properly. I also developed pernicious anemia (can't absorb vitamin b12 naturally anymore, have to get b12 shots)...which is another autoimmune disease. Pernicious anemia is more common among middle-aged and older adults; it is usually detected in patients between the ages of 40 and 80. Vitamin B12 is necessary for the proper development of red blood cells.Pernicious anemia is a type of megaloblastic anemia.See also : Anemia Anemia can cause low blood pressure, but there are heart conditions and kidney conditions that can cause anemia and high blood pressure. ~ Thyroid is a major one in many people, I don't actually have that but I am blessed with Iron based anemia AND B12 deficiency related anemia (pernicious) I, too, have a B12 deficiency, but I do NOT have pernicious anemia or low iron. The doctor told me at the time last week to be exact that the symptoms I am having are also associated with Pernicious Anemia and ordered blood work for investigation.

Overview
Too little vitamin B12 gradually causes nervous system -LRB- neurological -RRB- problems . The neurological effects may be seen before anemia is diagnosed.Symptoms may include : Bleeding gumsDiarrheaFatigueImpaired sense of smellLoss of deep tendon reflexesLoss of appetitePallorPersonality or memory changesPositive Babinski 's signRapid heart rateShortness of breathSore mouthTingling and numbness of hands and feetTongue problemsUnsteady gait , especially in the dark I have been diagnosed with pernicous anemia(B12 deficiency) and I have numbness in my fingers, but I also have numbness in my upper abdomen.

Symptoms
Monthly vitamin B12 injections are prescribed to correct the vitamin B12 deficiency . Although vitamin B12 toxicity is not an issue for patients being treated for pernicious anemia, treatment of these patients with folic acid may cause problems. My B12 shots are for pernicious anemia, I cannot eat to replace it, I can only replace it through monthly injections and still my levels are low normal. I was recently diagnosed with iron deficiency anemia. This therapy treats the anemia and may correct the neurological complications if taken early enough . In people with a severe deficiency , the injections are given more frequently at first.Some doctors recommend that elderly patients with gastric atrophy take vitamin B12 supplements by mouth in addition to monthly injections.There is also a preparation of vitamin B12 that may be given through the nose . For some people , taking vitamin B12 by mouth in a very high dose can also be an effective treatment.A well - balanced diet is essential to provide other elements for healthy blood cell development , such as folic acid , iron , and vitamin C . My doctor put me on iron in october, but is unhappy with the results and said i'm also showing signs of B12 anemia, so she took me off iron and put me on B12--500MG a day. There is a HUGE difference between iron deficiency anemia and iron deficiency. Deficiency of Vitamin B9 Deficiency of folic acid causes anemia, poor growth, and irritation of the mouth.

Treatment
Pernicious anemia is caused by a lack of intrinsic factor . My sister has pernicious anemia, I have low B12 but am not lacking the intrinsic factor, and my mum has low b12 as well, but its only just been found so the intrinsic factor hasnt been tested. I have pernicious anemia which is the result of a lack of intrinsic factor in the stomach lining to help obsorption of B12, B-12 is usually the end result of gastritis Intrinsic factor is a protein produced by the stomach that binds to vitamin B12 . The combination of vitamin B12 and intrinsic factor is absorbed in the lower part of the small intestine . When the stomach does not make enough intrinsic factor , the intestine cannot properly absorb vitamin B12 . Very rarely , infants and children are born without the ability to produce enough intrinsic factor . Pernicious anemia that occurs at birth -LRB- congenital -RRB- is inherited . You need the defective gene from each parent to get it . More common causes of pernicious anemia include : Weakened stomach lining -LRB- atrophic gastric mucosa -RRB- The body 's immune system attacking the cells that make intrinsic factor -LRB- autoimmunity against gastric parietal cells -RRB- Autoimmunity against intrinsic factor itselfThe disease begins slowly and may take decades to fully establish . Although the congenital form occurs in children , pernicious anemia usually does not appear before age 30 in adults . The average age at diagnosis is 60.Risk factors include : Family history of the diseaseHistory of autoimmune endocrine disorders , including :

Causes
Tests that may used to diagnose or monitor pernicious anemia include : Bone marrow examination -LRB- only needed if diagnosis is unclear -RRB- Complete blood countMeasurement of serum holotranscobalamin IIReticulocyte countSchilling testSerum LDHSerum methylmalonic acid -LRB- MMA -RRB- levelSerum vitamin B12 levelPernicious anemia may also alter the results of the following tests : BilirubinCholesterol testGastrinLeukocyte alkaline phosphatasePeripheral smearTIBCVitamin B12 deficiency affects the appearance of cells that form on the outer surface of the body and line inner passageways -LRB- epithelial cells -RRB- . I have Fibromyalgia, but I'm also about to get tested for MS and have a bone marrow test because I do have anemia. Elevated serum methylmalonic acid and homocysteine levels are found in patients with pernicious anemia. An untreated woman may have a false positive Pap smear .

Tests & diagnosis
The outcome is usually excellent with treatment .

Prognosis
There is no known way to prevent this condition . However , with early detection and treatment of vitamin B12 deficiency , complications can be minimized . The condition you describe concerning vitamin B12 is called pernicuous anemia.

Prevention
People with pernicious anemia may have gastric polyps and they are at increased risk for gastric cancer and gastric carcinoid tumors.Neurological defects may continue if treatment is delayed . Im 38 i have had all my kids before i was 20 , 3 sons so not having kids dosent bother me 1 bit haha,all over 19 so now im scared of having ovarian cancer im already sick i have pernicious anemia that has left me damaged

Complications
Call your health care provider if you have symptoms of vitamin B12 deficiency .

Other Discussions

High Prob. Terms: IRD Quote: Originally Posted by montanajane I was finally diagnosed with iron deficiency anemia.

anemia pernicious iron deficiency hemolytic anaemia b caused low 12 deficient

- Addison's disease, Pernicious anaemia (the lymphocytes attack the lining of the stomach where a chemical called intrinsic factor is produced, which is needed for the production of Vit B 12)
- I have pernicious anemia and autoimmune hemotylic anemia.
- Quote: Originally Posted by roxcyn Here is some vitamin toxicity I've seen for some of the B vitiamins (in B complex) think again of taking about taking a lot of b complex VITAMIN B12 Vitamin B12 is important in the treatment of pernicious anemia.
- I had one that showed both anemia and kidney failure - the kidney failure caused the anemia.

High Prob. Terms: anemia pernicious iron low 12 b degeneration subacute combined ms count

- Quote: Originally Posted by SnowyLynne63 I was dx with Pernicious anemia in 1998.I will take B-12 inj.the rest of my life.
- Do an internet search of Pernicious Anemia and Subacute combined degeneration to read more about it.
- I have had no luck in finding information on the net in regards to a lowered white cell count being associated with iron deficiency anemia.
- The most common causes of anemia are iron deficiency (and your list of foods includes no iron source a all), b-12 deficiency and b-12 is essentially NON available from vegetable sources and starches, and protein deficiency.
- It was determined that I have iron-deficiency anemia because of my very low ferritin level.