

Date
 Name
 D.O.B.

B12 deficiency with or without anaemia or macrocytosis

Significant Signs and Symptoms Sheet

Please take into account any side-effects of current medication!

Current medication	Side-effects
.....
.....

Diagnostic criteria (score from below)

<10-15 clinically review 3-6 monthly/OTC B12 available for those wishing to self treat
 > 15-20 send for test -- test confirms B12 deficiency
 > 20 Follow Treatment Pathway

Diet discussed: Yes/No Veg / non-veg / Poor Diet Smoker Yes/No Alcohol Yes/No (if Yes how many units per week)

Most common presenting symptoms (not attributable to any other current complaint or chronic condition)

Symptoms	points
Extreme fatigue, sleepy, tired	5
Faints, seizures, falls, dizziness, tinnitus	5
Blurred vision/blindness in one eye	5
Low mood, mood swings, weepy	5
Irritability, agitation, snappy	3
Tingling and numbness in hands and/or feet (Paraesthesia)	5
Depression (PHQ diagnosis depression pathway must be followed)	5

Symptoms	points
Dry skin, unexplained hair loss, brittle nails	4
Gastritis, loose motions, mouth ulcers	5
Crampy pain, stiffness, weakness of limbs (neuropathic pain)	5
Constant headaches, neuralgia (facial)	4
G.U. Symptoms, dysfunctional uterine bleeding, incontinence of bladder and bowel	4

Most common presenting clinical features

*These are normal indications for the lab. for measurement of B12 and folate

Symptoms	points
female subject signs and symptoms	3
Vegetarian / Vegan	5
Excess alcohol intake	3
Unexplained anaemia	5
Strong family history of PA/B12 deficiency	5
*Coeliac disease	5

Symptoms	points
*Peripheral neuropathy or Optic Atrophy	10
*Dermatitis Herpetiformis	10
*Liver disease	10
*Gastrectomy or Ileal Resection	10
*Proven Malabsorption	10
*Crohn's disease	10

Less common presenting signs and symptoms

Symptoms	points
Sore tongue	3
Red Beefy tongue, bleeding gums, glossitis	3
Cracking at the angles of mouth	3
Loss of taste, unusual taste in mouth	3
Heavy periods, lower abdominal cramps	3
Loss of libido	3
Shortness of breath	3
Palpitations	3
Intermittent diarrhoea, crampy abdominal pain	3

Symptoms	points
Loss of appetite, loss of weight	3
Anxiety, Panic attacks	3
Confusion, Delusion	3
Premature greying	3
Alopecia	3
Pallor, lemon yellow complexion	3
Mild jaundice	3
Spastic movements of limbs	3
Memory disturbance	3

Less common presenting clinical features

Symptoms	points
Cancer of stomach, cancer of colon, renal cancer	3
Bulimia, Anorexia	3
Presence of other autoimmune disease	3
Myxedema, thyrotoxicosis, vitiligo	3
Hypoparathyroidism	3
Multiple sclerosis / ME / Fibromyalgia	3
Older patients > 65	3
Fair haired, blue-eyed of Northern European ancestry (rare in Africans and Asians)	3

Symptoms	points
Prolonged use of histamine H2 receptor blockers or proton pump inhibitors, Metformin	3
Low BP, tachycardia	3
Cardiac enlargement, ankle oedema	3
B12 deficiency of pregnancy	3
Malnutrition / poor diet / alcoholism	3
IF/parietal cell antibodies positive	3
Chronic gastritis / H.pylori positive	3
Gastric atrophy	3

Less common presenting neurological features (that may be present)

Symptoms	Points
Neuropathy <ul style="list-style-type: none"> • Impairment of touch/pain and temperature sensation in distal limbs • Loss of vibration sense • Romberg's positive • Paraesthesia, absent reflexes • Neuropathic pain (may be one-sided) 	5
Single-Limb Paralysis	5
Sub Acute Combined Degeneration (SACD) <i>Involvement of lateral column</i> <ul style="list-style-type: none"> • Brisk knee-jerk • Extensor plantar <i>Concomitant peripheral nerve and posterior column involvement</i> <ul style="list-style-type: none"> • Flaccid paralysis • Muscle wasting • Atonic bladder 	5
Visual Impairment due to: <ul style="list-style-type: none"> • Haemorrhage • Contraction of visual field 	5

FBC	Points
MCV > 100fl	2
MCV < 100fl	0
Hb% < 12%	2
HB% > 12%	0
B₁₂ levels (ng/L = pg/ml)	
<150	10
150-200	5
200-300	1
Urinary MMA	
MMA level > 254µmol/24hr	5

Contraindications to B₁₂ Therapy : the use of Cyano-cobalamin is contraindicated in Lebers hereditary optic neuropathy, but may use injectable Hydroxocobalamin or Methylcobalamin:

Diagnosis: