



Hematology-Oncology Associates of CNY

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Patient Resources

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Living With Pernicious Anemia

With proper treatment, people who have pernicious anemia can recover, feel well, and live normal lives. If you have complications of pernicious anemia, such as nerve damage, early treatment may help reverse the damage.

Ongoing Care

If you have pernicious anemia, you may need lifelong treatment. See your doctor regularly for checkups and ongoing care. Take vitamin B12 supplements as your doctor advises. This may help prevent symptoms and complications.

During your followup visits, your doctor may check for signs of vitamin B12 deficiency. He or she also may adjust your treatment as needed.


If you have pernicious anemia, you're at higher risk for stomach cancer. See your doctor regularly so he or she can check for this complication.

Also, tell your family members, especially your children and brothers and sisters, that you have pernicious anemia. Pernicious anemia can run in families, so they may have a higher risk for the condition.

Source: National Heart, Lung, and Blood Institute, National Institutes of Health.

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