

Pernicious Anaemia Symptom Checklist

Symptom	
<i>Common/early symptoms</i>	
Shortness of breath – ‘the sighs’	
Extreme fatigue	
<i>Brain fogs</i>	
– poor concentration	
– short-term memory loss	
– confusion (‘handbag in the fridge syndrome’)	
– nominal aphasia (forgetting names of objects)	
Clumsiness/lack of coordination	
Brittle, flaky nails; dry skin anywhere on body	
Mood swings, ‘tear jags’, heightened emotions	
<i>Neurological symptoms</i>	
<i>Imbalance:</i>	
– dizzy/faint	
– ‘shoulder bumps’ – frequently bumping into or falling against walls	
– general unsteadiness, especially when showering and dressing	
– inability to stand up with eyes closed or in the dark	
Numbness/tingling – especially in hands, arms, legs, feet	
Tinnitus – nerve damage in the brain	
<i>Less common symptoms</i>	
Irritability/frustration/impatience; desire for isolation, quiet and peace; aversion to bright lights and crowded spaces	
Unaccountable and sudden diarrhoea often reported following a spell of constipation	
<i>Sleep disturbance</i>	
– even though patient is exhausted, is unable to sleep	
– waking up still tired, even after many hours sleep	
Hair loss – can range from moderate to severe; premature greying of hair	
Poor digestion	
Burning legs and feet – Grierson-Gopalan Syndrome	
Neuropathic pain/fibromyalgia – often on only one side of the body	
Vertigo – inability to cope with heights, linked to the need for a visual reference as compensation for damage to the brain’s balance mechanism	
Hypo- or hyper-thyroidism – almost exclusively among females	
Psoriasis/eczema/acne	
Rosacea – a reddening of the skin around the nose and cheeks	
Arrhythmia – irregular, fast or slow heartbeat	
Rheumatoid Arthritis	
Coeliac disease – sensitivity to wheat and/or wheat products	
Myasthenia Gravis – weak muscles leading to problems swallowing, chewing and opening eye(s)	
Vitiligo – white patches that develop on the skin	
Psoriatic Arthritis	

This is for indicative purposes only and is NOT a definitive tool for self-diagnosing. Your Doctor is the best source of advice and is the only person who can diagnose you.