

Have you heard of Pernicious Anaemia?

You may have one, two or more of these symptoms

- *Numbness/pins and needles/burning sensation in the hands and feet.*
- *Muscle fatigue/crampy pain/restless leg syndrome.*
- *Unexplained hair loss.*
- *Constant headaches.*
- *Dizziness.*
- *Irrational anger/behaviour/depression.*
- *Bleeding gums/mouth ulcers.*
- *Strange tiredness.*
- *Intermittent diarrhoea.*

You don't have to suffer with them all.

This list is not exhaustive - find out more from us.

Don't dismiss the symptoms,
it is **deadly serious** find out more at

www.pernicious-anaemia-society.org

*It could simply be **Vitamin B₁₂ deficiency** caused by **Pernicious Anaemia***

The Pernicious Anaemia Society

Level 4 Brackla House, Brackla Street, Bridgend CF31 1BZ

T: +44 (0) 1656 769717



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED



pas Pernicious Anaemia Society

