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