

# Left untreated Pernicious Anaemia can lead to serious irreversible nerve damage

Don't ignore these symptoms

- *Tiredness*
- *Shortness of Breath*
- *Pins and needles*
- *Numbness*
- *Unusual Gait*
- *Balance Problems*



Ask your Medical Professional to check your **Vitamin B<sub>12</sub>** levels.

For more information visit our website

[www.pernicious-anaemia-society.org](http://www.pernicious-anaemia-society.org)

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