



**“Many people don't understand why I feel the way I do. It is very hard to explain exactly how you feel”**

Nobody knows how many people have Pernicious Anaemia as many don't even know they have the illness.

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

Pernicious Anaemia is a relatively common disease, where the patient is unable to absorb vitamin b12 through their diet.

The body needs vitamin b12 in order to function properly. People who do not have sufficient reserves of vitamin b12 can develop problems which commonly include:

- Tiredness
- Breathlessness
- Lack of concentration
- Swollen tongue
- Pins and needles and numbness
- Low Immune System

This list is by no means exhaustive, b12 deficiency can be responsible for a huge array of symptoms, mild to severe.

**Tel: 44 (0) 1656 769717**

**pas**   
Pernicious Anaemia Society