



**“I’m starting to feel  
very downhearted,  
as I still feel dreadful  
most days”**

**Keep up to date with the latest information  
on the detection and treatment of this illness**

**Make sure you are aware!**

**Nobody knows how many people have Pernicious Anaemia  
as many don't 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.

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**pas**   
Pernicious Anaemia Society