

## Could you be B12 Deficient?

<i>Tick the boxes that correspond to your symptoms.</i>	✓	Points
Strange Tiredness		5
The Fogs - Lack of clarity/difficulty in concentrating		5
Breathlessness - 'The Sighs' or 'The Gulps'		5
Brittle Nails		5
Brittle Nails <b>with ridges</b>		Extra 5
Pins and needles - usually in your hands and feet		5
Swollen and/ or sore Tongue		5
Sudden unaccountable bouts of diarrhoea		5
Balance Problems		5
General Unsteadiness		5
Vertigo		5
Burning legs or feet		5
Tinnitus		2
Irritability/Anger/Lacking Patience		2
Family History or B12 Deficiency/ Pernicious Anaemia		2
Hair Loss		1
Dry Skin (including scalp)		1
Lack of concentration		1
Memory Loss		1
Insomnia		1
Premature Greying of Hair		1
Psoriasis/Eczema/Acne		1
Rosacea		1
Arrhythmia		1
Vitiligo		1
Anaemia		1
Infertility		1
Dizziness		1
Bleeding Gums/Mouth Ulcers		1
Loss of Appetite/Weight Loss		1
Neuropathic Pain		1
Numbness		1
Depression/Anxiety		1
Confusion		1
Blurred Vision		1

### Better to be aware

This list is only a guide. Some people report few or lots of varying symptoms which do vary from person to person. Some do not realise they have any symptoms.

This is why it is good to get tested. In saying that, it has been proven that the current tests for PA or B12 levels are not that accurate. So to avoid being missed when you do get tested, remember to do the following:

- Ask specifically to have your vitamin B12 levels checked.
- Make sure you ask what the your levels were. If you are under 150/190 (depending on your area) then the NHS should treat you. If under 500 then you should seek further supplementation.

**Add up your points next to the boxes you have ticked and see the advice against your total below.**

- **66+** Make an urgent appointment to see your doctor to discuss these symptoms.
- **1-65** Make an appointment to see your doctor at your convenience to discuss the symptoms

**This test is only a guide and is NOT a definitive tool for self-diagnosing.**

**Your Doctor is the best source of advice and is the only person who can diagnose you.**