“Every doctor should read this book. Most doctors will learn something from it.”
Dr Chris Steele MBE

“This little book will be essential reading for all who suffer from pernicious anaemia and for those who suspect they might be deficient in vitamin B12. It is very clearly written in a style that is both entertaining and instructive. Although written for a lay audience, it is sound-based on good science and could be read with profit by physicians, who need to be made more aware of this health problem”.
David Smith, Professor Emeritus of Pharmacology, University of Oxford.

“Martyn Hooper has surpassed himself with his excellent third book on pernicious anaemia and vitamin B12 Deficiency. Martyn’s style of writing makes his book such an easy read. His book contains not only the very much needed basic information for patients but also discusses the problems of diagnosis and treatment and how these actually affect patients. A ‘must read’ for patients and doctors alike”
Lyn Mynott, Chair/Chief Executive, Thyroid UK

“Meticulously researched and concise, this book tells you everything you need to know about this terrible disease. Read it – it may very well end up saving your life”
Liesel Schwarz, International Author
Martyn Hooper is the founder and current Chairman of The Pernicious Anaemia Society; a registered charity (no.1147839) that seeks to provide information and support for patients with Pernicious Anaemia and their families and friends.

The society was started by Martyn following his forced early retirement from a twenty year teaching career in Further and Higher Education due to his late diagnosis. This is his third book about Pernicious Anaemia and it includes the latest information about the way in which the disease is diagnosed and treated.

There have been three recent and very important developments relating to Pernicious Anaemia.

1. The publication in June 2014 of new ‘Guidelines for the diagnosis and treatment of cobalamin and folate disorders’ that were published by the British Committee for Standards in Haematology following various meetings between Martyn and his colleague Carrie-Anne Carr and officials at the UK’s Department of Health. The new guidelines acknowledge the shortcoming of the test to determine Vitamin B12 Status in patients and the test to determine whether any deficiency is caused by autoimmune Pernicious Anaemia.

   ‘The clinical picture is the most important factor in assessing the significance of test results assessing cobalamin status because there is no ‘gold standard’ test to define deficiency’

   ‘In the presence of discordance between the test result and strong clinical features of deficiency, treatment should not be delayed to avoid neurological impairment’

   ‘Definitive cut-off points to define clinical and subclinical deficiency states are not possible, given the variety of methodologies used and technical issues, and local reference ranges should be established’.

2. The publication in April 2014 of the results of the survey of over 1,300 members of the Pernicious Anaemia Society that showed that:

   - 34% of patients waited up to a year for a diagnosis
   - 21% waited between one and two years for a diagnosis
   - 19% of patients waited between two and five years
   - 40% of patients waited between three and five years for a diagnosis.
   - 14% waited over ten years for a diagnosis

   48% of patients considered their treatment to be ‘very poor, poor or inadequate’.

3. The publication in early 2014 of the ‘NHS Atlas of Variation in Diagnostic Services’ which showed that patients are five times more likely to have their B12 Status evaluated in some parts of England than in others – or, put another way, patients living in some parts of England are five times less likely to have their B12 checked that patients in other areas.

Vinod Devalia, Malcolm S. Hamilton, and Anne M. Molloy; Guidelines for the diagnosis and treatment of cobalamin and folate disorders; British Journal of Haematology, 2014, 166, 496–513

Hooper M, Hudson P, Porter F, McCaddon A; Patients Journeys; the diagnosis and treatment of Pernicious Anaemia; British Journal of Nursing 2014; 23;7;16-21.


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