

Symptoms List

Common/early symptoms

Shortness of breath – ‘the sighs’
Extreme fatigue
<i>Brain fogs</i>
– poor concentration
– short-term memory loss
– confusion (‘handbag in the fridge syndrome’)
– nominal aphasia (forgetting names of objects)
Clumsiness/lack of coordination
Brittle, flaky nails; dry skin anywhere on body
Mood swings, ‘tear jags’, heightened emotions

Neurological symptoms

<i>Imbalance:</i>
– dizzy/faint
– ‘shoulder bumps’ – frequently bumping into or falling against walls
– general unsteadiness, especially when showering and dressing
– inability to stand up with eyes closed or in the dark
Numbness/tingling – especially in hands, arms, legs, feet
Tinnitus – nerve damage in the brain

Other reported symptoms

Irritability/frustration/impatience; desire for isolation, quiet and peace; aversion to bright lights and crowded spaces
Unaccountable and sudden diarrhoea often reported following a spell of constipation
<i>Sleep disturbance</i>
– even though patient is exhausted, is unable to sleep
– waking up still tired, even after many hours sleep
Hair loss – can range from moderate to severe; premature greying of hair
Poor digestion
Burning legs and feet – Grierson-Gopalan Syndrome
Neuropathic pain/fibromyalgia – often on only one side of the body
Vertigo – inability to cope with heights, linked to the need for a visual reference as compensation for damage to the brain’s balance mechanism
Hypo- or hyper-thyroidism – almost exclusively among females
Psoriasis/eczema/acne
Rosacea – a reddening of the skin around the nose and cheeks
Arrhythmia – irregular, fast or slow heartbeat
Rheumatoid Arthritis
Coeliac disease – sensitivity to wheat and/or wheat products
Myasthenia Gravis – weak muscles leading to problems swallowing, chewing and opening eye(s)
Vitiligo – white patches that develop on the skin
Psoriatic Arthritis

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.

This is for indicative purposes only 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.