### Symptoms List

#### Common/early symptoms
- Shortness of breath – ‘the sighs’
- Extreme fatigue
- **Brain fogs**
  - 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
- **Imbalance:**
  - 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
- **Sleep disturbance**
  - 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

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**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.

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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.