

## TREATMENT IS FOR LIFE

New Guidelines on Cobalamin and Folate issued by the British Committee for Standards in Haematology in June 2014<sup>1</sup> addresses the treatment of patients with Pernicious Anaemia.

Here's what the New Guidelines have to say about Treating patients.

1. There is no cure for Pernicious Anaemia. The inability of the patient to absorb Vitamin B<sub>12</sub> from food means that he or she will be prescribed replacement therapy injections FOR LIFE.

*“the patient should have lifelong treatment with replacement cobalamin”*

2. Other than one single test, taken just after the patient has received loading doses of vitamin B<sub>12</sub> right at the start of his or her treatment there is no value in testing the Vitamin B<sub>12</sub> status once patients once treatment has been started.

*“Once treatment of Pernicious Anaemia has started  
no further testing for cobalamin levels is required”.*

3. Treatment is by Injections **not tablets** (unless the patient is unable to tolerate injections where very high (1mg or 2mg) tablets could be used daily. The highest dose of oral B<sub>12</sub> available in the UK is only 50µg – totally inadequate to treat Pernicious Anaemia.

*“the efficacy and cost-effectiveness of oral treatment in wider  
population-based settings has yet to be established”*

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*“There are arguments against the use of oral cobalamin in initiation of cobalamin  
therapy in severely deficient individuals who have poor absorption,  
**especially due to pernicious anaemia”.***

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*“On the other hand, some patients may prefer intramuscular injection therapy  
**in order to assure effective treatment”***

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<sup>1</sup> Devalia V, Hamilton M, Molloy A; Guidelines for the Diagnosis and Treatment of Cobalamin and Folate Disorders: British Journal of Haematology, 2014, 166, 496-513