### Symptoms of Pernicious Anaemia

#### Common or Early Onset Symptoms
- Shortness of Breath
- Extreme Fatigue
- Brain Fogs
- Clumsiness/Lack of coordination
- Brittle, flaky nails & Dry Skin

#### Neurological Symptoms
- Balance Problems
- Dizziness/Feeling Faint
- Numbness/Tingling/Pins and Needles
- Burning Legs and/or Feet
- Neuropathic Pain/Fibromyalgia
- Vertigo
- Tinnitus
- Sensory Impairment

#### Behavioural Changes
- Irritability/Frustration/Impatience
- Sudden Mood Swings
- Depression
- Loss of Libido
- Sleep Disturbance
- Confusion/Dementia

#### Oral Cavity Symptoms
- Mouth Ulcers
- Swollen, ‘Beefy’ Tongue
- Cracked Tongue

#### Gastrointestinal Symptoms
- Sudden Unaccountable Diarrhoea
- Poor Digestion
- Loss of Appetite/Weight Loss

#### Other Symptoms
- Hair loss
- Premature grey hair
- Menstrual Problems
- Infertility
- Vision Problems
- Incontinence

There are a number of other symptoms that are not listed here. Just because what you experience is not listed doesn’t mean that it isn’t caused by your Pernicious Anaemia.