

Neurological Symptoms

Paresthesias: abnormal sensation, typically tingling or pricking ('pins and needles')

Numbness in hands and feet, reduced skin sensation

Ataxic gait (unsteady, staggering gait)

Balance problems/Loss of sense of position

Reduced or absent reflexes

Aphasia (problems with speaking, writing, reading)

Blurred vision

Sensory loss (taste, smell, hearing)

Positive Romberg sign (unable to maintain balance with eyes closed)

Burning legs and/or feet

Lhermitte's sign (electric sensation that travels down your neck and back)

Clumsiness/Lack of coordination

Neuro-Psychiatric & Psychological symptoms

"Megaloblastic madness": depression, irritability, mania, paranoia, mood swings, delusions, psychosis

Memory and concentration problems

Confusion/Dementia

Brain fog/decreased mental concentration

Personality changes

Delirium

Anaemia or anaemia-like symptoms

(Extreme) Fatigue

Shortness of breath

Dizziness/feeling faint/vertigo

Pallor

Postural hypotension (drop in blood pressure upon standing)

Gastrointestinal symptoms

Glossitis (pain, redness, swelling in mouth and tongue)

Diarrhoea

Loss of appetite/ Weight loss

Nausea, vomiting

Stomach problems, heartburn, discomfort

Gynecological and urological symptoms

Infertility

Incontinence

Bladder infection/inflammation

Kidney infection

Loss of libido

Other symptoms

Fever

Sleep disturbance

Tinnitus Hair loss/
Premature grey hair

Brittle nails

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.