

Date .....

Name .....

D.O.B. ....

## B12 deficiency with or without anaemia or macrocytosis

### Significant Signs and Symptoms Sheet

Please take into account any side-effects of current medication!

Current medication	Side-effects
.....	.....
.....	.....

#### Diagnostic criteria (score from below)

<10-15 clinically review 3-6 monthly/OTC B12 available for those wishing to self treat  
 > 15-20 send for test -- test confirms B12 deficiency  
 > 20 Follow Treatment Pathway

Diet discussed: Yes/No Veg / non-veg / Poor Diet Smoker Yes/No

Alcohol Yes/No (if Yes how many units per week .....)

#### Most common presenting symptoms (not attributable to any other current complaint or chronic condition)

Symptoms	points
Extreme fatigue, sleepy, tired	5
Faints, seizures, falls, dizziness, tinnitus	5
Blurred vision/blindness in one eye	5
Low mood, mood swings, weepy	5
Irritability, agitation, snappy	3
Tingling and numbness in hands and/or feet (Paraesthesia)	5
Depression ( <i>PHQ diagnosis depression pathway must be followed</i> )	5

Symptoms	points
Dry skin, unexplained hair loss, brittle nails	4
Gastritis, loose motions, mouth ulcers	5
Crampy pain, stiffness, weakness of limbs (neuropathic pain)	5
Constant headaches, neuralgia (facial)	4
G.U. Symptoms, dysfunctional uterine bleeding, incontinence of bladder and bowel	4

#### Most common presenting clinical features

\*These are normal indications for the lab. for measurement of B12 and folate

Symptoms	points
female subject signs and symptoms	3
Vegetarian / Vegan	5
Excess alcohol intake	3
Unexplained anaemia	5
Strong family history of PA/B12 deficiency	5
*Coeliac disease	5

Symptoms	points
*Peripheral neuropathy or Optic Atrophy	10
*Dermatitis Herpetiformis	10
*Liver disease	10
*Gastrectomy or Ileal Resection	10
*Proven Malabsorption	10
*Crohn's disease	10

### Less common presenting signs and symptoms

Symptoms	points
Sore tongue	3
Red Beefy tongue, bleeding gums, glossitis	3
Cracking at the angles of mouth	3
Loss of taste, unusual taste in mouth	3
Heavy periods, lower abdominal cramps	3
Loss of libido	3
Shortness of breath	3
Palpitations	3
Intermittent diarrhoea, crampy abdominal pain	3

Symptoms	points
Loss of appetite, loss of weight	3
Anxiety, Panic attacks	3
Confusion, Delusion	3
Premature greying	3
Alopecia	3
Pallor, lemon yellow complexion	3
Mild jaundice	3
Spastic movements of limbs	3
Memory disturbance	3

### Less common presenting clinical features

Symptoms	points
Cancer of stomach, cancer of colon, renal cancer	3
Bulimia, Anorexia	3
Presence of other autoimmune disease	3
Myxedema, thyrotoxicosis, vitiligo	3
Hypoparathyroidism	3
Multiple sclerosis / ME / Fibromyalgia	3
Older patients > 65	3
Fair haired, blue-eyed of Northern European ancestry (rare in Africans and Asians)	3

Symptoms	points
Prolonged use of histamine H2 receptor blockers or proton pump inhibitors, Metformin	3
Low BP, tachycardia	3
Cardiac enlargement, ankle oedema	3
B12 deficiency of pregnancy	3
Malnutrition / poor diet / alcoholism	3
IF/parietal cell antibodies positive	3
Chronic gastritis / H.pylori positive	3
Gastric atrophy	3

### Less common presenting neurological features (that may be present)

Symptoms	Points
<b>Neuropathy</b> <ul style="list-style-type: none"> <li>• Impairment of touch/pain and temperature sensation in distal limbs</li> <li>• Loss of vibration sense</li> <li>• Romberg's positive</li> <li>• Paraesthesia, absent reflexes</li> <li>• Neuropathic pain (may be one-sided)</li> </ul>	5
<b>Single-Limb Paralysis</b>	5
<b>Sub Acute Combined Degeneration (SACD)</b> <i>Involvement of lateral column</i> <ul style="list-style-type: none"> <li>• Brisk knee-jerk</li> <li>• Extensor plantar</li> </ul> <i>Concomitant peripheral nerve and posterior column involvement</i> <ul style="list-style-type: none"> <li>• Flaccid paralysis</li> <li>• Muscle wasting</li> <li>• Atonic bladder</li> </ul>	5
<b>Visual Impairment due to:</b> <ul style="list-style-type: none"> <li>• Haemorrhage</li> <li>• Contraction of visual field</li> </ul>	5

FBC	Points
MCV > 100fl	2
MCV < 100fl	0
Hb% < 12%	2
HB% > 12%	0
<b>B<sub>12</sub> levels (ng/L = pg/ml)</b>	
<150	10
150-200	5
200-300	1
<b>Urinary MMA</b>	
MMA level > 254µmol/24hr	5

**Contraindications to B<sub>12</sub> Therapy :** the use of Cyano-cobalamin is contraindicated in Lebers hereditary optic neuropathy, but may use injectable Hydroxocobalamin or Methylcobalamin:

**Diagnosis:**