

Research and Reviews: Medical & Health Sciences

Vitamin B12 Deficiency Leads to Anemia

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Review Article

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ABSTRACT

Vitamin B12 is an important vitamin required for the development of body, deficiency of it will leads to many disorders and diseases in human body. It is a known fact regarding the functionality of vitamin b12 in many important biological processes in our body.

INTRODUCTION

We can find many symptoms caused due to deficiency of vitamin B12, few of them are listed below,

Anemia caused by a vitamin B12 deficiency, along with it one can find other symptoms, such as; a sore and red tongue (glossitis), changes in the way that you walk and move around, irritability, depression, disturbed vision, changes in the way you think, mouth ulcers, pins and needles (paraesthesia), feel and behave a decline in your mental abilities, a pale yellow tinge to your skin such as memory, understanding and judgement (dementia).

If anyone finds these symptoms one should check their B12 content there body.

Requirement of vitamin b12 by human body

Different stages of life	Vitamin B12 required
Children 1 to 3 years	0.9 mcg
Adults	2.4 mcg
Pregnant teenagers and women	2.6 mcg

Results of vitamin B12 deficiency

One of the important role of vitamin B12 is synthesis of red blood cell, including nerve tissue maintenance and functioning of nervous system [1-30].

Study revealed continuous deficiency of vitamin B12 leads to serious anemia, damages nerve and brain, if left untreated these will be irreversible [31-63].

In few studies it is found that Vitamin B12 deficiency leads to pernicious anemia, it's a form of blood disorder [64-80]. In case of pernicious anemia people cannot produce the amount of intrinsic factor in stomach required by normal human being [81-92]. For absorption of vitamin B12 intrinsic factor is needed, in this conditions it is suggested for injections of vitamin B12 injecting directly into bloodstream, such that avoiding stomach. Apart from intrinsic factor vitamin B12 helps absorbing folic acid, helpful in energy needs of body [93-100].

According to the study, both in USA and UK 6% of humans above 60 years are affected with vitamin B12 deficiency. This is more commonly found in developing countries.

Preventing B12 deficiency

Vitamin B12 can be supplemented from many food items like eggs, meat, fish, dairy foods and cereals.

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