

# Clinical signs and symptoms of B12 /cobalamin deficiency risk

Taken from.....*Could it Be B12? An Epidemic of Misdiagnosis* by Sally M. Pacholok R.N BSN Jeffrey J. Stuart D.O.

## CDR Questionnaire

If you have **any** of the symptoms below give yourself 2 points. If you have more than one symptom below add another point for each symptom. This is known as the cobalamin deficiency risk score

To calculate your score:

- **Low risk** less than 3
- **Moderate risk** 3 to 6
- **High risk** 7 or more

## Neurological symptoms

|   |  |
|---|--|
| Do you experience Pins and needles or suffer from numbness or burning in your hands, feet, legs and/or arms?  |  |
| Have you been diagnosed with diabetic or peripheral neuropathy?   |  |
| do you suffer from weakness in your arms or legs?   |  |
| do you experience light headiness or dizziness?   |  |
| are you prone to falling?   |  |
| have you noticed any unusual changes in your ability to move? for instance do you walk clumsily or with your feet wide apart, or have difficulty in writing legibly?  |  |
| Have you noticed problems with your memory or thinking, for instance increased difficulty in remembering names or dates, or more trouble in adding numbers. Do you sometimes become confused or disoriented, do you suffer from memory problems or other symptoms of dementia or Alzheimer's? |  |
| Do you have trouble knowing where various parts of your body are, if you are not looking? i.e. do you have trouble walking in the dark when you can't see your feet?  |  |
| Does your sense of touch or perception of pain appear distorted?  |  |
| Do you suffer from lack of co-ordination and excessive muscular contraction?  |  |
| Do you have tremors?  |  |
| Do you suffer from urinary or faecal incontinence?  |  |
| Do you suffer from Impotence?   |  |
| Do you have visual impairment, visual loss?   |  |

## Psychiatric Symptoms

|  |  |
|--|--|
| Have you undergone any unusual personality changes? E.G. Do your friends or relatives say you are not acting like yourself, or do you find that you are more irritable than usual? |  |
| Are you unusually apathetic or depressed, or have you ever been diagnosed with depression, including postpartum depression. Have you ever had suicidal thoughts?                   |  |
| Do you ever experience hallucinations or delusions?  |  |
| Do you ever exhibit violent behaviour?   |  |
| Have you ever been diagnosed with any other form of psychosis or mental illness including schizophrenia or bipolar disorder?   |  |
| Do you find yourself ever becoming more paranoid about other peoples actions or intentions?  |  |

## Hematologic signs -Abnormalities of the Blood Cells

|   |  |
|---|--|
| Has a doctor ever told you that your red blood cells are abnormally large (macrocytosis)  |  |
| Has a doctor ever told you that your red blood cells are abnormally small red blood cells, an iron deficiency, or iron deficiency anaemia?    |  |
| Has a doctor ever told you that you are anaemic (low blood count or low haemoglobin) do you have low platelets or low white blood cell count? |  |

## Gastrointestinal Risk Factors

|   |  |
|---|--|
| Have you been diagnosed with inflammation and or wasting of the stomach lining (gastric atrophy)  |  |
| Have you been diagnosed with low stomach acid?  |  |
| Do you suffer from gastritis?   |  |
| Do you suffer from ulcers?  |  |
| Have you been diagnosed with GERD?  |  |
| Do you have diverticulosis ?  |  |
| Have you been diagnosed with precancerous gastrointestinal growths or gastrointestinal cancer ?   |  |
| Have you undergone gastrointestinal resection (partial or complete gastrectomy) undergone gastric bypass surgery for weight loss or either partial or complete removal of your ilium (last part of the small intestine) ? |  |
| Have you been diagnosed with malabsorption syndrome. Crohn's disease, inflammatory bowel disease, irritable bowel syndrome or celiac disease ?  |  |
| Do you have a family history of pernicious anaemia  |  |
| Have you been diagnosed with small bowel overgrowth?  |  |
| Have you been diagnosed with tape worm or other gastrointestinal parasite?  |  |

## General Risk Factors

|  |  |
|--|--|
| Are you aged 60 or over ?  |  |
| Do you have a thyroid disorder or do you have an autoimmune disorder e.g Lupus, insulin-dependant diabetes, rheumatoid arthritis, Hashimoto's thyroiditis, Graves disease, Addison's disease, vitiligo, hypogammaglobulinemia, or agammaglobulinemia?  |  |
| Have you ever had cancer? Have you undergone chemotherapy, or radiation therapy?   |  |
| Have you ever undergone surgery including dental surgery in which nitrous oxide was used ?   |  |
| Do you abuse nitrous oxide as a recreational drug?   |  |
| Are you vegan or vegetarian or do you follow a macrobiotic or raw food diet?   |  |
| Are you an alcoholic?  |  |
| Are you taking any of the following medications? Proton pump inhibitors (or prilosec) Nexium, prevacid protonix h2 blockers -ranitidine (Zantac) pepcid tagamet, acid, metformin - glucophage, anticonvulsants- phenytoin/dilatin, phenobarbital, mysoline, potassium supplements, birth control pills, colchicine, neomycin, methotrexate, cholestyramine/questran, colistipol/colistid/aminosalicylic acid |  |

## Other Signs and Symptoms Often Associated With B12 Deficiency

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|--|--|
| Do you suffer from fatigue, lack of energy or weakness?  |  |
| Do you suffer from generalised weakness  |  |
| Have you experienced a loss of weight or loss of appetite?   |  |
| Do you suffer from chest pain or shortness of breath with exertion, e.g. walking from your bed to the toilet or kitchen? |  |
| Are you unusually pale, does your skin have a greyish cast, or do you have lemon-yellowish skin colour?                  |  |
| Do you have a sore, inflamed or beefy red tongue?  |  |

|  |  |
|--|--|
| Do you suffer from Tinnitus (ringing in the ears)  |  |
| If you are female has a doctor ever told you your Pap smear showed abnormal cells (cervical dysplasia) |  |
| Do you suffer from infertility?  |  |

### To calculate your score

Add the points in every category.

Low risk of B12 deficiency less than 3 points

Moderate risk 3 to 6 points

High risk 7 points or more.

### Regenerative Nutrition recommendations based on your CDR score follow

If you scored **low risk** then your B12 levels are most likely adequate. However, as you age, your B12 levels may drop, so checking periodically is advisable.

If you scored **moderate risk** range, to be on the safe side, it is recommended to take an appropriate B12 remedy. Methylcobalamin is the type of B12 that is recognised to be the best absorbed, safest and possibly the only one that effectively crosses the blood brain barrier to help resolve conditions affecting the brain. B12 deficiency can lead to progressive deterioration of health and damage, so it is important to begin B12 supplementation as soon as possible.

If you scored in the **high risk** range then the situation is urgent. It is **highly** recommended to take an appropriate B12 remedy for a considerable time as it can take many months to resolve deficiency and symptoms, in many cases, whilst building up stores in the liver. Those with B12 deficiency often have an innate inability to absorb and process B12 from food, so life time supplementation is often required. For the first few months high and frequent doses are required and thereafter a maintenance dose.