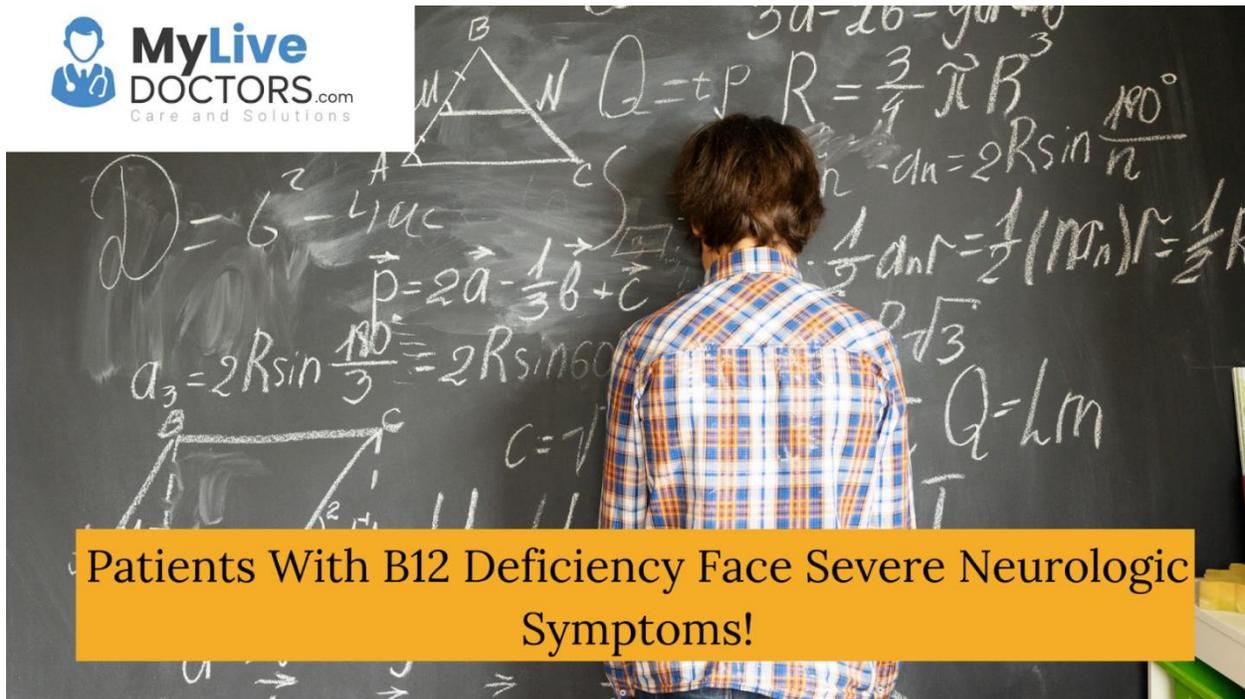


## Patients among B12 Deficiency Suffer Stern Neurologic Symptoms!



Vitamin B12 is a vitally important nutrient that helps the body to function correctly. People need to get vitamin B12 through food as the human body itself does not produce it. It is critical for the production of DNA and red blood cells and for supporting the nervous system. Vitamin B12 plays an essential role in the formation of blood cells. Many of the symptoms of vitamin B12 deficiency arise because it causes a lack of healthy blood cells. The body needs many of these cells to carry oxygen around the body and keep the organs healthy.

Vitamin B12 is an essential nutrient and the lack of it can lead to conditions such as peripheral neuropathy. Talk to [best doctor online](#) for checkup. Vitamin B12 insufficiency is popular with mature people in the United States. It is researched that 10% and 25% of people over 80 may have a B12 deficiency.

### Causes of Vitamin B12:

The most common causes of vitamin B12 deficiency include:

- A strict vegetarian diet can lead to a B12 deficiency, as animal foods such as red meat, dairy products, fish, poultry, and eggs are the only recognized sources of vitamin B12.
- A lack of B12 or the incompetence of stomach acid to aid absorption also causes this insufficiency. Hence, medications that decrease stomach acid should not be taken with B12 supplements.
- Several other diseases, procedures, and medications have been linked to decreased vitamin B12 absorption, such as B. autoimmune diseases, unexplained or pernicious anemia, pancreatic diseases, ileum resection, Crohn's disease, HIV infection, gastritis,

gastric or small intestinal surgery. Malabsorption syndromes, multiple sclerosis, and use of histamine-2 receptor antagonists or proton pump inhibitors.



## Common Symptoms of Vitamin B12 Deficiency

### Tingling In the Hands or Feet

Vitamin B12 deficiency can cause a "tingling" sensation in the hands or feet. This symptom occurs because the vitamin plays a vital role in the nervous system, and its lack can cause people to develop nerve conduction problems or nerve damage. In the nervous system, vitamin B12 helps make a substance called myelin. [Myelin](#) is a protective layer that protects the nerves and allows them to transmit sensations. People who are vitamin B12 deficient may not make enough myelin to cover their nerves. Without this layer, the nerves can be damaged. Problems most commonly occur in the nerves of the hands and feet called the peripheral nerves. Damage to the peripheral nerves can cause tingling sensations in these parts of the body.

### Difficulty Walking

Peripheral nerve damage from vitamin B12 deficiency can lead to movement problems over time. For example, numbness in the feet and extremities can make walking difficult without support. You may also experience muscle weakness and decreased reflexes.

## Fatigue

Megaloblastic anemia is also due to vitamin B12 deficiency that can make a person tired. It is difficult for the body to function without enough red blood cells that carry oxygen around the body; a person can feel extremely tired.

## Problem with Senses

Vitamin B12 deficiency can lead to thinking disorders that doctors call cognitive impairment. These problems include difficulty thinking or reasoning and memory loss. There are several chances of Low vitamin B12 levels increasing the risk of Alzheimer's, vascular dementia, and Parkinson's. The lower amount of oxygen reaching the brain can be the cause of thinking and reasoning problems.

## Irritability

Vitamin B12 deficiency can affect a person's mood and possibly cause irritability or depression. This is because vitamin B12 helps break down a brain chemical called homocysteine. Too much homocysteine in the brain can lead to mental health problems.

## Early Treatment and Prevention

Most people can get vitamin B12 through their diet; the best online doctor may prescribe or recommend B12 supplements for those who cannot. Most multivitamins contain vitamin B12. People can take B12 supplements in oral tablets, sublingual tablets that dissolve under the tongue, or injections. Take a [tele appointment with a doctor](#) to get advice on the correct dosage of this vitamin. Those People who have problems absorbing vitamin B12 may need injections of the vitamin to treat their deficiency. A best online doctor can advise people on how best to prevent B12 deficiency based on their health and dietary habits.

The body needs vitamin B12 for various body functions, including the production of red blood cells. Vitamin B12 deficiency in the human body causes physical and psychological symptoms, including nervous problems, fatigue, and abnormal thinking.

Most symptoms of vitamin B12 deficiency are caused by a lack of red blood cells, which means that the body is not getting enough oxygen. The oxygen supply to the body is critical to many aspects of health. As with other nutrients, the best way for most people to get vitamin B12 is through food. However, when a person cannot get enough of their usual diet, fortified foods and other supplements can help. In most cases, doctors can treat vitamin B12 deficiency. However, people with a long-term deficiency can have long-lasting effects, such as nerve damage.

**My Live Doctors** helps identify signs of vitamin B12 deficiency early. So that the proper treatment can improve a person's prospects, make a tele appointment with a doctor at [www.mylivedoctors.com](http://www.mylivedoctors.com). You can access our panel of the best doctors online from anywhere, anytime.