

MEDICAL QUESTIONNAIRE

There are several causes of vitamin B12 deficiency. This questionnaire is designed to pinpoint some of the signs and symptoms of possible vitamin B12 deficiency. Your practitioner will discuss the findings with you and may in some instances suggest further investigations or referral.

Vitality
Do you suffer from fatigue or experience weakness? <input type="checkbox"/>
Do you get short of breath or become light headed after minimal exertion? <input type="checkbox"/>
Do you have difficulty concentrating or have a poor memory? <input type="checkbox"/>
Do you suffer from low mood or depression? ? <input type="checkbox"/>
Do you experience difficulty sleeping or wake feeling tired on unrested? ? <input type="checkbox"/>
Do you have cold hands and or feet? ? <input type="checkbox"/>
Do you suffer from tingling or numbness (pins and needles), in your hands and feet ? ? <input type="checkbox"/>
Skin
Do you feel that your skin is paler in colour than normal for you? ? <input type="checkbox"/>
Do you have brittle nails? ? <input type="checkbox"/>
Is the skin inside your mouth pale? ? <input type="checkbox"/>
Do you suffer from mouth ulcers? ? <input type="checkbox"/>
Do you suffer from a sore tongue? ? <input type="checkbox"/>
Digestion
Are you a strict vegetarian or vegan? ? <input type="checkbox"/>
Do you have coeliac disease, Inflammatory bowel disorder or Crohn's disease? ? <input type="checkbox"/>
Have you had a gastric bypass or band, stomach or intestinal surgery? ? <input type="checkbox"/>
Have you experienced unexpected weight loss? ? <input type="checkbox"/>
Do you regularly drink alcohol ? ? <input type="checkbox"/>

If you answered yes to 6 or more of these questions you may have vitamin B12 deficiency. Your practitioner will discuss the findings and treatment options with you and may in some instances suggest further investigations or referral.

Disclaimer

This questionnaire is an information gathering tool, it is not a substitute or a replacement for a consultation with a healthcare provider.