

“NON NEUROLOGICAL MANIFESTATIONS OF VITAMIN B12 DEFICIENCY”

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ABSTRACT

Background: Vitamin B12 deficiency may present with a variety of non specific, non neurological manifestations like the involvement of, skin, hair, mucous membrane and hematological systems, which may antedate the neurological symptoms by years! There are few reported cases in literature about the same.

Aims: The present study aimed to evaluate and analyse the various nonneurological manifestations in patients of vitamin B12 deficiency presenting with various neurological manifestations.

Material & Method: Forty patients presenting clinically with evidence of neuropathy, myelopathy, optic neuropathy, dementia, neuropsychiatric manifestations, and cerebellar ataxia, either alone or in combination with serum vitamin B12 level <200 pg/ml or a megaloblastic bone marrow or both were included. The non neurological manifestations were then critically analysed

Results: Anaemia was the commonest manifestation seen in 60%, followed by premature graying of hair with hair fall in 45%, glossitis in 15%, jaundice in 10% and hyperpigmentation, vitiligo & retinal haemorrhage seen in 5% each. A significant correlation was seen ($p < .05$) with a disease duration of >2 years for premature graying of hair with hair fall, hyperpigmentation, vitiligo & retinal haemorrhage. Except vitiligo, there was a complete resolution of all symptoms within 3-4 months of injectable B12 therapy.

Conclusions: Thus this study highlights the importance of various non neurological manifestation of B12 deficiency which may precede the neurological diagnosis by years. As these manifestations are not specific for B12 deficiency a high index of suspicion is required so that a potentially treatable cause may not be missed!

KEYWORDS: Vitamin B12 Deficiency and Non Neurological Manifestations, Vitamin B12 and Mucocutaneous manifestations, Vitamin B12 and Hyperpigmentation, Vitiligo