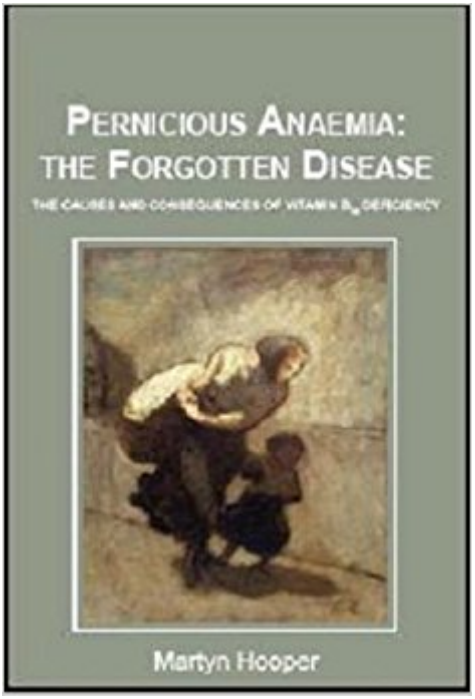
Ebook Directory
the best source of ebook

The book was found

Pernicious Anaemia: The Forgotten Disease - The Causes And Consequences Of Vitamin B12 Deficiency



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

This book could save you years' of ill health! Vitamin B12 deficiency, often caused by pernicious anaemia, can be a devastating condition if left untreated, leading to irreversible nerve damage and disability after years of exhaustion and mental 'fog'. Its symptoms creep up on sufferers and are under-recognized by doctors; tests to confirm it and underlying pernicious anaemia, are problematic. Martyn Hooper, the founder of the Pernicious Anaemia Society, now brings together vital information about the condition and real-life stories- including his own and those of many members of the Society - that will help sufferers and their friends and families recognize the condition and understand how best to tackle it. In particular, the book draws on the findings of a survey of Society members that give new clarity to the complex issues involved. 1. My story 2. Blood, vitamins and B12 3. Sources of B12 4. The symptoms of B12 deficiency 5. Problems with diagnosing B12 deficiency 6. Pernicious anaemia, intrinsic factor and vitamin B12 7. Problems with diagnosing pernicious anaemia 8. Treating pernicious anaemia 9. Sub-acute combined degeneration of the spinal cord secondary to pernicious anaemia 10. The future

Book Information

Paperback: 160 pages

Publisher: Hammersmith Health Books; First edition (June 30, 2012)

Language: English

ISBN-10: 1781610045

ISBN-13: 978-1781610046

Product Dimensions: 5.4 x 0.6 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 19 customer reviews

Best Sellers Rank: #439,508 in Books (See Top 100 in Books) #79 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Hematology

Customer Reviews

This book is to be warmly welcomed. It is a vivid and very well-written account of a 'hidden chapter' in medicine that ought to be widely known among the public at large, among policy-makers, and among medical professionals. A major reappraisal of how we define, diagnose and treat B12-deficiency is needed, and this book is a trail-blazer for this mission. --A. David Smith, Professor Emeritus of Pharmacology, University of Oxford, UK, and Helga Refsum, Professor of Nutrition, University of Oslo, Norway, and Visiting Professor of Human Nutrition, University of Oxford, UK

Martyn Hooper founded the Pernicious Anaemia Society after being forced to give up full time work as a lecturer in Further Education owing to the long term effects of undiagnosed pernicious anaemia and vitamin B12 deficiency. He now runs the Society full time, and campaigns for improvements in diagnosis and treatment of these conditions.

A very personal and informative account concerning the trials leading to a diagnosis of Pernicious Anemia. This book is a true, heartfelt explanation of why so many people do not get the B12, etc, blood tests in time. Doctors can simply overlook the symptoms until there are permanent consequences. This is what happened to me. Also the the author stresses, and I cannot say this strongly enough, that each person needs different amounts of B12. I am a once a week injection type, and by the 6th day I start having balance problems, head shaking, and difficulty getting my left side to cooperate with the right.Please read this book. It is a vital part of learning about a very serious disease....if gone undiagnosed for years, as mine was can really alter your life. Thank You

As a researcher in pernicious anemia and vitamin B12 deficiency for over 30 years, I encourage others to read this book. Written from the heart, Mr. Hooper describes his personal experience with walking difficulties and mental symptoms and delays in diagnosis until finally pernicious anemia is discovered but too late to prevent full recovery with treatment. This story is common for pernicious anemia patients. There is a milder form of subclinical vitamin B12 (affecting millions in the USA) which can be just as deadly over time, leading to Alzheimer Disease and other neurological disability. The book contains valuable information such as a listing of common symptoms reported by members of the Pernicious Anemia Society. This work will benefit the public and medical professionals in encouraging early diagnosis and treatment of vitamin B12 deficiency thereby preventing permanent neurological disability. Eric J. Norman, Ph.D.

This book is a must have for anyone diagnosed with Pernicious Anaemia. Many doctors do not describe the various symptoms that can go along with this disease and a B12 difficiency. They just give you the diagnosis, the treatment, and expect you to get on with your life.Not only has the author helped many diagnosed with Pernicious Anaemia by founding the Pernicious Anaemia Society, but now he has given us a resource that can be easily shared with family and friends. I read it over the course of a weekend. There were so many things I recognized with my own condition. I now have names to some of the symptoms I experience! I plan to make this book a must have for any of my

doctors visits to use as an on the spot reference.My husband has also begun to read this book. So far he says it is very down to earth and easy to read. This book gives him the ability to understand my day-to-day symptoms with more compassion and understanding. While any autoimmune disorder can be a trial for those involved, this has been a valuable resource that has helped us wade through the waters of this illness hand in hand.

I think this book was informative about what causes Pernicious Anemia, how it can be diagnosed and unfortunately- how difficult it still is to get an accurate diagnosis before too much damage has taken place. I was, however disappointed in the lack of recommendations of specific treatments- for the damage that PA already caused- and ideas about supplements or kinds of physical therapy that those who are working towards recovery have found to be beneficial. Quite frankly, after reading the book I felt more depressed than I was before I read it- and I would have really liked to hear a more hopeful message than I got. i have a very hard time believing that in this day and age more is not being done to improve the quality of life for the many people who have this FORGOTTEN DISEASE.

If you suffer from Pernicious Anemia/Vitamin B12 Deficiency then I highly recommend this book. It delves into the rollercoaster of misdiagnosis and unnecessary tests we often have to endure in order to get diagnosed and treated. It also explaines the differences in treatment, such as sublingual vitamins and self injection. Very Good Book!!

I’m so glad this book was published. It explains some of the science behind B12 deficiency issues. Some of the information, I already knew about from my own research after I was mistakenly diagnosed with MS. It’s a great resource that would be great to share with family members or people who say, "but you don’t look sick!" I plan to buy Hooper’s next book, Living with Pernicious Anaemia.

If you’ve been diagnosed with B12 deficiency, this book will tell you in layman terms (not medical jargon) what you have been or are going to be dealing with. One of the very few books out there that does so.

Clearly written and life saving information is provided in this concise and highly relevant summary of an all too often misdiagnosed condition

Download to continue reading...

Pernicious Anaemia: the Forgotten Disease - the causes and consequences of vitamin B12 deficiency Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer With Special Reference to the Value of Vitamin C, Updated and Expanded Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention and Treatment of Cancer With Special Reference to the Value of Vitamin C Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) DRI Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - KIdney Stones - Kidney Disease 101) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receeding Gums) Abuse And Violence Information For Teens: Health Tips About The Causes And Consequences Of Abusive And Violent Behavior Including Facts About Types Of ... Warning Signs Of Abuse (Teen Health Series) The Great Financial Crisis: Causes and Consequences Depression in New Mothers, 3rd Edition: Causes, Consequences and Treatment Alternatives Depression in New Mothers: Causes, Consequences, and Treatment Alternatives Once a Month: Menstrual Syndrome, Its Causes and Consequences Rising Waters: The Causes and Consequences of Flooding in the United States Landslides: Causes, Consequences and Environment Social Inequality: Forms, Causes, and Consequences Abandoned Parents: The Devil’s Dilemma: The Causes and Consequences of Adult Children Abandoning Their Parents Childhood Obesity: Causes, Consequences, and Intervention Approaches

Contact Us

DMCA

Privacy

FAQ & Help