

Vitamin B12 deficiency observed in more...

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Adverse effects on the body

Most women from the age group of 20 to 35 years were found to be low in hemoglobin levels as well as folate levels. These women are of reproductive age and these deficiencies can pose

problems during conceiving. Due to vitamin B12 deficiency, 23 per cent of women from all age groups are suffering from cardiovascular ailments such as constipation, gas, loss of appetite and acidity.

Speaking on the effect of the deficiency on the overall wellbeing of the body, Dr

Aarti Nimkar, Secretary of Indian Medical Association (IMA), Pune, said the risk of heart ailments increases. "Vitamin B12 deficiency increases the risk of anemia due to low levels of hemoglobin resulting in difficulty in thinking, tiredness or sleepiness during day or work time, sudden weak-

ness and fatigue. The deficiency of vitamin B12 is increasing year-on-year due to improper food habits and insufficient diet," said Nimkar. She further cautioned that the lack of vitamin B12 also increases the chances of various neurological problems, including paralysis or brain hemorrhage.