

VITAMIN B12 DEFICIENCY OBSERVED IN MORE THAN 1/3rd OF POPULATION

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Pune: Around 37 per cent women and 35 per cent men between the age group of 20 and 35 years are vitamin B12 deficient. City-based doctors note that the trend of vitamin B12 deficiency is a result of lifestyle disorders and can cause anemia, difficulty in thinking, tiredness, sleepiness during day, sudden weakness and fatigue.

According to data furnished by Indus Health Plus, out of all cases among women, 11.76 per cent were found to be borderline deficient and 9.64 per cent were found to be completely deficient. Among men, 10.21 per cent cases were found to be borderline deficient and 8.10 per cent were found to be completely deficient.

HOW CAN VITAMIN B12 DEFICIENCY BE CURED?

- Consult a doctor
- Proper healthy diet
- Increase in intake of meat, poultry, eggs, sea food and dairy products

Ignorance among patients

Statistics from Indus Health Plus indicate that during counselling of patients, it was observed that around 70 per cent of overall patients were ignorant about the symptoms of vitamin B12 deficiency.

Speaking about her undiagnosed B12 deficiency, Sneha Kondalkar said that though her diet was proper and healthy, yet she was suffering from se-

vere weight loss.

"Then my doctor asked me to get tests done for the deficiency. The normal B12 is level expected is 600. However, mine was 200. I was then administered with injections as a curative measure. There has been no significant symptom that I recall. Only, in spite of a proper diet, my weight didn't increase. The doctors attributed the deficiency to this problem," said Kondalkar.

Doctors also mentioned that deficiency of vitamin B12 among men has increased because of self-ignorance. This has led to improper flow of blood that has increased the risk of heart ailments. Almost 18-20 per cent of deficient men from the age group of 35-50 years are under the risk of heart diseases. ➤ **Continued on P2**