What is vitamin B12 deficiency anemia?

Having vitamin B12 deficiency means that your body does not have enough of this vitamin. You need B12 to make red blood cells, which carry oxygen through your body. Not having enough B12 can lead to anemia, which means your body does not have enough red blood cells to do the job. This can make you feel weak and tired. Vitamin B12 deficiency can cause damage to your nerves and can affect memory and thinking. Most people get more than enough B12 from eating meat, eggs, milk, and cheese. Normally, the vitamin is absorbed by your digestive system—your stomach and intestines. Vitamin B12 deficiency anemia usually happens when the digestive system is not able to absorb the vitamin. This anemia can also happen if you don't eat enough foods with B12, but this is rare. People who eat a vegan diet and older adults who don't eat a variety of foods may need to take a daily vitamin pill to get enough B12. Other causes include drinking alcohol and taking some prescription and nonprescription medicines.

How can you prevent it?

Most people who eat animal products like milk, cheese, and eggs will not get this B12 deficiency anemia. People who follow a vegan diet can prevent it by taking a daily vitamin pill or by eating foods that have been fortified with B12. If you have pernicious anemia or another reason you cannot absorb enough vitamin B12, your doctor will give you vitamin B12 shots or pills to prevent deficiency.

Foods that contain vitamin B12

Vitamin B12 is found in foods from animals, such as meat, seafood, milk products, poultry, and eggs. It is not in foods from plants unless it has been added to the food (fortified). Some foods, like cereals, are fortified with vitamin B12. Supplements containing only B12, or B12 along with other B vitamins and/or folic acid, are readily available. Also, B12 is usually in multivitamins. Check the label to find out how much B12 is in a supplement.

Practis Inc, www.practisinc.com. (n.d.). *Oregon Ear, Nose & Throat*. Vitamin B12 Deficiency Anemia - Patient Education - Oregon Ear, Nose & Throat - Eugene, OR - Balloon Sinuplasty. http://oregon-ent.com/patient-education/hw-view.php?DOCHWID=hw65706#hw65706-Credits.

什麼是維生素 B12 缺乏性貧血？

缺乏維生素 B12 意味著您的身體沒有足夠的這種維生素。您需要維生素 B12 來製造紅細胞，從而將氧氣輸送到您的身體中。沒有足夠的 B12 會導致貧血，這意味著您的身體沒有足夠的紅細胞來完成這項工作。這會讓你感到虛弱和疲倦。維生素 B12 缺乏會損害您的神經，並影響記憶力和思維。大多數人通過食用肉類、雞蛋、牛奶和奶酪獲得足夠的維生素 B12。通常，維生素會被您的消化系統（您的胃和腸）吸收。維生素 B12 缺乏性貧血通常發生在消化系統無法吸收維生素的情況下。如果您沒有吃足夠的含維生素 B12 的食物，也可能發生這種貧血症，但這種情況很少見。吃純素飲食的人和飲食不均衡的老年人可能需要每天服用維生素丸來獲得足夠的 B12。其他缺乏維生素 B12 的原因包括飲酒和服用一些處方藥和非處方藥。

你怎麼能預防呢？

大多數食用牛奶、奶酪和雞蛋等動物產品的人不會患上這種 B12 缺乏症。遵循純素飲食的人可以通過每天服用維生素丸或食用富含維生素 B12 的食物來預防。如果您患有惡性貧血或其他原因導致您無法吸收足夠的維生素 B12，您的醫生會給您注射維生素 B12 或藥丸以預防缺乏症。

含有維生素 B12 的食物

維生素 B12 存在於動物食物中，如肉類、海鮮、奶製品、家禽和雞蛋。除非它已添加到食物中（強化），否則它不會存在於植物食物中。一些食物，如穀物，富含維生素 B12。僅含有維生素 B12 以及其他 B 族維生素和/或葉酸的補充劑很容易可以於市面上買到。此外，B12 通常存在於多種維生素中。請記得檢查標籤以了解補充劑中的 B12 含量。

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