



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Annual Health Check Information for GPs

Vitamin B12 Deficiency

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Below is Down's syndrome specific information. The information is for GPs and is to be used alongside DSA's Adult Health Book.

Vitamin B12 deficiency appears to be more common in people with Down's syndrome. At least some of the deficiency may be due to Coeliac disease. Vitamin B12 deficiency may cause a variety of symptoms including poor appetite, numbness, difficulty with balance, confusion and memory loss. Taken together these symptoms may look like Alzheimer's disease. Anyone presenting with neurological or psychological changes should be tested for Vitamin B12 deficiency.

The Down's Syndrome Association (DSA) is the only organisation in England, Wales and Northern Ireland which supports people with Down's syndrome at every stage of life.

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