

Vitamin B12 deficiency signs that are mostly ignored



Vitamin B12 plays a crucial role in various bodily functions, including red blood cell formation, neurological health, and DNA synthesis. Since the body cannot produce B12 on its own, it must be obtained through diet or supplements. Ignoring signs of B12 deficiency can lead to serious health issues over time. Here are a few signs of Vitamin B12 deficiency identifying which is essential.

Unexplained tiredness

Persistent fatigue and weakness are common early signs of Vitamin B12 deficiency, as the vitamin is essential for energy production in the body. Fatigue is a symptom that can be attributed to various factors, and individuals often dismiss it as a consequence of a busy lifestyle, stress, or lack of sleep.

Neurological issues

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Memory loss

Vitamin B12 deficiency can impact cognitive function, leading to memory loss, difficulty concentrating, and mood changes. Cognitive changes may be attributed to aging or stress, and individuals may not immediately connect them to a nutritional deficiency.

Gastrointestinal symptoms

Vitamin B12 deficiency can cause digestive issues such as diarrhea, constipation, and loss of appetite. Gastrointestinal symptoms are common and can be linked to various factors, making it challenging to recognize them as signs of B12 deficiency.

Vitamin B12 deficiency can impact nervous system; 5 signs to not ignore



Pale skin

Anemia resulting from B12 deficiency can lead to pale or yellowish skin. Changes in skin tone may be attributed to other factors, and individuals may not recognize them as indicative of a nutritional deficiency.

Improper gait

Vitamin B12 deficiency can affect coordination and balance, leading to difficulty walking and an increased risk of falls. Gait issues may be associated with aging or other neurological conditions, diverting attention from a potential B12 deficiency.

What causes Vitamin B12 deficiency?

Individuals following a strict vegetarian or vegan diet may not get enough B12 from their food sources, as plant-based options are limited. Conditions affecting the stomach and intestines, such as atrophic gastritis, celiac disease, Crohn's disease, and pernicious anemia, can interfere with the absorption of B12.

As people age, the production of stomach acid and intrinsic factors may decline, impacting B12 absorption. Certain medications, such as proton pump inhibitors (PPIs), H2 blockers, and metformin, can reduce B12 absorption. Surgical procedures involving the stomach or intestines, including weight loss surgeries, can limit the absorption of B12. This bacterial infection in the stomach can affect the stomach lining and reduce B12 absorption.

Here are the sources of Vitamin B12

A well-balanced diet includes sources of B12, such as meat, fish, dairy products, and eggs. Consider B12 supplements if following a vegetarian or vegan diet. B12 supplements are available in various forms, including oral tablets, sublingual tablets, and injections. Consult a healthcare professional to determine the appropriate dosage and form of supplementation.



Vitamin B12 deficiency complications

Vitamin B12 deficiency may contribute to psychiatric symptoms such as depression, anxiety, mood swings, and even psychosis. Damage to the peripheral nerves, known as peripheral neuropathy, can occur due to vitamin B12 deficiency. This can lead to symptoms like tingling, numbness, and pain in the extremities.

Severe deficiency can lead to damage to the optic nerve, resulting in optic neuropathy. This may lead to vision problems and even vision loss if not addressed promptly. B12 deficiency in pregnant women may lead to developmental issues in the fetus and an increased risk of neural tube defects. In men, deficiency can contribute to infertility and low sperm count.

How much vitamin B12 does a human being need?

The recommended daily intake of vitamin B12 for adults is approximately 2.4 micrograms. However, individuals with certain conditions, such as pernicious anemia or gastrointestinal disorders, may require higher doses or supplementation. Dietary sources of B12 include meat, fish, dairy, and fortified foods.

What happens when you consume more vitamin B12?

Excessive vitamin B12 consumption is generally considered safe, as the body typically excretes excess amounts. However, extremely high doses from supplements may lead to side effects such as nausea, diarrhea, or skin reactions. In rare cases, it could interfere with certain medications or contribute to conditions like hypervitaminosis. Individuals with specific health issues, like kidney problems, should be cautious.

It's crucial to consult a healthcare professional before taking high-dose supplements to ensure they are appropriate for your individual health needs, as B12 toxicity from dietary sources is extremely rare.

How to know you have toxic colleagues and deal with them

In a professional setting, having a supportive and collaborative team is crucial for a positive work environment. Unfortunately, not all colleagues contribute to a healthy workplace atmosphere, and dealing with toxic coworkers can be challenging. Recognising the signs of toxicity and implementing effective strategies to cope with such individuals is essential for maintaining your well-being and productivity. Here are key indicators of toxic colleagues and ways to navigate these challenging relationships:

Signs of toxic colleagues:

Consistent negativity

Toxic colleagues often display a persistently negative attitude. They complain frequently, criticize others, and seldom offer constructive solutions. Their negativity can impact team morale and hinder a positive work environment.

Undermining behaviour

Toxic coworkers may engage in subtle or overt undermining behaviors. This can include taking credit for others' work, spreading rumors, or intentionally excluding team members from important discussions.

Lack of accountability

Toxic individuals typically avoid taking responsibility for their mistakes. They may blame others, make excuses, or shift accountability, creating a toxic cycle that affects the entire team's productivity.

Poor communication

Effective communication is crucial in the workplace. Toxic colleagues often struggle with communication, leading to misunderstandings, conflicts, and a general lack of cohesion within the team.

Excessive competition

While healthy competition can drive innovation, toxic colleagues take competition to an unhealthy level. They may intentionally withhold information, sabotage others' efforts, or create a hostile atmosphere.

How to deal with toxic colleagues



Set boundaries

Establish clear professional boundaries to protect yourself from toxic behavior. Be firm but polite in communicating what you find unacceptable. This can deter toxic colleagues from crossing boundaries.

Maintain professionalism

Despite challenging circumstances, maintain a professional demeanor. Avoid reacting emotionally to toxic behavior, as this may escalate the situation. Focus on your work and stay committed to your goals.

Document incidents

Keep a record of specific incidents involving toxic behavior. Document dates, times, and details of each occurrence. Having a documented record can be valuable if you need to escalate the issue to higher management or human resources.

Seek support

Reach out to trusted colleagues, mentors, or supervisors for support. Share your experiences without gossiping, and seek advice on how to handle the situation. Sometimes, others may have encountered similar issues and can provide valuable insights.

Confront directly (if appropriate)

In some cases, addressing the issue directly with the toxic colleague may be necessary. Choose a private setting, express your concerns calmly, and focus on specific behaviors rather than making personal attacks. Be open to a constructive dialogue.

Escalate to supervisors or HR

If the toxic behavior persists, and it significantly affects your well-being and work performance, consider escalating the issue to your supervisor or the human resources department. Provide the documented incidents as evidence.

Focus on self-care

Dealing with toxic colleagues can be emotionally draining. Prioritise self-care by maintaining a healthy work-life balance, practicing stress-relief techniques, and seeking support from friends and family outside of the workplace.

Is it your kid's first day at school? Few tips to keep you prepared

Whether a child starts their very first day of kindergarten or returns to school for a new grade, there are numerous things to take care of and preparations to do beforehand. It's essential to have discussions with your child regarding any fears, nervousness, or concerns they might have as they start a new school year or start going to school for the first time.

As the children step on this new path, it's normal for them to experience some sort of fear or hesitation. The transition could be from home to school or old to new school. The new environment can scare some and excite the others.

Thus, it is important to prepare them for this first day and here are a few tips you can follow.

Establish a routine

A consistent routine, ideally starting a week before, helps children feel secure and prepared for the day ahead. Set regular bedtimes and wake-up times to ensure your child gets enough sleep. Also, establish a morning routine that includes getting dressed, brushing teeth, and having a healthy breakfast before moving on to other activities.

Once school starts, create a routine for homework, playtime, and any extracurricular activities.

Visit the school

Before joining, try to arrange a visit to the school to familiarize your child with the surroundings. Show them where the classrooms, bathrooms, and cafeteria are located along with the playground, teacher's desk and medical room as well. This way, the first day won't be overstimulating for the child and would ensure they get to places on time.

If there is an orientation day or parent-teacher event, attend it together.



Prepare supplies

Schools and teachers in-charge usually send a school supplies list a week prior to the school starting. Ensure that you shop accordingly, be it the brand or the amount and ensure that your kid has all the necessary stationery supplies. If possible, try to label their backpack, lunchbox and notebooks beforehand to prevent any mix-ups that might happen in school.

Also make sure that the backpack you pick is good and sturdy and does not cause harm to their shoulders.

Practice independence

Before school starts, it is advisable to encourage children to take care of their belongings themselves and of themselves too.

Ensure that they are in the habit of washing their hands, eating without much spillage, can use the restroom on their own, etc. This will ensure that your child does not depend on others for basic needs and will also earn him/her praise for doing their work themselves. Another important skill to teach them is to tie their shoe laces to prevent them from tripping over.

Emotional support

Every child is different and can have different reactions to the first day of their school. Some may feel nervous or anxious on the first day while others may be jumping with excitement. So, encourage open communication, and let your child express their feelings.

Reassure them that it is normal to be sad and that you are there and have their back.

Post coming back from school, encourage communication about how they felt during the day and listen patiently.