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Tenn Med. 2008 Feb;101(2):35-6.

Vitamin B12 deficiency and severe weight loss in an elderly patient.

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Elderly individuals who have gastric surgery are at increased risk of developing vitamin B12 (cobalamin) deficiency, which often goes unrecognized by the provider. In conjunction with social risk factors and physiologic changes that occur naturally with aging, this population is also at risk for developing protein malnutrition. By intervening early with parenteral vitamin B12 and nutritional assessment prior to onset of weight loss in at risk individuals, clinicians will be able to improve their patients' quality of life. We present a 73-year-old individual with weight loss and anemia. This case presentation serves as a reminder about the prevalence of vitamin B12 deficiency and malnutrition in elderly individuals in our community.

PMID: 18306902 [PubMed - indexed for MEDLINE]

Publication Types, MeSH Terms

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