



# What You Need to Know About Pernicious Anaemia and Vitamin B12 Deficiency

*Martyn Hooper*

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Based on responses to his earlier books - *Pernicious Anaemia: the forgotten disease*, and *Living with Pernicious Anaemia* - and on the daily enquiries and cries for help that come to the Pernicious Anaemia Society, Society-founder Martyn Hooper brings together the essential knowledge that sufferers and their families and friends need to understand, and withstand, vitamin B12 deficiency and pernicious anaemia. Martyn discusses the many uncertainties and difficulties associated with the condition, what these may mean for sufferers, the huge variations in individual experience, and how to live as fully as possible despite having the condition. Ending on a positive note, he looks to future developments and the changes they may bring.

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