

[IMAGE]

## **Vitamin B-12 Deficient? This Might Be Why**

When most people seek help for issues with gastrointestinal issues and acid reflux they turn to acid-suppressing drugs such as proton-pump inhibitors. Many of these are available over-the-counter and by prescription.

Turns out many of these drugs are being highlighted by new studies reported in the New York Times for having an impact of low B<sub>12</sub> levels in people.

The study came from researchers of Kaiser Permanente in Oakland, Calif., examined the medical records of 25,956 adults who received vitamin B<sub>12</sub> deficiency diagnoses between 1997 and 2011, comparing them with 184,199 patients without B<sub>12</sub> deficiency during that period. Patients who took P.P.I.'s for more than two years were 65 percent more likely to have a vitamin B<sub>12</sub> deficiency, the researchers found. Higher doses of P.P.I.'s were more strongly associated with the vitamin deficiency, according to the report.

Twelve percent of patients deficient in vitamin B<sub>12</sub> had used P.P.I.'s for two years or more, compared with 7.2 percent of control patients. The risk of deficiency was less pronounced among patients using H2RA's long term: 4.2 percent, compared with 3.2 percent of nonusers.

Ask your doctor if you have any concerns how this might be affecting your B<sub>12</sub> levels.

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