
Am I in a Group at Risk?

Answer yes or no (Chapter 2). Each “yes” comes with a hint about what to ask your doctor. Bring this sheet to your next appointment.

#	Question	Yes	No	Ask about
1	I’ve taken metformin for a year or more.	☐	☐	A B12 test
2	I’ve taken a stomach acid reducer almost every day for two years or more.	☐	☐	B12; whether I still need the medicine
3	I’m 65 or older, or I eat noticeably less than I used to.	☐	☐	B12; a diet review
4	I eat a vegan diet, or almost no animal foods.	☐	☐	A regular B12 source (Chapter 8)
5	I’ve had weight-loss surgery, or part of my stomach or bowel removed.	☐	☐	Long-term follow-up as advised
6	I have a diagnosed gut condition (such as celiac or Crohn’s disease).	☐	☐	Iron, B12, folate, vitamin D
7	I have heavy periods, or I give blood often.	☐	☐	Ferritin, blood count
8	I’m pregnant or planning a pregnancy.	☐	☐	Folic acid; iron (Chapter 8)
9	I very rarely go outdoors, or almost always keep my skin covered.	☐	☐	Vitamin D (Chapter 6)

#	Question	Yes	No	Ask about
10	I have numbness, pins and needles, lasting tiredness, pale skin or breathlessness with light effort.	☐	☐	See a doctor; don't self-treat

Medicines I take every day:

Questions I want to ask:
