

Nutritional Megaloblastic Anemias



**MORNING REPORT
UNC INTERNAL MEDICINE
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Definition: Macrocytic Anemia



- **MCV > 100 fL**
- **Impaired DNA formation due to lack of:**
 - B12 or folate in ultimately active form
 - use of antimetabolite drugs
- **Macrocytosis also caused by**
 - Liver disease with inadequate cholesterol esterification
 - Alcohol abuse independent of folate (MCV 100-105)
 - Myelodysplasia
 - Post-splenectomy
 - HIV drugs
 - Dilantin

Vitamin B12: Cobalamin

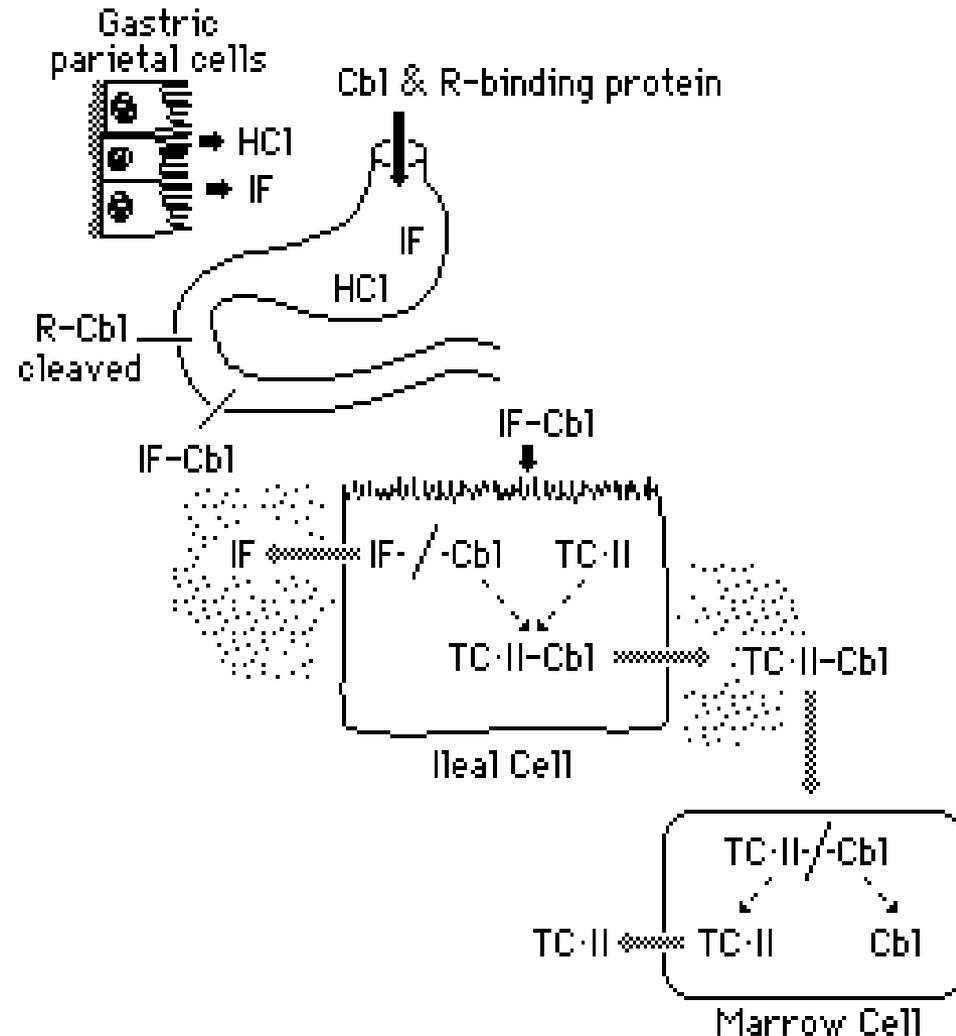


- Meat and dairy products only
- Typical American diet contains 5-7mcg/d
- Minimum daily requirement 6-9 mcg/d
- Total body store 2-5 mg (half in liver)

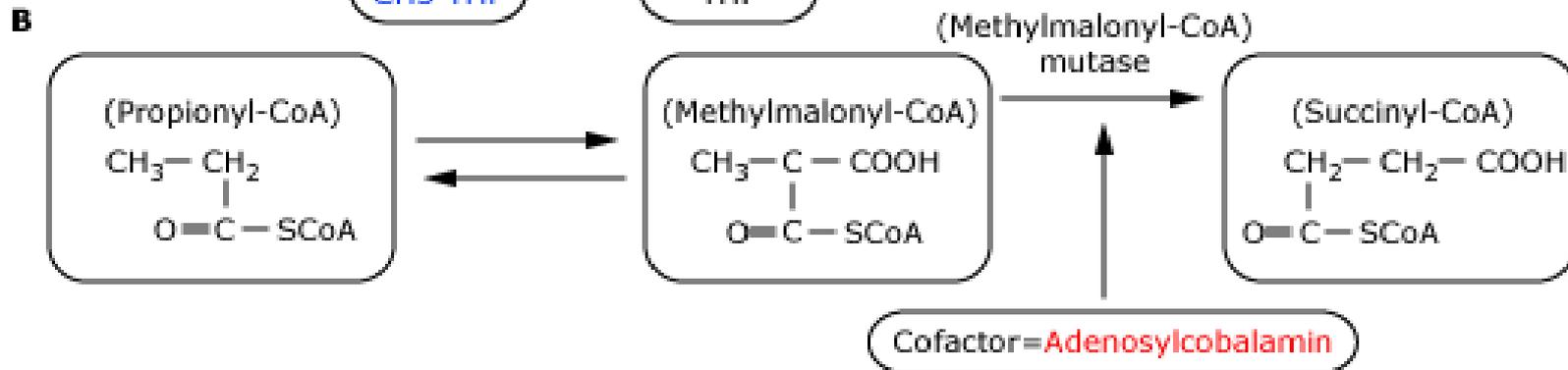
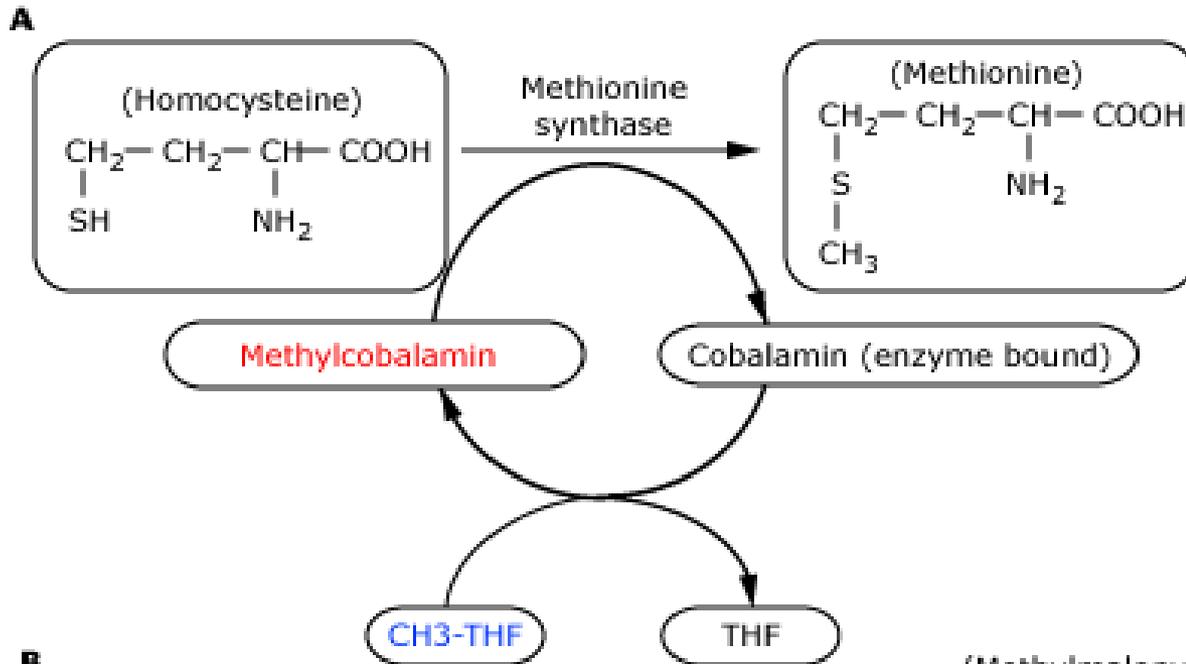
- Helps to synthesize thiamine, thus deficiency leads to problems with DNA replication

B12: Cobalamin absorption

- Initially bound to protein in diet, liberated by acid and pepsin, then binds to R factors in saliva and gastric acids
- Freed from R factors by pancreatic proteases then binds to Intrinsic Factor secreted by gastric parietal cells
- Absorbed together (Cbl + IF) in **ileum**
- Released from IF in ileal cell then exocytosed bound to trans-Cbl II
- Cbl bound to transcobalamin II binds to cell surface receptors and is endocytosed



Actions of Cobalamin & Folate



Causes of B12 Deficiency: Pernicious Anemia



- **Autoantibody to Intrinsic Factor detectable in <70%**
 - Highly specific, but insensitive
 - 2 types of anti-IF antibody
 - ✦ Blocks attachment of Cbl to IF
 - ✦ Blocks attachment of Cbl-IF complex to ileal receptors
- **Chronic atrophic gastritis**
 - Autoantibody against parietal cells (H-K-ATPase) though pathology indicates destruction by CD4+ T cells
 - Increased risk of gastric cancer (carcinoid and intestinal-type)

Causes of B12 Deficiency: Helicobacter pylori ?



- In 1 study from Turkey
 - 138 total pts, HP infection documented by endoscopy in 77
 - ✦ B12 level returned to normal in all 31 pts with successful eradication of bacteria without additional supplementation

Causes of B12 Deficiency: Growing Older



- Usually mild and subclinical
- Age >65 approx 5%
- Age >75 approx 10%+, up to 40% in institutionalized patients
- Unclear mechanism
 - gastric atrophy
 - inadequate intake
 - Achlorhydria

Causes of B12 Deficiency: Surgery, Medication, Worms, Etc.

- Gastrectomy/Bariatric surgery
- Ileal resection or bypass
- Ileal disease (TB, lymphoma, amyloid, post-radiation, Crohn's)
- Enteropathies (protein losing, chronic diarrhea, celiac sprue)
- Fish tapeworm (*Diphyllobothrium latum*) infection
- Bacterial overgrowth
- HIV infection
- Chronic alcoholism
- Sjogren's syndrome
- Pancreatic Exocrine Insufficiency
- Strict vegan diet
- Inherited
 - Trans-Cbl II or IF deficiency
 - decreased uptake of IF-Cbl (Imerslund-Grasbeck's or juvenile megaloblastic anemia) - also presents with proteinuria
 - Homocysteinuria, severe abnormalities of methionone synthesis, abnormal lysosomal exporter
- Decreased absorption from medication
 - Neomycin
 - Metformin (biguanides) up to 10-25%
 - PPI
 - Nitric oxide (inhibits methionine synthase)

B12 Deficiency Symptoms

- Atrophic glossitis (shiny tongue)
- Shuffling broad gait
- Anemia and related sx
- Vaginal atrophy
- Malabsorption
- Jaundice
- Personality changes
- Hyperhomocysteinemia
- Neurologic symptoms (next slide)
- Copper deficiency can cause similar neurologic symptoms



B12 Symptoms: Neurologic



- Paresthesias
- Memory loss
- Numbness
- Weakness
- Loss of dexterity due to loss of vibration and position sense
- Symmetric neuropathy legs > arms
- Severe weakness, spasticity, clonus, paraplegia and incontinence
- Subacute combined degeneration of the dorsal (posterior) and lateral spinal columns
- Due to a defect in myelination
- NOT ALL PATIENTS WITH B12 DEFICIENCY RELATED NEUROLOGIC ABNORMALITIES ARE ANEMIA OR MACROCYTOSIS



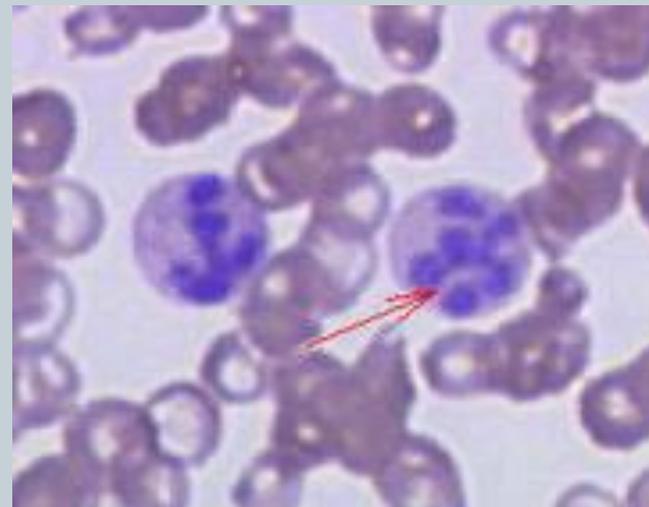
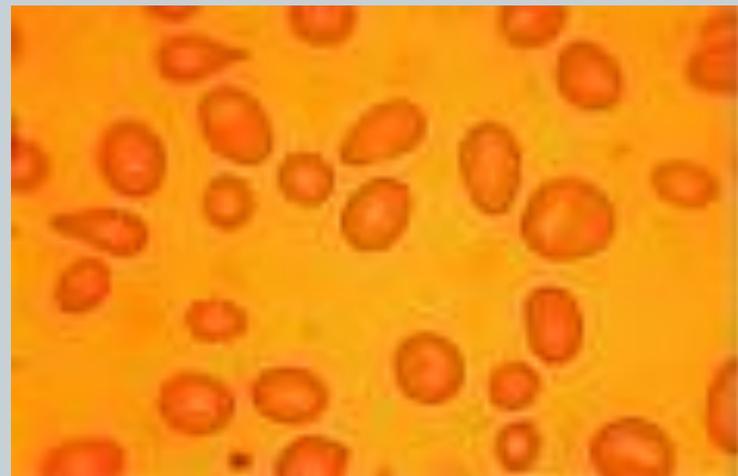
Subacute Combined Degeneration

Degeneration and demyelination of the dorsal (posterior) and lateral spinal columns

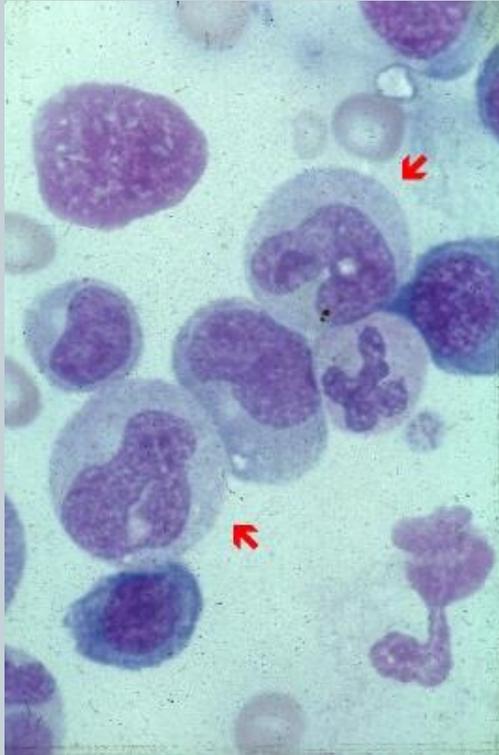


B12 Lab findings

- Macroovalocytic anemia with elevated serum bili and LDH
 - Increased red cell breakdown due to ineffective hematopoiesis
- Retic, WBC & platelets normal to low
- Hypersegmented neurophils
 - Also occur in renal failure, fe deficiency, inherited



Bone Marrow



- **Hypercellular marrow**
 - Megaloblastic erythroid hyperplasia
 - Giant metamyelocytes

Due to slowing of DNA synthesis and delayed nuclear maturation

Methionine deficiency may play a central role

Folate

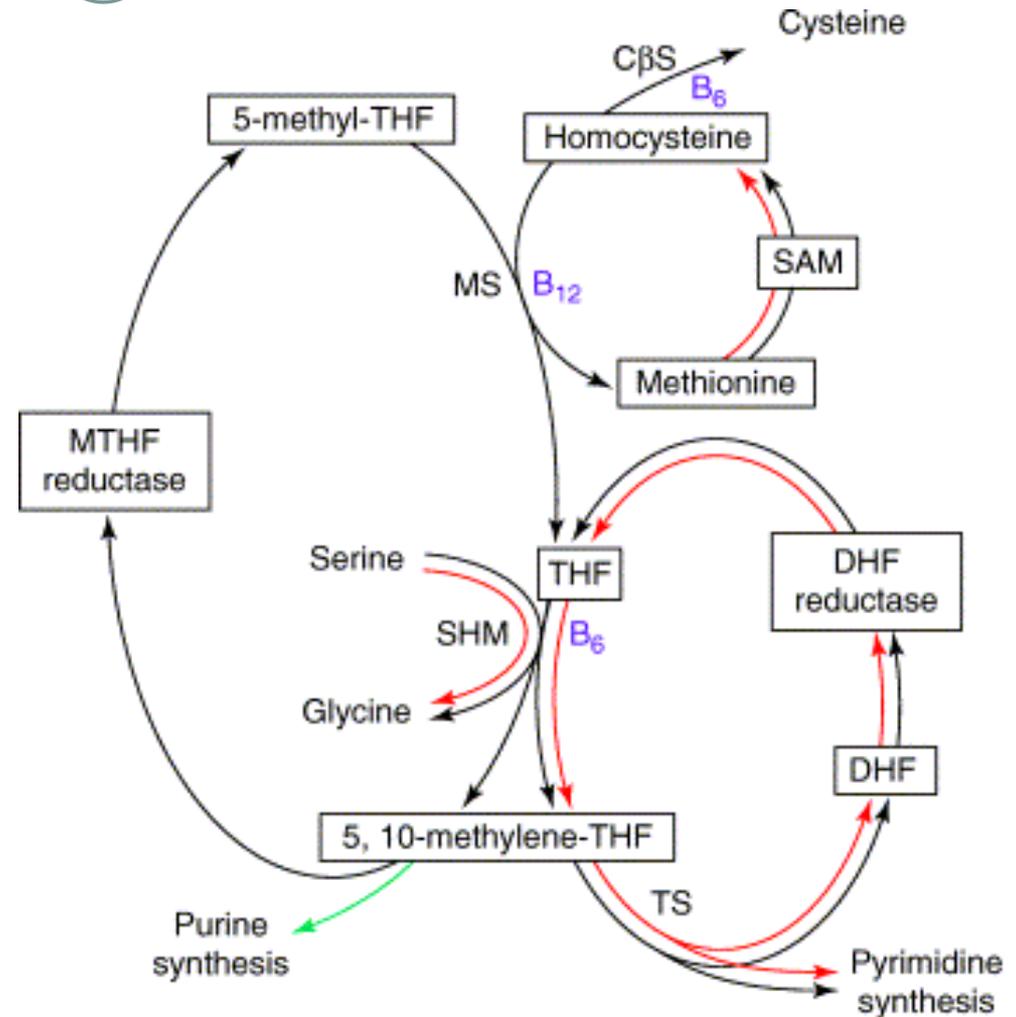


- Animal products (liver), yeast and leafy vegetables
- Normal requirement 400mcg/day
- Pregnancy/Lactation: 500-800mcg/day
- Increased requirement in hemolytic anemia and exfoliative skin disease
- Body stores: 5-10mg

Folate Metabolism



- Binds to folate receptor, becomes polyglutamated intracellularly
- Many drugs (trimethoprim, methotrexate, pyrimethamine) inhibit dihydrofolate reductase



Causes of Folate Deficiency



- Malnutrition: Destroyed by heat during cooking
- Alcoholism (decreased in 2-4 days): impairs enterohepatic cycle and inhibits absorption
- Increased requirement in hemolytic anemia, pregnancy, exfoliative skin disease
- IBD, celiac sprue
- Drugs
 - Trimethoprim, Methotrexate, Primethamine (inhib DHFR)
 - Phenytoin: blocks FA absorption, increases utilization (mech unknown)

Folate deficiency symptoms



- Similar symptoms as B12 save for neurologic symptoms
- Presentation is different classically:
 - Alcoholic
 - Very poor dietary intake
 - Older
 - Depressed
 - Living alone

Whom should you test for B12 or Folate deficiency?



- MCV >100 with or without anemia
- Hypersegmented neutrophils
- Pancytopenia of uncertain cause
- Unexplained neurologic s/sx
- Alcoholics
- Malnourished, particularly the elderly
- Vegans if no hx of supplementation
- Diabetics on metformin with new onset neuropathy

Lab testing for diagnosis



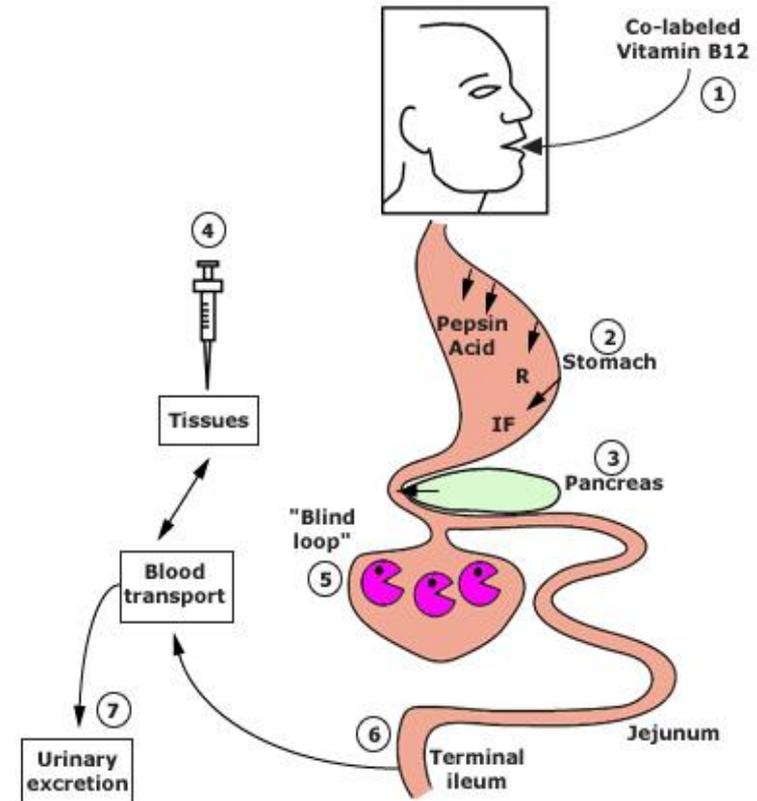
	Serum B12	Serum Folate	MMA	Homocysteine
Normal	>300	>4	70-270	5-14
Deficiency	<200	<2		
Confirm B12	200-300		High	High
Confirm folate		2-4	Normal	High

High amount of seaweed in the diet can interfere with the B12 assay as can a single meal. It is best to add-on tests to blood already in the lab, particularly for inpatients due to the variability of the test.

Intrinsic factor antibody assay can be falsely positive if pt has recently received a B12 shot with B12 >800, thus important to add-on.

Shilling Test

1. PART 1: Oral labeled B12 and IM unlabeled B12 at the same time to saturate tissue stores
2. 24h urine to assess absorption
>5% normal
<5% impaired
3. PART 2: Repeat w/oral IF
if now normal = PA
if abnormal = malabsorption
4. Can continue with antibiotics to look for bacterial overgrowth, pancreatic enzymes for exocrine insufficiency

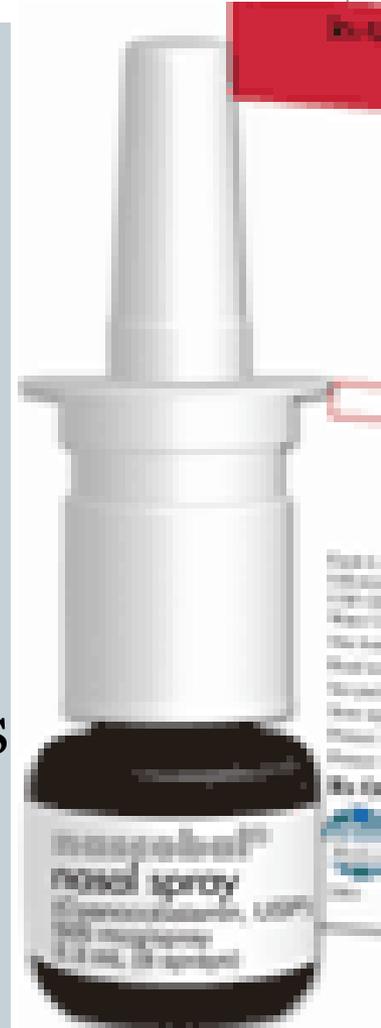


Part 1 test result	Part 2 test result	Diagnosis
Normal	-	Normal or vitamin B12 deficiency
Low	Normal	Pernicious anemia
Low	Low	Malabsorption

B12 Deficiency: Treatment



- **IM B12 1000mcg daily x 1 wk**
 - then 1000mcg weekly x 1 month
 - Then 1000mcg monthly for life for PA
- **Oral high dose 1-2 mg daily**
 - As effective but less reliable than IM
 - Currently only recommended after full parenteral repletion
- **Sublingual, nasal spray and gel formulations available**



Vegan B12 Recommendations



- Daily multivitamin with 10mcg/d
- Available in a few specific commercial nutritional yeasts most of which contain B12 from *Pseudomonas* sp., *Propionibacterium* sp. or *Streptomyces* sp.
 - Red Star Vegetarian Support Formula
 - Twinlab Natural Nutritional Yeast
- Probiotics are NOT sufficient to provide adequate B12
- Keep supplements in the fridge and out of light
- Encourage supplement for prenatal counseling of vegan or ovo-lacto vegetarian women (prenatal vitamin is sufficient unless deficient)
- **B12: Are You Getting It? By Jack Norris, RD**
- **VeganHealth.org**

Folate Deficiency Treatment



- Oral folate 1mg daily for 4 months or until hematologic recovery
- Rule out B12 deficiency prior to treatment as folic acid will not prevent progression of neurologic manifestations of B12 deficiency
- Repeat testing for B12 deficiency may be reasonable for those on long-term folic acid therapy if hematologic (macrocytosis or \uparrow LDH) or neurologic sx persist

References



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