

Pernicious Anemia:

Pernicious anemia can be seen as a late manifestation of autoimmune gastritis/autoimmune metaplastic gastritis. (1,2) Anti-parietal cell antibodies and anti-intrinsic factor antibodies can be ordered to help in the diagnosis in patients with histologic autoimmune gastritis. Patient with newly diagnosed pernicious anemia should undergo EGD with biopsies to confirm atrophic gastritis and rule out neoplasia. (1).

To help with the diagnosis of pernicious anemia would need to look for low B12(<300), elevated MMA, and elevation in autoimmune antibodies, hypersegmented neutrophils, elevated MCV and/or findings consistent with gastric atrophy.(3)

References:

- 1) [Shah SC, et al. *Gastroenterology*. 2021;doi:10.1053/j.gastro.2021.06.078.](#)
- 2) Pernicious Anemia: Early Detection of the Historical "Great Pretender"²⁰³⁶. Le, Huy A. MS⁴¹; Joshi, Tejas V. MD²; Saraceni, Corey MD²; Engel, Lee MD, PhD³*American Journal of Gastroenterology* [113\(\)](#):p S1161-S1162, October 2018.
- 3) Vitamin B12 deficiency in over 16s: diagnosis and management. NICE guideline [NG239]Published: 06 March 2024