

**THE ROLE AND EFFECTIVENESS OF
ORAL VITAMIN B12 THERAPY IN
PERNICIOUS ANEMIA**

Authors

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PREFACE

Vitamin B12 deficiency, particularly when associated with pernicious anemia, holds significant clinical importance not only due to its hematological consequences but also because of its neurological and systemic effects. For many years, parenteral administration of vitamin B12 was considered the only reliable treatment option. However, this approach posed challenges for both physicians and patients, as the requirement for regular injections often reduced treatment adherence. In recent years, clinical studies have demonstrated that high-dose oral vitamin B12 therapy can also serve as an effective and reliable alternative.

This book aims to evaluate the role and effectiveness of oral vitamin B12 therapy in pernicious anemia, drawing upon literature data, recent clinical studies, and our own research findings. The content covers the physiology of vitamin B12, mechanisms of absorption, causes of deficiency, pathophysiology of pernicious anemia, its clinical manifestations, and diagnostic methods, while also providing a comprehensive discussion of therapeutic approaches. Particular emphasis is placed on the advantages of oral therapy in terms of patient compliance, cost-effectiveness, and ease of application.

I would like to express my gratitude to my esteemed mentor and to all the patients who contributed to this work. I am also deeply thankful to the design and publishing team for their support during the preparation of this book.

I hope that this book will serve as a valuable resource for specialists in gastroenterology and hematology, as well as for all physicians who encounter vitamin B12 deficiency in clinical practice, contributing to more effective and patient-friendly approaches in the management of pernicious anemia.

Assoc. Prof. Süleyman Dolu, M.D.

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