



HEALTH AWARENESS

Treating Vitamin B-12 Deficiency Is Made Simple

(NAPSA)—If you've had weight reduction (bariatric) surgery, are living with Crohn's disease or suffer from other serious stomach or intestinal disorders, you may be at risk of vitamin B-12 deficiency.

Named the "red vitamin," vitamin B-12 is unique for two reasons: it is the only vitamin that contains the essential mineral cobalt and it cannot be manufactured by the body, but rather must be obtained via food sources. A healthy body obtains B-12 from eggs, meat, poultry, shellfish and dairy products. In people who have had their small intestine bypassed or surgically removed altogether, absorption of B-12 from these food sources becomes virtually impossible.

One of the challenges in detecting B-12 deficiency is that there are no initial symptoms. Yet, the ramifications of a deficiency are serious. Vitamin B-12's basic functions include both the formation of red blood cells and the maintenance of a balanced nervous system. A deficiency left untreated may affect the nervous system leading to memory loss and overall lethargy.

Historically, patients have been treated with monthly injections, directly into the bloodstream—



bypassing the malfunctioning digestive tract. Obviously, many find this inconvenient and painful.

Today, a new alternative for treating B-12 deficiency is a prescription medication named Nascobal, by Questcor Pharmaceuticals, Inc. Nascobal, a nasal gel formulation dosage of cyanocobalamin USP (vitamin B-12) is taken once a week. The gel enters the bloodstream via blood vessels in the nose. Nascobal's intranasal delivery form allows users to increase their vitamin B-12 levels effectively and is easy to use.

If you think your energy may be waning due to a vitamin B-12 deficiency, see your doctor. To learn more about Nascobal as a treatment option, visit the Web site at www.nascobal.com.