

# Pernicious Anemia: Neurological Symptom Tracker

**Instructions:** Put a checkmark (✓) or an “X” under the date when you notice the symptom. Add notes if you want to describe severity or changes. You can add more date columns as needed.

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## Cognitive / Mental Symptoms

Symptom					Notes
Brain fog, difficulty concentrating					
Memory problems, forgetfulness					
Confusion or disorientation					
Difficulty finding words					
Slower thinking or processing					

## Mood / Psychiatric Symptoms

Symptom					Notes
Depression that doesn't respond to treatment					
Anxiety, panic attacks					
Irritability, mood swings					
Feeling “not like yourself”					
Sleep disturbances					

## Physical Neurological Symptoms

Symptom					Notes
Tingling in hands or feet					
Numbness in hands, feet, or other areas					
Burning sensations in hands or feet					
Balance problems, unsteadiness					
Weakness in arms or legs					
Coordination problems					

## Progressive Symptoms

Symptom					Notes
Frequent falls or near-falls					
Difficulty walking (esp. in dark)					
Unsteady gait					
Loss of position sense					
Difficulty with fine motor tasks					
Severe memory loss					
Hallucinations or psychosis					
Severe peripheral neuropathy					
Spinal cord involvement (SCD)					
Bowel or bladder problems					

## Other Common PA Symptoms

Symptom	Date 1	Date 2	Date 3	Date 4	Notes
Extreme fatigue					
Weakness					
Shortness of breath					
Rapid heartbeat					
Pale skin (eyes, nails)					
Loss of appetite					
Nausea					
Diarrhea or constipation					
Weight loss					
Smooth, sore tongue					

**Notes Section** (Use this space to describe severity, duration, or anything unusual)

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