Vitamin B$_{12}$ Deficiency and Multiple Sclerosis: Is there Any Association?

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ABSTRACT

Background: Vitamin B$_{12}$ (Cobalamin) deficiency can result in some clinical and paraclinical characteristics similar to what is seen in multiple sclerosis (MS) patients. This study aimed to evaluate the controversial association between vitamin B$_{12}$ deficiency and MS.

Methods: We measured serum vitamin B$_{12}$ in 60 patients with MS and 38 healthy controls. Clinical disability was evaluated according to the Extended Disability Status Scale (EDSS). Serum B$_{12}$ concentration was measured with Radioimmunoassay Dual Isotope method. The cutoff value for low serum vitamin B$_{12}$ concentration was 75 pg/mL. Patients were in remission at the time of blood draw.

Results: There were 13 (21.6%) MS patients and 10 (26.3%) controls with low serum B$_{12}$ concentration with no significant difference between the groups; $P$>0.05. The mean serum vitamin B$_{12}$ concentration in MS patients (108.9±45.3 pg/mL) was not significantly different compared with controls (98.9±44.4 pg/mL); $P$=0.284. Likewise, there was no correlation between the concentration of serum vitamin B$_{12}$ and disease’ age of onset, duration, subtypes, or disability status.

Conclusions: In contrast to some previous reports, our findings did not support any association between B$_{12}$ deficiency and MS.

Keywords: Cobalamin, multiple sclerosis, vitamin B$_{12}$

INTRODUCTION

Multiple sclerosis (MS) is an immune-mediated demyelinating disease of the central nervous system (CNS) with progressive process leading to chronic disability in many cases. Disease onset usually occurs in young adults, more common in females and has a prevalence ranging between 2 and 150 per 100,000.$^{[1]}$ The prevalence of MS in Isfahan-Iran is 43.8 per 100,000.$^{[2]}$ The etiology of MS is complex and multi-factorial involving both genetic and environmental factors, but the main etiology is still unknown.$^{[1]}$

Vitamin B$_{12}$, also known as Cobalamin, plays important structural and functional roles in nervous system and its deficiency leads to demyelination, followed by axonal degeneration and eventually irreversible damage due to axonal death. Accordingly, B$_{12}$ deficiency can result in some clinical and paraclinical characteristics similar to what is seen in MS patients.
The association between B\textsubscript{12} deficiency and MS has been investigated by several studies with different results. Some studies have demonstrated significantly reduced serum B\textsubscript{12} as well as macrocytosis in MS patients, while others did not show such an association.\cite{3}

The nature of the relation between MS and B\textsubscript{12} deficiency is unclear and multiple levels of interrelationship may be suggested. The association could be the result of overlapping autoimmune disorders or it may reflect an increased demand for B\textsubscript{12} for myelin repair.\cite{3} Anyway, if a subgroup of MS patients should prove to have decreased concentrations of B\textsubscript{12}, irrespective of the cause, treatment is easy and important to prevent permanent disability. There are reports of MS patients improving with B\textsubscript{12} therapy.\cite{4}

The only dietary source of cobalamin is animal products (e.g. meat and dairy products) and inadequate intake is one of the main causes of B\textsubscript{12} deficiency.\cite{5} According to the considerable prevalence of MS and nutritional deficiency in our society,\cite{2,6} we decided to determine the association between MS and B\textsubscript{12} deficiency in our population. Our objectives were to analyze serum B\textsubscript{12} of patients with MS and to evaluate if there is any correlation with clinical disability or disease age of onset.

**METHODS**

This case-control study was conducted from 2007 to 2008 in the city of Isfahan, central Iran. Consecutive MS patients from three neurology clinics were invited to participate. All patients fulfilled the clinical definite criteria for MS.\cite{2} None of the patients had the history of atrophic gastritis or gastrectomy and none of them had anemia or malnutrition on vegetarian diet or chronic alcohol abuse. Control group were recruited from healthy persons that matched for age and sex with case group. They had came for blood donation in the Blood Transfusion Organization of Isfahan. None of the patients or controls had received B\textsubscript{12} or folate supplementation within the preceding year. The ethics committee of Isfahan University of Medical Sciences approved the study and consent was obtained from participants.

Clinical disability was evaluated according to the Extended Disability Status Scale (EDSS).\cite{7} Serum B\textsubscript{12} concentration was measured with Radioimmunoassay Dual Isotope method (DiaSorin S.p.A., Italy). The cutoff value for low serum vitamin B\textsubscript{12} concentrations was 75 pg/mL. Patients were in remission at the time of blood draw.

Data were analyzed using Statistical Package for the Social Sciences (SPSS) version 16.0. Comparisons between the two groups were done using Independent Sample t-Test. Spearman and Pearson Correlation Coefficients were used to test the relationship of B\textsubscript{12} concentration with disease age of onset, clinical status, and MS type. A P value of less than 0.05 was considered significant.

**RESULTS**

During the study period, 60 MS patients (54 women and 6 men, age 18-57 years, mean 33±9.8 years) agreed to participate. Age of onset of the disease was 15-39 years, mean 23.42±4.8 years. Duration of disease from first symptom to the present sampling occasion was 1-10 years, mean 4±2 years. Fifteen (15%) patients had remitting-relapsing MS (RR-MS), thirty seven (61.6%) had secondary progressive MS (SP-MS), and eight (13.3%) had primary progressive MS (PP-MS). EDSS scores were 0 to 6 with a mean of 1.7±1.39. Control subjects were thirty three women and five men with the mean age of 31.97±10.2 years (18-51 years).

According to the cut-off value of the diagnostic kit (75 pm/mL), there were 13 (21.6%) MS patients and 10 (26.3%) controls with low serum B\textsubscript{12} concentration with no significant difference between the groups; P>0.05. There was also no significant difference in the mean plasma B\textsubscript{12} concentration between MS patients and controls (P>0.05) Table 1.

**Table 1:** Comparison of baseline characteristics and B\textsubscript{12} concentration between the two groups

<table>
<thead>
<tr>
<th></th>
<th>MS patients</th>
<th>Controls</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, year</td>
<td>33±9.8</td>
<td>31.97±10.2</td>
<td>0.623</td>
</tr>
<tr>
<td></td>
<td>(18-57)</td>
<td>(18-51)</td>
<td></td>
</tr>
<tr>
<td>Female/male</td>
<td>53/7</td>
<td>33/5</td>
<td>0.531</td>
</tr>
<tr>
<td>Vitamin B\textsubscript{12} (pg/mL)</td>
<td>108.9±45.3</td>
<td>98.9±44.3</td>
<td>0.282</td>
</tr>
<tr>
<td></td>
<td>(33.5-200.1)</td>
<td>(32.0-197.5)</td>
<td></td>
</tr>
<tr>
<td>Low B\textsubscript{12} concentration</td>
<td>21.6%</td>
<td>26.3%</td>
<td>0.385</td>
</tr>
<tr>
<td>Age of onset</td>
<td>23.4±4.8</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>(15-39)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>EDSS</td>
<td>1.7±1.39</td>
<td>0-6</td>
<td>-</td>
</tr>
</tbody>
</table>

Data are shown as mean±SD (range) or number (percent)
No correlation was found between concentration of serum vitamin B_{12} and disease age of onset, EDSS scores, or type of the disease; $P>0.05$.

**DISCUSSION**

The debate concerning the possible role of vitamin B_{12} in MS is long lasting and several studies with different results have been done since 1950s and early 1960s. Although demyelination is a prominent feature of both MS and B_{12} deficiency, these two entities are usually distinguishable based on clinical and pathological characteristics. Neurological presentations of B_{12} deficiency usually occur in middle or late life and a few patients can present before the age 40 years.

The majority of patients with MS do not have detectable B_{12} deficiency. However, there is evidence of an overlap of the two disorders and a subgroup of patients with this association. But our results did not show any association between serum B_{12} concentration and MS, disease age of onset, or clinical disability which is similar to some, but in contrast to other reports.

Previous studies demonstrated an increased risk of macrocytosis, low serum and/or CSF vitamin B_{12} levels, raised plasma homocysteine, and raised unsaturated R-binder capacity in MS, and they supposed that it seems coincidentally related; they made an impact on searching vitamin B_{12} deficiency in MS and presumed aggravation of MS or impair recovery in B_{12} deficiency. Indeed, increased serum MMA and plasma tHcy concentrations indicate an intracellular B_{12} deficiency and are regarded as more sensitive variables than serum B_{12} for the diagnosis of B_{12} deficiency.

The median intraindividual variation in measured serum Vit B_{12} during two to six weeks was 6-23% in different studies. Thus, one measurement may not be accurate enough to draw conclusion about ones vit B_{12} status. This might indeed explain the variation of results in different studies. Also this variation can be attributed to improve nutritional status of MS patients in recent years.

This study had some limitations: We only relied on blood B_{12} concentration, while serum holotranscobalamin, homocysteine, and methylmalonic acid levels may be considered more reliable indicators of B_{12} deficiency than the concentration of B_{12} in blood. Since, patients with low-normal or even normal serum Vit B_{12} values may be deficient for Vit B_{12}, thus measurement of the serum concentrations of the metabolic intermediaries' homocysteine and methylmalonic acid appears to be more sensitive for the diagnosis of these deficiencies than serum vitamin levels. We checked serum vitamin B_{12} in diagnosed patients, who was in remission, and we did not check it in new cases; it can be considered as another limitation of our study.

**CONCLUSION**

Despite an association between B_{12} deficiency and MS had been reported in some previous...
studies, as the same as some other reports we found no relationship between B12 deficiency and MS. Accordingly, we do not recommend routine assessment of vitamin B12 in patients with known MS. Further studies with more sensitive measures such as total plasma homocysteine or methylmalonic acid concentrations are suggested.

ACKNOWLEDGMENTS

We are thankful to Isfahan Blood Transfusion Organization and Naheid Akberei (M.D.) and Sayyed Hassan Tabibpour (M.D.) for gathering information of the control group and Afrooz Eshaghian (MD) for cooperation in writing the article.

REFERENCES


Source of Support: Isfahan University of Medical Sciences, Conflict of Interest: None declared.