



Margaret Harty PHN, RGN, RM

Margaret Harty PHN, RGN, RM, is a Registered General Nurse, Midwife and Public Health Nurse and has been practicing as a Public Health Nurse in Ireland for 25 years. In 2012, similar to Sally Pacholock, she diagnosed herself with B12 deficiency having suffered from anaemia for most of her adult life.

Since then she is actively involved in researching her condition and creating awareness. Margaret has co-authored a document with Dr Joseph Chandy outlining the unreliability of the serum B12 test for diagnosing vitamin B12 deficiency. This document was published in the NIHS Bulletin in February 2013. It emphasises the need for doctors to focus on the patient's personal and family history, along with their blood results. Dr Chandy believes that a strong family history of PA and other autoimmune conditions such as thyroid disease, vitiligo and GI conditions that lead to malabsorption should lead a doctor to suspect B12 deficiency in a patient who is symptomatic. He is continually emphasising the fact that neurological changes can precede haematological changes and that one does not always see classic macrocytosis.